On Friday, February 7th, staff and students were disguised as stylish senior citizens, how they foresee themselves to look at 100 years of age.

Taste Testing Assembly

On January 22nd, all first and second graders took part in a special Taste Testing Assembly that was sponsored by St. Luke's University Health Network, Shop Rite, and Metz Culinary Management. During this special event, students were encouraged to eat every color of the rainbow, with eleven different fruits and vegetables to sample – strawberries, red beets, peppers, carrots, bananas, pineapples, cucumbers, green beans, kiwi, blueberries, and grapes.
Human beings of all ages were created and designed to move. Increasing movement throughout the day improves weight management, mental health, sleep, energy levels, brain function and overall health and well-being. So, why not move more? We have become a sedentary society that values the ease of technological advancements that have proven to minimize our physical activity while increasing health challenges that are linked to inactive lifestyles. We need to get back to the basics by valuing movement and physical activity and the significant role they play in our happiness and enhanced quality of life. What better way to tackle this task than as a whole family where everyone commits to “Move More”? Below are 10 ideas to kick off your action plan that will improve the health, happiness and welfare of the family unit.

Maximize Daily Movement – Add more movement to the things you are already doing: park further away from building entrances, take the stairs instead of the elevator, walk instead of driving, etc.

Move Faster – A wide variety of daily activities can become exercise if you do them faster or more intensely: walk faster, clean and do chores at a quicker pace, add exercises to daily routines, etc.

Increase the Beat – Add music to existing exercise plans to help you increase your tempo and energy levels! Choose a mixture of music that everyone can enjoy.

Add More Movement to Schedules – Include family workout times such as walking, doing fitness challenges during commercials, and incorporating active events (bowling, tubing, dancing, etc.)

Spend More Time In Nature – Make family dates where everyone is moving outside such as: yard games, hiking, flying a kite or tossing a Frisbee.

Set Family Goals – Make sure everyone is on board and focused on “Moving More”. Encourage one another, set goals together and lead by example; especially when someone isn’t finding their own motivation.

Play Fitness Board Games – Games such as “Fitness in a Box Board Game” and “Bakari Fitness Memory Game” are fun examples that get everyone moving, or create your own!

Incorporate Stress Management Activities – Consider family yoga or boxing activities for destressing and mindfulness.

Volunteer – Get involved in volunteering activities that are active such as community clean-ups, working at animal shelters or planting community gardens.

Do It Together – Make a family commitment and follow through!
With each new year, people often make resolutions related to eating healthy and exercising more. Todd Nemuri, Community Liaison for our Adopt-A-School Program through St. Luke's University Health Network, was our guest speaker at the PTO meeting on Thursday, January 9th. Todd’s presentation focused on Lifestyle Medicine for improving health, and addressed the following topics related to each component:

**Nutrition:** A whole food, plant-based diet
**Fitness:** Endurance, strength, flexibility, and balance
**Sleep:** 7-9 hours every night
**Emotional Health:** Depression, stress, anxiety
**Social Health:** Isolation, connectedness, purpose
**Behavioral Health:** Smoking, alcohol, and drugs

Todd shared with the group that the main reason New Year’s Resolutions are unsuccessful is because they are unrealistic. He talked about setting an Outcome Goal that is coupled with a Behavioral Goal.

**Outcome Goal:** Choose an outcome that you can realistically achieve in six months or less and one that you plan to keep for the long term. Your confidence level should be 8 or better on a scale of 1-10.

Examples might include: I want to lose 15 pounds; I want to run a 5K by the end of the summer (and keep active after that); I want to sleep at least 7 hours per night; I want to improve my anxiety to less than two days per month; I want to be more social on weekends; I want to quit smoking.

**Behavioral Goal:** Make it SMART, think add rather than subtract, and be at least 80% confident you can do it.

- **S** - Specific
- **M** - Measurable
- **A** - Attainable
- **R** - Relevant
- **R** - Realistic
- **T** - Time-bound

Examples might include: I will add one piece of fruit to both breakfast and lunch every day; I will follow a 12 week Couch-2-5K Program; I will add 10 minutes of meditation and a warm shower before bed every work night; I will journal at least one page every morning, first thing after waking up; I will join MeetUp and commit to at least one group hike every month; I will research different methods of quitting smoking and choose one within one month.

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**Healthy New Year’s Resolution for Kids**

from the American Academy of Pediatrics (AAP)

I will clean up my toys and keep my room clean.
I will brush my teeth twice a day, and wash my hands before eating and after the bathroom.

**I will drink more milk and water, and limit soda and fruity drinks.**
I will find a sport or activity I like, and do it at least three times a week.
I will always wear a helmet.
I will wear my seat belt every time I get in the car.
With Flu Season upon us, I would like to remind families of the important ways recommended by the Centers for Disease Control (CDC) to prevent the spread of the seasonal flu virus as well as other common cold viruses.

Flu symptoms can include: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some or all of these symptoms can be present.

Below are everyday actions for you and your child that can help fight germs, like the flu and/or the common cold:

- Try to avoid close contact with sick people.

- If you or your child gets sick with flu-like illnesses, the CDC recommends that your child stays home for at least 24 hours after the fever is gone. The fever should be gone for 24 hours without the use of fever-reducing medications such as Tylenol or Ibuprofen prior to returning to school.

- While sick, limit contact with others as much as possible to prevent the spread of the cold or flu.

- Cover your nose and mouth with a tissue or elbow when you sneeze or cough. Throw the tissue in the trash after you use it to prevent the continued spread of the cold/flu and wash your hands.

- Wash your hands often with soap and water.

- Avoid touching your eyes, nose, and mouth. This is how germs are spread.

More information on Seasonal Influenza is available from the CDC at: www.cdc.gov

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.
A Special Send-Off for Officer Burk...

On Friday, January 10th, staff and students lined our hallways to give Officer Burk a special send-off. Officer Burk has been the School Resource Officer (SRO) of our Clear Run campus for the past 3.5 years. During that time, she has investigated many cases and advocated for kids. She will be greatly missed by our staff and students. We wish her the best of luck in her new position of detective. We are pleased to share that Officer Rob Sheranko is our new School Resource Officer.

Officer Phil Child Safety Program

The Officer Phil Child Safety Program visited CREC on January 9th. This program focuses on teaching children about stranger danger, the negative effects of bullying, fire safety, internet safety, and respect for authority figures. The program also encourages positive behaviors like honesty, friendship, civic responsibility, and knowing what to do in an emergency.

After the presentation, each student went home with a grade specific activity book to take home to work on with their families.

CREC and CRIS are implementing the expanded Lego Robotics Program this year for students who have been selected for science and technology enrichment. The goal for these students was to construct a building that was environmentally friendly, accessible for everyone to use, and resistant to natural disasters.

Considered to be a K4 activity, students will eventually learn how to build and design models using Legos which can be controlled by computer programming.
Ms. Geiger & Mrs. Weirich are paraprofessionals in our Emotional Support classes at CREC.

On February 11th, students had the opportunity to stay after school and participate in an Etiquette Workshop that was hosted by our PTO.

Students learned the proper way to greet, approach, and talk to others, use manners within different settings, set a table, and properly cut foods using a knife and fork. At the end of the session, students were able to take home a booklet about etiquette to continue to learn at home.

Kettle Creek Environmental Center visits Kindergarten students at CREC

Thanks to the generosity of our PTO, all kindergarten classes participated in a Winter Bird Feeding Program through Kettle Creek Environmental Center. This special hands-on program introduces students to birds and the importance of feeding them throughout the winter season.

Students were actively engaged in learning about their feathered friends. As Ms. Brown put it, "They had a "tweet"erific time!"

Just Dance Glow Party
Thursday, February 20th

Ms. Gorritz
ESL Paraprofessional
On February 13th, members of the CRIS Literacy Leaders Club visited CREC. The primary goal of this club is to promote the importance of reading by participating in school and community reading programs and events.

CRIS students visited first and second grade classrooms and read books about love and kindness.

First grade students celebrated February's National Children's Dental Health month with a special assembly on Wednesday, February 19th.

Local dentist Dr. Gregory Pence educated the students on dental health and sixth grade student Isabella Pavuk read stories to the students.

Toothbrushes and toothpaste were donated by the Monroe County Dental Society.
On Friday, January 24th, students were able to review these behaviors in a competitive and cooperative, nail biting Minute to Win It event. At the Minute to Win It game event, students in every grade level were able to display their knowledge about school-wide rules and behaviors by buzzing in first and correctly answering a question about positive behaviors in the school — classrooms, hallways, bathrooms, the cafeteria, and the playground. Winning students from that round then moved on to compete in events such as picking up cotton balls with straws, sorting M&Ms by colors (with the help of high school student athletes), and working together to move a hula hoop down a line of classmates. By the end of the event, students left feeling confident about understanding what it means to be a caring, respectful, and responsible student at CREC.

CREC staff/faculty love to recognize and celebrate all the positive behaviors that are seen in our school every day.

Caring kids at CREC are Respectful, Responsible, and Trustworthy!

Social-Emotional Learning

Mrs. Laing and Ms. Krebely are our two Guidance Counselors at Clear Run Elementary Center. One of their core responsibilities involves weekly guidance lessons in the classroom. These lessons are centered around the research-based Second Step social skills program that was adopted by the Pocono Mountain School District. With the use of puppets and other role playing activities, the interactive curriculum provides students with real-life scenarios that highlight how to interact with others - problem solving skills, self-regulation skills, and the ability to show empathy.

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 2020-2021 school year Kindergarten class (must be five years of age or older on or before September 1, 2020), please contact the Pocono Mountain School District Central Registration Office at 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 the first week of May.