



EBENEZER ELEMENTARY

March 2021



Principal's Message

Dean W. Bozman, Ed.D.

Dear Parents/Guardians,

During the month of February at Ebenezer, we held virtual Kindergarten Orientation and Kids Heart Challenge. The virtual Kindergarten Orientation event welcomed to Ebenezer the Cedar Crest Class of 2034. Individuals interested in viewing the prerecorded virtual Kindergarten Orientation can do so by clicking [here](#). We had another amazing Kids Heart Challenge event with **100%** of our students participating. Not only did we have full participation for the 8th consecutive year, but we surpassed our goal of raising \$40,000. Since we achieved our goal, some students will be able to slime Mr. Bare and me at an upcoming event. Year after year, Ebenezer is a leader in the fundraising efforts for the American Heart Association.

This is a reminder that school will be in session on March 31st as a weather make-up day. This will be an in-person instructional day for students and staff.

The PSSA dates for Ebenezer are as follows:

- ELA - April 20th – 22nd
- Math - April 26th-27th
- Science (4th grade ONLY) – April 28th-29th

During our regularly scheduled Excellent Events, I reviewed with students March's character trait, **Citizenship**. We defined citizenship as: being respectful and responsible to people, animals, and the environment; caring about your community and country; being informed about the needs of your school and community, and doing your best to make your home, school, and community a better place. We also talked about how students can demonstrate good citizenship by respecting authority figures including parents, teachers, police officers, and other adults. The connection was made in regards to being a good digital citizen when using technology and students viewed a Brain-Pop video about internet safety.

March 3rd is our next PTE meeting.

Thank you and remember spring is just around the corner!

Important Dates

March 3 PTE Meeting 6:30 PM

March 4 Virtual Book Bingo 6-7 PM

March 15 Falcon Foundations Applications Due

March 29-30 Kindergarten Screening

March 25 Excellent Events (wear your spirit colors)

March 31 School in Session (in person day)

April 1-5 Spring Vacation

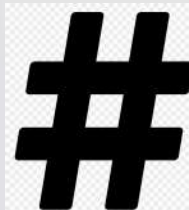


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Meet

Mrs. Leiter



#SMILE

Principal's Secretary



#WELCOME

Hello Ebenezer Families. My name is Sandy Leiter and I am originally from New Castle, PA. I have been at Ebenezer for 24 years. I have worked as a learning support assistant, teacher's aide, School Secretary and now the Principal's Secretary. It's hard to believe that I have been in the school office for 20 years. In May my husband, Rick and I will be married for 35 years. Together we have two daughters, Ashleigh and Kaitlyn and they both graduated from Cedar Crest. I love my Ebenezer family and office staff. Go STEELERS!!



#FAVORITES

- Painting—I love painting inside houses, walls, ceilings, cupboards, etc.
- Spending time with my family
- Taking my dog, Juneau, to training classes, long walks at Lions Lake and playing with my cat Anya
- Reading

#CONTACT

717-272-1969 ext. 2001

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School Counselor SPOTLIGHT

www.schcounselor.com



Mrs. Maeve O'Donnell, MS, NCSP, ABSNP
Learning Facilitator
(School Psychologist/School Counselor)
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modonnell@clsd.k12.pa.us



Hello families!

The Social Thinking website (www.socialthinking.com) provides a wide array of resources to support the social, emotional, and behavioral needs of students and it is a valuable resource for educators as well as parents. Below is an article that may be of interest to you:

Help Your Kids Become Whole Body Listeners: Fun Activities to Do at Home

Guest Author: Elizabeth Sautter, MA, CCC-SLP



My mom is a devoted grandmother (a.k.a. "Grammy"), but lately she's been complaining that my boys seem too busy to "listen" to her. "They're preoccupied," she says, or "they're distracted by their devices." Yes, they are getting older and are less interested in sitting down with Grammy to read or play board games. But, given that my mom pointed out their need for better communication and listening skills and questioned whether I teach them what I teach my students, I thought it might be time to refresh some strategies at home. Even more importantly, I want to help my sons recognize how their behavior is making Grammy and others feel.

The conversation with my mom was a good reminder to revisit what I so often teach others: how to listen with our whole body and how important it is to practice this concept outside the classroom or clinic, and especially at home. For the parents and grandparents out there facing a similar lack of attention from their kids, here's some background information on whole body listening and a list of activities to try at home.

School Counselor Spotlight (continued)

Listening – What’s It All About?

The technique of whole body listening helps improve attentional skills by enlisting multiple body parts, not just the ears. Speech pathologist Susanne Poulette Truesdale came up with this powerful (and now very popular) concept and wrote an article about it in 1990. This innovative tool makes the act of listening less abstract and more concrete by providing roles for the different body parts and explaining how each is involved. For example, the eyes help with listening when they look at or toward the person who is speaking. The arms, legs, mouth, and torso do their part by remaining as calm and quiet as possible while listening. The brain contributes a crucial part by focusing on the speaker and trying to understand what the speaker is saying.

Over the years therapists teaching whole body listening expanded the concept to include a relational aspect by adding a role for the heart, which serves as a reminder to show that you are thinking and caring (in most circumstances) about the listener and what is being said. Perspective taking, the empathic act of putting oneself in someone else’s shoes, has become a part of whole body listening, helping to facilitate an emotional bond between speaker and listener. Listening with the heart should be explained and modified for people who find it difficult to see another person’s perspective and to understand that you don’t have to care about everyone you listen to.

In a more recent article (2013), Truesdale stresses that the most critical part of whole body listening takes place in the brain. She states that “when we are asking someone to think about what we are saying, we are in essence asking for the listener’s brain to be connected and tuned-in.” As you can see, listening with the whole body is an active, cognitive behavior that is extremely complex in nature. When we ask someone to “listen” or “pay attention,” we may not realize that along with what we’re asking comes the unspoken expectation that we want them to also stop whatever they are doing or thinking about and “show” us that they are listening. To many people (including Grammy), that means listeners show that their whole body is engaged (looking, keeping still, thinking about what was said, etc.). And, in addition to keeping certain body parts still, it takes regulation and cognitive control to be successful at making them inactive.

Taking a deeper look at whole body listening reveals that it requires a lot from the brain and the body, including sensory processing (integrating all of the body senses), executive functioning (self-control of the brain and body) and perspective taking (thinking of others, what they are saying, and why they are saying it). Given the complexities, we must also realize that this task cannot be accomplished by everyone. Truesdale describes whole body listening as “a tool, not a rule,” emphasizing its flexible nature, both in how it is being demonstrated as well as by whom. Those who find it too challenging or anxiety provoking to keep certain body parts still or to make eye contact should not be asked to do so. We also need to use care in not representing a certain series of actions as being the only way to show whole body listening (e.g., feet on floor, hands on desk, head facing forward, body erect and at attention). Accommodations can and should be made depending on the child’s needs and learning style. For more information, read my related article [“Taking a Deeper Look at Whole Body Listening: It’s a Tool, Not a Rule.”](#)

From the Classroom/Clinic to the Living Room and Beyond

Listening skills provide essential building blocks for understanding content and context, deciphering social cues, communicating with others, and developing relationships and life skills. However, it’s more than just a socially expected norm, and is now woven into the Common Core Standards in which grades K-12 have at least one cooperative listening standard. For example, in Kindergarten, it is expected that students will “follow agreed-upon rules for discussions (e.g., listening to others and taking turns speaking about the topics and texts under discussion).” Teachers use these standards to evaluate their students and many therapists develop goals and lessons to support those who might need extra help in these areas.

School Counselor Spotlight (continued)

Parents and other caregivers can help children improve their listening skills by practicing them at home. Research points to the value of bridging the learning that takes place at school and in the home (Koegel, 2011). Rather than reminding (or nagging) kids about listening, try some of these games and other activities. We've also included some helpful hints and strategies about working with whole body listening no matter where you find yourself and your kids.

Play Games, Sing Songs, Read!

For younger kids, play games that build listening skills, like telephone (whispering the same message from one person to the next).

Play games that develop self-regulation and listening skills, including Freeze Dance and Red Light, Green Light.

Sing songs to reinforce whole body listening vocabulary. For instance, in the song “Head and Shoulders, Knees and Toes,” substitute whole body listening vocabulary of “eyes and ears, mouth and hands,” etc.

Read books about listening, including *Liam Labradoodle Learns Whole Body Listening* (Truesdale, 2016), *Howard B. Wigglebottom Learns to Listen* (Howard Binkow, 2006), *Whole Body Listening Larry at Home*, *Whole Body Listening Larry at School* (Sautter and Wilson, 2011).

Other children’s books show listening situations that can also be discussed and used as teaching tools.

Show and Tell!

Use a Mr. Potato Head to talk about the body parts involved with whole body listening.

Provide photos or drawings to show what whole body listening looks like in different situations (e.g., at the dinner table vs. in the car). Encourage your child to “match the picture” (Ward and Jacobsen).

Prime your child for what listening should look like prior to engaging in a particular situation, such as a concert or a graduation. Post a visual of whole body listening in a common area and review the hidden rules that may be unfamiliar to the child.

For all ages, role-play various scenarios, such as a classroom lesson, birthday party, and dinner table conversation and focus on the type of listening behavior expected for each one.

Use a [Social Behavior Map](#) (Winner, 2007) to map out and discuss the expected and unexpected listening behaviors for various situations and how these behaviors might make others feel.

Use a visual tool! Put up a wall poster of [Whole Body Listening Larry](#) (Sautter and Wilson, 2011) for in-the-moment talks about listening when situations arise during the day. Especially helpful in the mornings to help kids stay organized as they start their day.

During meals, have family members take turns showing the group something (a drawing, book, an item, etc.) and talking about it. Emphasize the importance of giving the speaker full attention through whole body listening.

Helpful Hints and Strategies on Teaching and Using Whole Body Listening

Incorporate vocabulary into everyday activities and provide praise when you observe your child listening in an expected way (e.g., “thanks for waiting for me to finish my thought before answering me” or “I see that you are keeping your body still while your brother is telling his story”).

School Counselor Spotlight (continued)

Help your child **practice mindfulness** during various activities, including watching/looking, sitting, walking, and listening. Talk to your child about what it means to be mindful (paying attention with intention or on purpose). Help them attend to each body part involved with whole body listening and introduce a mindfulness activity that focuses on that body part (e.g., focus on mindful, still hands, listening to a specific sound, or practice a mindful, compassion activity). Point out examples of mindfulness and how it relates to listening. (Learn more about mindfulness at www.mindfulschools.org or greatergood.berkeley.edu/topic/mindfulness/definition.)

To support whole body listening, **limit visual and auditory distractions** near the speaker and listener.

Use sensory supports. Some kids are better able to listen if they can keep their hands busy holding a fidget, doodling, squeezing hands together, or sitting on hands. Using a theraband around the legs of a chair, ankle weights, a pressure vest, or a lap pad can also make listening easier for some children.

Last but not least, and one of the hardest for me these days, is to **practice and model whole body listening ourselves**. While my mom was discussing her concerns about the boys, I realized she might subtly be dropping a hint that I might also need to fine tune my listening skills in her presence as well. :)

Whole body listening is a useful tool for many kids (and adults) and can be adapted to a wide range of needs and abilities. The process of adapting it to suit your child can also provide a great opportunity to talk with the child about his or her learning style and encourage self-advocacy. Try any or all of the listening activities described above at home and find more activities to build social and emotional skills in my book [Make Social Learning Stick!](#) I'll be working on them with my kids (and myself too), and I hope my mom will be happy with the results!

About the Author

Elizabeth Sautter, M.A. CCC-Speech-Language Pathologist is the founder of [Make Social Learning Stick](#) and director/owner of [Communication Works](#). She is a social-emotional coach, blogger, author and trainer. Elizabeth is experienced in the areas of autism, development disabilities, social cognitive deficits, and challenging behaviors since 2001. Her mission is to help support parents.

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- Winner, M.G. (2007). [Social behavior mapping: Connecting behavior, emotions and consequences across the day](#). San Jose, CA: Think Social Publishing, Inc.





From the Desk of Ms. Lu, Certified School Nurse:

“Go for the Greens”:

“Go for the Greens” is a time of learning about nutrition with an emphasis on great vegetables and fruits. Students will be invited to taste fresh vegetables and fruits during lunch time on a designated day in April.

Body Mass Index (BMI):

Information regarding your elementary child’s BMI for the 2020-2021 is now available on the Skyward Parent Portal. Body mass index, or BMI, is a measure of body fat based on height and weight and is used as a screening tool to identify possible weight problems for children.

If you have questions regarding your child’s BMI results, please contact Mrs. Lu, at 717-389-1876.

Clothing: Please pack a change of clothing (shirt, pants, underwear) for your child to keep in their book bag so that they are readily available during the school day.

Forms: If you have not return a completed physical and/or dental form for your child please complete and return to the school nurse as soon as possible.



From the District Office:

Did you Know?

- Cedar Crest High School presents its spring musical, **The Addams Family - Quarantined Concert Version**, March 5 & 6 at 7 PM and March 7 at 2:30 PM. Purchase live stream passes for various viewing options online at cchsmusical.booktix.com. Use the same link to purchase raffle tickets for the Winner-Takes-All raffle to benefit the CCHS Musical – chance to win more than \$600 in gift cards! Visit the CLSD website or Facebook for more details.
- **March 4, 6 PM: Senior citizen District residents** can reserve one of 80 available free socially distanced seat tickets to enjoy the dress rehearsal of the **The Addams Family** in person. Reservations are required this year. Call **(717) 272-2036** and follow the instructions to leave a message and reserve your seat. Visit the CLSD website or Facebook for more details.
- **The calendar of key district dates for the 2021-2022 school year** has been approved by the Board of School Directors. Check on the district website <www.clsd.k12.pa.us> under the “Community” tab.
- **CLSD Calendar of Events:** Please check the District website calendar for updates to events listed in the *2020-2021 CLSD Calendar*. *Many activities listed in the calendar will have an online option for remote viewing. If available, the link will be posted on the scheduled event date on the website calendar. Most Home Athletic events are available for viewing via livestream on CCHStoday.com.*
- **Kindergarten registration for the 2021-2022 school year:** Please visit the CLSD website and click on the Kindergarten image on the Home page to begin the online registration process.
- **March 8: School Board Public Work Session**, CCHS LGI, 5:30 p.m.; Check website for info and a link to view the Livestream meeting or to register to attend in person.
- **March 15: Board of School Directors meeting**, CCHS LGI, 5:30 p.m.; Check website for info and a link to view the Livestream meeting or to register to attend in person.
- **March 15:** Deadline to apply for **Falcon Foundation grants and awards**. Click on the “Falcon Fnd.” Quick link icon on the district web Home page for more info, www.clsd.k12.pa.us. For further information, please contact: Arianne Chernich or Tamara Gross, Grants and Awards Committee Co-Chairs: falcon-foundation@clsd.k12.pa.us or (717) 679-5782.
- **March 25, 26 & 27: Cedar Crest Middle School Performing Arts** is presenting two livestream, and two prerecorded tapings of **Shrek the Musical Jr.** They have double cast this show. The Swamp cast will perform via live stream March 25 at 7 pm and the recorded version will show March 27 at 3 pm. The Du-loc cast live stream will be shown March 26 at 7 pm and the recorded version available for viewing March 27 at 7 pm. Tickets are available for all shows at: <https://www.showtix4u.com/events/19812>
- **March 31: School is In Session** (weather make-up day for the closure on 2-2-2021)
- **End of 3rd marking period** - to be determined



Kids Heart Challenge

February was a **HEART-HEALTHY** month at Ebenezer, with the celebration of numerous Kids Heart Challenge (KHC) events! Special thanks to the students, parents, faculty, and staff of Ebenezer for making this year's jump so special. Our 25th annual KHC raised \$45,500+, which is an incredible accomplishment. This will be one of the best jumps in the United States! This gives us a total of \$735,000+ in 25 years – WOW! Thank you gifts have been ordered. They will arrive at the end of March or the beginning of April. Your child will receive his/her thank you gifts during physical education class. I wish to extend a big thanks to the Ebenezer Community and local businesses for opening up their hearts and wallets for this worthwhile cause.

Thank you,
Mr. Bare

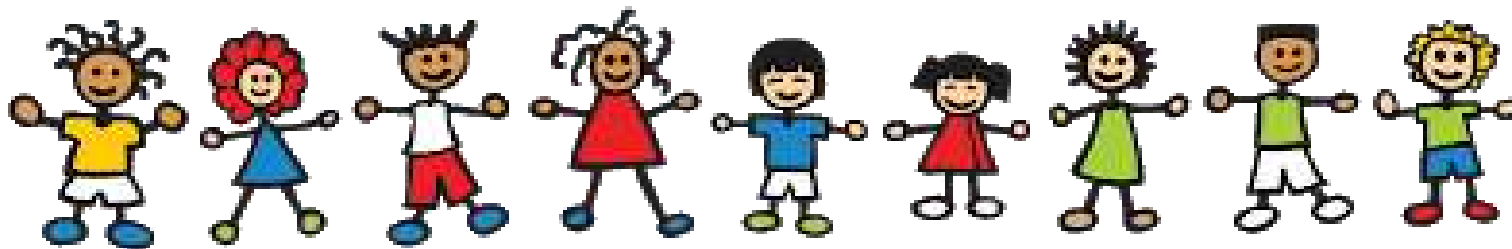


Parking Lot Safety

Please keep in mind for the safety of our students, parents and staff as you are driving through the parking lot. We ask that you watch your speed limit so everyone stays safe.

Thank You!!





KINDERGARTEN ORIENTATION, SCREENING AND REGISTRATION

Parents/guardians are asked to access the online registration process via the District's home page www.clsd.k12.pa.us. In order to locate the online kindergarten registration link, hover over the departments tab at the top of the page and select student registration. Once on the student registration page, select kindergarten registration from the menu on the left. After the information from parents/guardians is received, a welcome letter will be emailed with additional information about registering a kindergarten age child for the 2021-2022 school year.

KINDERGARTEN REGISTRATION DATES WILL BE:

UNION CANAL: MARCH 15 & 16
SOUTH LEBANON: MARCH 22 & 23
CORNWALL: MARCH 24 & 25
EBENEZER: MARCH 29 & 30



Attention Parents/Guardians of **Third** Grade Students:

It's Time to Join the Band!

Enrollment in the Cornwall-Lebanon Elementary Band Program is available to current third grade students. Students who wish to enroll in the band will begin studying their instruments during the *Summer Band Program*! The program takes place from June 10 – July 14. (Mark your calendar!) Daily lessons for current third grade students last for 30 minutes and are typically available between 7:30am and 9:00am.

Students who wish to join the band may choose from the following instruments: flute, clarinet, saxophone, trumpet, French horn, trombone, baritone, tuba, or orchestra bells.

Students will receive enrollment information at an assembly in April. If you have any questions, please contact Mr. Thompson at sthompson@clsd.k12.pa.us.

PTE NEWS

Happy March Families!

Here are some important dates from the PTE:

Next meetings will be Wednesday, March 3rd and April 7th at 6:30pm

Due to complications with planning, the spring carnival has been cancelled.

We are still in need of some helpers for our annual 5TH GRADE PARTY! Please email us at ebpte@clsd.k12.pa.us if you're able to give us some assistance

Do you have pictures of your children that would be a good addition to the school yearbook?

Please send your pictures to Jonna Reilly for consideration [{jonna.reilly88@gmail.com}](mailto:jonna.reilly88@gmail.com)

Stay tuned for more information on upcoming fundraisers

We currently are holding nominations for President and Secretary if you're interested in helping out not only the PTE, but the school! Email us for more details or stop by our next meeting.

Thank you for your continued support!

Ronice Sceski,
PTE President



2021-2022 Parent Requests

Assignment of children to the next grade is a carefully planned process. Students are assigned with the purpose of creating heterogeneous and balanced classes. All schools begin developing class rosters in the spring and continues throughout the summer as new students enroll within the Cornwall-Lebanon School District. Last minute changes occur up until the beginning of school, and we need to be able to alter and adjust classroom assignments as necessary based on enrollment changes. In order that we have the flexibility to develop appropriate and educationally sound classrooms, **Cornwall-Lebanon schools will not honor requests for specific teachers.** By honoring requests, we would lose the ability to meet our needs in developing educationally sound homerooms. However, we realize that there are times when a strong reason exists for a parent not wanting a particular placement. While efforts will be made to honor a parent request **not to have a (one) certain teacher**, it cannot be guaranteed. **Requests that identify more than one placement or request a specific teacher will be returned for resubmission.** All written correspondence should be directed to my attention, Dr. Dean Bozman, Principal, by **Friday, April 16, 2021.** Requests submitted after this date will not be considered. Your child's placement is important to you and is a priority to us. We ask that you trust our staff to make the best decisions for all students.

Reading News

From Mrs. McCracken, Mrs. Wenrich, and Mrs. Williams

Happy National Reading Month!

There are so many ways to **Celebrate** Reading at Ebenezer!

Celebrate the Success of our School-Wide One Book
Tales of a Fourth Grade Nothing.

Thank you PTE for sponsoring our One Book!

Celebrate Read Across America Week
March 1-5th Happy Birthday Dr. Seuss!

Celebrate Literacy with our first ever

VIRTUAL BOOK BINGO

Thursday, March 4th 6:00-7:00pm

Log on (link will be sent via skyward), Play Bingo in your home, Pick a new book the next day at school!



Celebrate Ebenezer's *NEW* Free Little Library

Thanks to a generous grant from Falcon Foundation, Ebenezer will soon be home to a new outdoor Free Little Library! As you spring clean, consider donating gently used books to our library for others to enjoy!

2020-2021 PSSA Testing

Please do not plan trips or appointments during your child's PSSA testing window.

Dates for testing are as follows:

Grades 3, 4, 5—English Language Arts testing—April 20, 21, & 22, 2021

Grades 3, 4, 5—Math testing—April 26 & 27, 2021

Grade 4—Science testing—April 28 & 29, 2021

You R Bright



myhotcomments.com

**Good Luck on
your exam!!**

Yearbook orders are still being taken online. Simply log on to ybpa.lifetouch.com and enter code: 10860421

Orders must be placed by April 1, 2021.

If you have any questions or are unable to place an order online please contact Jonna Reilly at jonna.reilly88@gmail.com

BUY  YOUR
Yearbook

\$\$Falcon Foundation\$\$Falcon Foundation\$\$

As an Ebenezer Elementary student and family, **you** are eligible to apply for an award from the Falcon Foundation.

The Falcon Foundation Grants and Awards committee is currently accepting applications for educational opportunity awards. The awards are for any student who has shown superior achievement warranting recognition or for a student displaying academic or financial need.

For an application, go to <http://www.clsd.k12.pa.us> under the Community tab and select Falcon Foundation.

Check out these ideas for summer opportunities...

Academic enrichment and tutoring: Check with the guidance office.

SPLAT! Art Studio

Lebanon Valley Council for the Arts

Camp Invention: www.campinvention.org

Art Camp at Lancaster Museum of Art: www.lmapa.org

Lancaster Science Factory: www.lancastersciencefactory.org

Penn State's Action Potential Science Experience: www.sciencecamps.psu.edu/

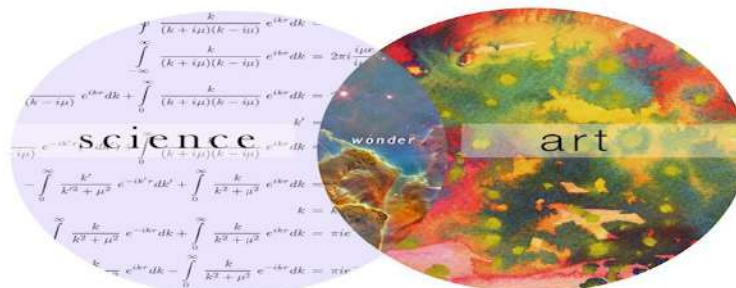
Whitaker Center for Science and the Arts: www.whitakercenter.org

Lebanon County Historical Society: www.lebanonhistory.org

Lancaster County Historical Society: www.lancasterhistory.org

North Museum of Natural History and Science: www.northmuseum.org

The application deadline is March 15th.

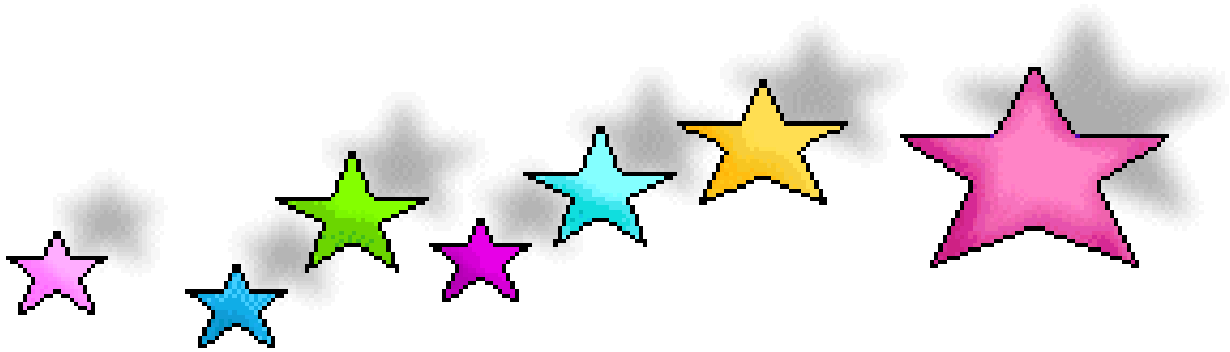


STARS of the Month for February

Bentley Berkheimer—Kdg. PM Stehr

Kiana Ortiz-Lillo—1-Tilley

Collin Gracely—2-Graby



STARS of the Month for March

Alana Bauza-Morales—3-Hugar

Cheyenne Sholley—4-Miller

Myles Bashore—5-Gilbert

The **ADDAMS Family**
• QUARANTINED CONCERT VERSION •



LIVE-STREAM TICKETS AVAILABLE
ONLINE AT CCH5MUSICAL.BOOKTIX.COM

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