



November 2023

Newsletter



Dear RES Families,

As we welcome this beautiful autumn weather, take time to celebrate the season and enjoy some fall activities. One of the most popular and oldest fall traditions in the U.S. happens to be apple picking. Enjoy the fall foliage while out in an orchard with the family or baking a homemade apple pie. Take a hike to enjoy the beautiful colors of fall and pack a picnic lunch with family or friends. As the weather gets cooler, don't forget to dig out those sweaters and make a good old-fashioned soup to keep you warm.

This month we also celebrate Thanksgiving. It is a time to reflect on all the "gifts" we have in our lives including family, friends, and health. It is a time to extend our gratitude and give to those that are less fortunate. Many families have a tradition of taking turns saying what they are thankful for before they eat Thanksgiving dinner. Please take the time this month to think of all the good things and blessings we have and share them when you gather on Thanksgiving Day. We are part of a beautiful school community, and I am so thankful for all of our students, families, and staff.

Wishing all of our RES families a Happy Thanksgiving!

Sincerely,

Dr. Carboy

GERTRUDE HAWK FUNDRAISER

Our Gertrude Hawk holiday fundraiser is in full swing, and sales have been great. Paper sales are closed, and your order should arrive at school the week of November 13. Online sales will be open thru December 10, 2023 and will ship directly to your home. For those who have contributed to this fundraiser THANK YOU!!! Way to go RES!

VETERAN'S DAY: Veterans Day is observed and celebrated on November 11th of each year to honor our military veterans for their patriotism, commitment, and willingness to serve and sacrifice for our country. Our school will once again be honoring our local veterans and students and staff are **encouraged to wear red, white, and blue on November 10th** to show our appreciation and to honor our veterans.



We will be creating a slideshow of photos of veterans and soldiers currently serving in any branch of the Armed Services.

If you have any pictures that you would like to have included in the slideshow, please send them **DIGITALLY** to Mr. Bornais at mborn@spring-ford.net. When you email the photo(s), please include the name of the person in the picture, who they are related to at RES, their branch of service, rank, and dates of service. The deadline to submit all photos **DIGITALLY** is **FRIDAY, OCTOBER 27th, 2023.**

We will also be recognizing our veterans by creating an American flag display that will show the names of veterans and active-duty service members related to RES students. If you would like to have a family member recognized please complete the form that was sent home and return it to your child's teacher by **FRIDAY, OCTOBER 27th, 2023.**

A slideshow will be shared highlighting veterans of our very own RES families that served in any branch of the Armed Forces.

PARENT/TEACHER CONFERENCES



Parent-Teacher Conferences are scheduled each year to provide an opportunity for parents and teachers to communicate with each other to discuss your child's progress, work habits, and social development. In Person and Virtual meeting options will be available for fall conferences. **Fall conferences are required for ALL students.**

Fall Parent-Teacher Conferences are scheduled for Grades K-4 on:

- Thursday, November 16th from 6:00PM to 8:30PM
- Monday, November 20th from 8:00AM - 3:30PM and 5:00PM - 7:30PM
- **Kindergarten Only:** Tuesday, November 21st from 8:00AM - 3:30PM

We will be utilizing Skyward Family Access to assist parents with scheduling conferences with teachers.

TARDINESS/LATENESS

Please help us ensure that your child arrives to school on time each day. Coming to school on time helps your child feel connected to school and allows them to fully participate in the instructional program. An occasional tardy is completely understandable and sometimes cannot be avoided. However consistent tardiness and/or a pattern of lateness can negatively impact student performance and their behaviors. Being on time means being prepared to have a great day!



AMERICAN EDUCATION WEEK - November 13 - 17, 2023

Kindergarten thru 4th grade will be focusing on positive messages and acts of kindness this week as we celebrate all staff during American Education Week.

Take a look at who and how we will celebrate each day Monday -Friday from November 13th - November 17th

American Education Week
Celebrate public education with Spring-Ford!
November 13-17

Monday SUPPORT STAFF SUPER STARS! Our instructional assistants, custodians, cafeteria workers, and office staff complement our school community by being dedicated super stars, so let's celebrate them today!	Tuesday STELLAR SERVICE PROVIDERS! High-five any stellar service provider that supports our wonderful students.	Wednesday COUNTING ON OUR SCHOOL COUNSELORS, SCHOOL PSYCHOLOGISTS, AND NURSES! Count the ways these professionals support kids each and every day and share one of the ways they have helped you.	Thursday BEST BUS DRIVERS AROUND! Celebrate our top-notch bus drivers and assistants that drive our students all around town by writing them a note of appreciation.	Friday TOTALLY TERRIFIC TEACHERS! Teachers create magical moments, so create a card for your totally terrific teachers.
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Evidence-Based Prevention Programs for Schools, Families, and Communities

Montgomery County Department of Health and Human Services (MCDHHS) and Creative Health Services have partnered with Spring-Ford to provide a free training pertaining to the awareness and prevention of drugs, alcohol, and smoking to our 3rd grade students.

- Botvin LifeSkills Training (LST) is an evidence-based substance abuse and violence prevention program used in schools and communities throughout the US and in 39 countries around the world. LST has been extensively tested and proven to reduce tobacco, alcohol, and illicit drug use by as much as 80%. It is effective when implemented with different delivery formats, when taught by different providers, and when delivered to different populations. It also works with elementary school, middle school, and high school students. Long-term follow-up studies show that it produces prevention effects that are durable and long-lasting. The main goals of the LST program are to teach prevention-related information, promote anti-drug norms, teach drug refusal skills, and foster the development of personal self-management skills and general social skills



The first grade snack program will begin on Wednesday, November 1.

Each first grade student will be offered the opportunity to purchase ice cream or a non-dairy item each Wednesday. The cost of ice cream is \$2.00 and includes all varieties. Each student will tell the cashier if they want ice cream as they come through the line and assistance will be provided to them as they navigate to the tables. Once the students coming through for lunch are through the line, packers can then begin to come through.

- Students must have sufficient funds in their account to purchase snack.
- Parents who want to opt their child out of the ability to purchase snack, please use this [snack limitation form](#):

As the students become familiar with the process, we will add more options and additional days.

DISTRICT HAPPENINGS:



Special Education Resource Fair & Family Fun Day

Join the A Team, SEPAC, and SFASD for a family fun day this November. The event will include family-friendly activities, raffles, and a resource fair that highlights local special needs service providers. This is a great opportunity to share your programs and services with local families and community members.

WHEN: Saturday, November 11, 2023 :: 10 a.m. to 1 p.m.

WHERE: Spring-Ford Area High School; 350 South Lewis Road, Royersford

DETAILS: [Click here](#) for a complete vendor list, and to learn more.

Parents Speaker Series

Is your student-athlete looking to gain speed, strength, and endurance? Does your band student feel exhausted after long hours of practice and rehearsal? Join Registered Dietitian Adrienne Delgado as she explains the importance of proper nutrition for performance: three key nutrients to focus on to get an advantage over your opponent, hydration and sports drinks, and pre- and post-workout nutrition.

This event is appropriate for students of all ages.

WHEN: November 14, 2023

WHERE: Spring-Ford Area High School Hurda Learning Center; 350 South Lewis Road

REGISTER: Registration is available in-person or via Zoom. [Click here to register.](#)

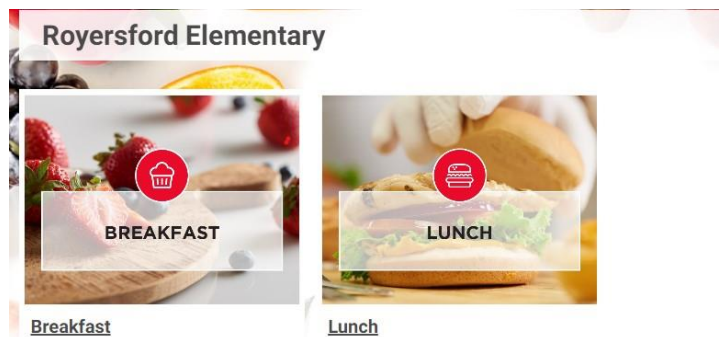
FOOD SERVICES AT RES:



by **aramark** 

If you have questions about what foods are served in our cafeteria, please use the link below to access the Nutrislice website. Once you click the link, then click the Spring-Ford school your student attends and you will see what is served everyday for breakfast and lunch. This list includes food labels with ingredients for all food served. There are carb counts for all food served as well in the upper right corner. If you ever have questions about the food (e.g., questions about allergens), please contact our Food Service Manager, Christine Bond at cbondic@spring-ford.net or School Nurse, Nurse Schauder at rscha@spring-ford.net.

<https://spring-ford.nutrislice.com/menu>





A few Reminders from Nurse Schauder.....



Student with Injuries and Assistive Devices



Student who come to school with assistive devices (casts, braces, crutches, boots, splints, etc.) need to come with a letter from the doctor stating if **there are OR are not restrictions or accommodations** needed and **the length of time for the restriction or accommodation** (e.g. no playground equipment for 2 weeks, no gym class until follow up appointment). Doctor notes should be handed

into Nurse Schauder or emailed to rscha@spring-ford.net. This paperwork helps the staff help to keep the student safe while their injuries are healing.



Students who Need Medication at School

The Spring-Ford School Nurses have acetaminophen (Tylenol), ibuprofen (Advil/Motrin), Benadryl, antiseptic, antibiotic ointment and Caladryl lotion in our offices to use when necessary. If your student needs additional medication (***either prescribed by a doctor or over-the-counter***) both a doctor's note and permission by a parent/guardian must also accompany the medication. Please notify Nurse Schauder before sending in medication to school to make sure the proper paperwork is received.

UPCOMING EVENTS

Oct 31- Happy Halloween! - Wear ORANGE/BLACK and costumes!

K-AM Parade 10:30am-10:45am K-PM & Gr.1-4 2:30pm-2:45pm

Nov 1 - Picture Re-take Day

Nov 3 - PTO Family Movie Night 6:00pm [See Flyer](#)

Nov 9 - PTO Meeting 7:00pm Media Center (free babysitting available)

Nov 10 - Veterans Day - Wear RED, WHITE, and BLUE

Nov 14 - Diabetes Awareness Day - Wear Blue

Nov 15 - Report cards will be available after 4:00pm in Skyward

Nov 16 - Dine out at Giovanni's Pizzeria ALL DAY!!!

Nov 16 - Parent Teacher Conferences 6:00pm - 8:30pm

Nov 17 - Vendor Bingo at Friendship Ambulance - 269 Green St [See Flyer](#)

Nov 20 - 24 Thanksgiving Break, No school for students

Nov 20 - Parent Teachers Conferences 8:00am - 3:30pm & 5:00pm - 7:30pm

Nov 21 - Kindergarten only Parent Teacher Conferences 8:00am - 3:30pm

Dec 5 - T-Shirt Tuesday - Wear your RES T-shirts

Dec 8 - Festive/Ugly holiday sweater - Wear your ugliest most festive sweaters you own

Dec. 11 - Winter Concert 6:30pm (students arrive 6:15pm)

Dec 18 - 22 Pre-Winter Break Spirit Week!

Dec 18 - Wear your favorite winter hat/scarf

Dec 19 - Holiday pajamas

Dec 20 - Wear something sparkly, shiny, white, or bright

Dec 21 - Wear your favorite holiday colors

Dec 22 - Wear your favorite holiday sweater