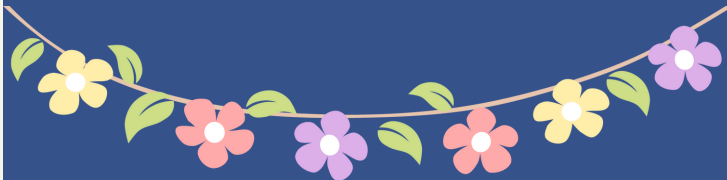


SABIN FAMILY NEWSLETTER

April 1, 2024

www.sabin.cps.edu



IMPORTANT UPCOMING DATES

- April 2nd - April 8th - IAR testing week for grades 7-8
- April 8th - LSC Meeting 4:30pm - 6pm
- April 9th - PAC Meeting 9:30am - 10:30am
- April 9th - Students in grades 5 and 8 will be completing their ISA test.
- April 10th - Parent/Teacher Conferences for Report Card Pick Up - No school
- April 11th - BAC Meeting 9:30am - 10:30am
- April 19th - Spring Picture Day
- April 30th- Spring Showcase 9:30am

SAVE THE DATE!



June 24 - July 26th, M - F
all ages!
more info coming soon

A WORD FROM SABIN ADMINISTRATION

As we welcome everyone back from Spring Break, I'm eager to kick off Quarter 4 with renewed energy and enthusiasm. We know that this quarter will be filled with academic growth, personal growth and memorable experiences and celebrations for our scholars. Don't forget about our Parent-Teacher Conferences next Wednesday on April 10th from noon to 6 PM; details on virtual and in-person sign ups are forthcoming. And mark your calendars for May 18th, when we'll host the first annual Sabin Block Party from 12to 4 PM, featuring the Jesse White Tumblers, a CFD Fire Truck, live music, games, food trucks, vendors, community organizations and more! It will be a fun day of community celebration! Thanks for your continued partnership!

In community,
Mr. Baker, Principal
Ms. Roldan, Assistant Principal

LSC ELECTIONS

LSC elections at RCPU on 4/10
Polls open noon-6 PM

Parent Candidates:

Debra Gittler
Viviann Serpa
Cheryl Conner
Amanda Torres
Crystal Sansing-Vylonis
Ramona Ledesma-Maldonado
Mireya Colchado

Teacher Candidates:

Susan Montano
Marc Noble

Non-Teacher Staff Candidate:

Cordria Scott

Student Candidates:

Zoe Lacey
Nyla Dagon

Community Candidates:

Thomas Thixton
Mary Nikoo
Keilah Johnson
Samantha McHugh
Souzan Mirza

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February 20, 2024

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SPELLING BEE

Sabin held our first annual Concurso de ortografía (Spanish Spelling Bee) on March 19th. Congratulations to our 3 Spelling Bee winners- Melanie Lojano (304), Robert Perozo (302) Dylan Reyes (203)



E-CIGARETTES AND VAPING ASSEMBLY

Before Spring Break, the middle school students attended an assembly, hosted by the Respiratory Health Association, on the dangers of E- Cigarettes and Vaping. E-Cigarette and Vaping Facts:

- 1.No one makes sure these products are safe. Usually the US Food & Drug Administration (FDA) works to make sure companies follow certain safety rules and don't make products that are bad for you. Right now the vaping industry is fighting to keep the FDA from testing its products.
2. Many e-liquids have addictive nicotine in them. Once you start vaping, you could have trouble stopping. Nicotine can also affect adolescent brain development.

To learn more about E-Cigarettes and Vaping, you can visit : resphealth.org/vape

MARCH MADNESS ATTENDANCE

At the beginning of March, the 16 homerooms with the highest attendance rates entered the March Madness brackets! Homerooms with similar attendance faced off against each other.

The following prizes were awarded:

Sweet 16- their team names on the Sabin website and a sweet treat

The Elite 8- their team names on the Sabin website and popsicles

The Final 4- their team name on the website and movie with popcorn, along with a Sabin tv guest appearance. Shoutout to rooms 101, 201, 211 and 307!

And the championship team will have their team name on the Sabin website, a pizza party and open gym.

Every school day counts! We know that a missed school day is a lost opportunity for students to learn. We ask that you continue to show up with only 46 more school days until the end of the year!

HOLLYWOOD

5TH-8TH SCHOOL DANCE HOLLYWOOD RED CARPET

When: Friday, April 5th from 4-7pm

Where: Sabin Cafeteria and Gym

What: Pizza and Refreshments in the Cafeteria at 4pm, Dance starts in the gym at 5pm. There will be a DJ and photo booth !

Wear: Your favorite fancy outfit with gym shoes (you will have time to change from 4-5pm)

SABIN'S COUNSELING CORNER

SOCIAL-EMOTIONAL LEARNING NEWSLETTER



A note from the counselor:

"Emotional regulation refers to the ability to control our emotions, rather than letting them control us. When our emotions control us, we might act before thinking and do something that gets us in trouble or makes someone else upset. When a child is escalated (feeling mad, silly, sad, nervous, etc.), they need a certain plan of action to help bring them back down to a regulated state. In our classrooms, students may go to the calm down area to have a moment to regroup. They turn the timer, use a calming strategy or two to help them, and then rejoin the class when they feel like their bodies and minds are in control. Learn more about how you can reinforce this at home!



Ms. Avery

Calming Strategies:



Calming Strategies at Home:

- PRACTICE CALMING STRATEGIES TOGETHER! THE MORE CHILDREN PRACTICE THEM WHEN THEY'RE CALM, THE MORE LIKELY THEY WILL USE THEM WHEN THEY AREN'T.
- SET UP A TAKE A BREAK SPACE IN YOUR HOUSE! THIS MIGHT BE A SPOT IN YOUR CHILD'S ROOM, A CLOSET, A NOOK- ANY PLACE WHERE YOUR CHILD CAN BE BY THEMSELVES FOR A FEW MOMENTS. IT DOESN'T HAVE TO BE FANCY. THIS IS NOT A PUNISHMENT. IT IS A POSITIVE TIME OUT. THEY CAN WILLINGLY GO THERE WHEN THEY FEEL LIKE THEY ARE GETTING UPSET OR NEED TO TAKE A BREAK.
- A CHILD WILL UNLIKELY CALM DOWN WHEN YOU TELL THEM TO CALM DOWN. (THE MAIN THING THEY NEED IS TO FEEL VALIDATED.) OTHER THINGS TO SAY: IT'S OK TO FEEL _____. I HEAR YOU. I'M SORRY YOU'RE FEELING _____. I'M HERE FOR YOU. WHAT DO YOU NEED? (SOMETIMES, IT'S JUST A HUG!)

Stay in touch :

Please allow for 24 hours for a response.



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