

Park Meadows Academy

E-News

*Bringing Excellence To
Christian Education*



March 2016

Preparing For Tests

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It's the time of year for your student(s) to start testing. With the Iowa Achievement test approaching April 11, I thought we could talk about test anxiety and some tips for coping and managing it. Test anxiety is a real thing among many students. Anxiety, when it rears its ugly head, can be a huge hindrance for your child. In many cases, a mental block can take place, creating more anxiety and self-doubt. During our children's educational journey, we as parents and educators can assist in making it more comfortable, enjoyable, and overall, a wholesome experience. I hope the tips below will help in setting your student up for more educational success.

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1. Positive self-talk-First of all, while students need to study, and be well prepared for most school testing. The Iowa Achievement test, they will not study for. The best way to prepare is to have plenty of rest and a wholesome diet. Most important, they must believe this; “I am smart and capable”! I can DO all things through Christ, which strengtheneth me. Phil. 4:13
2. Visualization- Boost your testing confidence by taking a moment to actually see yourself doing well on an exam. Be your biggest mental motivator. This specific test will allow PMA to see how well you are doing compared to other schools. Lets visualize perfection!
3. Muscle relaxation- Seriously focus on stretching and relaxing certain muscles. Reducing muscle tension reduces stress. Take this time to slow your breathing and take in deep breaths, which is another stress-anxiety relieving exercise. Relax, release, and reach your highest potential. We know all the students will do great.
4. Get silly, then get focused! Get out all the wiggles and giggles before you sit down to test. Being antsy during a test is the last thing you need. Focus, fight, and finish!

These are just a few tips that I hope are helpful when those anxious feelings arrive. Please remember that in any testing situation, if the student is rested, well prepared, motivated by all the awesome self-talk, and ready to focus, this is definitely a test taker ready to soar!



Meet Ben, Ashton, & Gemma Mitchell

Chances are, you have met me, or my husband, Ben, at church or school. In fact, Ben has likely taught one of your kiddos in Children's Church on Sunday morning, and I worked at Park Meadows Academy up until the end of last school year, so you may have seen me in the front office or heard my voice over the phone. If you haven't met us already, come shake our hands next time you visit church!

Ben, one of Pastor Mitchell's five children, grew up in Mexia, TX, on the family's ranch. He now works for the family business, NeUventure on Wall Street, as Assistant to the COO, who happens to be his big sister! Needless to say, he loves the people he works with and loves his job!

I also grew up in Mexia, on a ranch, on the opposite side of town from my future husband! (Unfortunately, we didn't meet until our late teens!) I am currently a homemaker and full-time mommy! While I miss being with my friends at PMA, I love having this special time with our precious baby girl, Gemma Mitchell.

Meet Ben, Ashton, & Gemma cont...

Ben has been a member of Park Meadows Church for most of his life, and I began attending church with him when we started dating. We are more than thankful that the Lord placed us in such a wonderful church! The congregation's genuine love, faith, and zeal for the Lord make our church home unique and perfect for us. All of our church teachers and leaders are very diligent in studying the Word, and emphasize truth over all else! We could not dream of a better church home!

The greatest life lesson that Ben and I have learned together, so far, is that God is in control, and He loves us. Whatever our situation may be, we know that there is a purpose for it, and that we are not alone in it. We have peace and joy every day through our faith in Jesus. If there is any advice that we can give you, it is to first and foremost, trust in the Lord, and second, come visit Park Meadows Church! Seriously, there is no better place here on earth!



Clean Crock Pot Pulled Pork



Ingredients

- 14 oz. can tomato sauce
- 3/4 cup applesauce, unsweetened
- 3 tbsp. maple syrup or honey
- 1 tbsp. garlic powder
- 1/2 tsp. chili powder
- 1/2 tsp. smoked paprika
- 1/4 tsp. red pepper flakes
- 1/2 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 1 tsp. liquid smoke
- 3 tbsp. whole wheat flour
- 2 - 2.5 lb. pork loin roast

Directions

1. In a large crockpot, add all ingredients except pork and flour, and whisk to combine.
2. Place pork roast in a slow cooker and spoon sauce over it. Meat won't be covered completely and it's OK. Cover and cook on High for 3.5 - 4 hours or on Low for 5 - 6 hours.
3. Remove meat from slow cooker and shred with 2 forks.
4. Add flour to the slow cooker and whisk to combine. Return meat to slow cooker. Stir to combine. Cover and cook for another 15-20 minutes.

Serve warm, on a bun with your favorite toppings or on a bed of brown rice/quinoa.





Upcoming Events

Spring Break/Easter Break- March 23 (noon) - April 3

Iowa Achievement Testing- April 11

4 Week Grading Period Ends- April 29



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