



# RES NEWSLETTER

## JANUARY 2026



Dear Royersford Elementary Families,

Happy New Year! It has been wonderful welcoming our students back to school after winter break and seeing so many smiling faces each morning. January is a time when we reestablish routines, refocus on learning, and set positive goals for the months ahead.

This month, our winter benchmark assessments are taking place. These help our teachers better understand how each child is progressing and guide our data team conversations so we can provide the right support for every student, while also celebrating the progress they are making along the way.

Attendance continues to play an important role in student success. Being at school every day helps students stay connected to learning, build strong relationships, and feel confident in their routines. Thank you for your continued partnership in making attendance a priority.

Most importantly, it truly warms my heart to see how much our students enjoy coming to school and being part of our community. One of our goals at RES is to create an environment where every child feels valued, supported, and successful.

Throughout January, we continue to focus on Kindness as part of our schoolwide expectations. We are especially excited for the Great Kindness Challenge at the end of the month, when students will take part in fun and meaningful activities that encourage compassion, empathy, and positivity toward others.

Wishing all of our families a happy, healthy, and successful New Year. Thank you for your continued support, we are grateful for our strong Royersford Elementary community and look forward to a great rest of the school year!

Warmly,

*Teresa M. Carboy*

Teresa M. Carboy, Ed.D  
Royersford Elementary School Principal

## **Rise and Shine: Let's Be on Time!**

With the new year underway, it's a great time to set fresh goals—like starting each school day on time! Arriving promptly helps students kick off their day feeling prepared, focused, and ready to learn.

We get it—mornings can feel like a race against the clock, complete with missing socks and last-minute scrambles. But let's make 2026 the year we tackle those morning hurdles and get everyone to school on time!

Thank you for doing your part to help your child succeed by starting the day off right. Together, we've got this!

## **Winter Concert Performance**

Congratulations to our Third Grade Students for a beautiful winter concert performance! We are so proud of them for sharing their talents and creating such a memorable experience for our RES families, students, and staff. Great Job!

Thank you to Mrs. Clauss for preparing our students and helping all of us find our musical abilities.

## **Cold Weather is Coming**

Cold weather is coming, do you know the plan? Spring-Ford Area School District plans to utilize [Flexible Instruction Days](#) (FIDs) in case of an emergency or weather-related closure. Spring-Ford will use a FID for an unplanned school closure and will eliminate the need for make-up days at the end of the year. On a weather-related FID, students will follow a modified schedule with virtual lessons via Microsoft Teams synchronously for a portion of each period. Grade level teachers will provide a schedule for your child.

## **Oh, the weather outside is frightful...**

With the arrival of old man winter, it is important that you have your Parent Square account up to date. This includes keeping phone numbers current as well as accurate email addresses in the event that we have a delayed opening or closure.

Below is the schedule for a delayed opening:



## **TWO HOUR DELAY FOR KINDERGARTEN**

When there is a **two-hour delay** because of inclement weather, Kindergarten classes will be held on a **MODIFIED SCHEDULE**.

AM Kindergarten Class Time ... 11:00 AM to 12:45 PM Student arrival 10:45 AM  
AM Bus for arrival - **2 hours** after normal scheduled time

PM Kindergarten Class Time... 1:55 PM to 3:40 PM Student arrival 1:45 PM  
PM Bus for arrival – **1 hour** after normal scheduled time  
PM Bus for dismissal – normal scheduled time

*Please also keep in mind, should we have an early dismissal that you have a plan in place for your child.*

## **TWO HOUR DELAY FOR STUDENTS IN GRADE 1-4**

In the event of a 2-hour delay, school doors open at 10:45 am with classes starting at 11:00am.

**Please note that before school activities are cancelled in the event of a 2-hour delay**



**LOST& FOUND** – Please keep in mind to check the lost and found if your child is missing clothes items that they brought to school. Be sure to remind your child that the lost and found is in the back lobby in a large bin. Whether it be a glove, hat, sweater, lunchbox or even a coat please look in our lost and found before purchasing a new item.

## **THANK YOU... THANK YOU!**

During the month of December RES once again hosted the Giving Tree project. The purpose of the Giving Tree was to come together as a school community to assist RES families who need help for the holidays. Thanks to so many of our wonderful RES families and staff members, we raised \$1,945.00! WOW and thank you! This truly meant so much to those families that we were able to help and made their holidays that much brighter for them.



## **Coming in January: Great Kindness Challenge is coming to our school!**

During the week of January 26 to the 30, 2026, the Great Kindness Challenge will take over our school. This is a week dedicated to spreading kindness by performing as many kind acts as you can. Students are invited to participate in themed dress up days, listed below. Parents can also participate in the challenge by doing a random act of kindness for their child or their child's teacher during the week. It is a great opportunity to set an example of kindness.

Monday (1/26): **Work out your problems with kindness...** Wear sweats/workout gear attire

Tuesday (1/27): **Spread Kindness at RES ...** Wear your RES T-shirt

Wednesday (1/28): **Great Kindness Around the World ...** Wear traditional clothing or colors from other countries

Thursday (1/29): **Kindness Rocks ...** Wear Rock and Roll attire

Friday (1/30): **Team Kindness ...** Wear your favorite sports team



**COUNSELORS CORNER:** January Tips for Parents to help your child start 2026 with confidence and success!

1. Revisit Routines:

- After the holiday break, it is important to re-establish consistent routines for bedtime, homework, and mornings.
- A predictable schedule helps children feel secure and ready to learn.

2. Encourage Goal Setting:

- Talk with your child about setting small, achievable goals, for example, "I will read 10 minutes every night" or "I will ask my teacher for help when I don't understand what to do"

3. Stay Engaged:

- Ask your child open-ended questions about school. Instead of "How was your day?" try "What made you smile today?" or "What's something new you learned?"
- Show interest in their schoolwork and celebrate their efforts, no matter how small.

4. Teach Resilience

- Remind your child that it is okay to make mistakes.
- Help them see challenges as opportunities to learn and grow. Phrases like "You're still learning" or "Even mistakes are a step towards learning and growing."

5. Support Social Skills

- Encourage kindness, sharing, and empathy at home.
- Talk about the importance of being a good friend and standing up for others.

6. Focus on Mental and Physical Well-being

- Make sure your child is getting enough sleep, staying active, and eating balanced meals. A healthy body supports a healthy mind!
- Introduce simple relaxation techniques like deep breathing or stretching to help with stress or big emotions.



**January School Nurse Updates**

**Chapstick**

We have all probably noticed our lips getting chapped suddenly as the weather has changed and the heat is on. It is a great idea to send in a Chapstick that your student can keep at school in their desk to use as needed, especially before or after outdoor recess.

Vaseline/Aquaphor is also always available at the Nurse's Office whenever needed.



## **Stomach pain in Children**

One of the most common complaints I see in students is a stomachache. Here is some information to help parents understand and treat their children's stomach issues:

### **What can cause stomach pain in a child?**

The most common causes of stomach pain in children include:

- Indigestion
- Infection or [stomach bug](#)
- [Constipation](#)
- Stress or anxiety
- [Irritable bowel syndrome](#) or functional abdominal pain
- [Appendicitis](#) (causes acute or sudden pain)

The symptoms your child has can vary based on what's causing your child's stomach to hurt. These symptoms may include cramping, diarrhea, gas, bloating, nausea or vomiting. One of the most important symptoms to note is *where* your child is feeling pain in their stomach.

### **Stomach pain around the belly button**

Stomach pain around the belly button is usually nothing to worry about. It's one of the most common stomach pain complaints among kids.

Children often rub their bellies when they hurt and complain about general pain around the belly button. This type of stomach pain is typically caused by stress or eating something that didn't quite agree with them."

If your child is complaining about abdominal pain around the belly button, you can:

- Encourage them to lay down and rest
- Check to see if they need to poop
- Offer a glass of water
- Try distracting them by reading a book together or playing a quiet game

### **Stomach pain in the lower right part of the abdomen**

[Appendicitis](#) is a serious medical emergency that can cause sudden, severe pain in the lower right part of your child's stomach. If your child complains of sudden onset severe stomach pain that moves to the lower right side of the belly, watch for other symptoms of appendicitis including:

- Fever
- Nausea
- Vomiting
- Loss of appetite

Contact your child's pediatrician immediately if you suspect your child has appendicitis. Early diagnosis decreases risk of a ruptured appendix or serious complications.

## Stomach pain on the left side of the abdomen

If your child is complaining about a tummy ache on the left side of their stomach, it could be caused by something as simple as constipation to a more severe condition like [pancreatitis](#).

Your child's pediatrician can work with you to better understand the pain and symptoms your child experiences to ensure they receive an accurate diagnosis – and more importantly, find relief.

## Stomach pain in the upper abdomen

If your child is complaining about pain in their upper abdomen, they may be experiencing indigestion (gas pain). Signs of indigestion include:

- Pain in the middle of the upper belly
- Nausea
- Bloating
- Burping
- Heartburn
- 

Indigestion can be the cause of pain in a child's upper belly, especially if it happens after eating certain foods. If your child has pain in the upper right side of their abdomen, this could be a sign of [gallstones](#). Gallstones are more common in adults than in children, but some children may be more at risk for developing gallstones. Children at higher risk include children with obesity, sickle cell disease or other blood disorders and children who have a family history of gallstone disease.

## What can I give my child for stomach pain?

Stomach pain usually goes away on its own after your child:

- Rests
- Has a bowel movement
- Passes gas
- Recovers from a stomach virus
- 

There's no specific treatment for an upset stomach, but you can help relieve your child's symptoms. Trusted home remedies for stomach pain in kids include:

- Offering plenty of clear liquids to keep your child hydrated
- Offering ibuprofen or acetaminophen to relieve pain
- Using a heating pad to ease cramps and pain
- Give a tummy massage with gentle soothing motions
- Offering a bland diet, like crackers and soups
- Giving your child stool softeners, like MiraLAX® to ease constipation
- Giving your child upset stomach medicine for children, like Pepto kids
- Mixing a [probiotic](#) in your child's water, which may help stop diarrhea
- Peppermint is a natural substance that can be very soothing for the tummy. You can offer peppermint tea or fresh peppermint leaves to chew (avoid artificial peppermint candy)

## Chronic stomach pain in children

Chronic stomach pain in kids is pain that lasts for more than two weeks. If your child is complaining about stomach pain often – and they don't have other symptoms – it could be due to a longer-term condition. Conditions that can cause ongoing, chronic stomach pain in kids include:

- Irritable bowel syndrome
- [Crohn's disease](#)
- Functional abdominal pain caused by stress, anxiety or depression

Functional abdominal pain is quite common. The mind and gut are very connected, and stress can lead to pain that is very real for kids. Functional abdominal pain is even more common in high-achieving kids or kids who don't always know how to express their emotions.

## When should I take my child to the doctor for stomach pain?

Stomach pain in children by itself is usually nothing to worry about. But, if your child has any of the following other symptoms, schedule an appointment with your child's pediatrician:

- Constipation that is becoming frequent
- Recurrent stomach pain with no clear cause
- Blood in stool
- Diarrhea
- Fever and cough
- Pain when urinating
- Unexplained weight loss
- Looks or acts sick
- Pain that is waking your child up from sleep or is starting to affect their daily lives
- [Jaundice](#)

Your child's pediatrician can help you know if you need more immediate medical attention.

## When to go to the ER for stomach pain in kids

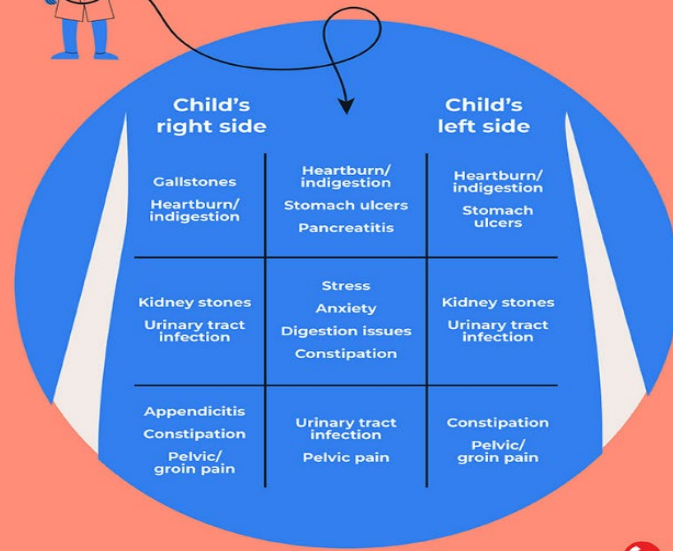
If your child has any of the following symptoms, call 911 or take your child to the [emergency room \(ER\)](#):

- Severe pain in the stomach
- Loss of consciousness
- Fatigue or ill appearing
- Difficulty breathing
- [Dehydration](#)
- Blood in vomit or green-colored vomit

# what's causing your child's stomach pain?



Stomach pain can be caused by a variety of reasons. Start by asking your child where their tummy hurts.



This chart is not an official diagnosis. Please consult a physician for medical care.



## **DATES TO REMEMBER:**

- \* Jan 5 - Welcome Back & Happy New Year!
- \* Jan 14 - PTO Dine out at Cal Tort 11:00am - 8:00pm
- \* Jan 16 - PTO Family BINGO Night 6:00pm - 8:30pm
- \* Jan 19 - MLK Day - No School
- \* Jan 21 - End of 2nd Marking Period
- \* Jan 23 - 2nd Marking Period Celebration Assembly
- \* Jan 26 - 30 - Great kindness Challenge
- \* Feb 2 - PTO Public Board meeting 7:00pm Media Center
- \* Feb 20 - 27 - Scholastic Book Fair
- \* Feb 27 - Evening Book Fair 5:00pm - 7:30pm LGL

## **Field Trips in the works:**

March 12 – Kindergarten to Legoland