



OCTOBER 2022

NEWSLETTER



Welcome Fall

This month, Royersford Elementary will be focusing on Bullying Prevention. To learn and understand what bullying means, students will take part in the assembly “The Magic in You” on October 4th. This program will teach our students the value of being Respectful, Honest, and showing Empathy to others. Students are encouraged to wear a sports jersey on the 4th to show that we are “all on the same team” when it comes to bully prevention.

How can I support you?



School Counselor Newsletter - October 2022

Welcome to a new school year!

Understanding the Role of the School Counselor

MENTAL
HEALTH



Hello Royersford Community! I would like to introduce you to our Royersford Elementary School Counselor team. Mr. Steve Mest is our full time School Counselor at Royersford and can be reached at Smest@spring-ford.net. Our other School Counselor is Mrs. Kristen Crescenzo (Sokalski) and is at Royersford every other day, switching from RES and Oaks Elementary. Mrs. Crescenzo can be reached at Ksoka@spring-ford.net. As your counseling team we are here to support your child in school, whether that is academic support, and/or social emotional support. Please do not hesitate to reach out to us with any questions or concerns that come up throughout the school year. We are here to help! Here are ways we can support your child:

- ★ **Individual Counseling** - We can set up short term counseling with your child to better support them in school.
- ★ **Group Counseling** - We will begin to reach out to families in the next month as we begin to look at student needs and arrange for small group counseling. This takes place for a half hour, once a cycle (6 days) for six sessions. We try to have no more than 6 students in a group.
- ★ **Classroom Lessons** - Lessons have officially started! Mrs. Crescenzo teaches Kindergarten lessons for 15 minutes, once a cycle, for a total of 16 lessons in the school year. Mr. Mest teaches 1st grade and Mrs. Ellis' second grade class for 30 minutes, once a cycle for a total of 8 lessons. Mrs. Crescenzo teaches the remaining second grade classrooms for 30 minutes, once a cycle, for a total of 8 lessons.
- ★ **Lunch Bunches** - We have already had lunch bunches with our new students in Royersford! It was great to get to know each new student in our building! We will now be working on trying to

set up a lunch bunch with every student in our building. Lunch bunch can also be set up on request, and allows an opportunity for students to eat lunch with their counselor and work on social skills with friends from class.

- ★ **SAP** - Our Student Assistance Program is a great starting point for getting your child additional support. Our SAP team meets monthly with our SAP liaison from Creative Health Services. Together we work with families to provide outside support such as counseling services and family based services.

FIRE PREVENTION ASSEMBLY

On Wednesday, October 12th, the Royersford Fire Company will be at RES to offer students and staff important information regarding fire prevention and safety. Students will attend grade level assemblies outside with the firefighters and have the opportunity to see a fire truck and ask questions related to the information presented and safety.



HOMECOMING WEEKEND CELEBRATIONS



A festive weekend is in store for Spring-Ford students, families, alumni and community members who attend this year's Homecoming celebration, which will begin on Friday, October 21st and continues through Saturday, October 22nd.

Saturday, October 22, 2022: Spring-Ford students will continue a longstanding tradition of parading through the streets of downtown Royersford starting at 12 p.m. Main Street will be closed to traffic during the parade.

The parade will feature the talents of Spring-Ford's award winning Golden Ram Marching Band, the chorus and the Spring-Ford Middle School Band, and will include various high school clubs. Athletic team members, School Board members, local dignitaries, local fire companies and the Rowdy Ram will all make appearances.

The parade will end with a community picnic, provided by the Spring-Ford Educators Association (SFEA).

Finally, join fellow Ram fans as Spring-Ford Area High School's football team takes on Norristown High School at 2 pm in Coach McNelly stadium. Gates will open at 12:30 p.m. for pre-game festivities that will include musical performances, as well as the introduction of the Homecoming Court.

LET'S GO SPRING-FORD!!!!

HALLOWEEN COSTUME PARADE

Friday, October 28th
School Wide Parade 2:30 p.m. – 2:45 p.m.
AM Kindergarten 10:30am – 10:45am
Transition into building 2:45 p.m.



Parade Route: The students will start from the Front Main Entrance on 4th Avenue and parade around the perimeter of the school playground (blacktop area).

Parade Viewing: Parents are asked to remain either on the mulch/woodchips or along the playground fence outside of the school playground. Please do not block the perimeter of the school playground. Cars must be park in designated parking areas. Space is at a minimum, carpooling is advised during parade times. **Dogs are NOT Permitted on our property.**

Classroom Volunteers: Must make prior arrangements with the teacher. All parents that have made arrangements in advance to volunteer for classroom activities will be asked to report to the main entrance (office) & to sign into the building at the time your child's teacher has specified. Please do not plan to remain at the school building or classroom between parade and volunteer times. Volunteers must have proper paperwork and ID.

All parents viewing the parades are asked to leave the property following the outside events. This will free up parking for all the day's activities and reduce stress on the building security plan.

Children's Costumes: In choosing a costume for your child, keep in mind the following:

1) *WEAPONS OF ANY KIND ARE NOT PERMITTED!*

a. This includes swords, knives, guns, whips, etc. This would be in violation of the district's weapon policy #218.1.

2) Children must choose costumes that they can easily put over top of their clothes for the parade.

3) Children must be able to see clearly; no masks that obstruct their vision.

4) Choose a costume that your child can walk in as students will be parading outside.

5) Please use your best judgments when selecting costumes.

Alternate Activities: We recognize that some families may not celebrate this holiday in the same way, if at all. **If you do not want your child to participate in these "traditional" activities, please send a note to the office BY 10/25/22**

An alternate activity will be provided in the school library

TSS FALL RE-TAKE DAY

We again utilized TSS photography company for fall picture day on September 15th. By now you should have received the link with your child's picture so you can customize their background and pose. Just a reminder that re-take day will be Wednesday, October 26th. If you were absent on the original picture day (September 15) or were new to the school and started after September 15, your child will be photographed on October 26th.



HAVE YOU SEEN THIS?



A former student and rising Eagle Scout, Tyler Borzillo painted this beautiful mural on what was once a plain and a bit dirty, cement wall. With the help of our Art teacher, Mrs. Kathryn Barton who designed such an amazing display, it truly came together, brightens up the space and looks wonderful.



Halloween is the scariest holiday—for your teeth. During this holiday season, it might feel impossible to keep your kids away from the sweets. Use these tips to limit candy consumption, help prevent tooth decay, and keep your kid's teeth healthy and happy.

What Halloween Candy Is the Worst for Teeth?

Any candy that contains sugar will feed the plaque development that leads to tooth decay. It's no secret that some of your favorite sweets can damage your teeth—and some types of Halloween candy are worse than others.

- **Hard candy.** You might think sticky candy would harm teeth most, but hard candy like lollipops and peppermints cause the most dental damage. These harder treats linger in your mouth longer, putting your teeth at risk for prolonged acid attacks, which lead to tooth decay. Plus, they can also trigger a dental emergency such as a broken or chipped tooth.
- **Sticky treats.** From gummy worms to caramels, sticky candy is plentiful during Halloween. These softer treats tend to remain on teeth and "stick around" long after the candy has been enjoyed. You can help reduce dental damage by enjoying one piece at a time, chewing thoroughly, and brushing teeth afterward.

- **Chewing gum.** Surprisingly, one of the safest Halloween treats to enjoy is gum. Gum stimulates extra saliva production, which naturally rinses the mouth and keeps plaque-causing bacteria at bay. Choose **sugar-free**, all-natural gum that's sweetened with xylitol, which helps to reduce plaque acids and bacteria that cause tooth decay.

How Do You Protect Your Child's Teeth During Halloween?

Though candy is plentiful, you don't have to let the threat of tummy aches and cavities ruin Halloween. With some extra diligence and a few ground rules, you can make the holiday fun and healthy for the whole family.

- **Inspect the loot.** When your child returns from trick-or-treating or a Halloween party, make sure you get a first look at the haul. Give them a piece or two to enjoy while you check their bag for tampered wrappers, potential allergens, or choking hazards.
- **Limit candy consumption.** Ask your child to help you sort the sweets into piles based on type: chocolate, gummies, and hard candy. Then use small baggies to create candy rations, including one piece from each pile. You can make a rule about how often your child enjoys a treat—like once or twice a week. Make sure to store the candy out of sight.
- **Make snacking healthier.** When it's time to indulge, permit candy consumption only at mealtime when extra saliva production helps to rinse food particles from teeth. Hard fruits and vegetables can also help dislodge any sticky treats from crevices in the teeth. When eating candies, have your child drink a bottle of water to help periodically rinse the sugar from their teeth.
- **Propose a trade.** If your child collected more candy than they'll ever be able to eat, offer to make a few trades. Let the child use the candy to "buy" other items, such as movie tickets or a new toy. You might even have some smaller items available on Halloween night to help take the attention off the giant bag of candy.
- **Prioritize oral health.** Proper brushing with toothpaste is essential to preventing tooth decay, so getting your child into the habit is vital. Help your child **correctly brush their teeth** at the end of each day to remove sugary build-up. Also, practice regular flossing to remove any candy debris that might be stuck between teeth.



October is the best month to get the annual flu vaccine, as the season starts this month, ramps up worst over the winter holidays, and winds down in March. [Health officials](#) are warning that the 2022-23 flu season could be particularly nasty and has already begun in some states.

Here are two articles about the differences between the Flu and Covid-19 and what to do when you child has the flu:

[COVID-19 vs. the Flu | Johns Hopkins Medicine](#)

[What to Do If You Suspect the Flu | Children's Hospital of](#)

[Philadelphia \(chop.edu\)](#)

Can Kids Get The Flu Shot And The COVID Vaccine Together?

[Pediatric infectious disease experts agree](#) that it's safe for kids to receive both the flu shot and the Covid vaccine at the same time or spaced a few weeks apart. As always, check with your pediatrician first.

Have a Happy and Healthy Halloween!!!



Dates To Remember

September 27- October 7 - Scholastic Book Fair (held during library class)

October 2 - National Custodian Day - Give Mr. Mike and Ms. Kate a big hello!

October 4 - Evening Book Fair 5:00pm - 8:00pm

October 5 - No School for Students or Staff

October 12 - Fire Prevention Assemblies

October 12 - PTO Meeting 7:00pm - Media Center

October 14 - Title I Open House via Zoom

October 22 - Spring-Ford Homecoming Game 2:00pm Spring-Ford vs Norristown High School

October 25 & 26 - Recycled Haunter House Drop Off

October 26 - Picture Re-take Day

October 28 - Halloween Festivities

November 4 - Dance A Thon

December 13 - Winter Concert

Upcoming Spirit Days

October 4 - Bully Prevention Assembly: We are all on the same team - Wear a SPORTS JERSEY

October 12 - Fire Safety Assembly - Wear RED

October 21 - SF Homecoming - Wear BLUE, GOLD and all things SPRING-FORD!

October 25 - Red Ribbon Week: Kick off the Week - Wear RED

October 26 - Red Ribbon Week: It's no sweat to be bully free - Wear SWEATS

October 27 - Red Ribbon Week: Too bright for drugs - Wear BRIGHT COLORS & SUNGLASSES

October 28 - Red Ribbon Week: Say "BOO" to drugs - Wear ORANGE/BLACK

November 1 - T-Shirt Tuesday - Wear your school T-shirt

November 11 - Veterans Day - Wear RED, WHITE & BLUE

November 14 - Diabetes Awareness Day - Wear BLUE