# The School District of Osceola County, Florida Mill Creek Elementary School



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**Principal** Latricia Pinder

Assistant Principal Catherine Hiltunen

#### **SCHOOL BOARD MEMBERS**

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**Superintendent** Dr. Mark Shanoff

# **Mission Statement**

Working as a team, the parents, community, and staff will challenge our students to become healthy, responsible, self-motivated individuals who are lifelong learners in a diverse society.



April 4, 2025

#### Dear Students and Parents,

As we approach the upcoming testing period, we want to ensure that everyone is well-prepared and confident. Testing is an important part of the academic journey, and with the right strategies, students can perform to the best of their abilities.

# **Testing Schedule:**

- May 1: 3<sup>rd</sup> Grade Students take Reading or Math
- May 6: 3<sup>rd</sup> Grade Reading or Math
- May 7: 5<sup>th</sup> Grade Science
- May 8: 4<sup>th</sup> Grade Reading or Math
- May 13: 5th Grade Reading or Math
- May 14: 4<sup>th</sup> Grade Reading or Math
- May 15: 5<sup>th</sup> Grade Reading or Math

### **Preparation Strategies:**

- Stay Healthy: Ensure you get enough sleep, eat nutritious meals, and stay hydrated. A healthy body supports
  a healthy mind.
- Stay Positive: Maintain a positive attitude and believe in your ability to succeed. Confidence can significantly impact your performance.

## Managing Test Anxiety:

- 1. **Practice Relaxation Techniques:** Deep breathing, meditation, and mindfulness can help calm your nerves. Take a few minutes each day to practice these techniques.
- Stay Organized: Keep all your study materials and notes well-organized. Knowing where everything is can reduce last-minute stress.
   Take Breaks: Don't forget to take short breaks during your study sessions. This helps prevent burnout and
- keeps your mind fresh.

  4. **Visualize Success:** Spend a few moments visualizing yourself successfully completing the test. Positive
- 4. **Visualize Success:** Spend a few moments visualizing yourself successfully completing the test. Positive visualization can boost your confidence.
- 5. **Talk About It:** If you're feeling anxious, talk to someone you trust, whether it's a parent, teacher, or friend. Sometimes, just expressing your worries can make them feel more manageable.

### Additional Resources:

• You can view sample testing items and helpful information from the state of Florida by visiting the FDOE website at flfast.org/families.html.

We are committed to supporting our students through this testing period. If you have any questions or need further assistance, please feel free to reach out to your teachers or the school administration.

Best of luck to all our students!

Sincerely,

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Latricia Pinder

Student Achievement – Our Number One Priority

Districtwide Accreditation by the Southern Association of Colleges and Schools

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