



Viera News

<https://www.brevardschools.org/VieraES>

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Adrienne Schwab, Principal
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Mar 1, 2024

Important Dates to Remember

Mar 7th- 5th Grade Fieldtrip
Orlando Science Ctr
3-6:00 - Spirit Night
Tommy's Bright Nights

Mar 11th- 3:00 SAC Meeting
5-8:00 - Spirit Night
Long Doggers

Mar 13th - End of 3rd Nine Weeks

Mar 15th - NO SCHOOL
Student Holiday/Teacher Work Day

Mar 18th - 3:00 PTO Meeting
Kindergarten Registration
Opens

Mar 20th - In-Person Awards
8:15 5th Grade 8:50 1st Grade
9:20 6th Grade 9:50 4th Grade

Report Cards Issued

Mar 21st- In-Person Awards
8:15 3rd Grade 8:50 Kindergarten
9:20 2nd Grade

Mar 25th - 29th - SPRING BREAK
NO SCHOOL

Apr 1st - Return To School

Apr 5th - 8:00 Coffee & Conversations

Media News

In Media news, Mrs. Romano is pleased to announce that she will be piloting a new industry certification course for the district with our 5th grade students! Students in 5th grade will be learning all about Google Slides for the remainder of the year and will have the chance to certify before the year ends!

Our 6th grade students have completed Round 1 of Testing for the ICT Computer Fundamentals course! The ICT Fundamentals course focuses on introductory Digital Tool literacy. The course explains computing functions, systems, and devices; networking types and uses at home, school, and work, and how the Internet functions to enable communications. The course also describes Internet safety practices and risks, security issues and how to secure various devices, identify ethical and legal issues related to the Internet content, and apply guidelines for copyright. Congratulations to all of the 6th graders that earned their certification on their first attempt! Students have up to three attempts to earn their certification. We are so excited to share these amazing opportunities with our students to set them up for future success!

Our book fair is quickly approaching! The Scholastic book fair will run from April 29-May 3. Mrs. Romano is hoping to have enough volunteers to allow students to shop on days other than their Media activity day. Please send her an email at romano.shana@brevardschools.org if you are interested in volunteering and she will be in contact with you as the book fair gets closer

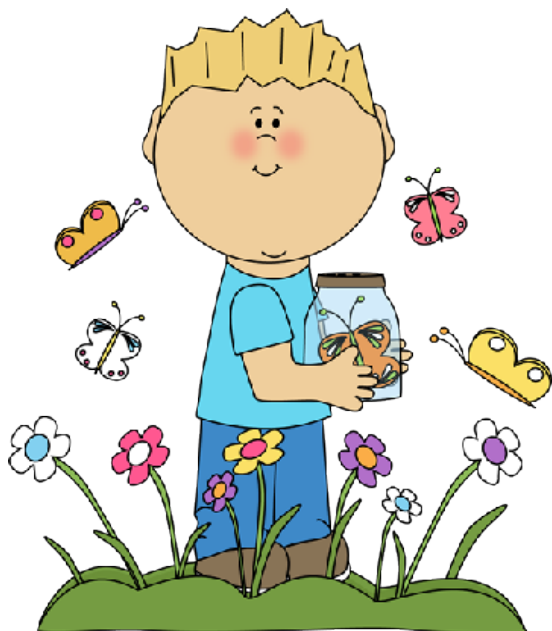


Coaches Corner

Notes from PE

Happy March Falcons! I hope you're having a great year so far! 2024 is FLYING by! During late February and early March we are focusing on pedestrian and bicycle safety. All students will be learning to properly fit their helmets to help prevent injury in the event of a fall/crash. All students are also learning about right of ways and rules to safely navigate around our growing community. Kindergarten – 2nd grade students will utilize PE scooters to ride through various safety scenarios and courses. Third through 6th grade will be riding bikes through courses to practice safety skills as well. Students in 3rd-6th grade may bring in their own bike to ride. However, we are lucky enough to have plenty of bikes and helmets on loan from Space Coast Transportation Planning Organization; all students can participate and learn about bike and pedestrian safety. For more information and events hosted by SCTPO please visit www.setpo.com for additional information and opportunities.

Please continue to send in pictures of your Falcons getting exercise and being physically active. I can't wait to fill up my #swetyselfie bulletin board. As always: go out, keep moving and HAVE FUN! See you soon – Coach Carlisle



STEM IS IN NEED OF:

TOILET PAPER ROLLS
SCOTCH TAPE ROLLS WITH DISPENSER
(BRAND NAME WORKS BEST)
PLAYDOH (ANY BRAND)
TOY CARS (CAN BE USED)
MARBLES OF ALL SIZES
(CAN BE USED)

THANK YOU FOR YOUR SUPPORT!



Music

Dear Kindergarten Parents,

We will be studying music ensembles in kindergarten music class. One of the best ways to remember the ensembles is to relate them to families. Please send in a recent family photo by March 14th. This should be a photo of everyone who lives in your house. If your students are twins, you may send in two different photos or just one. Since space is limited, please send either 3x3, 3x5, or 4x6.

Please label the back of the photo

- Student's full name
- Kindergarten teacher's name

After we learn each family's ensemble name, the photos will be displayed outside the music room. Last year this was one of the kindergarten's favorite units.

If you have any questions, please contact me, Hasker.LeAnn@brevardschools.org.

Thank you for your help with this fun project!
Mrs. Hasker



Thank you to **Tommy's Express Car Wash** for making our Falcon vehicles extra shiny in February! We look forward to March's Spirit Night!

A HUGE thank you to **Moe's** for our very first **Taco Kit Fundraiser!** It was very successful! The kits were delicious and have left our Falcons wanting more!

Texas Roadhouse did it again! We sure do LOVE our spirit nights with them! Thank you for also continuously supporting our Falcons achievers with free kids meal coupons!

Our lounge was given EXTRA LOVE in February. Our February sponsors went above and beyond this month! Thank you to the Falcon families who came to decorate the lounge for Valentine's Day. They also left our lounge fully stocked with sweet treats, salty snacks, and a variety of beverage options. **Whit's Frozen Custard and Richard Chase, PA Real Estate Broker Associate** followed up with a comical theme. They restocked our lounge and left our staff members laughing with the hilarious memes they left around all of our snacks. The custard was SO DELICIOUS! Whit's provided a variety of custard flavors for staff member to choose from. They LOVED it!

Thank you to one of our continuous supporters, **Jaime Rhude**, for gifting us with our choice of coffee beverage and donuts from **Beachin' Coffee Chicks beverage truck** on Valentine's Day. It added an extra amount of sweetness on a day full of LOVE!

Fitting Your Bike Helmet

**Buy it. Fit it. Wear it.
EVERY RIDE!**

The Proper Helmet Fit

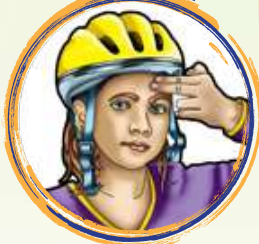
Helmets come in various sizes, just like hats. Size can vary between manufacturers. Follow the steps to fit a helmet properly. It may take time to ensure a proper helmet fit, but your life is worth it. It's usually easier to look in the mirror or have someone else adjust the straps. For the most comprehensive list of helmet sizes according to manufacturers, go the Bicycle Helmet Safety Institute (BHSI) Web site at: www.bhsi.org/.

STEP 1

Size:

Measure your head to find your size. Try on several helmets in your size until one feels right. Now put the helmet level on your head and adjust the sizing pads or fit ring until the helmet is snug.

STEP 2



Position:

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.

STEP 3



Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.

STEP 4



Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.

STEP 5



Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

STEP 6



Final Fitting:

- A.** Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on your head. If not, refer back to step 5 and tighten the chin strap.
- B.** Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle and shorten the front strap by moving the slider forward. Buckle and retighten the chin strap, and test again.
- C.** Does your helmet rock forward into your eyes? If so, unbuckle and tighten the back strap by moving the slider back toward the ear. Buckle and retighten the chin strap, and test again.
- D.** Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

Replace a Helmet.

Replace your helmet when it has been in a crash; damage is not always visible.

Buy/Fit the Helmet For Now.

Buy a helmet that fits your head now, not a helmet to “grow into.”

Ensure Helmet Comfort.

If you buy a helmet that you find comfortable and attractive, you are more likely to wear it. Readjust as necessary to ensure the helmet fits properly each ride.

Cover Your Forehead.

Adjust the helmet fitting based on your helmet first being in the correct position, level on the head and low on your forehead.

Adjust Straps Until Snug.

Both the side and chin straps need to be snug.

Avoid Helmet Rocking.

Your helmet should not rock forward or backward, or side to side on your head.

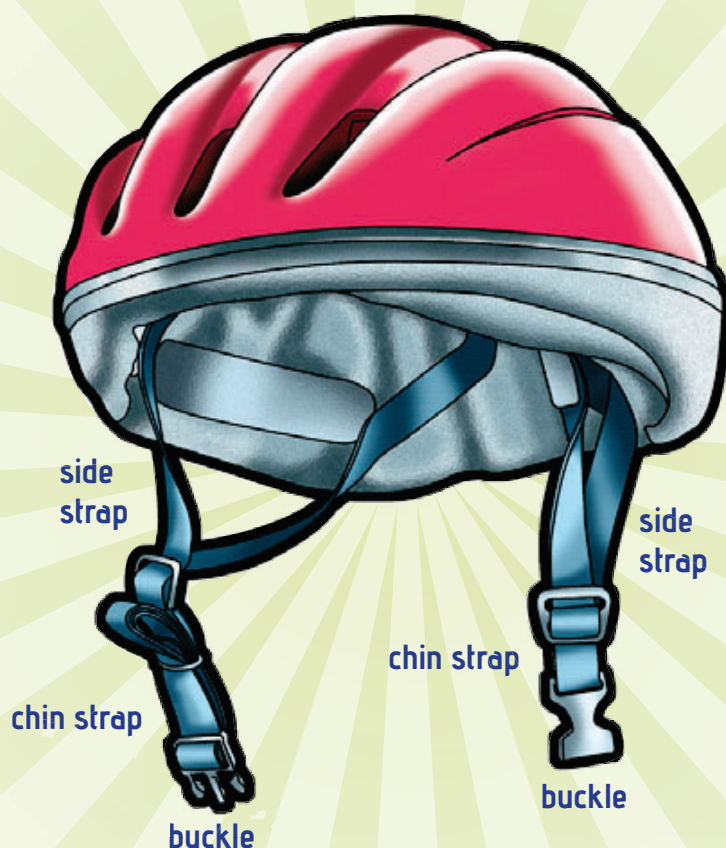
If your helmet rocks more than an inch, go back to step 6, and readjust.

Be a “Roll” Model for Safe Behavior

Everyone — adult and child — should wear a bicycle helmet each time they ride. Wearing a helmet each ride can encourage the same smart behavior in others.

Helmet Certification

Bicycle helmets sold in the U.S. must meet the standards issued by the U.S. Consumer Product Safety Commission (CPSC). Look for the certification label inside the helmet.



Helmet Laws

More children ages 5-14 go to emergency rooms for bicycle-related injuries than with any other sport; many are head injuries. As a result, many States and local jurisdictions have child bicycle helmet laws to increase and better ensure the safety of children when bicycling. See: www.helmets.org/mandator.htm.

Like car crashes, bicycle crashes can happen at any time, involving not only children, but adults, many of whom are skilled riders. In fact, middle-age adults represent the average age of bicycle riders killed and injured.

Helmets are the single most effective piece of safety equipment for riders of all ages, if you crash. Everyone should choose to wear a helmet; it just makes sense!

For more information on
bicycle safety, visit the National
Highway Traffic Safety
Administration Web site at:
www.nhtsa.dot.gov/bicycles

ROLL MODEL

