



RES Newsletter

April 2024



PSSA TESTING

Pennsylvania System of School Assessment, also known as the PSSA, is administered to students in grade 3 and 4 to measure a student's ability in reading and math. Fourth grade students are also assessed in their knowledge of the science standards. Testing will take place as follows:

Testing Schedule at Royersford Elementary School:

PSSA Subject:	GRADE:	DATES:
ELA	3,4	April 25 and 26
MATHEMATICS	3,4	April 29 and 30
SCIENCE	4	May 1 and 2

PSSA Parent Tips

PSSA Test Tips for Parents: To help your child prepare adequately for the PSSA tests, you can do several things to encourage your child to do his/her best.

1. Make sure your child is in school during the testing sessions.
2. Encourage your child to listen carefully to all the directions and ask questions about anything that is not clear.
3. See that your child gets an adequate amount of sleep before the test.
4. Make sure that your child eats his/her usual breakfast on the day of the test.
5. Encourage your child to do his/her best!
6. Provide your child with a healthy snack each day to eat if they choose.

Early Dismissal/Change in Pick Up

To be sure that the information regarding dismissal changes for your child gets to the proper faculty member, please be sure to write a note to give to your child before they come to school. This ensures that the teacher (or the substitute if the teacher is out) is aware of the change. This process allows the teacher to see the note and make the necessary accommodations. The teacher will then send the note to the office so that

office personnel can expect your arrival for an early dismissal. Please do not email the teacher or the office staff. If Mrs. Trainor and/or Mrs. James are not in the office and the teacher is out, your message will not be received. We greatly appreciate your attention to this dismissal process, and how it will serve our students and staff more effectively.

Earth Day Celebrations

Our students will be taking part in earth day activities on Monday, April 22nd. Students will have the opportunity to participate in 4 different earth day activities as each grade level teacher will rotate into each grade level classroom. Students will be remaining in their own classroom due to safety precautions and social distancing guidelines. All the activities and lessons will be centered around the environment and correlated to the PA Science Standards.



2024-2025 School Calendar

The Spring-Ford Board of School Directors approved the 2024-2025 School Calendar at the January Board Meeting. The first day of school will be Monday, August 26, 2024, and the last day of school will be Friday, June 6, 2025. [Click here](#) to download the full calendar.

Coping with Seasonal Allergies

April may be the cruelest month for people with allergies — and the rest of spring is looking pretty mean too. Blame a perfect storm of weather conditions for the season's awful allergies, including a snowy, rainy winter that led to an abundance of tree and grass pollen; a sudden shift from wintry to warm weather that encouraged the pollen's release; and windy conditions that sent particles airborne, where they enter our noses, throats, and eyes and trigger symptoms that range from congestion, sneezing, and itchy eyes to headaches, cough, and even depression. Pollen and mold spore counts have hit all-time highs, making people prone to seasonal allergies even more miserable than usual, and even setting off allergies in people who usually don't get them.

So what can you do if allergies are hitting you harder than ever, or for the first time? Here, the best ways to survive the season:

Determine if it's really allergies. The sudden swing from cool to warm weather can make it hard to tell an allergic reaction from a cold or virus, particularly if you don't usually get seasonal allergies. Suspect allergies if your congestion lasts for more than two weeks; if your eyes, nose, and the top of your mouth itch; if your mucus is thin and clear; or if your symptoms seem to get worse after you're exposed to triggers, such as spending time outside. The absence of fever and aches is another clue it's probably allergies and not a cold or other virus.



Head to your drugstore for symptom relief. Over-the-counter decongestants will help relieve a stuffy nose; antihistamines can tackle sniffles and itching. If you take the indicated dosage and it doesn't work, it may be that your individual metabolism is a mismatch for that particular medication. If you're really suffering, see an allergist who can prescribe medications that are longer-acting

and non-sedating. And if your allergies are severe, consider getting immunotherapy shots for long-term relief.

Give salt water a go. Not a fan of the way many allergy meds make you feel tired and foggy? Try a saline nasal rinse (either with a neti pot or a spray), which helps clear allergens like pollen from your nasal membranes, minimizing symptoms. Gargling with salt water can soothe a sore or scratchy throat.



Kick off your shoes and work clothes as soon as you get home. Don't drag allergens throughout your home, where they'll continue to cause your symptoms to act up. Remove your shoes outside the door and change your clothing. Shower at night to wash off any lingering pollen from your body and hair before you get into bed. Have an outdoor pet? Wipe their paws and fur when they enter your home too, since pollen can cling to them.

Take your workout indoors. Check pollen counts in the morning and try to stay indoors when they're high. This may mean trading your daily neighborhood stroll for a walk on the treadmill. Pollen tends to be highest in the mid- to late-afternoon, so try to run errands first thing in the morning or after work instead of during your lunch break.

Get window savvy. If you're allergic to pollen, keep your windows closed and run an air conditioner. On the other hand, if you're allergic to indoor allergies like mold and dust, throw the windows open and let in the fresh air, which can help clear allergens from your home.

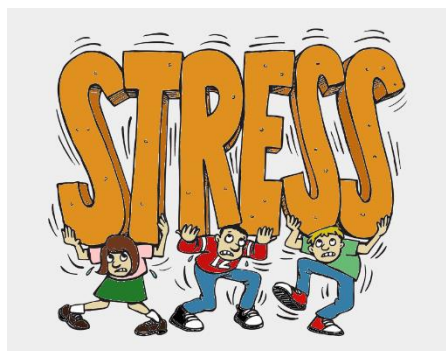
Wear a mask for outdoor chores. When you're tending your garden or yard, a surgical mask can help minimize your exposure to pollen particles. Look for ones marked N95, which means they meet the standards of the National Institute of Occupational Safety and Health by filtering out 95 percent of particles.

Take allergy symptoms seriously. You may brush off your nasal congestion or lingering headache as "just allergies," but the truth is that allergy symptoms can take a big toll on your well-being. If you feel totally lousy, give in to your body: Rest, go to bed early, take a sick day. Overdoing it and running around when you feel awful will only make you feel worse.



For more information, visit:

<https://www.healthychildren.org/English/health-issues/conditions/allergies-asthma/Pages/default.aspx>



Stress Awareness Month: 6 Signs Your Child is Stressed

April is Stress Awareness Month. Read up on these six signs that your child might be stressed and find ways to help. As adults, we're bound to feel stressed out from time to time. After all, bills have to be paid, work has to get done and food has to be put on the table. However, it's easy to miss the fact that our kids can sometimes get stressed out, too. Homework, extracurricular activities, and conflicts at home or with peers can all take a toll on your little ones.

The recent pandemic may have added to this stress. Chronic stress can have negative effects on our kids – especially since they often don't have the tools to cope. Therefore, in honor of Stress Awareness Month, here are six signs and symptoms your kid might be stressed:

1. Withdrawn Behavior Kids who are struggling with stress tend to act withdrawn.

They don't seem to enjoy the same things they used to or seem a little hesitant to join in with their peers.

2. Unexplained Aches and Pains Stress can manifest in physical ways as well. Kids under stress tend to complain about unexplained headaches and stomachaches when they have a perfectly clean bill of health.

3. Sleeplessness (or Sleeping More) Any change in sleep patterns can indicate that your child is stressed. For instance, all of a sudden they can't wake up in time for school. Or, they've suddenly become a night owl who refuses to go to bed before midnight.

4. Loss of Appetite or Overeating Likewise, any change in eating patterns can indicate stress. Your child may eat much more than usual or seem to exist on nothing at all.



5. Irritability Is your child suddenly acting out? Do they seem more irritable or cranky than usual? Kids who feel stressed don't know how to express what they are feeling, so they tend to act irritable or moody instead.

6. They Tell You Some kids will complain about their worries or stressors, while others will clam up. Be sure to talk to your kids about stress to get a better handle on if they are feeling any. Ask questions like, "Do you know what stress means?" "Do you ever feel stressed?" "What makes you feel stress?" "How do you deal with it?" If you notice any of these signs of stress, don't panic. There are ways to help equip your kids with the tools they need to not only deal with the stress they have now, but also throughout their entire lives.

Following these tips to help your child deal with stress. Talk to your child about stress and explain that it's a normal part of life. Share your own stressors and the ways you help cope with them. Pave the road to open communication with your child about stress so he/she knows they can come to you during other stressful times in the future. Give your child effective strategies to deal with the stress, such as physical activity, breathing exercises or meditation. Older kids might also like journaling or creating artwork to express their feelings. As with most things when it comes to parenting, actions speak louder than words. Make sure you are appropriately managing your own stress and your child will be more likely to follow suit. If stress becomes a constant problem and none of the above tips seem to help your child, it might be time to visit your child's pediatrician to rule out a bigger issue, such as anxiety.



In honor of **Stress Awareness Month**, take some time to talk to your child about stress and the ways we can cope. For more information and resources, please visit:

<https://www.stress.org/>



School Counselor Newsletter –

April 2024

Spring is in the air!

6 Healthy Spring Activities for Children



Hello RES families! We can't believe spring is here! This is a great opportunity to try new things with your children and enjoy the fresh air. Here are some healthy spring activities you can try with your kids!

- ★ Grow some Fruits and Vegetables by Gardening
 - Berries, melons, broccoli, green beans - OH MY! So many tasty fruits and veggies to plant with your kids. This is a great learning experience. It also promotes healthy eating and allows your kids to try new foods!
- ★ Paint Flower Pots and Add More Color to the Garden
 - Have your kids get creative and design their garden. Grab some small plant pots and have kids paint them and even add glitter or jewels. This is a perfect activity to add color and art to your garden.
- ★ Spring Cleaning!
 - Although not preferred by many - throw some music on and dance as you begin to declutter and organize their favorite rooms of the house
- ★ Enjoy the Spring Weather with a Nature Trail Walk
 - Nature trails are a great way to exercise, learn about the outdoors, and take in the spring breeze doing wonders for your mental health. Encourage your children to look at new plants or for wildlife.
- ★ Take a Bike Ride!
 - Take a ride through the neighborhood or nature trails and enjoy what the nice weather and scenery has to offer.
- ★ Cool off in the Pool
 - Swimming is a great way for children to use up all the energy they have. With many public pools opening soon or community centers, have your kids take a dip. Enroll your children in swim classes to improve those skills!

Royersford School Counselors

**Mr. Mest
Mrs. Crescenzo**

SFASD Livestreaming of the April 8th Eclipse

Join us for a captivating journey through the cosmos in our special show, *Celestial Classroom: Exploring the April 8th Eclipse*. Hosted by some of our most knowledgeable Spring-Ford sun, moon, and earth enthusiasts, and livestreamed on RCTV, this live commentary will unravel the mysteries of the upcoming celestial event - the April 8th Eclipse. Check back after break for more details and the link!

Kindergarten Registration is OPEN!



Welcome, Class of 2037! Registration is opening for incoming Kindergarten and new 1st-grade students! Children living in the Spring-Ford Area School District who will be five years old by August 31, 2024 are eligible to attend school in 2024-2025.

Families registering for Kindergarten will be the first to use Spring-Ford's new online registration system. Returning SFASD families who have already registered at least one student in Spring-Ford and already have a Spring-Ford Skyward account can log into Skyward to start the Kindergarten Registration process.

RETURNING FAMILIES ONLY:

1. [Click here](#) to review the required and requested documents before starting the registration process.
2. Log into your existing [Skyward account](#) to start the New Student Registration process.
3. From the left navigation panel click on New Student Registration.
4. You will be directed to the registration form.
 1. Only Family 1/Guardian 1, meaning the primary guardian listed in skyward can register through Family Access not Family 1/Guardian 2. If you need assistance please contact your child's sending school or the [Registration Office](#).
5. Once your application is submitted, you will be contacted by your school or our registration department.

Families are new to Spring-Ford should [click here](#) to learn more about registering online.

Check out this out! Our pond got a major makeover!!!!!!!!!!!!!!

A huge thank you to our PTO for funding the clean up and clean out of our Courtyard Pond. It was the first of many planned face lifts for the courtyard. A huge shout out to Pond Works out of Pottstown for making our fish happy and giving them much better water to swim in (you can even see some of them if you look closely!) In time we are hoping to have this become an outdoor classroom for our students and staff. Stay tuned for more updates and thank you to Mrs. Bulson and Mrs. Gefvert for coordinating this for our school.



Important Dates to Remember

April 2: World Autism Day... Where your Autism Awareness shirts or wear BLUE

April 4: T-Shirt Throwback Thursday...Wear any of your RES shirts from any year

April 8: World Health Day... Wear Sweats

April 9: T-Shirt Tuesday... Wear your RES shirt

April 22: Earth Day... Wear Green or Earth colors

April 24: PSSA, Good Luck 3rd & 4th grade. Stay confident... Wear Orange

April 25: PSSA, Relax and do your best... Wear Green

April 26: PSSA, How bright can you shine?... Wear Yellow

April 29: PSSA, Fresh start... Wear Blue

April 30: PSSA, Keep the Energy Going...Wear RED

May 1: PSSA, Continue to show strength for 4th Grade...Wear Gray

May 1: National School Principal's Day

May 2: PSSA, Positivity & Peace, PSSA's are over!... Wear Tie Dye

May 3: May the Force Be With You (tomorrow)...Wear Star Wars attire

May 7: T-Shirt Tuesday... Wear your RES t-shirt

May 9: 4th Grade Spring Concert 6:30pm (students arrive 6:15)

May 9: 12:00pm - 10:00pm PTO Dine out at DownTown

May 10: Vocabulary Parade 2:30pm

May 13: 2nd Grade Field Trip to Daniel Boone Homestead

May 15-24: BOGO Book Fair

May 15 - Art Show

May 16 - Field Day (Rain date May 17)

May 17: Teacher Appreciation Phillies Day... Wear your Phillies gear

May 23: 1st Grade Field Trip to Reading Public Museum

May 23: 4th Grade End of Year Trip to Perkiomen Pines

May 22: 4th Grade Field Trip to Colonial Plantation

May 24: 3rd Grade Field Trip to Elmwood Park Zoo

May 29: 4:00pm - 9:00pm PTO Dine Out Scoupe deVille

June 3: Kindergarten Meet & Greet (more info to come)