



at ICST

Your Weekly Newsletter

International
Charter School
of Trenton
609-394-3111



March 3, 2010

DREAM, PLAN and ACHIEVE

KASTLE KREATIONS



Lots of Good Chocolate
Gifts

Wrapping Paper for All
Occasions
and Many More Goodies!



HOME AND SCHOOL CONNECTION

Are you stressed out? Everyone experiences some level of stress each day.

Determine your personal stressors: Stress is triggered by different events in our lives. Think about what stresses you the most and once you have determined the source for stress you can map out plans to avoid it.

- Start talking:** Express your feelings when you're under stress.
- Get moving:** Exercise reduces stress.
- Control your diet and sleep habits.**
- Seek therapy.**
- Live happily ever after.** In the grand scheme of things, how serious and important is the situation? Show yourself some compassion♥ (Safety Net NJ School Boards Assoc. Ins.)



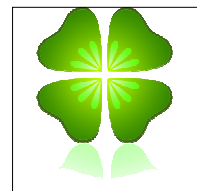
"But I know, somehow, that only when it is dark enough, can you see the stars."
Martin Luther King, Jr.

Fourth Graders Poetry!

"March"

March is here
Spring is coming near.

The bluebirds
And bluejays
Will start to sing
In Spring!



March is here
Look for green clovers everywhere.

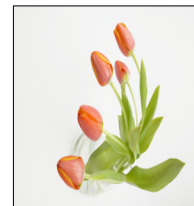
Spring is near
March is here!

Maya Vieux Grade 4

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"Spring"

Spring is coming soon
And the bright plants have to bloom
But why do we have to struggle in the wet, hard snow.



We play and shine like the bright yellow sun.
The veggies bloom on the bright brown dirt for men and women to eat.

Carlos Sanchez Grade 4

LOOKING AHEAD

- Today - March 3 Progress Reports in Folder
- Friday, March 5, **DRESS-UP** day, 25 cents
- Wednesday, March 10, End of Fund Raiser
- Friday, March 12, Grades 2 and 3, Class Trip, Liberty Science Center