

# ***South Lebanon Elementary***

5th Avenue Falcons

## **November Highlight Reel**

### **Principal's Corner**

The month of November was a busy month in the life of our school! It was so wonderful to see so many of our parents come out to support their students by attending parent/teacher conferences. The strong partnership between teachers and parents is a vital part of the success of our school. This success is evidenced by the relationships that our teachers have build with students, the data showing that our students are thriving with our SOAR program, and the most recent release of data from the Pennsylvania Department of Education.



Recently, the Pennsylvania Department of Education released two measures of data. These include the School Performance Profile (SPP) score and the Future Ready Index. Both of these indicators are used to show the growth of our students and to examine how we are closing the achievement gap for our students. I am proud to report that South Lebanon Elementary received the 2nd highest SPP score in Lebanon County and we are exceeding the state wide average in **ALL** categories. This is truly a testament to the hard work that our teachers put in each and every day to help our students rise to greatness.

As I reflect on the close of November and the holiday season, I am truly thankful to lead such an amazing group of teachers and students. From all of us at South Lebanon Elementary, we wish you a happy holiday season filled with joy and fond memories with your families.

### **News from Mr. Davis, Learning Facilitator**

Counseling Connection



A common question or concern that many parents and teachers share is how can I help my child/student who has symptoms of anxiety. Sadly, research indicates that anxiety is all too common and affects about 1 in 8 children in the US. Untreated anxiety can result in poor school performance, poor social functioning, and may even lead to substance abuse.

Anxiety may look different in each child but has common signs and symptoms to look for in children. For instance, inattention at school is sometimes a symptom of anxiety in children. When a child is worried, their brains are distracted. Another common symptom of anxiety in children is irritability. When stress or worry is at its peak, children find themselves in a stage of high arousal and may “act out” or “snap out”.

Here is a brief guide to some signs of anxiety in children and actions that a parent can take to support your child.

**Some signs of anxiety in children include:**

- Difficulty focusing
- Fatigue from sleep disturbance
- Irritability
- Fear of talking in groups
- Difficulty separating from caregivers
- Avoidance behaviors
- Tantrums or meltdowns
- Panic attacks
- Excessive worry

**What to do as a parent to support your child:**

- Stay calm when your child becomes anxious
- Help your child know that most people feel anxious sometimes and you are there to help
- Provide extra time and warnings before transition (when you are leaving the home, when time to turn off screens, when time for bed)
- Clear expectations (consider writing down the family expectations like a “family declaration” or “family charter”)
- Practice taking breaks or mindfulness (model for your child)
- Help your child learn to be self-aware and ask for help (identify a safe adult to check in with at school)

**Resources or Citation Credits**

Anxiety and Depression Association of America, “Facts and Statistics”, retrieved from

<https://www.adaa.org/about-adaa/press-room/facts-statistics>.

<http://www.worrywisekids.org/>

The Worry Workbook for Kids: Helping Children Overcome Anxiety & the Fear of Uncertainty – Muniya

Khanna & Deborah Roth Ledley

Wilma Jean the Worry Machine – Julia Cook

What to Do When You Worry Too Much – Dawn Huebner

## Reminders from the Nurse's Office

Please continue to send in physical, dental and vision referral forms to the nurse's office.

School mandated physicals and dentals will be held in the nurses office in January/February 2020. More information to follow at a later date.







## News From the District

### From the District Office ...

1) **CCHS Holiday Concert:** Sunday, Dec. 15, 2 PM, Auditorium: All tickets are \$3 for general seating and will be available for sale in the CCHS main lobby between 8 AM–2 PM, beginning Monday, Dec. 9, 2019.

2) **Free Planetarium Programs: “Constellations of the Fall & Winter Sky:”** Take a tour of the current night sky and see its many constellations through the eyes of ancient astronomers. Listen to some of the stories told by people hundreds or thousands of years ago about the same stars we may look upon today. The storytelling in this show is intended for elementary aged students and makes for a great family activity. The program is free, but seating is limited and reservations are requested at least one day in advance by contacting Mr. Fried, planetarium instructor, (717) 272-2033, ext. 5412. If he is unavailable to answer your call due to teaching duties, please leave a message and phone number at which you may be reached.

- General public: Tuesday, Dec. 17, 2019, 7-7:45 p.m.; CLSD Senior Citizens program: Tuesday, Dec. 17, 2019, 10-10:45 a.m.

3) Please visit and bookmark the District’s online **Community Bulletin Board** for information and opportunities for students and families: [www.clsd.k12.pa.us](http://www.clsd.k12.pa.us). Click on the Community tab at the top of the page. This website is provided as a community service and items appearing there in no way constitute an endorsement by Cornwall-Lebanon School District. All questions should be directed to the contacts listed. To have your information considered for inclusion here, please submit the Community Announcement submission form located under the drop-down menu under the COMMUNITY tab. Items submitted will be reviewed for approval according to CLSD policies and procedures.

4) The next **meeting of the CLSD Board of School Directors** is Tuesday, Dec. 3, 2019, at 5:30 p.m., in the large group instruction room (LGI) at the high school. This is the annual reorganization meeting of the Board. There is no work session scheduled in December.

5) **Cornwall-Lebanon School District will be closed for Winter Break:** Monday, Dec. 23 through and including Wednesday, Jan. 1, 2020.

## Holiday Programs

### Chorus Concert

This public concert will be held Monday, December 16, 2019. Show times are at 2 p.m. and 7 p.m. and will be held in the LGI.

### Band/Orchestra Concert

This public concert will be held Thursday, December 19, 2019 at 2:30 p.m. in the LGI.

Photo ID is required to attend the concerts.



## PTP News

*Angie Bensing, President Nichole Kuhne, Vice-President Blythe Heisey,  
Secretary*

*Joy Macchione, Treasurer Marcy Sragg, Assistant Treasurer*

**THANK YOU!** A big thank you to all the volunteers who helped with the Book Fair, Food Drive, Spirit Wear, Conference Dinners, and Santa's Shop. November was a very busy month! Your time at school is greatly appreciated! A special thank you to the chairpersons: Marcy Spragg, Jennifer Rutter, Nicole Kuhne, Joy Macchione, Amy Boyd, Angie Bensing, and Jill Kreider.



**Race For Education Update** - We are **\$8,000** away from our goal! If you have not sent in your donation for the Race, it's not too late! We accept donations all year. **If we do NOT meet our goal we may have to eliminate activities/assemblies and start charging for field trips!!!** Please help us in supporting our kids. Thank you to all who have supported the PTP through the Race for Education. The funds we raise provide field trips, assemblies, Santa's Shop, Roller Skating Party, Book Bingo, classroom activities and supplies, and so much more!

**PTP Needs YOU!** – The PTP relies on the wonderful parent volunteers in our school to help run the many activities and events we provide for the children of South Lebanon. The following committees are in need of help. If you are able to help please contact Angie Bensing: [kabensing@verizon.net](mailto:kabensing@verizon.net)

**Memory Book Committee** – We are in need of 2 people to help coordinate and put the yearbook together. Without your help, we will not be able to support this item for the kids.

**Kindergarten Registration** – We are in need of 1-2 people to organize the day and schedule volunteers.

**Join us for our monthly meetings!** Monthly meetings are held the second Tuesday of the month at 6:30 p.m. in the Library. Childcare is provided. Our next scheduled meeting is Tuesday, January 14th at 6:30 p.m.

### Upcoming Events

Roller Skating Party February 9

Save your **Box Tops** (please check expiration dates and trim) and **Pull Tabs** for classroom competitions held throughout the year.