

Tobyhanna Elementary Center

PANTHER PRESS

NEWSLETTER



Electronic copy via e-mail / pmsd.org will have clickable links for your convenience.



Let's Play a Game!

Can you find all 20 paws throughout the newsletter?!



*Does not include the one pictured above. Example only.



Arctic Adventures Book Fair

We could not have asked for a better book fair this past month. With well over \$5,000 scholastic bucks raised, we are able to provide additional support to our library as well as our teachers. Many thanks to all who came and volunteered their time.



The Kindergarten classes recognized Veterans Day. They made special "Thank You" mats for Disabled Veterans in various homes which will be distributed by an area AmVets group. The children, along with their families, made hearts acknowledging family members and friends that have served, or are currently serving in the military. We hung the hearts on the windows of our school to honor these brave men and women. *Thank you very much for your service and bravery!!*



PUBLISHED
MONTHLY FOR
STUDENTS, PARENTS
AND TEACHERS
DECEMBER 2019



K



The Kindergarten classes were busy this Fall learning about pumpkins, leaves, bats, owls, Fire Safety, and more. They completed many reading, writing, math, and hands on learning activities, as well as singing songs and completing various crafts. The month ended with the school wide PRIDE Fall Festival as well as classroom Fall Parties.



SHAPES

MRS. SUMMA'S
1ST GRADE CLASS



Shapes are everywhere! Two triangles make a rhombus. Hexagons and trapezoids are cool words to say and fancy shapes to build with. We rolled paper into cylinders in art class and put it all together to make 3D projects! Mrs. Summa's class made scarecrows out of all our new shapes for Fall.

... A TRIP TO CLYMER LIBRARY

Second grade students had a little mini “field trip” to the Clymer Library in October. With the help of Officer Bob, each second grade class walked to the library for a fun filled hour or so of books and crafts read and directed by the librarian, Mrs. Love. The students with their own library cards were even able to check out books!



Ms. Scovil’s class enjoyed a book about animals and why they are important to our world. They specifically learned about elephants and how they are so important to the conservation of our planet’s land. Mrs. Planer’s class was read a book about how to take care of library books properly. They also read a book about germs and staying healthy! Perfect timing! Mrs. Wolfgang’s class also learned how to take care of library books. In addition, they enjoyed “How to Books” as well. Mrs. Cooper’s class learned about library etiquette as well and enjoyed a book about a dragon.



All classes made a library card holder with stickers, designs, and a yarn lanyard to take back home with them. Hopefully all second graders will soon have their own Clymer Library card and be able to put their holder to good use. We are very thankful for Mrs. Love and the Clymer Library for giving us this opportunity and cannot wait to go back again soon!

American Symbols



The third graders had wonderful opportunities to be creative during the month of November during Social Studies. The students enjoyed a project that they presented to the class on "American Symbols." It was a pleasure to witness the ideas and efforts that were put into this assignment. The kids enjoyed constructing models and talking about their work, while sharing facts relating to their chosen symbols.



ACROSTIC POEMS



In Art class, Mr. Eschbach made a fall decorative frame project with our third graders. In ELA, students wrote an acrostic poem to be framed. Check out our outstanding projects!





Trunk or Treat

To say that our Trunk or Treat was a success would be an understatement. We could not have done it without all of the volunteers, donations and visitors!



We want to send a "thank you" to everyone who was able to visit our mums sale at the end of September! Events and support like this are what allow us to help serve TEC, families, teachers and students!



RACING INTO READING

SPONSORED BY POCONO RACEWAY

Our students were encouraged by published author, Daniel Jude Miller, to continue their adventures with writing and drawing and to make their own books! They were also visited by the President of Pocono Raceway, Ben May, who read to the entire second grade class! Tricky, the Pocono Raceway mascot also visited the students!



Rotary Club



THANK YOU ROTARY CLUB MEMBERS FOR MAKING US WISE!



Our third grade students were overjoyed to receive their brand new dictionaries from the Rotary Club! The Rotary Club Members visited our school to bestow dictionaries to every third grader. The dictionaries are used during ELA to help students define, spell, and determine the part of speech.

Some students just enjoy reading their dictionaries to discover new words. We are so grateful for the Rotary Club Members' generosity in helping expand our students' vocabularies and horizons.

TOBYHANNA ELEMENTARY CENTER PTO



Diana Porcano—President
Dawn Marasco—Vice President
Bridget Gollin—Vice President
April Murray—Treasurer
Jolene Fette—Secretary



Did you know? We are now sending out reminders via e-mail for our PTO Members to improve communication?! If you wish to receive the e-mails, join the **PTO** today! If you are already a member and are not receiving the e-mails, please reach out to :

PTOPantherPress@yahoo.com

December PTO Events: GET INVOLVED!

Holiday Shop—*December 9th through the 13th*: students are welcome to browse the holiday shop; A Small World Gifts, to purchase gifts for their family members. Each student is given a \$1.00 voucher from the PTO and are also welcome to bring in additional funds. Donations are needed for the quarter table to provide options for students on a budget. Contact Bridget for donations & volunteering at mother5angels2@hotmail.com.

Vendor Fair —*December 11*: Last year we hosted a successful vendor event and look forward to it being even bigger and better this year! From 4pm to 8pm, parents can shop and support local vendors and businesses (such as Pampered Chef, Thirty One, Avon, Lularoe, Mountain Top Lodge, etc...) Proceeds benefit our Drama Club with the cost of the school play that is put on every year. Vendors wishing to participate should contact Dawn at 570-656-2840. We are looking at a cost of \$20 per table with a donation of items for the bake sale or \$25 without a bake sale item.



Follow Us on [Facebook](#)



Tobyhanna Elementary Center PTO Membership

By becoming a member of the TEC-PTO (Parent Teacher Organization) you help us provide supplies, activities and awards, along with our involvement towards enriching our students throughout the school year. **Your membership does not commit you to helping but volunteers are ALWAYS welcome and appreciated!**

In past years the PTO has:

- | | |
|-----------------------------------------|--------------------------------------------------|
| *Provided funds toward field trips | *Funded Assemblies for the student body |
| *Donated \$1500 towards the TEC library | *Purchased planners & folders for students |
| *Purchased tie-dye shirts for field day | *Organized 6 th Grade Awards Ceremony |
| *Hosted Tricky Tray Fundraiser | *Awarded scholarships to TEC Alumni |

The PTO wishes to continue providing a fun and enriching environment for our students! With your support through membership and volunteering we can continue to do this. **Please come join us!** Contact us with any questions at tecptol@gmail.com and be sure to follow your school on Facebook at [facebook.com/tecpto](https://www.facebook.com/tecpto).

TEC-PTO Membership - \$5 Per Family/Household

- Please check here and all that apply below if TEC-PTO can reach out to you for volunteering:
- Trunk or Treat
 - Hospitality/Bake Sales
 - Scholastic Book Fair
 - Holiday Gift Shop
 - PTO Members-Only Parties
 - 11th Annual Tricky Tray

*Place completed form along with payment in your student's folder and return to TEC.

**Make checks payable to TEC- PTO. There will be a return check fee of \$25.00.

Parent's Name: _____ Phone #: _____

Mailing Address: _____

Email address: _____

Students Name/Grade: _____

Students Name/Grade: _____

Students Name/Grade: _____

**Any personal info stated above cannot be used or distributed for any other purpose except for TEC-PTO record keeping without the written consent from the name provided on this form.

For PTO Membership Use Only: Amount Paid: _____ Cash: _____ Check#: _____



PRINCIPLE'S PRIDE CLUB



Alexa Meyers

Connor Acosta

Suhadese Jaramillo

Jaiden Apgar

Selena Karim

Mya Aragona-Young

Madison McCarthy

Alijah Karim

Brianna Wagner

Alexis McLaughlin

Logan Peters

Cody Gillen

Filip Sudol

Sofia Sukhacheva

Charlie Seymour

Samantha Moore

Jadyn Murray

Alexa Vinci

Amya Boltz

Hayley Rotola

Maia Laverty

Chanel Bayton

Jordan Brown

Yanna Wadley

Congratulations!



Notes from our Nurse

Christine Meyer, MSN, CRNP, CSN



Healthy Eating During The Holidays

You can maintain your kids' health during the holiday season without sacrificing the sweet traditions. Almost every parent experiences how much their kids slow down or become hyperactive after eating holiday foods loaded with sugar, refined flour and the wrong types of fat. So go ahead and promote healthier habits this holiday season to give your family a head start before the New Year! Encourage your kids to eat fruits, vegetables, whole grains, & beans; and, don't forget the herbs and spices for immune boosting benefits. Here are 5 usable tips to help you succeed:

Make Fruit Visible: Keep fresh fruit out where your family can see it. Pears, apples, bananas and citrus are in season. Try mandarin oranges or clementines, which kids love, because they're easy to peel. Crab apples are also a hit, because they're so tiny and cute. An edible centerpiece like a Christmas tree made out of berries, kiwis and melon is a creative way to make fruit festive, too.

Focus on Color: Encourage kids to include 4 colors of healthy foods in their diet each day. Kids can snack on carrots, sugar snap peas, antioxidant-rich red peppers or any other colorful fruit or vegetable in lieu of a holiday cookie or chocolate truffle. There is more to a food's color than meets the eye. Every color offers a unique health benefit for your child.

Fruit for Dessert: Take advantage of the delicious variety of available citrus in season. Serve peeled and segmented pink grapefruit with dinner, loose pomegranate seeds (available in some grocery stores or food clubs), or heated frozen fruit. Frozen cherries or fresh apples are delicious warmed on the stovetop or in the microwave served with cinnamon. Strawberries drizzled with dark chocolate is a sweet dish packed with antioxidants.

Notes from our Nurse



Christine Meyer, MSN, CRNP, CSN



Healthy Eating During The Holidays (continued)

Pasta imposter: Offer your family a tasty alternative to pasta this winter and serve baked spaghetti squash with tomato sauce, sautéed veggies and turkey meatballs. Your kids will love to help scrape out the 'noodles' from the squash skin. Talk about an easy way to include another delicious veggie serving in for the day. If your kids don't like tomato sauce, serve the spaghetti squash with olive oil, Parmesan and herbs and spices such as a Mrs. Dash or Trader Joes' 21 seasoning salute. Bake for a little less time to enjoy the crunchier texture of the noodles.

Terrified by tofu: Now is the time to break down those fears, because tofu is rich in protein and calcium, and thus, a fantastic alternative to meat. Tofu can help balance out excess calories during the holidays. Tofu is commonly added to a stir-fry, swapped for meat in soups, used in puddings, added to ricotta for lasagna and blended into smoothies for a creamier texture and extra protein.

Use dessert as a disguise: Dessert is a great way to incorporate black beans into a meal. Replace black beans for a portion of the flour to make black bean brownies and boost the fiber, antioxidants, and prebiotics. Your kids will never believe you hoodwinked them, even after you tell them the secret ingredient in these delicious treats!



COUNSELOR'S CORNER



Attendance Guide for Families



Did You Know...

- Missing **just 10%** of the school year in early grades can leave many students struggling throughout elementary school.
- Attending every day in Pre-K and Kindergarten helps students **learn to read** by 3rd grade.
- By sixth grade, missing **18 days a year** is strongly linked to dropping out of high school.
- Attending every day in 9th grade helps students graduate on time, **learn more and earn more!**
- Missing **just two days a month** can put students at risk of academic failure.

HOW CAN I SUPPORT MY CHILD AND THEIR ON-TIME, DAILY ATTENDANCE?

Before School

- Set a regular routine for waking up and eating breakfast at home or at school.
- Try to leave the house at the same time every day.

After School

- Set a regular routine for completing homework.
- Ask questions about school and friends.
- Provide incentives for good attendance and talk about consequences for missing school.

The Night Before

- Set a regular bedtime schedule.
- Prepare your child's school bag, lunch, and outfit for the next day.
- Set an alarm on your phone or alarm clock.

Throughout the year

- Set consistent expectations about attendance, reinforce why attendance matters, and refuse to write a note for unacceptable reasons.
- Stay informed about school policies regarding start times and excused/unexcused absences.
- Provide a note for excused absences within five school days.
- Avoid planning vacations and appointments when school is in session.
- Only keep your child at home if they are truly sick – be mindful of minor symptoms that may signal anxiety.

WHEN SHOULD I KEEP MY CHILD AT HOME?

Send me to school

- My nose is running or I have a little cough, but I don't have other symptoms.
- I have **not** had a fever or taken fever-reducing medicine like Tylenol in the last 24 hours.
- In the last 24 hours, I have **not** had diarrhea or thrown up.

Keep me at home*

- I have a cough that keeps me awake.
- My temperature is higher than 99.6 F.
- I've thrown up or had diarrhea in the last 24 hours.
- My eyes are crusty and pink.
- My throat is sore.

Call the doctor*

- I've had a runny/stuffy nose for over a week, and it's not getting better.
- I've had a fever above 99.6 F for more than 2 days.
- I've had diarrhea or vomiting for more than 2 days.
- My asthma symptoms continue even after using my regular asthma medicine (**call 911** if I'm having trouble breathing after using an inhaler).

*Don't forget to send a note when I return to school!

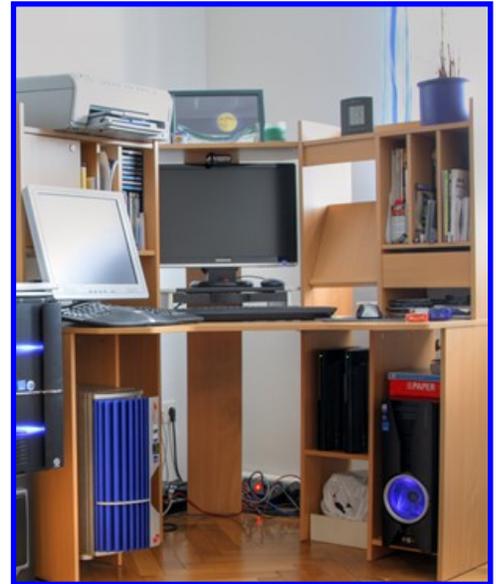


KERBY'S COMPUTER CORNER

NOVEMBER 2019

The Importance of Computer Instruction

Computers are part of everything we do now. Our cars, home appliances, and many televisions have computers. When we go to the store to make a purchase the sale is completed using a computer. Some of us wear a computer device on our face (smart glasses) or wrist (smart watch). We can control our home lighting, temperature, and security from a distance using a computer-device. We can even turn on our stove or washing machine using a computer device! With the prevalence of computer devices, many of us do not have an actual computer in our home.



Some of our children only have access to a computer at school. Computer instruction helps our children to understand what a computer is, how it works, and what can be done with it. Computer devices like iPads and smartphones allow us to do many things, but they are not complete computers systems.

Learning to use a computer adds to career-readiness as well as more advanced computer courses. Using a keyboard helps our youngest learners to learn their letters. Keyboarding also helps to develop eye-hand coordination and fine motor skills.

Computers do not require the Internet to run. This means instruction, or other activities, can continue even when Internet access is not available. When files are stored "in the cloud," they may not be accessible when there is insufficient Internet access. Computers are not limited to an operating system as Android and iDevices are so there are more options; they can be used with Microsoft, Android, and Apple products.

Many college professors are frustrated by the lack of computer skills their students have. The same frustration is found among many employers who count on new hires already having computer skills.

Elementary computer lessons will help prepare our students for school projects they will complete later in their education. This instruction will also help prepare our children for college and career. The best part of computer instruction is it aids to creativity and the development of computational thinking skills that are key to success later in life.

Happy Computing!



BE OUR GUEST ...

AT THE 17TH ANNUAL STUDENT COUNCIL PANCAKE BREAKFAST

SATURDAY, DECEMBER 14TH, 2019

8 A.M. - 12 P.M.

AT POCONO MOUNTAIN WEST HIGH SCHOOL

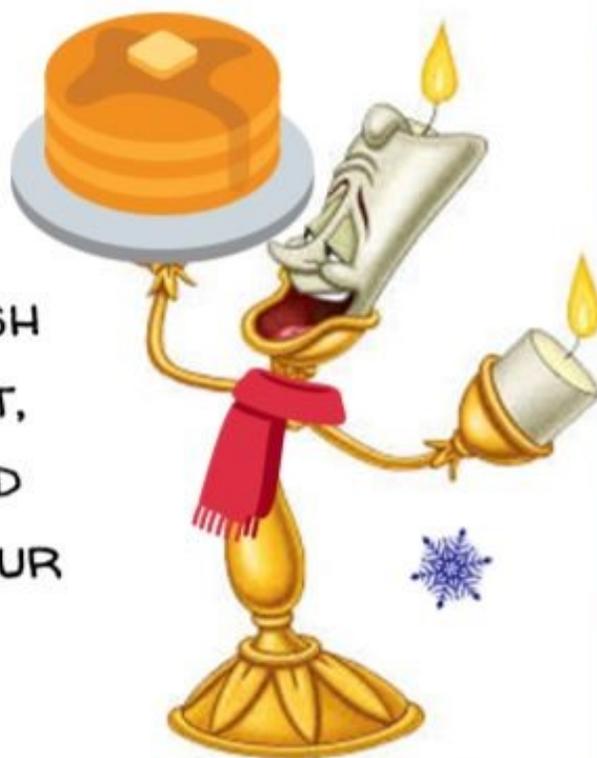
ADULT - \$8

CHILDREN (UNDER 12) - \$5

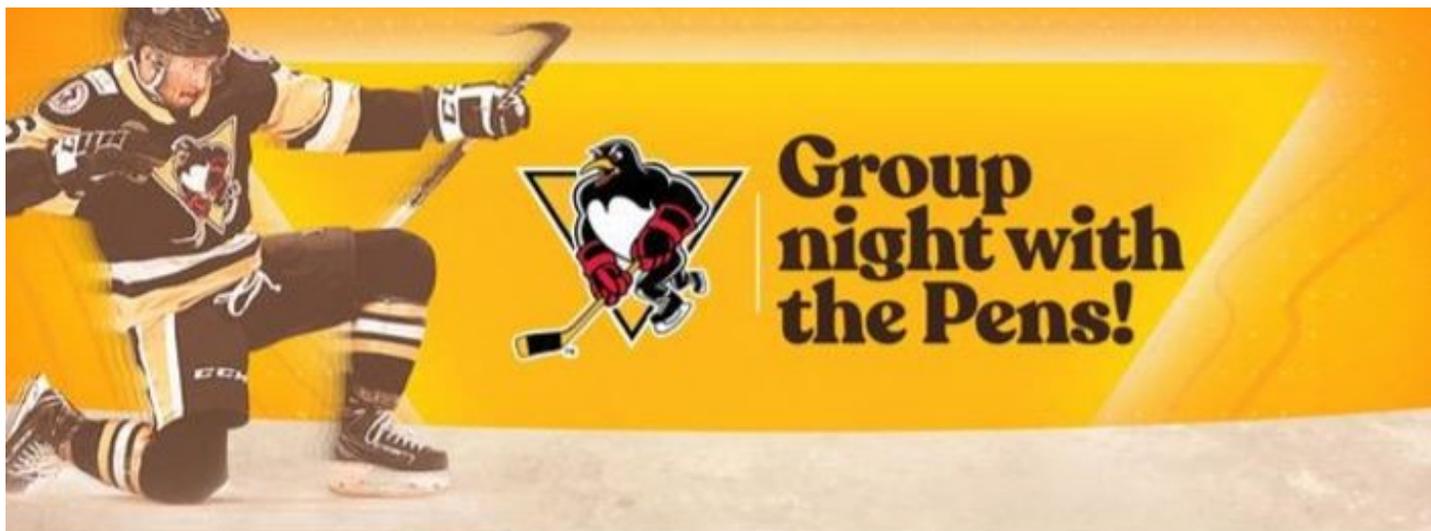
PURCHASE TICKETS AT THE DOOR.



ENJOY PANCAKES, HASH
BROWNS, BACON, FRUIT,
ASSORTED DRINKS AND
FUN ACTIVITIES WITH YOUR
FAMILY!



ALL PROCEEDS BENEFIT THE HOLIDAY WISH LIST PROGRAM



Tobyhanna Elementary Center PTO

PENGUINS vs. SOUND TIGERS

Saturday, February 1st, 2020 - 7:05 PM

Join Tobyhanna Elementary Center PTO for a fun night out as the Penguins battle the Sound Tigers! \$4 from each ticket purchased goes back to Tobyhanna Elementary Center PTO as a donation from the Penguins!

Pricing: Red Zone: \$23.25

Food voucher available for \$3.00 additional (hot dog, chips, drink)

All **PAID** tickets generate a \$4 donation back to *Tobyhanna Elementary Center PTO*

Please return orders no later than January 20th:

WBS Penguins | Dave Zydko | 40 Coal St | Wilkes-Barre, PA 18702
or call Dave Zydko at (570) 208-5415 or e-mail dzydko@wbspenguins.com

NAME: _____ ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

OF TICKETS: _____ ZONE: _____ TOTAL \$ _____

CREDIT CARD: _____ EXP: _____ DELIVERY: WILL CALL (NO FEE) OR MAIL (\$1.00)

CHECK NUMBER: _____ (MAKE CHECKS PAYABLE TO WBS PENGUINS)

Monroe Ballet Theatre presents...

THE NUTCRACKER



Notre Dame High School, East Stroudsburg, PA

December 21st at 7:30pm & December 22nd at 3:00pm

Come out to support some of your TEC classmates as they perform in this wonderful holiday production! Group rates available for TEC families and all will be seated together to enjoy the show. Pick the time that works best and text/call 917-657-8332 to reserve your spot.

Reserve now for \$9.00 each.

Ticket Price at the door is \$20.00

Group Rates available upon request. Please call 570-839-7340 or email monroeballettheatre@gmail.com

Let's break 200 Supporters for December!!

Shop. Snap. Earn.



Finally, hassle-free fundraising.

Download the free Shoparoo app

Join the 10,000+ schools already earning thousands through Shoparoo

Snap pictures of your receipts

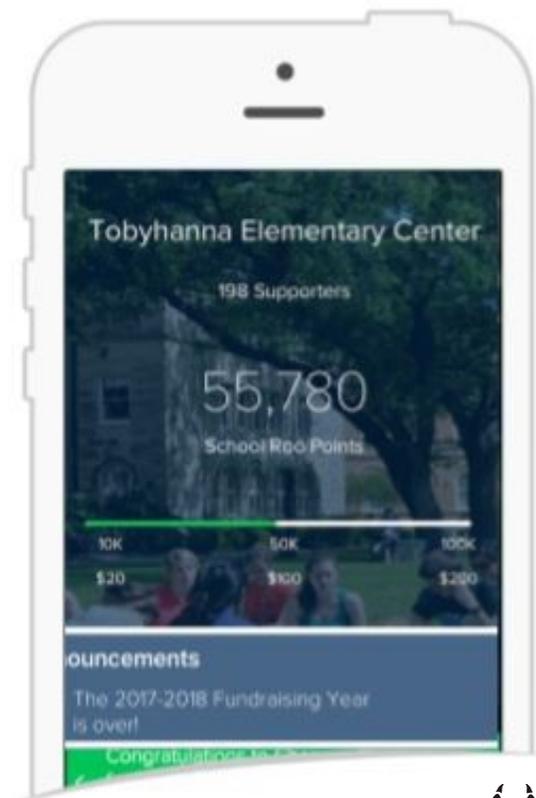
Every Receipt Counts!

Earn cash for our school

Shoparoo makes a donation for every receipt you submit

Share with your friends

There's strength in numbers - the more supporters we have, the more we earn



Shoparoo



TEC earned \$500 this past school year..great job everyone!



Pocono Mountain West Little League is open to all children ages 4 to 16 residing in Pocono Pines, Pocono Lake, Long Pond, Blakeslee, Little Summit, as well as any children that attend Pocono Mountain West School District.

Early Bird Registration Savings will be open starting
December 1, 2019.

Register Online: <https://tshq.bluesombrero.com/pmwill>

VOLUNTEERS NEEDED! Experience is NOT necessary

Poconomountainwestll@gmail.com

Do you have a child that is interested in playing T-Ball? Any T-Ball parent who volunteers to coach (must provide clearances) will receive FREE T-Ball registration for 1 child. We will hold a coaching clinic for all interested. All other T-Ball registration fee(s) apply. Cost is \$25 / T-Ball player.

Please reach out with any questions:

Poconomountainwestll@gmail.com





December 2019

*Dates and times are subject to change



1 Fill December with adventure	2 No School	3 Early bird registration for PMWLL 	4 Do you follow our PTO on Facebook ? 	5	6 6th Grade Dance  <i>Picture Retakes</i>	7 Letter Writing Day—Write a friend a nice letter!
8	9  Holiday Shop	10 4th & 5th Grade Chorus Concert @ 7:00 pm Holiday Shop	11 Holiday Shop PTO Holiday Vendor Event	12 6th Grade Chorus and Band Concert @ 7:00pm Holiday Shop	13 Holiday Shop	14 Get cozy at the Clymer Library
15 Support our school with Shoparoo	16	17	18 School board meeting @ the admin building 7:00pm	19	20 Students are welcome to wear holiday sweaters to school today!	21  Winter Solstice
22 Hanukah Begins  First Day of Winter	23 No School Winter recess begins	24 No School	25  Christmas Day No School	26  Kwanzaa Begins No School	27 No School	28
29	30 Hanukah Ends No School	31 New Year's Eve No School			*Visit our electronic newsletter on pmsd.org for clickable links.	