

## **From the Desk of the School Social Worker...**

**March is a busy month.** For students in grades three through eleven, FCAT testing is taking place from March 9<sup>th</sup> through March 11<sup>th</sup>, with re-takes and make up testing taking place through March 19<sup>th</sup>. Our students are well-prepared to do their personal best. At school, we try to make these days as pleasant and enjoyable as possible for our students.

As parents, you can help your child do their best on the FCAT by making sure they get adequate rest, eat a good breakfast, and get to school on time. Try to help your child feel relaxed and positive about these tests.

**Spring is on its way.** Encourage your children to get outside and play. Our first lady, Michele Obama, has launched an initiative to help fight childhood obesity. One in three children in this country is either overweight or obese, and one third of our children will eventually develop diabetes. These startling facts could become a greater threat to this nation's health than smoking. The solution: more physical activity and healthier food choices.

*Your school social worker is a resource for students and families. Please feel free to contact your school social worker, Jamie Majors, at 424-2573 ext35263, for help with accessing social service assistance, counseling services, medical insurance, referrals to community resources, or if you need help with your child's academic, behavioral, or emotional concerns. You may also email any concerns to your social worker at [jnmajors@volusia.k12.fl.us](mailto:jnmajors@volusia.k12.fl.us)*