Time to SPRING FORWARD!!

Daylight Savings Time will take place on Sunday, March 13th at 2:00am. Be sure to move your clocks ahead (spring forward) 1 hour before you go to bed on March 12th. This change allows it to be lighter longer in the evening. The first day of Spring is March 20!

RES Families,

Spring is approaching and learning is in full swing here at RES! As you may know, this is a time of year that students make the most academic and social learning improvements. Make school a priority. Very soon the weather will change with spring right around the corner. It can be challenging to keep our children focused on learning. What can you do to make school a top priority for your child?

- Make attendance your number one priority. Let your child know that unless they are sick, they must attend school (and be on time.) Make an effort to schedule appointments after school hours.
- Remain positive. Discuss with your child why you value education and why learning is so important.
- Talk to your child about their school day! Instead of asking “How was your day?” - Ask this instead:
  - What made you smile today?
  - Can you tell me an example of kindness that you saw or were involved in today?
  - Tell me about the book you read in class.
  - What was the best thing that happened at school today?
  - Did you help anyone today?
  - Tell me something you know today that you did not know yesterday.
  - Can you teach me or show me something you learned today?
  - Did any of your classmates do anything funny today?
  - Who did you play with today and/or what did you play?
  - What was the easiest/hardest thing you had to do today?

As always, THANK YOU for being our partners in helping your child find all the rewards in learning and helping to prepare them for a bright future!

Dr. Carboy
Let’s Celebrate READING with Read Across America Week

- **Monday, Feb 28:** Let’s celebrate that reading is amazing… and so are you! *Wear a shirt with a positive message*

- **Tuesday, March 1:** Let’s celebrate that reading is for sharing! Spotlight your favorite book! *Bring in a flashlight and your favorite book to share with a friend.*

- **Wednesday, March 2:** Let’s celebrate that reading makes us laugh *Dress in your favorite silly or wacky outfit.*

- **Thursday, March 3:** Let’s celebrate that reading is active! *Dress up to celebrate how you like to be active, favorite sports team or jersey day*

- **Friday, March 4:** Let’s celebrate that reading takes us on an adventure! *Dress up like your favorite Nim’s Island Character!*

Our author visit this year is, none other than our very own, OSOB Nim’s Island author **Wendy Orr**

Since she lives in Australia, Wendy will be talking to the school virtually about her inspirations for writing Nim’s Island along with many of her other books and the writing process. She will be interviewed using questions from our RES students and staff. This video will be shared in school to end our Read Across America week on Friday, March 4th. Such an amazing treat to be able to have this opportunity for the students to meet our OSOB author☺

In addition to the spirit days, each of our classrooms at RES will be going to the community library. While celebrating Read Across America week, each student will experience story time, tour the Royersford Public Library, and check out a library book. More details about the library visit will be coming soon from your child’s teacher.

In the spirit of Read Across America Week, please take this time to enjoy some good books and spend time reading aloud with your child!

**Reading Olympics – Virtual on March 10**

MCIU Reading Olympics is a countywide reading event that encourages students to increase the quality and quantity of books they read for enjoyment. The Reading Olympics Program is based upon the belief that good reading habits form the foundation for a productive and successful life. Reading Olympics will wrap up on March 10 with a virtual competition held in our library starting at 4:30pm. Our staff that assists with this event, Ms. Baumgardner, Mrs. Vaccaro, Mrs. Kehl and Mrs. Rusinski would like to recognize the students who are getting up a little extra early on Thursdays to be a part of this event:

- Landon Brady
- Andy Ruiz
- Clara Gefvert
- Ryan Nicholson
- Caleb Paster
- Isabella Delgado
- Luke Stead
- Joyanna Boughter
- Luke Fissel
- Delia Lopez
- Zoe Roberts
2022-2023 KINDERGARTEN REGISTRATION BEGINS
TUESDAY, MARCH 1
AGE REQUIREMENT: All Children Must Be 5 Years of Age by August 31, 2022

Please begin the online registration process by visiting the District website

Go to www.spring-ford.net
Click on the tab - Parents
Then-Student Registration

At the end of the online portion of the registration you will be prompted to email the assigned elementary school at which time an in-person or Zoom appointment will be setup to finish the registration process.

Couple of Reminders:

- When your child arrives to school after 9:00am, please be sure that you walk your child up to the school door so that you may fill out a late slip. Without a late slip the tardiness is counted as unlawfully late. Also please remember to call the absentee line even if your child is going to be late. It will eliminate the office from having to contact you during your busy morning. 610-705-6005 Press #4 to reach the attendance line. Please keep in mind that we need to account for every student who is not in school each day. PLUS, remember to send in a written excuse for your child absence.

- Changes in Dismissals – Please keep in mind that changes in dismissal should be the exception, not the norm. When a call comes into the office with a change in dismissal for your student, a call then has to be made into the classroom disrupting the teacher from teaching. This can also cause confusion for your child. If a change must be made, a note needs to be sent in with your child at the start of the day. Phone calls should be for emergency purposes only.

And now a few words from Nurse Schauder:

March is National Nutrition Month!
March is National Nutrition Month. It is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits.
**Eat Breakfast** Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables.

**Make Half Your Plate Fruits and Vegetables** Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal.

**Watch Portion Sizes** Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt.

**Be Active** Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week.

**Get to Know Food Labels** Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

**Fix Healthy Snacks** Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein.

**Follow Food Safety Guidelines** Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly.

**Drink More Water** Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

**Get Cooking** Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

**Order Out without Ditching Goals** You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

**Enact Family Meal Time** Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

**Reduce Added Sugars** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of

**Explore New Foods and Flavors** Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that’s new to you or your family.

**Slow Down at Mealtime** Instead of eating on the run, try sitting down and focusing on the food you’re about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

**Supplement with Caution** Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can’t be met or there is a confirmed deficiency. If you’re considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with a healthcare provider before taking.

For additional food and nutrition information, visit [www.eatright.org](http://www.eatright.org)
Ooops!!!!

If your child has received clothing from the Nurse’s Office and you have not returned the clothing, please do so ASAP. My supplies of leggings/pants and underwear are running low 😞. If you know your student is prone to accidents, it is highly recommended to have a change of clothing at school.

As our Covid surge is declining, I will have more time for health videos and challenges. Every year, I like to have a Healthy Snack Challenge. Stay tuned!!!!

Almost everyone has dropped some food on the floor and still wanted to eat it. If someone saw you drop it, he or she might have yelled, "5-second rule!" This so-called rule says food is OK to eat if you pick it up in 5 seconds or less.

So, Is it True?
Believe it or not, scientists have tested the rule. We're sorry to report it's not necessarily true. Bacteria can attach itself to your food even if you pick it up super-fast. But will your dropped food contain enough bacteria to make you sick? It's possible — and that's why you shouldn't eat food that has hit the floor.

- Here's what you need to know about the 5-second rule:
A clean-looking floor isn't necessarily clean. A floor that looks dirty is usually worse, but even dry floors that look clean can have bacteria. Why? Some germs can survive on the floor for a long time. And you can't see them. So chances are, some bacteria are probably living on your kitchen floor and the cafeteria floor at school.

Faster is better. A piece of food will pick up more bacteria the longer it spends on the floor. So food left there for 5 seconds or less will probably collect fewer bacteria than food sitting there for a longer time.

But fast may not be fast enough. Bacteria can attach to your food as soon as it hits the floor. That means food left on the floor for an instant can get contaminated if conditions are right. And foods with wet surfaces, like an apple slice, can pick up bacteria easily.

When in doubt, toss it out. Some bacteria are not harmful. But others can give you awful stuff, like diarrhea. You can't see the bacteria and, even if you could, it doesn't take much to make you sick. So what are you to do with that delicious piece of whatever that just slipped from your grip? The safest choice is to throw it out. Or give it to your brother. Just kidding!

MARK YOUR CALENDARS: PSSA – Grade 3 and Grade 4 Students
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. Please make every attempt to ensure that your child is here for these assessments. Trips during this time will not be approved until the student has taken the assessments. Testing will take place as follows:

Grade 3 and Grade 4: Reading and Language Arts:
- Monday April 25
- Tuesday April 26
- Wednesday April 27

Grade 3 and Grade 4: Mathematics
- Monday May 2
- Tuesday May 3

Grade 4 Only: Science
- Wednesday May 4
- Thursday May 5
**Tips and Tricks**

**How to Help Your Child Calm Down and Control Their Emotions**

★ **Describe your own feelings** to your child and model the coping skills you use to calm yourself, such as deep breathing or doing a preferred task.

★ **Validate Your Child’s Feelings**: By showing your child that you are listening and attempting to understand them, you can help to de-escalate them and possibly prevent larger scale behaviors such as tantrums. *It is important to remember that showing acceptance of their feelings is not the same as agreeing with them.*

★ **Provide Positive Attention**: Providing positive attention for good behaviors increases their likelihood of recurring. It is important to provide praise for even your child’s seemingly small, positive behavioral changes.

★ **Set Clear Expectations**: Outbursts and tantrums can be prevented by setting clear expectations and setting up consistent routines for your child to follow. While changes can be unavoidable, their effects can be minimized by warning your child about them in advance.

★ **Provide Options**: Giving your child an option when asking them to perform a task they are unenthused about may reduce the likelihood of an outburst. This may look like giving your child the choice of which task they would like to complete first or where they want to complete it.
  
  ○ **Parenting Hack** - Give them two options both of which are two things you would like them to do and by giving the choice it feels as though they have control when really it’s you with the control

★ **Plan in Advance**: When you predict that a situation or scenario may be emotionally challenging for your child, prepare for it in advance by having a calm conversation prior to the event and strategizing about how you will make it through this obstacle together.

★ **5 Special Minutes Per Day**: No phones or technology, just good old fashion bonding - setting aside a small amount of time each day to spend time with your child and doing an activity of their choice can help manage your child’s stress and help foster a positive child-parent connection.

*The information above was written by Caroline Miller from Child Mind Institute
For more information on these tips click here: [https://childmind.org/article/how-to-help-children-calm-down/](https://childmind.org/article/how-to-help-children-calm-down/)

**Royersford School Counselors**
Ms. Robyn Michael ~ Rmich@spring-ford.net
Ms. Kristen Sokalski ~ Ksoka@spring-ford.net
Important Dates to Remember

- Going on now - Gertrude Hawk Chocolates Fundraiser thru 3/7 for paper orders and 4/3/ for online orders
- Feb 28 – March 4 READ Across American events
- March 4 - Virtual Author Visit, Wendy Orr writer of Nimms Island
- March 10 – Virtual Reading Olympics
- March 16 – Spring Picture Day (more info to follow)
- March 17 - Spirit Day- Celebrate St. Patrick’s Day – Show off your Green
- March 30- Career Day
- April 22 – Earth Day (more details to follow)