

Principals' Newsletter

February 2018

CREC: Proud to be a School-Wide Title I Building

Minute to Win It!

On Friday, January 26th, our students had the opportunity to review our School Wide Positive Behavior Support expectations in a game of "Minute to Win It." Our SUPER PAW Committee organized and ran the event.

Each grade level was split up into two teams and they competed against each other to see who knows the expectations in our School Motto the best—*Caring Kids at CREC are Respectful, Responsible and Trustworthy!* Three students from each team were called up to answer a question about the our expectations and the first person to answer correctly on each team then each got a "Minute to Win It" in a fun game. Some of the games were Snowball Transfer, Elephant March, and Let it Snow. Students had some special help from their home-room teacher for the M&M sort, principals Mrs. Donohue and Ms. Doughton were special helpers for a game called Stack It.



There were some special guests (the Pocono Mountain West girls and boys basketball players and cheerleaders) who helped out with the games, cheering the students on, and doing some special stunts and tricks for us, It was wonderful to have the older students here to model their PANTHER PRIDE!!

Students enjoyed this special event and did a great job reviewing all our school wide expectations.



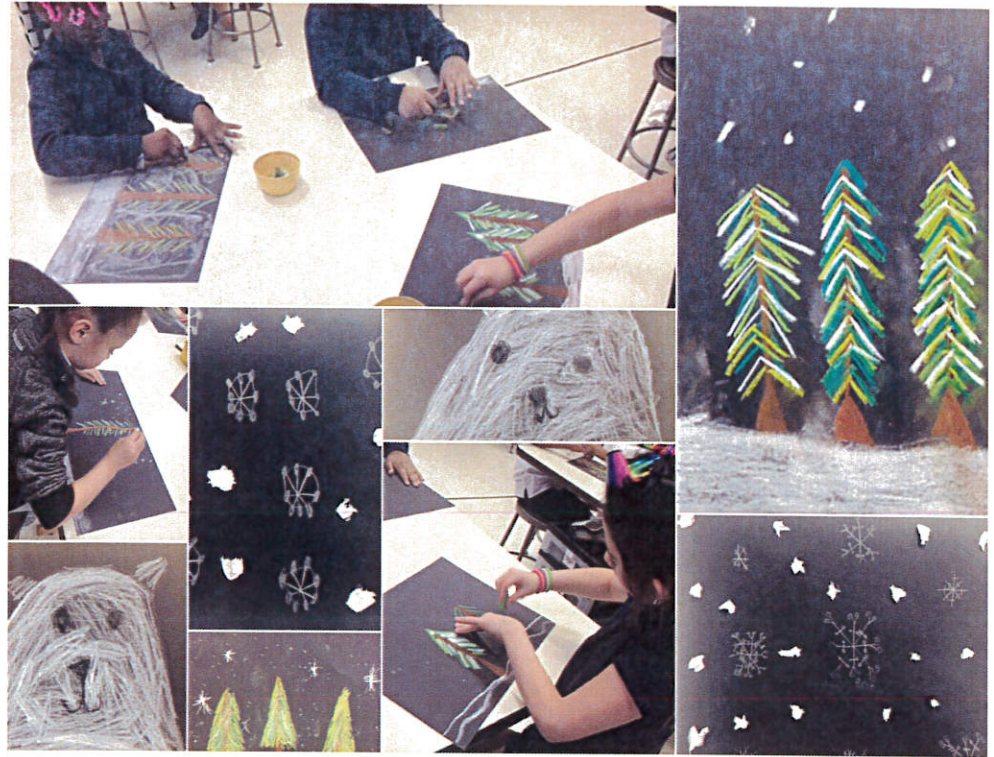
Go West!

Seven time District Champions, PMW Cheerleaders took a new title, becoming the 5th Co-Ed cheerleading team in all of Pennsylvania at the PIAA State Cheerleading Competition in Hersey, PA!

Congrats Cheerleaders!
We're proud of you!

Polar Bears, Pine Trees, and Snowflakes, Oh My!

Kindergarten and first grade students used white crayons on black paper to create these frosty scenes. Second graders tried out chalk pastels for the first time to make their evergreen winter landscapes.



Birds of a Feather

During the Kindergarten Bird Feeding Program, students enjoyed learning about the various winter birds in our area. They watched an informational PowerPoint presentation and listened to sounds that birds make. The students were able to get an up close look and feel of many birds, including our Pennsylvania birds. Each student made their own bird feeder to take home with them. It was an engaging experience for our class!





Help Your Child Succeed in School: Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

DID YOU KNOW?

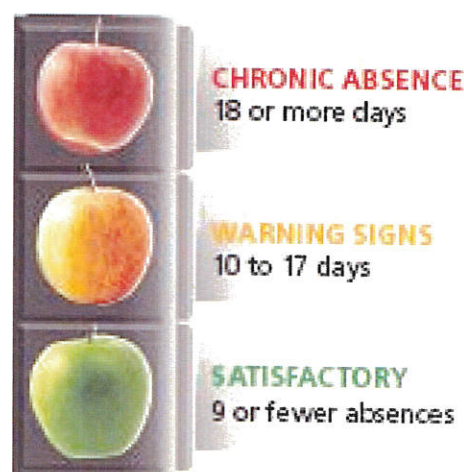
- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

For more on school readiness, visit attendanceworks.org and reachoutandread.org

February Food Focus

RED & ORANGE VEGETABLES

ORANGE YOU GLAD I'M ON YOUR PLATE?

The red and orange vegetable group includes carrots, sweet potatoes, tomatoes, acorn squash, butternut squash, red peppers, pumpkin, and hubbard squash and are full of vitamins A, C & K, phytonutrients, and antioxidants. The antioxidant beta-carotene is responsible for the orange hue, while red vegetables get their color from lycopene, also an antioxidant. All these nutrients aid in eye health, reduce the risk of certain cancers and illnesses, promote healthy joints and collagen formation, boost our immune systems and help build healthy skin. The health benefits of these colorful vegetables are endless!

Be sure to aim for 3-6 cups of red and orange vegetables weekly to reap the benefits. Here are some great ways to get there:

- Carrots are a great snack with dips or dressings. Roast carrots in the oven to make carrot "fries". Blend carrots with pineapple juice, yogurt, and honey to make a smoothie.
- Munch on sweet potato fries by baking them in the oven or bake sweet potato waffles, pancakes or muffins! Drizzle maple syrup over diced, cooked and peeled sweet potatoes.
- Whole grain tortilla chips with salsa is a delicious way to eat tomatoes. Add salsa to scrambled eggs or an omelet! Add tomatoes to grilled cheese sandwiches, hamburgers & more.

FUN FACTS:

- It would take 23 cups of broccoli to provide the same amount of vitamin A as one medium sweet potato.
- Our first President, George Washington, grew sweet potatoes on his farm in Mount Vernon, Virginia.
- There are more than 4,000 varieties of tomatoes ranging in size, shape and color.
- Botanically, the tomato is a fruit. However, the U.S. Supreme Court declared it a vegetable in 1893.

WORDSEARCH

Find the words in the puzzle below. They may be horizontal, vertical diagonal or even backwards!

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S T D L L H V W W S T Z L M
H I G X B J Z R P R D D U S H
L J T B Z U C A I F O I S S M
R I K K K C T T U Z F D A U X
P C Y E H P F T K O O M P C Z
L T Q D A E N M E K T U A C C
T R E D P E P P E R M A X O X
R O O T N H A O V P N V M L T
T O R R A C J N K I J U E O K
M C E Z P V L I J T N A T R T
V P I A Q F N V X S F E Y F I
N C E H Y G T T F A N Y L U P
E T V Z S N R J Z O M R A L N
Z L I Z O T K F S R W P E K K
M G F E X X O K M M H H C G H
    
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WORDS

Butternut
Carrot
Colorful
Mash

Pumpkin
Redpepper
Roast
Root

Tomato
Vine

MAKE AS MANY WORDS AS YOU CAN OUT OF THE LETTERS IN
SWEET POTATO

#LOL: WHAT IS RED & BLUSHES?

ANSWER: AN EMBARRASSED TOMATO

Visit the Chartwells website, through our school webpage, to learn more information about good nutrition and monthly food focuses.

The Circus is Coming to Town !

Billy Martin
PRESENTS



Thursday, February 22 is Circus Day!

Billy Martin's Cole All-Star Circus is coming to town for a 7:00pm performance at the Pocono Mountain West High School gym on Thursday, February 22. Don't miss amazing circus stars in this great new show! It's fun for the entire family! All proceeds benefit the Pocono Mountain West HS Student Council.

Check out all of the acts at www.billymartincircus.com



Students 12 years and younger are **FREE** with an adult !

(Limit two free children per adult – each additional child costs \$5)

Save \$5 on each adult ticket when you purchase in advance !

Adult tickets cost \$10 in advance and \$15 at the door.

Advance Tickets are on sale NOW !



Tickets will also be on sale at the West High School Main Office in Pocono Summit. Advance tickets can be purchased until 3pm on Thursday, February 22. After this time, tickets will need to be purchased at the door. Adult tickets cost \$15 at the door.

50% of advance ticket sales will benefit our group! Thank you!



Next PTO Meeting

February 20th at 6:00 pm

Meal Planning on a Budget

Cooking demonstrations
will be provided by
Chartwells.



Gift cards to Shop Rite, as well as copies of the cookbook Good and Cheap: Eat Well on \$4/Day by Leanne Brown, will be given as prizes to families in attendance.

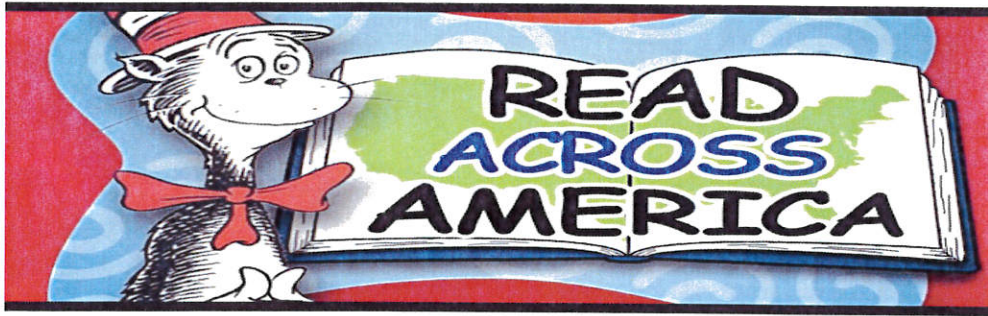
Upcoming Events

February 20th
PTO Meeting

February 23rd
No School
Parent-Teacher Conferences
8:00 am—3:30 pm

February 26th
Literary Character Dress Up Day

February 26th– March 2nd
Read Across America Week



**CREC is proud
to be a
Title I school!**

CREC will be celebrating
Read Across America Week
February 26th-March 2nd!

We have a lot of exciting
things planned to promote
reading in the classroom and
at home! We will be having a
Spirit Week with different
daily themes.

Monday, February 26th
Character Day

Staff and students dress
as their favorite story
book character.

Tuesday, February 27th
Crazy Hair Day

Style your hair in a
crazy way!

Wednesday, February 28th
Wacky Wednesday

Wear mismatched shoes
and or socks, clothing
inside out or backwards!

Thursday, March 1st
Crazy Hat Day

Wear a fun hat!

Friday, March 2nd
Cat in the Hat Day

Wear red, white, and
black to look like the
CAT!

Character Day at CREC Reminders



Halloween costumes will not be permitted. Students
should not be wearing a mask. The costume must be
of a literary character from authentic literature.



If your child would like to participate in this activity,
he/she must complete the book report form and
submit it to their teacher.



Please remember that if your child is not participating
in this event, the school dress code is to be followed
and school uniform must be worn.

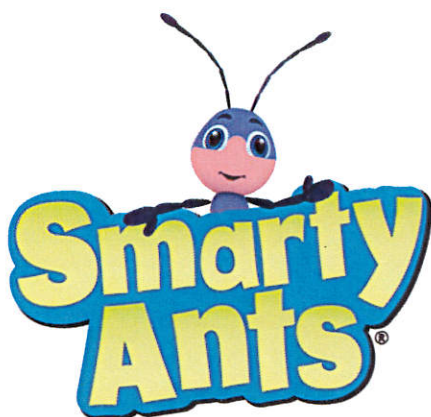


Don't delay... Schedule your appointment today!

Kindergarten Registration for next year is now open...

If you have a child who meets eligibility for the 2018-2019 school year Kindergarten class (must be five years of age or older on or before September 1, 2018), please contact the Pocono Mountain School District Central Registration Office at (570) 839-7121 ext. 40400 to schedule an appointment.

Once your child is registered, you will receive notification about upcoming workshops that are specially-designed for the parents of preschoolers and receive invitations to special events that include, but are not limited to, our Kindergarten Orientation that will take place in May.



**Do you have a child
going into Kindergarten in
the fall of 2018 here at
CREC? Would you like for
them to have a chance to
strengthen their abilities
in reading?**

For access to the Smarty Ants program, please email Kelly Kimsal at kkimsal@pmsd.org for more information!

The Panther's Den

Preschool Program

A "PAWsitve" place to learn!



Presented by
Pocono Mountain West High School
Child Development classes

February 27th ~ May 17th
Held on Tuesdays & Thursdays
9:40 AM to 11:25 AM
At Pocono Mountain West High School

Contact:

Mrs. Bridget Cook
570-839-7121 Ext. 81400
bcook@pmsd.org
for an application

