



RES NEWSLETTER

MARCH 2024



Time to SPRING FORWARD!!

Daylight Savings Time will take place on Sunday, March 10th at 2:00am. Be sure to move your clocks ahead (spring forward) 1 hour before you go to bed on March 9th. This change allows it to be lighter longer in the evening. The first day of Spring is March 19!

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

2024-2025 KINDERGARTEN REGISTRATION IS OPENING MARCH 18th



AGE REQUIREMENT: All Children Must Be 5 Years of Age by August 31, 2024

Much more information will be available shortly!

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.

The testing window is as follows:

Grade 3 and Grade 4: Reading and Language Arts:

- Wednesday April 24, Thursday April 25, and Friday April 26

Grade 3 and Grade 4: Mathematics

- Monday April 29 and Tuesday April 30

Grade 4 Only: Science

- Wednesday May 1 and Thursday May 2

PERSONNEL ELECTRONIC DEVICES

There has been an increase in the number of smartwatches being brought to school and worn by students during instructional hours. Smartwatches are considered to be a personal electronic device and can have the same features and capacity of a cell phone, therefore are not to be used in school.



If your child brings a smartwatch to school, they will be asked to turn it off and put it away during the school day. Below are the guidelines for use of electronic devices from our student handbook and the consequences associated with any infraction related to the use of personal electronic devices in school.

We ask that you please help us in our efforts to maintain the integrity of our instructional program by ensuring that students do not bring personal electronic devices to school.

We appreciate your support!

CELL PHONES AND OTHER ELECTRONIC COMMUNICATION DEVICES

An increase in the number of electronic communication devices, including cell phones, is being observed with elementary-age students. The following guidelines are in place in our district's elementary schools (K-6) for the purpose of preserving the integrity of each building's learning environment. It is assumed that cell phones are provided to elementary age children for emergency use only. Please be assured that during the school day or while being transported by the school district, emergency needs will be addressed by school personnel.

1. All electronic communication devices, including cell phones, are to be turned off during the school day. Cell phones may not be set to a silent or vibrate mode. They may also not be set for a standby or "sleep" mode. They are to be turned completely off.
2. Students may not receive cell phone calls or check for messages at any time during the day. If parents have a need to contact their child, they must call the school office and make contact using existing established channels and procedures.
3. Students may not make cell phone calls at any time during the day.
4. The school district and school staff members are not responsible in any way for student electronic communication devices. This includes but is not limited to misuse, loss, theft, or damage to the device.
5. Failure to adhere to these regulations may be cause for school staff members to confiscate the electronic communication device, and require parents to pick up the device in the main office.
6. Laser lights are prohibited in the school and on the school bus.

VIOLATION OF ELECTRONIC DEVICES POLICY

The following are the consequences associated with the violation of Policy 237:

- **First Offense:** The device will be confiscated and the student's parent/guardian will be notified. The device will be returned to the student at the end of the school day.
- **Second Offense:** The device will be confiscated and the student's parent/guardian will be notified. The device will not be returned to the student. The parent/guardian must appear at the school to collect the device.
- **Third and Subsequent Offenses:** The device will be confiscated and the student's parent/guardian will be notified. The device will not be returned to the student. The parent/guardian must appear at the school to collect the device. The third and subsequent offenses will be treated as open defiance with consequences ranging from detention to suspension.



Equity | Diversity | Inclusion

Spring-Ford Equity, Diversity, and Inclusion Committee

- **Purpose:** To create an environment that fosters awareness and self-awareness of diverse perspectives and backgrounds; to build a community where everyone feels accepted and valued, and to be purposeful in looking for value in others.
- **Mission:** By fostering self-awareness and social awareness, we strive to overcome conscious and unconscious bias, participate in courageous conversations and create an inclusive culture that welcomes the diverse beauty of the entire Spring-Ford community.
- **Vision:** Elevate the voices of marginalized identities, ensure continuous, purposeful growth opportunities, establish a climate of bravery and empowerment.

We are looking to expand our EDI Committee, If you are interested in serving on our EDI Committee at RES, please email Dr. Carboy at tcarb@spring.ford.net

Here are some of the guiding questions our Committee will focus on to ensure everyone feels included within the RES School Community:

- What does equity mean to me?
- What does equity mean to RES, our school?
- What do we do at RES to ensure equity for all students?
- What does it mean to be included at RES?
- What does diversity look like at RES?
- Does everyone have access?
- What examples of Self-Awareness exist in our school community?
- How do we celebrate differences?
- Where do differences most stand out?

School Counselor Newsletter - March 2024

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 unenthusiastic 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.

*For more information on these tips click here: <https://childmind.org/article/how-to-help-children-calm-down/>

Royersford School Counselors

Mr. Steve Mest ~ smest@spring-ford.net

Mrs. Kristen Crescenzo ~ kcres@spring-ford.net



Reading Olympics – Virtual on April 3, 2024

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 April 3rd with a virtual competition held in our library starting at 4:30pm. Our staff that assists with this event, Mrs. Pogash, 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:

Ava Garcia
Ahmad Sweiti
Tatum Chandler
Joshua Harper
Fariha Afroze

Oliver Williams
Hazel Marlatt
Cecelia Galdames
Lucy Stackhouse



Nurse Schauder Update: 2100!!!!!!!

The veggie and fruit snack challenge has been going AMAZINGLY!!!!!!! So far, 2100 fruits and veggies have been consumed by Royersford Staff and Students since February 1st!!!!!!!!!!!!!!!!!!!!!! This is so exciting. We still have about 5 weeks left of the contest, so keep the fruits and veggies coming! If you student has not participated yet... never too late to start! Contest runs until March 27th with the winners announced at the end of that day. Class with the most fruits and veggies wins a class prize upon returning from Spring Break.



School Wellness Bulletin Board – Each smaller penguin represents a class homeroom and each fish represents 100 fruits and veggies



Medication and Field Trips

If your student receives medication daily at school or if your student requires a rescue medication, please check with Nurse Schauder or your student's homeroom teacher to see if there is nurse coverage for your student's grade level trip.

In case you were wondering...

12 Signs

Your Child

is Constipated



- 1** **XXL poops.** We're talking "Holy cow!" poops – larger than $\frac{3}{4}$ " x 6."



- 2** **Firm poops.** Logs or pellets = bad; thin snakes or mushy blobs = good.



- 3** **Poop accidents.** When the rectum is overstuffed, poop just falls out.

- 4** **Bedwetting and pee accidents.** A big 'ol poop mass squishes the bladder.



- 5** **Recurrent UTIs.** Bacteria from overflowing poop crawl up to the bladder.

- 6** **Extremely frequent and/or urgent peeing.** You go, "AGAIN? But you JUST peed!"

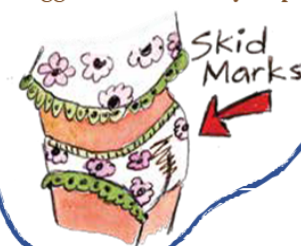
- 7** **Infrequent pooping.** But daily pooping doesn't rule out constipation.

- 8** **Pooping more than 2x/day.** A stretched-out rectum lacks the tone to evacuate fully.

- 9** **Belly pain.** Constipation is the #1 source of tummy ache in kids.

Skid marks or itchy anus. Clogged kids can't fully empty

- 10** → bottom is hard to wipe
→ poop stains.



- 11** **Super-loose poop.** Some poop can ooze by the large, hard rectal clog.



- 12** **Continued trouble toilet training or hiding to poop in diapers.**



Bedwetting & Poop Press

Important Dates to Remember

March 4: READ Across America - Wear PJ's and bring a flashlight

March 4 -13 Art Goes to School (takes place during student art class)

March 5: T-Shirt Tuesday... wear your RES T-shirt

March 6: No school for students

March 7 - Kindergarten Field Trip to Legoland

March 13 - Spring Picture Day/4th Grade Group Picture

March 15: Celebrating St. Patrick's Day... Wear green

March 21: World Down Syndrome Day...Rock your favorite socks

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

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

May 22: 4th Grade Field Trip to Colonial Plantation

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

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

Upcoming Spring Ford Events

2024 Spring-Ford 5K Run/Walk

This fantastic Friday night 5K and Kids' Fun Run is the perfect way to kick-off your weekend and show your support for the Spring-Ford Educational Foundation. Not only that, but all 5K finishers will receive a unique race medal and everyone who registers for the 5K by April 14 will get the incredible race-themed long-sleeve T-shirt.

- When: Friday, April 19th at 6:15 pm (Kids fun run) and 6:30 pm (5K Run/Walk)
- Where: Spring-Ford Area High School, 350 South Lewis Road, Royersford, PA 19468
- 5K Swag: Unique finishers medal and race-themed long-sleeve T-shirt (while supplies last)
- 5K Cost: Until April 1st: \$22 for students and \$28 for adults / After April 1st: \$25 for students and \$30 for adults

The Spring-Ford Educational Foundation 5K benefits the Senior Impact Dinner. Beginning with the Class of 2006, SFASD has honored individuals nominated by graduation seniors who have made an impact on their educational experience. A dinner is held for nominees and the seniors who nominated them to celebrate how each individual has impacted the lives of our students.

[Click here to register.](#)

Community Spotlight: Julias's Palooza

Julia's PALOOZA to benefit Julia's Grace Foundation will be held on Saturday, March 9, 2024. This year, the Family Fun Fair will feature games, arts & crafts, music, food, raffles and more! It will be held at Brooke Elementary School, Julia's former school, at 339 N Lewis Road in Royersford from noon to 4 p.m. Tickets are \$5 per child.