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

On Friday, October 11th, firefighters from the Coolbaugh Township Volunteer Fire Department visited CREC. Kindergartners and first graders learned how to prevent a fire, as well as what to do in an emergency. A banner in the front of the school, as well as coloring sheets displayed through the lobby and hallways, shared how we feel about the men and woman that go above and beyond to keep us safe. They truly are super heroes in our eyes!

Bowling

CREC hosted Back to School Bowling on Friday, September 20th. Each lane was reserved for 30 minutes. Once one family was finished, the next was ready to take their place. This family activity was such a popular event that it was decided to offer it again at our Community Event on October 5th.

Super Paw Kick-Off

CREC hosted its annual Super Paw Kick-Off on Friday, September 27th. In addition to a visit from our West High School cheerleaders and members of the band, students had the opportunity to cash in their hard-earned Super Paws for a variety of special activities—getting their picture taken with officers from the Pennsylvania State Police, posing next to a race car from Pocono Raceway, taking part in karate with instructors from Pocono Crimson Dragons. There was also music, face painting, sports-themed activities, and sweet treats among the many options to choose from.
Caring Kids at CREC are Respectful, Responsible, and Trustworthy.

Students earn paw passes, which are exchanged for Super Paws (10 paw passes = 1 Super Paw), as part of our PBIS program.

**What does PBIS stand for?**
Positive Behavior Interventions and Supports

**Why is PBIS important?**
PBIS challenges students and adults to maintain consistent expectations and inspires positive behaviors within all environments—the classroom, cafeteria, bathrooms, hallways, bus, and playground.

**What does a PBIS Team do?**
Our Super Paw Committee is made up of CREC staff members who meet on a monthly basis to review and revise program expectations, recognition programs, lesson plans, and discipline data.

**How and when do we teach expected behaviors?**
Explicit lessons regarding each targeted area within the school (the classroom, cafeteria, bathrooms, hallways, bus, playground) have been created by the Super Paw Committee. These lessons are taught at the beginning of the year and re-taught again mid-year (in January, right after we return from Winter Recess).

**What are our immediate, intermediate, and long range rewards?**
- **Immediate rewards:** Paw passes, which are earned individually.
- **Intermediate rewards:** Golden awards, which are earned as a class each week as a way to recognize students for their behavior in Related Arts classes, the cafeteria, and cleaning up after themselves in the classroom.
- **Long range rewards:** End of the month rewards such as the Super Paw Kick-Off, Panther Mart, grade level Movies, special Dance Parties, and the Super Paw Palooza.

## A Tiered Approach to Addressing Behavior

**What does “Tier I” mean?**
Tier I (Green/Primary Prevention) refers to the overall school-wide Super Paw program that all staff and students participate in on a daily basis, in all settings of the school environment. Expected student behaviors are taught directly and rewarded regularly.

**What does “Tier II” mean?**
Tier II (Yellow/Secondary Prevention) requires more targeted intervention for students who exhibit negative behaviors. Targeted interventions may include Social Skills Groups and Behavior Education Programs such as Check-In/Check-Out (CICO).

**What does “Tier III” mean?**
Tier III requires more intensive and individualized programming. Tier III interventions are for students whose behavioral concerns are not appropriate for Behavior Education Programs like CICO. Tier III students are presenting with more internalizing, emotional issues and have not been successful with Tier II supports.
Caring Kids at CREC are Respectful, Responsible, and Trustworthy.

CREC utilizes the Stop-Walk-Talk strategy as a means for preventing bullying. Our Stop-Walk-Talk program focuses on teaching students how to respond to students exhibiting disrespectful behavior. Pre-scripted lessons are taught for each setting of the school. Our Guidance Counselors also teach the Second Step Bullying Prevention program in Second Grade.

STOP
WALK
TALK

If someone is bothering you, ask them to stop. Tell them to stop doing what they're doing that is bothering you.

Walk away from the problem if it does not stop.

If the behavior still does not stop, tell a trusted adult.

PTO NEWS

The PTO purchased pumpkins for all of our kindergartners and second graders. First graders will get a pumpkin as part of their field trip to Klingel's Farm on October 17th.

A SPECIAL THANK YOU to Pocono Crimson Dragons for their karate demo at our PTO meeting on September 12th. It was an evening filled with fun for the whole family!

THANK YOU to Kate Curry (from Northampton Community College) and Amy Thomas (from Monroe Career & Technical Institute) for sharing continuing Ed resources at our PTO meeting on October 3rd.

Jesille Eastmond

The CREC PTO welcomes Jesille Eastmond as their new treasurer. Jesille has three daughters—7th grader Danica, 5th grader Madison, and 1st grader Kennedy.
CREC Community Harvest Festival

St. Luke's University Health Network
Todd Nemura (Adopt-A-School Community Liaison), Heather Krick (Clinical Dietician with Weight Management Services), Kim Weber (Practice Manager for Pocono Pediatrics), Victoria Diaz and Gretchen Cash (Women's Imaging Center)

Coolbaugh Township Volunteer Fire Department

Pocono Services for Families & Children
Christina Grap-Swain & Ann O'Malley with Pocono Services for Families and Children

Kate Curry (Assistant Professor of Early Childhood Education) with students from Northampton Community College

Performances by
Diamond Academy of Dance
Pocono Crimson Dragons
West High School Band & Cheerleaders

Local authors Karen E. Womack, Chrysa Smith, Shannel Williams, Grace Nava
If you missed Kathy’s workshop, she will be the guest speaker at our upcoming PTO meeting on Thursday, November 21st @ 6:00 pm. Five copies of her book, Treasures in Tragedy: A Journey Through Grief, will be given away as a token of appreciation for attending.

The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning.

- Mitch Albom

Traci Lengel, Health/Phys Ed teacher at CREC, talked with parents about how to help their children at home with completing homework. A copy of her handout, titled Uniting Sports and Academics, is included on the last page of this newsletter. Missed our Community Event ... Mrs. Lengel will be available during Parent-Teacher Conferences to demonstrate activities.

Monroe County Meals on Wheels is looking for volunteers. If interested in helping or donating to their organization call (570) 424-6794.

www.monroecounty.org
Trey DelGrosso, eighth grade student who attends Pocono Mountain East Junior High, shared his story on Saturday, October 5th. At three years of age, Trey was diagnosed with autism. As explained in his presentation, autism is a developmental disorder that often presents the following characteristics:

- Trouble with speech and nonverbal communication
- Difficulty with social skills
- Anxiety and repetitive, self-stimulating behaviors
- Sensory processing difficulties with intense, restricted and often unusual interests
- Deficits and delays in motor planning, gross and fine motor skills

Trey explained that autism is a spectrum disorder, which means that common characteristics affect different people in different ways and to different degrees. Trey, for instance, is diagnosed with high functioning autism.

Trey shared with the audience that, no matter where a person falls on the spectrum, early intervention is key. There was a point in time when doctors and therapists were unsure of whether Trey would ever talk. And here he is today... sharing his story and giving hope to others.

No matter where a person falls on the spectrum, early intervention is key.

Sharing a video clip of Sheldon from the show The Big Bang Theory, Trey talked about how his mind is rigid, with him being a concrete thinker who is very "black and white." Therefore, he has difficulty understanding figurative language and sarcasm. He shared the example of his mom telling him that it was time to hit the road and him looking for a hammer. Trey shared that he might get frustrated and argue with people when he is not able to understand what they are doing or saying in social situations. Special, unstructured activities like a school-wide carnival is challenging for Trey because it is difficult for him to join a group of students—He struggles with knowing what to say.

Trey becomes anxious when there is a change to his schedule or routine. As a result, he asks lot of questions and might even stim. As he explained, most people bite their fingernails, twirl their hair with their fingers, crack their knuckles, and/or tap their pencil when they get nervous. Individuals with autism might rock, flap their hands, bounce, jump, twirl, pace, walk on their tiptoes, or repeat words/phrases. Trey, for instance, jumps, claps, and squeaks.

Trey talked about sensory processing difficulties. Loud sounds hurt his ears and bright lights hurt his eyes. There are also times when he just needs to move.

Famous composer Wolfgang Amadeus Mozart, actor Dan Aykroyd, Miss America contestant Alexis Wineman, Nobel Prize winner for Physics Albert Einstein, and Trey DelGrosso all share the commonality of Autism Spectrum Disorder.

Autism is one of the fastest growing developmental disorders in the US. It affects 1 in 59 children. When I was born in 2006, that number was 1 in 150.

- Trey DelGrosso
Uniting Sports and Academics

Studies have consistently shown that children who are physically active are not only healthier but also perform better in school. Physical activity stimulates the brain and gets it ready for learning.

Many children learn best when they're doing something physical. It may surprise you to learn that movement actually helps kids learn, rather than distracting them from their work.

**How can I help my child at home?**

Combining simple sports movements with school work can have a positive effect on your child’s ability to process and recall information. Try these movements at home while your child completes homework, practices flashcards, or reviews for a test.

- **Basketball Dribbling:** Have your child dribble a basketball or perform ball handling skills
- **Basketball Passing:** Pass a basketball back and forth with your child
- **Balloon Taps:** Have your child tap a balloon into the air
- **Balloon Volley:** Tap a balloon back and forth with your child
- **Soccer Footwork:** Have your child tap a soccer ball back and forth between their feet
- **Soccer Passing:** Kick a soccer ball back and forth with your child
- **Football Air Tosses:** Have your child toss a football in the air and catch it
- **Football Volley:** Toss a football back and forth with your child
- **Boxing - Air Punches:** Have your child alternate right and left cross punches
- **Boxing - Air Kicks:** Have your child alternate right and left air kicks

Uniting sports and academics can magically transform homework from a super-struggle to some serious fun!

*Clear Run Elementary Center is proud to be a Title 1 school!*