



RES NEWSLETTER

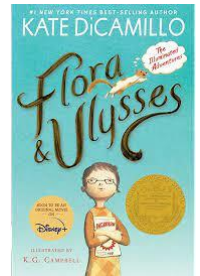
FEBRUARY

2023



OSOB (One School, One Book)

We hope you have had a chance to start reading *Flora & Ulysses* and are enjoying reading it aloud as a family. Reading a book together at home really lends itself to great discussions and promotes literacy. Happy Reading!



Benefits of Reading Aloud Include:

- helps children with language and speech development
- expands children's vocabulary
- models' fluency
- builds children's attention spans and listening comprehension
- develops curiosity, creativity, and imagination
- creates an excellent bonding time between parent and child
- children whose parents read to them become better readers and perform better in school. (National Center for Education Statistics)

STAFF UPDATES: Welcome!

- Alyssa Stuffleet Grade 3 Learning Support position.
- Katherine Bowen -Gwynedd University student teacher with Ms. Baumgardner
- Casey Schlafley- Drexel University student teacher with Mrs. Kurtas
- Welcome Back Megan Smith (Speech Therapist)
- Suzanne Thompson-Grade 4

Grade 4 Enrollment:

With an increase in Grade 4 student enrollment, we are pleased to welcome Suzanne Thompson who will be joining our Grade 4 Teacher Team. Although all Grade 4 students will remain in their original homeroom, Ms. Thompson will deliver core academic instruction to a designated group of students.

Groundhog Day....

This year Groundhog Day is on Thursday, February 2nd. Phil will leave his burrow at 8:00am at Gobblers Knob in Punxsutawney, Pennsylvania. He will then observe the weather conditions and look for his shadow and then make his prediction for the remainder of the winter.

According to legend, if Punxsutawney Phil sees his shadow, there will be six more weeks of winter weather. If he does not see his shadow, there will be an early spring.





Valentine's Day

Children will have an opportunity to celebrate Valentine's Day with their peers and teachers on Monday, February 14th. Fun activities as well as a Valentines exchange is planned for the students. Homeroom teachers will coordinate with the homeroom parent for collecting and dropping of goodies.



Spring Conferences

Parent-Teacher Conferences will be held virtually and in-person on Monday, February 20, 2023, from 8:00AM to 3:30PM on an as-needed basis. Conferences will last approximately 25 minutes. If your child has been making satisfactory progress throughout the year, it may not be necessary for his/her teacher to meet with you. However, should you feel that a conference is necessary, you may, of course, request a meeting with your child's teacher. Families will receive further conference information this week.



PSSA TESTING Grade 3 and Grade 4 Students

The Pennsylvania System of School Assessments (PSSA) is a required state-wide assessment given to students in grades 3-8 in English Language Arts and Math, and grades 4 and 8 in Science.

- **All students in grades 3 and 4** will be required to take the **PSSA English Language Arts (ELA) Assessment and Mathematics.**
- **Students in grade 4** will also be required to take the **PSSA Science Assessment.**

Please mark your calendar for the following dates to avoid scheduling any trips or appointments during this testing window. :

PSSA Testing Window 2022-2023

Assessment	Dates	Grades
English Language Arts	April 24-28, 2023	Grades 3-8
Mathematics, Science and Make-ups	May 1-5, 2023	Grades 3-8
Early Reporting Deadline	May 5, 2023	Grades 3-8
PSSA Math, Science, Makeups (Optional)	May 8-12, 2023 (No early reporting)	Grades 3-8



Some Notes from Nurse Schauder:

I have started sending reminders for past due school physicals and dentals. If you have received a notice, please hand in the paperwork as soon as you can or let me know why you are unable to comply. Our school dentist, Dr. Bracale is coming to Royersford Elementary on February 10th to perform brief, Covid-safe dental screenings for those students who are unable to see a dentist. We are also planning to have our school physician to come this spring to perform a small number of school physicals for those students who are unable to see a physician. Please let me know if you are interested in and/or need your student to be added to the list to see either practitioner.

Here is the schedule for school physicals and dentals:

School Physicals:

- Upon entry to the school district (usually KG or 1st grade/transfer students must also hand in a proof of a physical exam)
- 6th grade
- 11th grade

School Dentals:

- Upon entry to the school district (usually KG or 1st grade/transfer students must also hand in a proof of a dental exam)
- 3rd grade
- 7th grade

February is American Heart *AND* Dental Awareness Month

Did you know healthy teeth and gums may prevent heart disease?



Recent research has suggested a link between poor oral health and cardiovascular disease, or heart disease. Here are some of the research findings:

- Poor oral health may be a predictor of future or current heart disease.
- Oral infections may produce inflammation that can be associated with heart disease.
- People with poor oral health tend to have poor nutrition since they may not have enough teeth to eat a healthy diet, which is essential for preventing heart disease.
- Individuals with chronic gum disease may be at greater risk of developing heart disease or having a stroke.

- The more teeth a person has lost, the more likely they are to have gum disease and also carotid artery plaques (indicators of heart disease).

Additional research needs to be conducted on the relationship between oral health and heart disease. However, it is important to note that people with good oral health generally have fewer chronic diseases, including heart disease.

So when you are teaching your children to brush and floss properly, you may be protecting their hearts too!!!!

Here's a review of what proper dental hygiene includes:

Brushing

- Always use a soft-bristled toothbrush.
- Replace your toothbrush every three months.
- Never share a toothbrush, it spreads germs.

How to Brush

- Place the toothbrush against the gum line at a 45-degree angle.
- Use a small circular motion to brush your teeth and gums.
- Brush the back of your teeth.
- Brush your tongue! This will freshen your breath and remove germs.
- Brush for at least two minutes, two times a day.
- Be sure to brush at bedtime to remove bacteria that can cause decay while you are sleeping.

Flossing

- Flossing cleans between the teeth where a toothbrush can't reach.
- Flossing helps control bad breath.

How to Floss

- Wrap about 18 inches of floss around the middle fingers.
- Gently slide the floss between the teeth (don't snap the floss into the gums).
- As the floss reaches the gum line, make a C-shape around the tooth until you feel pressure against your tooth.
- Gently scrape the tooth surface with the floss.
- Move the floss as it becomes soiled and repeat the process for each tooth

Dates to Remember:

Feb 3 – Report Card available after 4pm in Skyward

Feb 3 – Divine Apples sale concludes

Feb 3 – 4th grade Dental presentation

Feb 6 thru 10 - Souper Bowl Food Drive

Feb 10 – Divine Apple Pick 4:30pm – 6:30pm in the school traffic circle

Feb 6 thru 10 – National School Counselor Week

- Feb 6 - Respect your body (wear sweats and be comfortable with yourself)



- Feb 7 – 100 day of school – (Dress like you are 100 years old)
- Feb 8 – Feel your best – (Wear your favorite color/outfit)
- Feb 9 – Throwback Thursday – (Dress like your favorite decade)
- Feb 10 – Superbowl Friday – (Wear your favorite sports team attire or color GO BIRDS!!!!)

Feb 6 thru 27 - Gertrude Hawk Fundraiser

Feb 8 – PTO meeting 7:00pm Media Center

Feb 14 – Valentine’s Day Celebrations

Feb 20 – Parent Teacher Conferences (Virtual and in-person) (No school for students)

Feb 24 – March 3 – Scholastic Book Fair

Mark your calendars: Field Trips

March 24... Kindergarten to Legoland

April 13.....4th grade to the Capital Building in Harrisburg

May 23.....3rd grade to Elmwood Park Zoo

Grade 1 and 2 TBD