

THE SPECTRUM SPECTATOR

SCHOOL-WIDE NEWS



Upcoming Events

- Career Fair
March 16
- Spring Break
March 27-31

Newsletter Takeover

Hi Everyone, and Greetings from the Spectrum Media Team! Moving forward, the high-school class will be publishing the monthly newsletter and broadcasting the daily announcements. Subscribe to our YouTube channel to stay in the know.

<https://youtu.be/HdCvaoHmeXA>

Thanks for your support!



A Message From the Vocational Department...

We are proud to announce that we have partnered with Pass It On food, clothing, and furniture bank. This partnership allows high school and middle school students to help organize, package, and distribute goods to local residents in need. Students are learning and enjoying that they can have a positive impact on their community!

A Note from the Principal

Hello families! It has been a pleasure to meet and talk with many of our families. As we begin to look toward the end of the year events will come quickly. Our classes will start to spend more time outside when the weather gets warmer. Please have your student dressed for the weather.

-Ms. Michele

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A MESSAGE FROM THE SOCIAL WORKER...

Our second annual career fair is on the horizon! Last year, high school students learned about a variety of trades and explored different options for post-secondary. We are looking forward to this year's event on Thursday, March 16, 2023. If you or someone you know may be interested in participating, please email me, Shatelaevans@spectrum-school.com before 3/9/2023.

Ms. Evans, LSW

440-244-2200 - Office | 440-941-8099 - Cell
shatelaevans@spectrum-school.com

top 10 Test Taking TIPS

- Get 7-9 hours of sleep the night before a test.**
(Actually, you should be sleeping that much EVERY night!)
- Eat a healthy breakfast in the morning and drink plenty of water!** (Drinking H₂O calms your nerves & helps you to focus) **OR THIS** **EAT THIS**
- Arrive to school on time.** (So you don't feel rushed or miss anything)
- Have a positive attitude and motto.** (I've got this! I can do hard things! I'm giving it my best!) **NOT THAT!**
- Read all the directions and answer choices carefully before you pick the best answer.**
(Be a test detective and look for important word clues like, "true, false, always, or never")
- Cross-out and eliminate the answer choices you know are incorrect** (or just plain silly)
- Don't get stuck on the more challenging questions. Skip, move on, and return to them at the end.**
(This will help reduce feelings of frustration & help you to pace yourself)
- Do a quick and quiet brain break** if you notice you are starting to lose your focus.
(Rub your temples, give yourself a hug or arm massage, tap your head, stretch your fingers, take a few mindful breaths, or push your palms together)
- Review and check your work after you have answered all of the questions.** (Don't leave any question blank)
- AND ALWAYS REMEMBER THIS:**
A test cannot measure your worthiness, lovability, kindness, empathy, curiosity, passions, creativity, or courage.

STEPS LEAGUE OF EXTRAORDINARY FATHERS

COMMUNITY DADS NEEDED!

Get Up To \$250 in Gift Cards!

WE'RE LOOKING FOR LOCAL FATHERS TO JOIN THE CONVERSATION!

Meet with other dads to share your experiences and offer your perspectives. Lend support, offer advice, and share your point of view in facilitator-led workshop sessions all about fatherhood!

Topics include:

- Parenting and Coparenting
- Healthy Relationships
- Men's Health
- The Father's Role
- Balancing Work & Family
- ... & much more!

14 Sessions via Zoom
Morning & Evening Options Available

Interested in joining us?

Call us to schedule your registration today!

Cuyahoga 4600 Carnegie Ave. Cleveland, Ohio 216.881.6776	Lorain 164 Cleveland St. Elyria, Ohio 440.325.6776	Portage 250 S. Prospect St. Ravenna, Ohio 330.296.3237
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PASSAGES
WWW.PASSAGES-OH.ORG

Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant 902J-0043. These services are available to all eligible persons, regardless of race, gender, age, disability, or religion.

A MESSAGE FROM OUR SPECIAL EDUCATION COORDINATOR...

The school year is quickly flying by! This means our state's standard testing window for grades 3-12 is approaching. Please be on the lookout for communication from your child's classroom staff regarding exact dates. We can make your child's test experience positive and successful by working together!

Thank you for your help and support,
Ms. Varner