
Stewartstown Elementary

Newsletter

September 2017

A Message from the Principal:

Welcome back for the 2017-18 school year! So many wonderful things are planned for this year, I could not be more excited to get started.

We are very enthusiastic about the addition of our Computer Science course taught by Mrs. Ester. In this class, students will be learning coding, keyboarding, and digital citizenship.

We will also continue using our STEAM Station to explore 21st Century skills. STEAM is a nationwide initiative focused on Science, Technology, Engineering, Art and Mathematics. We look forward to an exciting year in our STEAM Station with Maker Space activities that are both high and low tech. Be on the lookout for ways in which parents can help us get "stocked up" in the Station.

We will welcome a Musician in Residence to Stewartstown before the holiday break. Steven Courtney will be joining our students to write and record a school song to bring our RAMS for Life rules to life for our students for years to come. Students will explore all genres of music and all students and staff will take part in the recording of our song. We look forward to unveiling the song to the public the second half of the school year.

Welcome back and we look forward to another exciting year here at Stewartstown Elementary!

Bobbie Lamond

Principal

Back to School Forms

Please be sure to check your student's Sapphire account and complete any online forms that need to be filled out. Students have started learning and need to access technology in order to complete assignments in class. Without the correct completed forms, they are unable to do this. Students need the COPPA form(K-4) and Electronic Usage form (3&4) signed before they are allowed to use any technology. If you have any questions about the forms, please contact the office at 717-993-2725 ex.8800.



Upcoming Events

September 1

No School – Staff Dev.

September 4

No School – Labor Day

September 6

6:00 PM - Instrument Rental Mtg. @ SEMS

5:00 – 8:00PM - Chick-Fil-A Spirit Night

September 8

Spirit Day – Red, White, & Blue for Patriot Day on 9/11

September 14

Band Instrument Lessons Begin (4th grade)

September 15

String Instrument Lessons Begin (4th grade)

September 21

7:00pm – School Board Meeting

September 22

Spirit Day – Purple/Ravens for Ms. Lamond's Birthday

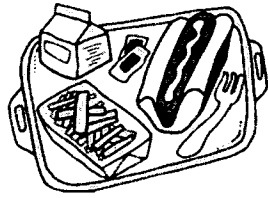
11:45 – Early Dismissal – Students Only

September 26

6:00PM - PTA Mtg. in the café.

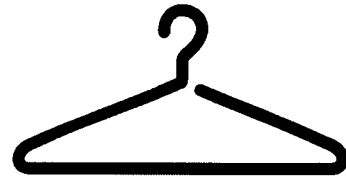
Free/Reduced Lunch

The free/reduced lunch program eligibility needs to be renewed each school year by October 1. Your status, need or other information may have changed over time. Please re-submit your application as soon as possible. For on-line, use **sesdweb.net** to parent portal. Any delay may result in funds exceeding their limits. For further questions, contact Amber Harris at Admin. 717-382-4843 ext. 6800.



Health Room Clothing Needs:

Please consider donating outgrown, gently used clothing to our Nurse's office supply. We have needs for elastic band pants of all sizes, belts, shirts and sneakers.



From Your School Counselor

We have a tremendous opportunity to partner with Stewartstown United Methodist Church and the Central Pennsylvania Food Bank to continue our Back Pack program. Back Packs packed with extra food for the weekend will begin Friday, September 15 and run throughout the school year. Students and families who are interested in participating should look for permission form to come home August 28. Please return permission form by September 5. For questions or need of additional information, please contact Suzan Simko, School Counselor at 993-2725, extension 8830.

2017-2018 - NEW AT STEW

Lindsay Furer – Speech Therapist

Elizabeth Hartzel – LIU Paraprofessional

Pete Downs – Custodian

Bonnie Innerst – LIU Paraprofessional

Cara Metz – LIU Teacher

Pamela Smuck – LIU Paraprofessional

Patty Spencer – LIU Paraprofessional

Rachel Twigg – Paraprofessional

Chelsea White – LIU Teacher

Welcome!

Nurse's Notes:

Jodi Gantz, School Nurse

Healthy Habits Promote Life-long Holistic Wellness

Many factors influence a child's wellness attitude and how they care for their overall health. Empower children to guide their own health in a positive direction by sharing these simple habits for life-long wellness.

Stomp Out School Bugs. Classrooms, playgrounds, buses and computers are perfect breeding grounds for germs. Teach kids how to blow their nose properly; to cough or sneeze into the inside of their elbow; wash hands frequently, and to never share water bottles.

Get your ZZZZ's. Most children do not get the adequate amount of sleep recommended: 10 to 11 hours for children ages 5-12 and 8 to 10 hours for older children. Help students maintain attentiveness, consistent academic performance and short-term memory by establishing regular bedtime hours and routines.

Sick = Stay Home. If a student is not welling well, teach them to be responsible for their wellbeing and the health of their peers by staying home to recover. Sharing with others is a valuable attribute, but it stops at sharing germ! Remember that your child must be fever-free (Temperature of less than 100 degrees) for 24 hours (without fever reducing medicine) before he/she may return to school.

Choose H2O. The key to being well is drinking water and milk most often. Once in a while it is fine to have 100% juice, but whole fruit is best. Save sugary soda drinks for special occasions.

MOVE! Spend time with kids as they explore physical activities they enjoy and help them find ways to be active on a daily basis. Get the whole family committed to physical activity. Individual activities such as running, biking, skating or swimming are all equally good options.

Turn Off the TV. And the computer! Help kids limit screen time to a maximum of two hours a day. Work with children to find active alternatives for free time after school, before bed and on weekends.

Listen to What Your Body is Telling You. Teach children how to listen to signs that their bodies are sending – such as pain, a full tummy and tiredness – and how to respond to the needs.

A Well Heart and Head. Wellness is not limited to the physical. A well rounded individual gives equal attention to their *emotional and mental wellness*. Help students understand how to exercise their brains with board games, puzzles and problem-solving, and maintain emotional wellness by managing stress and maintaining positive relationships.

Some tips adapted from Kids Health, <http://www.kidshealth.org/kid/>