



THE COUNTRY DAY SCHOOL  
EST. 1967.

# Friday News

October 12th, 2007  
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## Test Anxiety

Did you know that test anxiety is almost universal? In fact it is not unusual to find a student who doesn't have some level of anxiety before a test. Test anxiety can cause a lot of problems in students such as an upset stomach, loss of focus, a headache, irritability, depression and even anger. Stressful emotions can inhibit a student's ability to retain, recall and absorb information.

Research has shown that providing students with strategies and tools that build both healthy physical habits and emotional skills when preparing for a test can help them overcome test anxiety and the associated symptoms, while improving their ability to prepare for and perform better. Here are a few tips that you can share with your child to help prepare them before a test:

- Practice the neutral tool: when you have uncomfortable feelings about whether or not you will do well on the test, stop and focus on the area around your heart and then breathe deeply as if your breath is flowing in and out through the center of your chest. While breathing try and find a calmness about the situation. Do this days leading up to the test, right before the test and during the test.
- Address the what if questions: a lot of times before doing something like taking a test, feelings of anxiety can build up from negative "what if thoughts". Try writing a "what if" question that is positive and that can help take the big deal out of the situation. For example, "what if I can remember more than I think I can?" "What if I can feel calmer than I think can?"
- Think good thoughts: Having good feelings like appreciation can actually help your brain work better. When feelings of anxiousness or nervousness surface, try remembering something that makes you feel good. It could be your pet or how you felt after a really fun day spent with our friends. Practice doing this right before a big test.
- Get enough sleep: It takes a lot of energy and stamina to take a test so that you can focus, therefore it is important to get at least 8 to 10 hours of sleep the night before. It also helps to do something fun the night before to get your mind off the test that. That way your mind and emotions are more relaxed in the time leading up to the test.
- Eat a healthy and hearty breakfast: The brain needs a lot of energy to be able to focus for long periods of time. Eating a healthy and hearty breakfast that includes complex carbohydrates and protein will help make this possible.

## CDS Cares

The first CDS Cares project of the year will take place on Wednesday October 24th.

It is called the School Walk for Diabetes (SWFD), a K-12 educational program that teaches students the benefits of healthy living, community service and school spirit while at the same time raising money for the American Diabetes Association.



## Mini March

As a part of our CDS Cares project on Wednesday October 24th, the Preschool will be having a Mini March for Cystic Fibrosis. It is a "little" walk-a-thon designed specifically for Preschoolers. The children will collect pledges for running, hopping, skipping, jumping, or walking laps. It is also an excellent educational tool, showing children the value of helping others, working cooperatively, and taking initiative.



*We will need volunteers for both events. If you are interested in helping please let us know.*

Worth Quoting

"When you come to a road block, take a detour."

Mary Kay Ash

Just For Fun

October 15th is National Grouch Day!

## Important Dates and Reminders

- Monday Oct. 15<sup>th</sup> - Picture Day
- Wednesday Oct. 17<sup>th</sup> - Voyagers trip to Huntsville Depot
- Wednesday Oct. 24<sup>th</sup> - CDS Cares Mini March and Walk for Diabetes.
- Wednesday Oct. 24<sup>th</sup> - picture make up day
- Sunday Nov. 4<sup>th</sup>-Friday Nov. 9<sup>th</sup>- Scholastic Book Fair
- Thursday Nov. 8<sup>th</sup>-Primary Speech and hearing screenings

## Publix & Upromise

Come by the front desk and pick up your Publix Upromise key tag. When you register it at the Upromise web site a portion of your Publix purchase will automatically be added to your Upromise account simply by the cashier scanning the tag. Your earnings will build fast!

It is free and the proceeds will not only help you pay for college but CDS will apply the schools benefit to playground improvements!!

If you haven't yet signed up for Upromise you can do so by going to Upromise.com.





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## CDS Art on Display

We would like to congratulate the following students for their artwork being displayed at the Artsonia web site as well as the Huntsville Museum of art:

- Ian Bonner– watercolor painting
- Abbey Vanderslice– fish bones
- Bandar Alsharhan– watercolor painting
- Craig Scully- Clemmons– fish bones
- Hanjun Kim– shape animal
- Hannah Matlock– alligator drawing
- Jessica Arey– watercolor painting
- Jordan Lake– hand drawing
- Josh Clement– hand drawing
- Milo Linkel– shape animal
- Miranda Shepherd– shape animal
- William Richerson– apple drawing
- Yunona Shkolnikov– fish bones
- Natalie Furmanczyk– crayon drawing
- Parker Smith– Shape animal
- Ryan Potter– watercolor painting
- Sarah Ahmed– black & white design
- Will Bao– crayon drawing
- Aubrey Lisenby (Artsonia)- watercolor painting

Artsonia, is the world's largest kids' art museum. It is an online art gallery, reflecting their masterpieces, preserving them forever and giving parents the opportunity to have their child's artwork printed on a variety of different items like note cards, mugs, t-shirts, key chains , jewelry boxes and more!

Not only will the children develop a new sense of pride and feel like famous artists published in a museum but 15% of every purchase made at Artsonia will go to the CDS art studio! To view the children's art work and find out more about Artsonia go [www.artsonia.com](http://www.artsonia.com). Put in the schools zip code: 35806, then click on The Country Day School.

Parents, family and friends will also be able to view the children's' artwork at The Huntsville Museum of Art which will be on display there from Oct. 21st-Nov. 29th.

## PAC Meeting Success

The first Parent Advisory Council meeting here at Country Day was a great success. We want to thank all the members for their time and input. We look forward to the next meeting which is tentatively planned for November 29th, 2007.

## Conferences

Parent/teacher conferences went very smoothly. Thank you to all the parents who made this possible.

If you were not able to meet with your child's teacher but would like to, please call the front desk and set up a time.

## Picture Day Reminder

Picture Day is Monday October 15th. Pictures will start at 9am and continue throughout the morning.

All students will be getting Fall pictures done , then holiday pictures are optional. Therefore it is very important to let your child's teacher know if you want the Holiday pictures done as well as the fall photos and send any other changes of clothing for these pictures to school with your child.

## An Elementary Visitor

Ms. Soos Weber, a County Naturalist came to visit the Elementary community on Tuesday. She spoke to the group about environmental issues of creeks in the Huntsville and Madison area. She addressed with the children their concerns for the creek here at CDS due to the ongoing construction across the street as the new bridge and road are constructed. Runoff from the construction work is entering the stream and the kids would like to learn more about the things they can do to help. She plans on coming back in the near future to test the school's creek water with the children. We are also planning on sending some of the CDS teachers to an educational, hands on seminar that will teach them ways to test the creek water here at CDS themselves, which will allow us to come up with more solutions on how to take care of this matter.

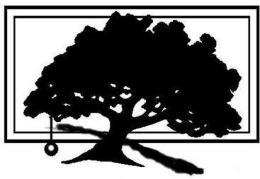
*We are looking for a few helping hands in the Library. If you are interested in volunteering, please let us know.*



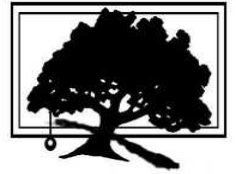
# Preschool News

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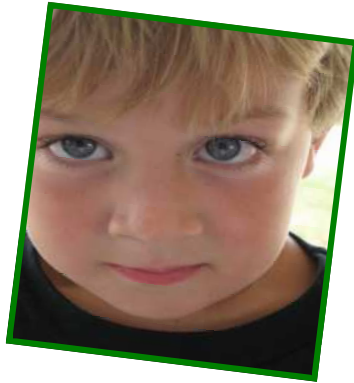
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## Preschool Faces

We would like to say how much we enjoyed meeting with all our new parents on Monday. We are always happy to meet with any of the parents if needed, just let us know and we will set a convenient time.



### "Five Little Pumpkins"

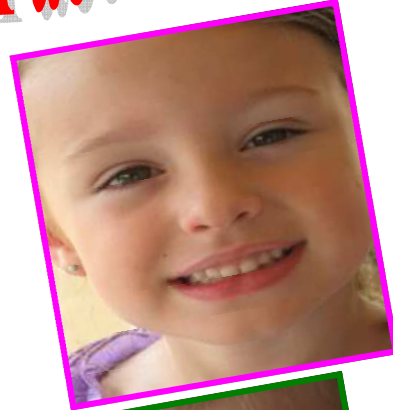
Five little pumpkins sitting on a gate  
The first one said "oh my its getting late"  
The second one said "there's a chill in the air":  
The third one said " I don't care"  
The fourth one said "lets run and run and run"  
The fifth one said " I am ready for some fun"  
So wheee went the wind and out went the light  
and the five little pumpkins rolled out of sight.

# More Preschool Faces



French  
What a great week we had! Everybody is practicing so well and remembering so well that we introduced new words this week. We sang "Petit Escargot", the counting song, "Les petits poissons" and of course "Tête, épaules, genoux, pieds" (Head, shoulders, knees and toes)! Then we took "lapin" to the store and got some new food. Our new additions were: pomme (apple), raisin (grapes), tomate (tomato), citron (lemon) and orange (orange).

Ludivine Mouton



## Picture Day is Monday-

They will start taking pictures at 9:00 on Monday morning. We need all students to be here to have Fall photo taken for the school year book. If it is not your child's day please bring them on this morning.

You also have an option to have a Holiday picture done on this day. If you wish to do so please let the Teachers know or you are welcome to stay with your child until his/her picture is done.

View and printout our preschool faces at [www.country-day.com](http://www.country-day.com).