

PMSD CONNECT ON

Our Mission: To Prepare All Students for Tomorrow's Challenges and Opportunities

2022-23: Issue 1



1st Day of School
Monday, August 29, 2022

Labor Day Holiday:

All schools will be closed on Friday, September 2, 2022 and Monday, September 5, 2022.

PMSD Open Houses

- **PM East HS:** Tuesday, Aug. 16, 2022, 6:30 p.m. Gr 9 & New Student Orientation; Friday, Aug. 19, 2022 Gr 9 -12, 11 a.m. to 1 p.m.
- **PM West HS:** Tuesday, Aug. 16, 2022, 6:30 p.m. Gr 9 and New Student Orientation; Thursday, Aug. 18, 2022 Gr 10 -12, 6:30 p.m.
- **East Junior HS:** Monday, Aug. 22, 2022, 3:00 p.m. – 7:00 p.m.
- **West Junior HS:** Monday, Aug. 22, 2022, 3:00 p.m. – 7:00 p.m.
- **Clear Run Elementary Center:** Wednesday, Aug. 24, 2022, 4:00 p.m.- 6:00 p.m.
- **Clear Run Intermediate School:** Wednesday, Aug. 24, 2022, 5:00 p.m. – 7:00 p.m.
- **Swiftwater Elementary Center:** Wednesday, Aug. 24, 2022, Gr K only, 4:00 p.m.– 6:00 p.m.
- **Swiftwater Elementary Center:** Thursday, Aug. 25, 2022, Gr 1-3, 4:00 p.m.–6:00 p.m.
- **Swiftwater Intermediate School:** Thursday, Aug. 25, 2022, Gr 4-6, 5:00 p.m.– 7:00 p.m.
- **Tobyhanna Elementary Center:** Thursday, Aug. 25, 2022, Gr K-2, 4:00 p.m.- 6:00 p.m.; Gr 3-6, 5:00 p.m. - 7:00 p.m.

Full STEAM ahead into the new school year

By: Amy Buffington

Director

*Curriculum & Instruction
 Social Studies & Humanities*

Welcome to the 2022-2023 school year!

The district is ready in the Social Studies and Humanities realm for some fun and excitement. This year will bring everything from art focusing on the “A” in STEAM (Science, Technology, Engineering, Art and Mathematics) to music performances in all of our buildings.

Art - Students will continue working on things like STEAM projects in classes at the elementary level. The secondary level will feature technology integration with ZSpace and 3D printers. The district will also host some guest speakers to discuss potential career paths for students.

District teachers will be sure to make art new and exciting for our students and have their works put on display in a variety of venues.

English Learners (EL's) will be working in their immersion program to improve their English. EL's will be taking LAS links tests to monitor progress twice during the school year and the ACCESS test once to determine levels. They will also be participating in unique learning experiences via software and other methods with their EL teachers to enhance their growth and learning.

Family and Consumer Science (FCS) will be implementing technology into classes. Foods classes at the West



Pocono Mountain School District will offer students many exciting opportunities in music during the 2022-23 school year. Students will be singing and playing instruments while displaying their talents in many different locations throughout our community and other areas. Some students already started their musical immersion by participating in Summer Band Camp at the high school levels.

High School will be growing some herbs and vegetables in their classrooms to use in their fine cuisine creations. Creative Fashion classes will be implementing circuitry into their designs to illuminate clothing they make that will be worn by one of the school performance clubs. Child Development classes will also continue with their Panther Den and Cardinal Nest preschool programs.

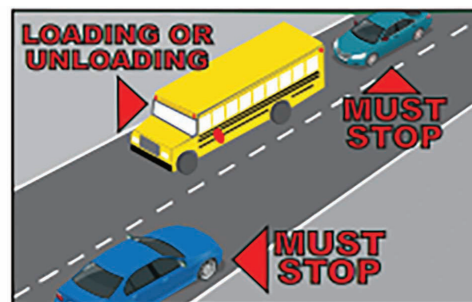
Music will be working hard to keep music alive and well on our mountain. Students will be singing and playing instruments while displaying their talents in many different locations throughout our community and other areas. Many are coming fresh out of our band camp over the summer. Our students will integrate technology in classes and in their performances to enhance the great wealth of talent they bring to our District.

Social Studies will be continuing to work in the many areas it covers. Events pertaining to different parts of history will be on display at times throughout the year. Exploration in classes will continue with virtual field trips and use of software programs to enhance and improve learning experiences.

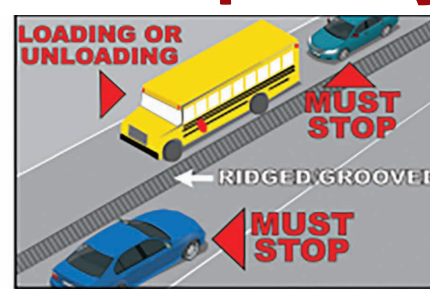
World Language continues at our junior high school and high school levels. Teachers host language speakers throughout the world to learn about language and culture of the globe. Spanish, French and German continue to build programs and work on extension projects with their National Honor Societies.

2022-2023 will be exciting. Stay tuned to all we have to offer here at PMSD. We look forward to providing learning, growing, future and career ready experiences to our students.

Bus Stop Safety



You MUST STOP on roadways with or without painted lines.



You MUST STOP on roadways with ridged/grooved dividers.



You MUST STOP at an intersection, whether it is or is not marked with a stop sign. All traffic MUST stop.

From the Superintendent...

By **Dr. Elizabeth Robison**
Superintendent of Schools

There is a flurry of activity taking place on our school campuses as we prepare to welcome students back for their first day of school on Monday, August 29.

Summer break has been a very busy time across Pocono Mountain School District (PMSD) as our support supervisors and their teams had important school and campus improvements projects to complete. Our maintenance staff completed many necessary capital improvement and maintenance projects. Our custodial staff has been working hard to strip and polish the many hallways and classroom floors at each school, and clean and rearrange classrooms. Our grounds team has been completing projects while also maintaining the fields and grounds around our schools to prepare for the upcoming fall sports season, and relining parking lots. Everyone, from administrative assistants to principals, are doing their part to make the start of the 2022-23 school year the best start possible for all of our students, teachers and staff.

School Meals: With the cost of food increasing at local grocery stores, I wanted to reassure parents that the student breakfast and lunch prices are not increasing this school year. However, we do need parents to complete the USDA Free and Reduced Meal application this school year. The U.S. Department of Agriculture (USDA) canceled the program that allowed schools during the COVID-19 pandemic to automatically provide free meals to all students. With the start of the new school year, students who are not approved for free or reduced meals will have to pay for their meals. The link to the application to apply for Free or Reduced student meals is available on the district website (www.pmsd.org) through the School Café.

Last school year, Chartwells Food Services experienced some difficulties getting certain food items in due to nation-wide food supply issues. Some of those supply issues may continue this school year for our schools and schools across the nation. Chartwells put its food order in for our upcoming school year in

June to try to prevent any shortages and has been working throughout the summer to reduce the impact of any possible food supply issues on our school lunch program. Food supply issues can impact the variety of entrees available for the daily lunches served at our school cafeterias and force Chartwells to make last-minute changes to lunch menus to ensure menu items still meet USDA nutritional guidelines for school lunches.

School Safety: We continued to evaluate and assess our school safety measures and procedures throughout the summer and will continue that process throughout the school year. We have made some changes to our school safety procedures for the start of school based on information contained in preliminary reports on the horrific school shooting in Uvalde, Texas. While I cannot discuss in detail the specific school safety measures we have in place or the changes we are implementing, I want our parents to know that we never take school safety for granted. It is my expectation that every administrator, teacher, support staff member, and contracted employee in Pocono Mountain School District will remain vigilant every single day regarding school safety. Our employees should remain fully engaged and committed to closely following all school safety procedures and practices at our schools. We also need students and parents to remain vigilant about school safety. It takes the commitment and awareness of our entire school community to keep our students and schools safe.

As I've mentioned many times in my communication with students and parents, you are the district's eyes and ears in our communities when it comes to school safety. The importance of the role parents and students have in school safety is supported by a report produced by the U.S. Secret Service on "Averting



Targeted School Violence – A U.S. Secret Service Analysis of Plots Against Schools," where the Secret Service analyzed 67 averted school attack plots. The report states, "there are almost always intervention points available before a student's behavior escalates to violence." The report further states, "Students are best positioned to identify and report concerning behavior displayed by their classmates," and "The role of parents and families in recognizing concerning behaviors is critical to prevention."

If you see or hear something that seems like it could be a concern or a threat against one of our schools, a student or one of our employees, please report your concern immediately to our administrators, to the police or through the Safe2Say Something anonymous reporting system, which is available through an App or through the link on the district website.

Student Involvement: Finally, in my previous article in the end-of-school year *PMSD Connection*, I wrote of the many opportunities we have available to students to get them involved in activities that excite and challenge them, help students grow and expand their interests, help students feel more connected and supported by their school and peers, and help students learn more about what they enjoy and don't enjoy doing. Included in this back-to-school issue of the *PMSD Connection* is a list of co-curricular and athletic opportunities available to students throughout the district and list of the clubs and activities that were available in our school last school year. Some of the clubs and activities offered at our schools this school year may change based upon student and school interests, so please look for flyers, announcements and ParentLink calls regarding sign up dates for school-based clubs and activities, and co-curricular and athletic opportunities. I encourage parents to talk to their children about getting involved in school activities. This includes our PMSD Cyber Program students who can participate in PMSD after-school activities or hybrid programs where they attend some classes in school. I guarantee the relationships and connectedness students form through after-school activities will be invaluable to their social and emotional development and wellbeing throughout their school years in Pocono Mountain.

Welcome back for the 2022-23 school year. Let's make this a great year for our students.

Understanding school safety drills & procedures

By **Wendy Frable**
Director of Public Relations & Safety Compliance

Early in the school year Pocono Mountain School District parents should hear their school-aged children talk about Run, Hide, Fight, evacuating their schools for fire drills or the steps they were taught to take when practicing lockdown drills.

All of these things are measure taken to prepare students, faculty, staff and administrators on how to respond in emergency situations. Those scenarios and many more are part of the district's comprehensive Emergency Operations Plan for All Hazards, which outlines the procedures for the superintendent,

central administration team, school administrators, faculty and staff to follow to help keep Pocono Mountain students and schools safe.

The plan is confidential, so parents won't find a copy of it on the district's website. The plan includes procedures for district employees and students to follow during all types of potential hazards from severe weather and hazardous chemical spills to a lost student or violent act against a school. The plan includes easy-to-follow checklists to help district employees ensure that in an emergency they know what steps to take to help safeguard students and each other.

As part of the district's emergency preparedness procedures, all PMSD

schools practice lockdown drills. When a school is placed in a lockdown, whether for a drill or potential threat, the school remains locked down until the drill ends, or in the case of a perceived threat, the threat or hazard has been cleared. If the situation warrants it, the district may also lockdown an entire campus or all campuses during an emergency.

When a building is locked down, it's important for parents and community members to know that no one except emergency responders will be allowed into the school. Local and state police in Pennsylvania are trained to immediately enter the school and stop and remove the threat without delay.

PMSD has highly trained armed

School Resource Officers from the Pocono Mountain Regional Police Department and contracted armed security officers assigned to each of its school to respond immediately to a possible threat at the school while addition law enforcement officers are called to respond and assist with the emergency. The district, law enforcement, and other emergency responders in Monroe County are trained to utilize the Incident Command System (ICS) during emergencies to ensure an immediate and effective response to an emergency at any PMSD school. By activating the ICS during an emergency, PMSD and law

See Understanding ...Page 16

Heading Back to School

PMSD buses may run late the first week of school as it takes more time to pick up students at bus stops and to get students loaded on the correct buses at the end of the school day. Parents also have more questions for bus drivers at the start of school. PMSD officials ask for patience as everyone gets back into the school bus loading and unloading routine. The PMSD switchboard will remain open the first week of school until all buses have returned from the afterschool runs to ensure all students have made it home safely.

East Transportation
570-839-7121
ext. 30430 or 30437
West Transportation
570-839-7121,
ext. 31424 or 31422



What can parents do to help ensure their children's safety?

- Reinforce safety awareness among children by reviewing bus safety procedures with them.
- Arrive at the bus stop 10 minutes prior to the arrival of the bus.
- Please, NEVER, follow or try to flag down a bus if you are late in dropping off your child at the bus stop.
- If your child gets out of the car and tries to "catch" a bus, it puts them in grave danger. The best response would be to continue to drive your child directly to school.
- When you meet a school bus with red signal lights flashing and stop arm extended, you MUST STOP.
- DO NOT MOVE until all the children are safely loaded or are 10 feet off of the road and have reached a place of safety.



Top: Attendance was strong at the Senior Expo at Swiftwater Elementary Center. Right: Chartwells employees provided refreshments at the Expo, while members of the PMSD Business Department, including Christine Hannig, were available to answer questions from attendees on the district's enhanced senior citizen property tax rebate program. (Photos by Lorraine Angulo)

PMSD hosts Senior Expo

Pocono Mountain School District was proud to host State Senator Mario Scavellio's Annual Senior Expo on July 19 at Swiftwater Elementary Center. The Expo was co-sponsored and attended by State Representatives Rosemary Brown, Maureen Madden, and Jack Rader.

More than 70 exhibitors from non-profit and government agencies participated in the Expo and provided information on the services they offer benefiting seniors. Door prizes, health screenings, educational seminars, and refreshments were also provided to the hundreds of senior citizens who attended the Expo at Swiftwater Elementary Center.



PMSD Board approves property tax reduction allocation

Pocono Mountain School District (PMSD) approved Homestead & Farmstead property owners will receive property tax relief on their 2022 property tax bills as part of Pennsylvania's broad-based property tax relief from gaming funds through the Taxpayer Relief Act, also known as Special Session Act 1 of 2006.

The Pennsylvania Department of Education (PDE) notified district officials that PDE will provide the district with \$7,816,742 in gaming tax funds to use for property tax reduction.

"PMSD acts as a pass through for gaming tax relief funds," said Joseph Colozza, Chief Financial Officer. "The funds allocated to the district are then reallocated to qualified property owners to reduce their property taxes."

Property tax relief \$586.91

The property tax relief for approved property owners in the district for 2022 is \$586.91. This amount is based on 13,373 approved homesteads/farmsteads within the district's boundaries.

Checks will not be issued directly to approved property owners. Homeowners with an approved Homestead/Farmstead Exclusion will see the exclusion amount deducted against their property taxes on their 2022 property tax bill.

Gaming funds dedicated to property tax relief also pay for a Philadelphia Wage Tax reduction, Philadelphia

Senior Citizen Property Tax reduction, allocation to districts for Philadelphia Wage Credit, expanded Senior Citizen Property Tax & Rent Rebate Program, and the state allocation to the remaining districts.

The amount of gaming funds dedicated to property tax relief will vary each year, which means the amount of property tax relief for approved property owners will also vary each year.

Who will receive the tax relief: For property owners to receive this tax relief they would have had to file a Homestead/Farmstead Exclusion application with the Monroe County Assessment Office by March 1, 2022, and received a notice back that their application was approved. Any property owner who received property tax relief

last year will still qualify. They do not have to reapply each year.

What happens to property owners who didn't apply for the Homestead/Farmstead Exclusion:

For those property owners who have not filed their Homestead/Farmstead Exclusion application, district officials encourage them to do so in order to be eligible for tax relief the next time funding is available. If they apply today and their application is approved, they will not qualify for this year's tax relief, but will qualify for any future tax relief when available.

The applications and information on how to apply are located on the District web site at www.pmsd.org under the Departments, select Business Office and the PA Homestead/Farmstead Exclusion page.

PMSD school safety toolkit includes threat assessments

By Dr. Jeremy Sawicki
Director of Technology
& School Safety

Pocono Mountain School District (PMSD) school safety efforts include school-based threat assessments to help keep students, staff and schools safe.

In June 2019, Pennsylvania enacted legislation, 24 P.S. § 1301-1303-E, to assist schools in creating safer environments, and the new requirement for schools to establish Threat Assessment Teams was added to the Pennsylvania School Code.

The School Safety and Security Committee (SSSC), Pennsylvania Commission on Crime and Delinquency (PCCD), and key stakeholders from across Pennsylvania developed model procedures and guidance materials to help schools implement a threat assessment process.

PMSD recognized the value of developing threat assessment teams and adopting a threat assessment process prior to the new legislation going into effect. The district formed its threat assessment teams in 2019. The teams were trained on the threat assessment process in November 2019. This is the same process the state has since adopted and recommends as the model procedures for all school districts to follow.

PMSD's teams attended an intensive in-person threat assessment refresher training in October 2021. Additional online training that is available through the PCCD's online Threat Assessment resources will be used by the district and school threat assessment teams to stay current on the threat assessment process.

What is threat assessment and what does this mean for PMSD?

"Threat assessment is a fact-based process for the assessment of and intervention with students whose behaviors may indicate a threat to the safety of the student, other students, school employees, school facilities, the community, or others," according to PCCD's Threat Assessment training materials (Information for School Staff, Parents, and Guardians, <https://www.pccd.pa.gov/schoolsafety/Pages/Threat-Assessment.aspx>).

Recognizing At-Risk Behaviors

Some observable, at-risk behaviors include:

- Unusual social distancing or isolation of individuals from peers and family members
- Sullen or depressed behavior from an otherwise friendly and positive person
- Out of context outbursts of verbal or physical aggression
- Increased levels of agitation, frustration and anger
- Confrontational, accusatory or blaming behavior
- An unusual interest in weapons
- Fixation on violence as means of addressing a grievance

* K-12 Threat Assessment in Virginia: A Prevention Overview for School Staff, Parents, and Community Members



PCCD further explains that threat assessment is a prevention strategy.

- School communities work together to identify student threats before they become acts of violence
- Schools have systems in place to process information
- Students receive assistance through early identification (PCCD)

PCCD describes a threat as, "a communication or behavior that indicates an individual poses a danger to the safety of school staff or students through acts of violence or other behavior that would cause harm to self or others.

The threat may be expressed/communicated behaviorally, orally, visually, in writing, electronically, or through any other means."

In addition to forming threat assessment teams and providing training to the teams, the new legislation also requires PMSD and other school entities to develop procedures and guidelines for threat assessments. PMSD will be utilizing the model

procedures and guidelines provided on the PCCD website and modifying those procedures if needed to better meet the needs of its students and schools.

The student assistance program (SAP) teams and referral process PMSD already has in place in all of its schools will be an integral part of this new threat assessment process. As PCCD states, "The goal of this process is to ensure the safety of the school community, and also to ensure that the student presenting the threat receives assistance through a range of strategies already established in the school."

Students, parents and community members can help keep PMSD schools safe by continuing to report possible threats or concerns about school safety to their children's principals, the police, or through the Safe2Say Something.

Threat assessment teams and the threat assessment process are important aspects of the district's school safety and security practices, because "the threat assessment process is a prevention strategy used to identify and assess possible threats of violence before the act occurs," according to PCCD.

Pocono Mountain School District 2022-2023 Season Schedule B Vacancies

- ❖ West Girls Volleyball JH Coach
- ❖ West Field Hockey JH Coach
- ❖ East Field Hockey JH Coach

Experience in JH/ High School coaching preferred.

Applications must all be completed online at: <https://forms.gle/UR2L43GeztRskYa7>.

Successful candidate will be required to provide Act 34 PSP Criminal Record check, Act 114 FBI Criminal History Check, Act 152 Child Abuse Clearance, and the Act 24/82 PDE 6004 form.



Jan 2019 to Dec 2021

Energy Program Update

Cenergistic
Pocono Mountain
School District
(PMSD)



Total Cost Avoidance

\$3.68 million

Cost Avoidance measures the impact of the energy program on utility consumption and cost when independent variables such as weather, unit cost, etc. are factored in.

34.5% overall savings

Cost Per Square Foot

Utility spend for PMSD has decreased from \$3,540,805 in the base year to \$2,194,876 over the last 12 months.

\$1,345,929

Total Utility Reduction Cost have decreased by \$5,344,680 since the program start.

\$3,425,975

Cost Per Square Foot Trend



CRIS: Excited to start the new school year

Amy Haynes, Principal
Clear Run Intermediate School

The Clear Run Intermediate Administrative Team will consist of Mrs. Amy Haynes, Principal as well as Mrs. Jackie Bewick and Mrs. Angela Morrison as Assistant Principals for the upcoming 2022-2023 school year. Mrs. Bewick will be overseeing Grades 4 & 6, while Mrs. Morrison will be overseeing Grades 3 & 5. Collectively, the Clear Run team has a combined fifty nine years in education in various teaching and support positions, including administration.

We are incredibly thankful and excited to be working with the Clear Run community, students, and families. Here at CRIS we are looking forward to hosting a variety of experiences for our students, families, and community members as we believe it is incredibly important for our students to belong to a strong and supportive school community.

Together, our students will benefit from a solid home-school connection that continually reinforces the importance of education while collectively guiding them to achieve positive outcomes socially and emotionally.

CRIS PRIDE

We have a new mural going up to be on display in



CRIS Administrative Team (left to right) Mrs. Jackie Bewick, Assistant Principal; Mrs. Amy Haynes, Principal; and Mrs. Angela Morrison, Assistant Principal.

our school, showing off our CRIS PRIDE! At the end of the school year, our 3rd - 6th grade students were asked to create a cube illustrating who they are and what they think it means to demonstrate our PRIDE traits - Prepared, Respectful, Involved, Dependable, and Empathetic.

The mural is currently "under construction" while we are getting some upgrades to our building over the summer, but we look forward to sharing it with our students and school community at the start of the school year.



Students at Clear Run Intermediate School have created a mural demonstrating their PRIDE traits – Prepared, Respectful, Involved, Dependable, and Empathetic.

PMSD offers strong math & science instruction

By Amy Catalano

Director of Curriculum, Instruction & Federal Programs: Mathematics & Science

Welcome back! We are excited for the start of the 2022-2023 school year at Pocono Mountain School District!

Math Highlights

At the elementary and secondary grade levels, technology and family connections are integrated in a K-12 standards-aligned mathematics program. In grades K-6, the new Envision Math series will be used as the primary program.

Glencoe Math is used in grades 7 and 8 as well as in Algebra I at the high school. Pearson will continue to be utilized in other secondary content math courses. Technology-based differentiated guided and direct instruction will continue to be emphasized in Splash Learn for math (Kindergarten), First In Math (grades 1-6), Imagine Math (grades 3-6, Algebra I), and Online Digital Coach (grades 7-12) along with content area web-based resources and programs. Accelerated and remedial opportunities are available for students as needed.

MathCounts, Marywood Math Competition and Kangaroo Math and other math competitions will continue to be part of enhancing the math program.

The East High School and West High School will be starting a National Honor Society for math during the 2022-2023 school year.

Science Highlights

The K-12 Science program embraces standards-aligned curriculum that emphasizes hands-on and content area reading activities.

In grades K-6, Discovery Learning is used as the



PM East High School student works on Robotics as part of the Code Joy program.

primary resource for students along with STEM awareness and integration. Generation Genius is used to supplement Science with the New Generation Science Standards and for the transition for the new PA Core Standards that will be adopted in July, 2025.

In addition, Scholastic News for science will be utilized during the 2022-2023 school year at the elementary level. A Robotics after school program using Code Joy will continue during this school year.

At the secondary level, Pearson and Savvas are the primary resources used to deliver science instruction along with Discovery Learning. Technology from Discovery Learning along with USA Test Prep, Digital Coach, Gizmos and other content area web-based

resources and programs are utilized with students to promote science inquiry, discovery and learning and to help prepare for the new PA Science Standards to be implemented in July, 2025.

The K'Nex STEM Challenge, Junior Envirothon, Envirothon, Pennsylvania Junior Academy of Science, Science Olympiad and other science and STEM opportunities will continue to be part of enhancing the science program.

The East High School and West High School will be part of a National Science Honor Society during the 2022-2023 school year.

WE'RE HIRING

Pocono Mountain School District
FOODSERVICE WORKERS

Apply Today!

Join a team that makes a difference serving Pocono Mountain School District students.

- Full and part time positions
- Flexible work schedule
- Most weekends and nights off
- \$250 Referral bonus *ask for details*
- 401k and discount programs
- Career growth opportunities
- Free shift meals

Apply online today at
<https://careers.compassgroupcareers.com/>
 Req ID: 1031089
 Or email tgivens@pmsd.org for more information.

chartwells
serving up happy & healthy

CREC helps students develop social skills needed for success

By Heidi Donohue, Principal
Clear Run Elementary Center

Social and emotional learning is an integral part of education and human development. It is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

Clear Run Elementary Center has been providing Social Emotional Learning skills to students long before the term Social Emotional Learning (SEL) became a popular buzzword in education.

At CREC, students are exposed to a tiered system of interventions designed to be proactive in creating an environment where all students can thrive.

School Wide Positive Behavior Support is a system designed to teach students the rules, expectations, and social norms of the learning environment. CREC students are given instruction and specific lessons on what behavior is expected in the hallways, classroom, bathroom, cafeteria; on the playground and bus. This instruction is modeled by all adults in the building.

Students who are able to meet these expectations are rewarded with Dojo points, which can be used as currency to purchase incentives built into the system. Consequently, this system is considered to be a Tier 1 intervention and typically has a high success rate - 80% or more of the student population typically responds to this level of support.

For the students that need more support, Check In/Check Out and Zones of Regulation are programs that go a step beyond Tier 1. Check In/Check Out provides the student with a mentor, a person with whom to connect, establish a relationship and create a positive environment in which a higher level of instruction in Social Emotional Learning can take place. The adult mentor provides the student with a safe space to discuss feelings and behaviors, while providing feedback, suggestions, and unconditional support.

Zones of Regulation is a structured program designed to teach students to identify their emotions - decipher which emotion they are feeling, how that emotion affects behavior, how to eventually self-regulate those emotions

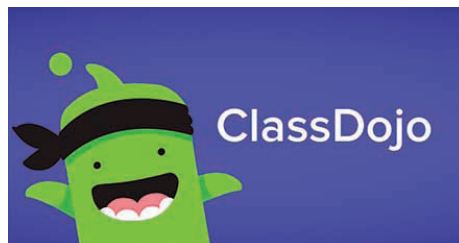


and advocate for themselves when the student needs a break or someone with whom to speak.

Restorative Practices is a system based upon the development of social relationships, learning to discuss feelings connected to behavior, recognizing behaviors that may not be aligned with expectations and taught the skills to apologize, taking responsibility and resolving conflicts.

Students who find themselves in a situation that needs resolving can ask an adult for assistance. That adult, many times a counselor or administrator, will walk them through the restorative process in order to repair harm and rebuild trust.

It is an effective tool that allows students to learn conflict resolution in a supportive environment.



CREC Families Communicate with ClassDojo

The goal at Clear Run Elementary Center is to have 100% of parents checking and using the ClassDojo app regularly. ClassDojo is a communication app that allows

teachers and administrators to instantly share information about school news and classroom activities.

Teachers and parents can communicate about individual students, and parents have access to their child's teacher to communicate with, privately.

ClassDojo helps parents easily message with their child's teacher, the attendance office, and the school counselor as needed. Parents without a smartphone can also access this information on a home computer.

The app or online account is free for parents, and staff at Clear Run Elementary also utilize this communication tool to highlight positive behavior through our School-Wide Positive Behavior Support initiative.



CREC students are practicing social emotional learning skills to promote healthy identities and learn how to manage their emotions.

At CREC, teachers and administrators can instantly share photos, videos, and announcements on Class Story, or privately message with any parent. ClassDojo instantly translates messages into more than 30 languages and families can join ClassDojo on any device.

Most recently, co-principals Mrs. Donohue and Dr. Loverdi utilized ClassDojo to share information with our newest Kindergarten parents about orientation, open house, and kindergarten readiness activities.

**Sign up NOW for
PMSD Alert Message**

**Go to www.pmsd.org,
Helpful Links,
PMSD Alert Text
& Email Messages**



WE'RE LOOKING FOR YOU!

At First Student, our Bus Drivers, Van Drivers, & Monitors are an integral part of the communities they serve. They are committed to safety, customer service and have genuine, caring attitudes for children. We are your friends, family, and neighbors!
Great for stay-at-home Moms/Dads, retirees, & people wanting a change.
We would be glad to have you become part of the team.

WE ARE PROUD TO OFFER:

- Paid training leading to a Commercial Driver's License (CDL)
- Child ride along program, Child must be 4 years of age.
- Starting rate is competitive. We offer insurance: Health, Dental Eye, also 401K.

APPLY ON ONLINE:
WORKATFIRST.COM

To qualify, you must be at least 21 years of age, have a valid driver's license, a safe driving record, have no criminal record and we do a background check and drug test.

PMSD announces Annual Public Notice on Special Education

Special Education (CHAPTER 14)

The Pocono Mountain School District, either directly or through various other education agencies including Colonial Intermediate Unit #20, provides special education services which may be required by children with special needs.

In compliance with state and federal law, notice is hereby given by the Pocono Mountain School District that it conducts ongoing identification activities as a part of its school program for the purpose of identifying students who may be in need of special education and related services (eligible students).

If your child is identified by the school district as possibly in need of such services, you will be notified of applicable procedures. Individualized services and programs are available for children who are determined to need specially designed instruction due to the following conditions:

1. Autism
2. Deaf-blindness
3. Deafness
4. Emotional disturbance
5. Hearing impairment
6. Intellectual disabilities
7. Multiple disabilities
8. Orthopedic impairment
9. Other health impairment
10. Specific learning disability
11. Speech or language impairment
12. Traumatic brain injury
13. Visual impairment, including blindness

Evaluation Process

Pocono Mountain School District has a procedure in place by which parents can request an evaluation. If you believe that your school-age child may be in need of special education services and related programs, you may request screening and evaluation at any time whether or not your child is enrolled in the district's public school program. Child Find federal regulations also apply to highly mobile children, including migrant children. Requests for evaluation and screening are to be made in writing to the building principal or to Dr. Mark Wade, Assistant Superintendent for Special Education for the Pocono Mountain School District, at 570-839-7121 ext. 10181.

Consent

School entities cannot proceed with an evaluation, or with the initial provision of special education and related services, without the written consent of the parents.

For additional information related to consent, please refer to the Procedural

Safeguards Notice which can be found at the PaTTAN website, www.pattan.net or the Pocono Mountain School District website, www.pmsd.org. Once written parental consent is obtained, the district will proceed with the evaluation process.

If the parent disagrees with the evaluation, the parent can request an Independent Education Evaluation (IEE) at public expense.

Program Development

Once the evaluation process is completed, a team of qualified professionals and parents determine whether the child is eligible.

If the child is eligible, the individualized education program team meets, develops the program, and determines the educational placement. Once the IEP team develops the program and determines the educational placement, a Notice of Recommended Educational Placement (NOREP)/prior written notice is issued. Written consent is required before initial services can be provided. The parent has the right to revoke consent after initial placement.

Preschool Children with Special Needs (Age 3 to School Age)

Parents whose child has a developmental delay or one or more conditions as listed in the Special Education (Chapter 14) Notice above, and/or who have questions regarding their child's seeing, hearing, learning, talking, moving about, manipulating objects, understanding, showing emotions, getting along with others, playing with toys, taking care of himself/herself, should telephone Colonial Intermediate Unit #20 (CIU #20) at 610-252-5550, which offers Early Intervention, a preschool program for children with special needs. CIU #20 can provide information, screening, evaluation, programs, therapy, parent support, and referral to community agencies at no cost to the parent.

For further information, call CIU #20 at 610-252-5550 or Dr. Wade at 570-839-7121 Ext. 10181.

Protected Handicapped Students (CHAPTER 15)

In compliance with state and federal law, the Pocono Mountain School District will provide to each protected handicapped student, without discrimination or cost to the student or family, those related aids, services or accommodations which are needed to provide equal opportunity to participate in and obtain the benefits of the school program and extracurricular activities to the maximum extent appropriate to the student's abilities.

In order to qualify as a protected handicapped student, the child must be school age with a physical or mental disability that substantially limits or prohibits participation in or access to an aspect of the school program. These services and protections for "protected handicapped students" are distinct from those applicable to all eligible or exceptional students enrolled (or seeking enrollment) in special education programs.

For further information on the rights of parents and children, provision of services, evaluation and screening, and rights to due process procedures regarding protected handicapped students, you may contact, in writing or by telephone, Dr. Wade at 570-839-7121 Ext. 10181 or any building principal.

Gifted Education (CHAPTER 16)

The Pocono Mountain School District provides gifted education services to school-age students identified as gifted who require these services to reach their potential. In compliance with state and federal law, notice is hereby given by the Pocono Mountain School District that it conducts ongoing identification activities as a part of its school program for the purpose of identifying students who may be in need of gifted education services.

If your child is identified by the school district as possibly in need of such services, you will be notified of applicable procedures.

If you believe that your school-age child may be in need of gifted education services, you may request screening and evaluation at any time, whether or not your child is enrolled in the school district's public school program.

Requests for evaluation and screening are to be made in writing to the building principal or Dr. Wade at 570-839-7121

Ext. 10181.

Confidentiality

All information gathered about your child is subject to the confidentiality provisions contained in federal and state law. The school district has policies and procedures in effect governing the collection, maintenance, destruction and disclosure to third parties of this information. Parents have the right to see and obtain a copy of their child's records. Personally identifiable information relative to an exceptional student will only be released with the permission of the parent and/or in accordance with the Family Education Rights and Privacy Act (FERPA) and the Pennsylvania Rules, Regulations, and Standards.

For information about policies and procedures, as well as rights of confidentiality and access to educational records, you may contact in writing or by telephone, Dr. Wade, at 570-839-7121 Ext. 10181 or any building principal.

Also, in accordance with 34 CFR § 300.624, please be advised of the following retention/destruction schedule for the Pennsylvania Alternate System of Assessment (PASA), Pennsylvania System of School Assessment (PSSA), and Keystone Exam related materials:

- PSSA, Keystone Exam, and PASA test booklets will be destroyed one year after student reports are delivered for the administration associated with the test booklets.
- PSSA and Keystone Exam answer booklets and PASA media recordings will be destroyed three years after completion of the assessment.

This amendment to the Annual Notice went into effect at the start of the 2018-19 school year.

PMSD Address: PMSD Department of Special Education, PO Box 200, Swiftwater, PA 18370-0200.

NOW HIRING

for the 2022-2023 school year

❖ **Substitute Teachers - \$150 a day**

❖ **Substitute Para Professionals - \$14.50 an hour**

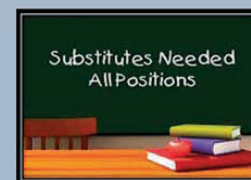
❖ **Substitute Administrative Assistants - \$12.50 an hour**

❖ **Substitute Custodians - \$12.50 an hour**



Flexible Schedule – Extra Income – Ability to Make a difference

Apply today: www.pmsd.org by clicking the Employment tab





Grounds Department members Billy Alekna and Burland Galucci repaint the lines on designated handicapped parking spaces to prepare school lots for the start of school.

New: Act 158 - Pathways to Graduation

By Dr. Beth DeLay
Director, Health/Physical
Education, Guidance & Nursing
Services

Act 158 provides alternatives to Pennsylvania's statewide requirement of attaining proficiency on the three end-of-course Keystone Exams (Algebra I, Literature, and Biology) in order for a student to achieve statewide graduation requirements.

Effective with the graduating class of 2023, students have the option to demonstrate postsecondary preparedness through one of four additional pathways that more fully illustrate college, career, and community readiness.

Keystone Exams will continue as the statewide assessment Pennsylvania uses to comply with accountability requirements set forth in the federal Every Student Succeeds Act (ESSA). Although students will no longer be required to achieve proficiency on the Keystone Exams in order to meet statewide graduation requirements, *students must take the Keystone Exams for purposes of federal accountability*

and as a Pocono Mountain School District graduation requirement. Failure to do so will affect a Local Education Agency (LEA) and school's participation rate.

ACT 158 – Pathways to Graduation
Keystone Proficiency Pathway: Score proficient or advanced on each Keystone Exam (Algebra I, Literature, and Biology).

Keystone Composite Pathway: Earn a composite score (of 4452) between the three Keystone Exams (Algebra I, Literature, and Biology). The scores must include a score of Proficient or Advanced on at least one Keystone exam and at least Basic on the other two.

Alternative Assessment Pathway

Successful completion of locally established, grade-based requirements in the Keystone aligned courses (Algebra I, English 10, Honors ELA 9, and Biology).

AND (one of the following)

- Earn an established score on the SAT, PSAT, ACT, ASVAB
- Gold Level on the ACT WorkKeys Assessment

See PMSD EXPLAINS...Page 9

Back-to-school anxiety can impact all students

By Dr. Catherine Sweeney
Assistant Superintendent for
Curriculum & Instruction

Feelings of anxiety are perfectly normal and to be expected during times of transition. While many people think of separation anxiety as a problem confined to toddlers and preschoolers, I also see it in elementary and middle school kids. Back-to-school anxiety can occur clear through high school!

Some kids are more hard-wired for anxious thoughts and feelings than others. While some level of anxiety affects most people, high levels of anxiety can be disruptive to both the child and the whole family.

Know the Signs

Some worries are to be expected. It's not easy to walk into a new classroom with a new teacher and start from scratch every single year. Watch for these sneaky symptoms of anxiety as the new school year begins:

- changes in eating habits
- sleep disturbance
- clingy behavior
- meltdowns or tantrums
- nail biting, hair twirling, skin picking
- headaches or stomach pains

- avoiding normal daily activities
- increased irritability
- increased crying
- social isolation

If your child exhibits some of these symptoms for more than two weeks, seek assistance. Many children can work through back-to-school anxiety independently, but when anxiety interferes with normal daily living, kids need help.

Coping with Back-to-School Anxiety

Consistency and routines are always a great place to start when it comes to squashing those back-to-school worries! Try some of these strategies to help your child ease into the new school year:

Attend school (and be early!). While it's perfectly normal to have worries when starting a new school year, it's very important to attend school each day. A huge meltdown might have you wondering if you should simply try another day, but avoidance of school will only increase and reinforce your child's anxiety. Missing school because of anxiety robs your child of the chance to gain mastery, make friends, enjoy a successful school day and develop a relationship with the teacher.

Get back to basics. It's very difficult to feel calm, confident and in control when you are starving or exhausted. Anxiety can cause kids to struggle with sleep and eat a little less. This means that parents have to stay on top of those childhood basics.

Pay attention to schedules: Set an earlier bedtime for the entire family, make sure each day includes plenty of downtime, and provide balanced meals and nutritious snacks with plenty of time to eat. Eating on the run is stressful for kids.

Allow extra time in the mornings. Anxious children don't like to be late, nor do they enjoy being rushed. Now that you've pushed that bedtime up, your child should be able to wake with plenty of time to eat, get dressed and get ready for the day.

Create healthy nighttime routines to make the mornings easier. Choosing clothes at night, packing snacks and filling water bottles and packing the backpack and placing it by the door are all time savers for anxious kids.

Avoid blanket statements. When kids express worries about school, it's tempting to respond with generic statements such as, "Don't worry about it!" or "You'll love it!" These

statements rarely provide reassurance for worriers. A better tactic is to address specific worries with your child.

When parents take the time to listen and help children come up with strategies to solve problems, kids feel more confident. If your child is worried about where to sit at lunch, for example, have him draw a map of the lunchroom and discuss possibilities.

Watch your words. Kids look to their parents for clues. If you appear overwhelmed and anxious on the first day of school, your child is likely to follow your lead.

It's perfectly natural for parents to have worries at the beginning of the school year. Instead of hyper-focusing on the potential negatives or faking it, take the time to talk about feelings and worries as a family. When families work through their feelings together, they empower one another.

Back-to-school anxiety can be stressful for families. More often than not, the anxiety decreases as the child adjusts to the new school year. If the anxiety persists, seek assistance.

It's far better to learn to manage anxious feelings than to suffer in silence and struggle through the school year.

Swiftwater Elementary Ctr students soar

By Karen Doughton, Principal
Dr. Krislin Ofalt, Principal
Swiftwater Elementary Center

Swiftwater Elementary Center (SEC) is proud of our many accomplishments during the 2021-2022 school year.

These achievements were led by very talented staff members as students, "Soared Above To Meet Their Highest Goals."

Second grade students participated in the discoverEd event, "Remaking Learning," on May 10, 2022. This event allowed for SEC to partner with other second grade classrooms from the Fox Chapel Area School District and work creatively and cooperatively to participate in the, "Float Your Boat" challenge.

Students were required to use hair foils to build a boat designed in such a manner to hold the weight of pennies. This activity required careful planning and preparation on the part of our students and cooperating district.

It was also the first time SEC had the opportunity to experience the concept of digital pen pals to apply skills and problem solve in an educational setting. This STEAM design challenge marks the official launch of the 2022 Remake Learning Days across PA.

Third grade students from Mrs. Gabriele's class at Swiftwater Elementary Center were chosen by Hess Corporation and Baylor College of Medicine to participate in a nationwide STEM Education Outreach Program. Hess Corporation and Baylor



Swiftwater Elementary Center Art Teacher, Mrs. Molly Callahan and Ms. Amy Berman, Reading Support Teacher, are part of the dedicated team at SEC who help students soar to achieve their highest goals. Mrs. Callahan and Ms. Berman received an Excellence in Education Award for their hard work.

College Medicine partnered together to provide students with fun and engaging learning experiences.

The program offered free learning kits that included twelve Hess Cargo Plane and Jet toys along with a STEM curriculum that demonstrates how the toys can be used as learning tools by teachers nationwide. A teacher's manual was also provided with lessons to teach a variety of STEM topics including friction, velocity, and mass and weight. Students' reactions to the project were all very positive!

SEC is proud to announce that SEC Art Teacher, Mrs. Molly Callahan (featured in photo) received an Excellence in

Education Award. On Thursday, May 12, 2022 she was honored by the Colonial Intermediate Unit 20 for her educational achievement, "Full STEAM ahead for PMSD and CodeJoy."

CodeJoy uses humor, special effects, and narrative storytelling to engage and educate students about robotics and coding - allowing students to control real robots in real time during the session. The CodeJoy sessions were recorded so they can be shared with the other classes within our school and across the school district.

In addition to our instructional initiatives; SEC GIVES BACK as we supported several philanthropic efforts

and community out-reach. SEC has always been about giving back and each year our donation totals SOAR thanks to our very generous families, students and staff! Throughout the year, SEC participates in dress down days where donations are collected and given to various charities both local and national, as well as helping our own families and communities in need.

PMSD families throughout the years have been affected by cancer, even more specifically, childhood cancer. To honor those families fighting cancer, SEC has participated in "THON" by holding our own "Mini-Mini-THON." THON is a student-run philanthropic program committed to enhancing the lives of children and families impacted by childhood cancer. [Their] mission is to provide emotional and financial support, spread awareness, and ensure funding for critical research - all in pursuit of a cure. (Taken directly from THON.org).

This past year, our students at SEC dressed up in their best neon colors, collected quarters to vote for a teacher, and got to "pie" the three teachers with the most quarters. With the quarters collected, and the money donated on the neon dress-down day, SEC raised a total of \$1,608.42!

Thank you, SEC students and staff, for raising money for a great cause. Let's continue to raise the bar for these many families as SEC CONTINUES TO SOAR through the 2022-2023 school year!

PMSD explains new Pathways requirements...continued from Page 8

- Earn an established score on a Keystone related AP Exam (Calculus AB or Statistics, Literature, Biology)
- Successful completion of a dual enrollment course in an academic content area associated with each Keystone Exam in which the student did not achieve a proficient score.
- Successful completion of a pre-apprenticeship program
- Provide an unconditional acceptance letter from an accredited 4-year institution of higher education

Evidence Based Pathway

Successful completion of locally established, grade-based requirements in the Keystone aligned courses (Algebra I, English 10, Honors ELA 9, and Biology). AND (one of the following)

- Attainment of *established* score on one of the following:
 - ◊ SAT subject test (630 or better)
 - ◊ ACT WorkKeys (Silver level or better)

- ◊ Advanced Placement Exam (3 or better on any AP exam)
- ◊ International Baccalaureate Diploma Program Exam (3 or better on any IB exam)
- Successful completion of a dual enrollment or postsecondary course
- Attainment of an industry-recognized credential
- Provide an unconditional acceptance letter from an-other-than- 4-year institution of higher education or
- Institution of higher education for college level course work.
- AND (two additional pieces of evidence from the following)
- Attainment of a score of proficient or advanced on a Keystone Exam
- Successful completion of a service learning project
- Letter guaranteeing full-time employment or military enlistment
- Completion of an internship, externship or

cooperative education program

- Compliance with NCAA Division II academic requirement.

Career & Technical Education Pathway

Successful completion of locally established, grade-based requirements in the Keystone aligned courses (Algebra I, English 10, Honors ELA 9, and Biology). AND (one of the following)

- Attainment of an industry-based competency certification related to the CTE Concentrator's program of study
- Demonstration of a high likelihood of success on an approved industry-based competency assessment
- Readiness for continued meaningful engagement in the CTE Concentrator's program of study

Administration and School Counselors will be working closely with each student to review each pathway and to assist all students in finding the best pathway to meet the statewide graduation requirement.

A positive New Year for Tobyhanna Elementary Center

By Dr. Anastasia D'Angelo, Principal
Dr. John Kevra, Assistant Principal
Tobyhanna Elementary Center

A warm welcome back to Tobyhanna Elementary Center for students, teachers, guidance counselors, parents, and staff. Each and every one of you are an integral part of the education process in our building. We come together as a team to keep our children safe, stimulated, motivated, secure, and moving forward in school and life.

When our students return to TEC for the 22/23 school year they will quickly notice some physical changes to our school building. The first dramatic change will be the freshly paved and painted parking lots and refurbished sidewalks. As they enter the front door a new, huge panther welcome mat will remind them that they are part of the Pocono Mountain West community.

During their first recess, they will see the two, aging modular classrooms have been removed to make space for an expanded and improved playground area. They will also notice new carpeting in numerous areas around the building that add to the comfortable feeling our students experience as they learn. Finally, in an effort to maintain the safest environment possible, several new security cameras have been installed.

Besides the physical improvements to our facility, students will also see some new faces at TEC. We are welcoming a librarian, Ms. Radgoski, a special education teacher, Ms. Gornitz, Mr. Unternahrer, our new computer teacher, and Ms. Celli, our new school nurse. We are eager to provide a more comfortable school with fresh faces. However, it is the improved behavioral programs and communication networks that we are most excited about.

For several years TEC has utilized the Positive Behavioral Interventions and Supports (PBIS) as a means of tracking and addressing our school's



Students participate in the "Caring for the Birds" programs at TEC.

ability to address our students' varied needs. More specifically, the purpose of the program is to improve the social, emotional, behavioral, and academic concerns our students might have. Using the word "PRIDE" we focus on being prepared, responsible, involved, dependable, and empathetic in various school environments throughout the day.

The words are also used for behavioral lessons early in the school year so students know what our expectations are in all situations. A key component to any support program is effective communication. At TEC we are improving this program for the 2022/2023 school year by equipping every teacher with access to Class DOJO on their own IPADS.

Class DOJO will allow them to easily reward students for their positive actions and attitudes as it makes communication with parents easily and conveniently. Integrating improved communication technology into our current PBIS Program will also strengthen the many efforts our School Counselors make to connect with students and parents.

School Counselors' programs such as Second Step, Xello Career Development, and Check and



Students involved in the TEC Outdoor Beautification Project.

Connect will be supported by the improved PBIS/PRIDE program. Furthermore, TEC's communication network will be positively enhanced as we plan to start live streamed morning announcements in the upcoming school year. The more direct means of communication will allow us to provide informal reminders as well as address more serious student concerns on a daily basis every morning.

Finally, as the 2022/2023 school year progresses, feel confident knowing that the positive environment created through our improved communication networks and School Counselors' programs doesn't end within the first few weeks.

We are constantly striving to improve everything we do at TEC. So, stay in touch with us because your input is appreciated and a vital component to your child's well-being.

Tips for parents to help children enjoy reading success

By Stacy Kulics
*Director of Reading, English Language Arts
& Federal Programs*

In order for students to become successful readers, they must have a strong foundation in phonological awareness.

Phonological awareness is the ability to recognize and manipulate sounds in spoken words. Reading difficulties can be prevented if students are properly trained in letter-sound skills and phonological awareness.

The Pocono Mountain School District teaches phonological awareness by implementing The Heggerty Curriculum in the primary grades. Students participate in 10-15 minute daily lessons which utilize a multi-modality approach to learn, practice, and apply phonological awareness skills.

At home activities to practice phonological awareness skills:

- Read rhyming books to, and with, your student
- Count the number of syllables in a word



Students at Swiftwater Intermediate School participate in the "Buddy Reading" during stop, drop and read.

- Play "I Spy" by asking students to find items which begin with a specific sound (I spy something that begins with the sound /t/.)
- Notice sound repetition ("Sam sold seven sandwiches.")
- Identify the first and last sounds in spoken words



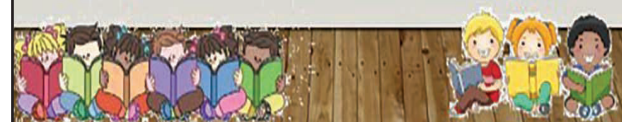
PMSD FAMILY LITERACY SERIES

Families of PMSD students in **Pre-K, Kindergarten and 1st grade** are invited to be part of the PMSD Family Literacy Series. Each family who registers will receive free materials, books, and activities to promote reading at home.

The first PMSD Family Literacy Event of the 2022-2023 school year will be held virtually on Thursday, November 17, 2022 at 6:00 p.m.

Hosted by Stacy Kulics, PMSD Director of Reading & ELA, along with PMSD reading specialists and teachers.

Register online by scanning the QR code.
Please register by
November 11, 2022.





What started out as a writing project for Gifted students at SIS, ended up including a hallway full of items and cash donation for the AWSOM Animal Shelter.

Supporting SIS students

By Daniel Higgins, Assistant Principal
Swiftwater Intermediate School

When staff and students return to school for the 2022-2023 school year at the Swiftwater Intermediate School, a new framework will be in place to help support students' academic and social needs. A structure called 'Check and Connect' will pair students with staff members, allowing these select students the opportunity to make a connection with an adult mentor inside of the school.

As a result of Trauma Informed Schools training during the 2021-2022 school year, the faculty of the Swiftwater Intermediate School learned how important it is for students to connect to their school. This connection between mentor and student will focus on helping the student:

- improve their school attendance record
- be more attentive in class
- learn valuable problem-solving skills
- keep their parents or guardians updated
- academic progress
- talk through personal concerns
- learn to work through conflict

Students enrolled in this support system would be identified through the Child Study process and then introduced to their adult mentor. Check and Connect is a structured mentoring intervention put in place to increase student engagement at school, and with learning.

Regular communication or 'checks' between mentor and students would allow for the connection to take place. Ideally, staff members would only be assigned to one student, so as to ensure a commitment to creating this connection.

Mentors work with students and families for the school year, functioning as liaisons between home and school and striving to build constructive family-school relationships. The first group of staff members are to be trained before the school year begins.

SIS getting ready to open its Zen door

Swiftwater Intermediate School is creating Zen spaces for the 2022-2023 school year. Zen spaces are quiet and soothing spaces to relax, meditate and take time for self-care. Just as important, Zen spaces also invite a safe way for students and teachers to reflect and talk about their mental health.

There will be a student "Zen Den" and a staff "Zen Zone" at SIS. The student Zen Den will be equipped with soothing lighting, coloring activities, plants and grasses, white noise or waterfall sound machines, and spaces to meditate and relax.

Most important, the spaces will be 100% device free! Art supplies, Buddha Boards, kinetic sand, Play Doh, and Legos can provide brain breaks during our stressful days. Another big hit will be visits by therapy dogs. Who can resist that?

How will it work?

When the Zen Den opens for students, there will be hall passes in every classroom. Students will be



granted the opportunity to grab a hall pass at any point, without consulting their teachers. They will check in with a member of staff about their mood both before and after entering the room.

Students will have ten minutes in the room and the option to grab a coping tool.

East Jr High revved up for new year

By Dr. Kathy Fanelli, Principal
PM East Junior High School

Each year, we at East Junior High School administration and staff get all revved up over the summer to welcome our new 7th graders to the Junior High. This year, we can start by welcoming our new Co-Principal, Dr. Eric J. Vogt.

Dr. Vogt is new to the East Junior High, but has served Pocono Mountain as Principal of West Junior High for over 15 years. Dr. Vogt and Dr. Fanelli have the unique opportunity to share ideas and experiences from both ends of the District.

We are also excited to welcome back our 8th grade students! These are the students who led us through the "return from Covid" and who will be our core leaders this coming year!

Most 8th graders are already familiar with all the opportunities that exist for them at the Junior High Level, and we will look to them to help show the incoming 7th graders the ropes.

As teachers and administrators, we are focused on content and curriculum. How do we present reading, writing, math, social studies and science in the most exciting ways? How do we best assess student learning? Each year that goes by provides us with more experience and a greater variety of ways to impart the knowledge we have to give. For example,

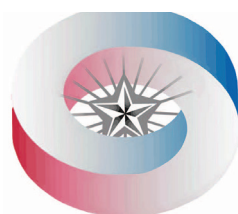
as we begin to implement STEAM ideas into content area classes, we look for ways to integrate our 3D printers into classes other than the STEAM class.

For students, we believe they also (maybe mostly!) look forward to all the clubs and athletics that we typically have going on after school. Our Fall Cardinal sports include cross country, football, field Hockey, golf, soccer and volleyball. Winter Cardinal sports include basketball, cheer, swimming, and wrestling.

In Spring, our athletes can choose from baseball and softball, track and volleyball. In addition to our athletic programs, East Junior High also has many clubs that students can join; Student Government, PA Junior Academy of Science, Odyssey of the Mind, Band/Choral groups, National Junior Honor Society, Science Olympiad, Yearbook, and Newspaper are just some of the choices.

Students will receive information about these and other opportunities throughout the year on our Morning Announcements, and our announcements are posted on the EJHS website each day for parents.

As students begin to prepare themselves to return to the routines of the school year, I would remind them to start regulating their bedtime and wake-up times a week or so before opening day! School days begin early. Being well-rested is the very best way to start off the new year and be ready for all the new adventures it shall bring!



**PMSD CYBER
OPEN HOUSE**

August 23, 2022

Elementary:

- ▲ Kindergarten - Sixth Grade
- * 11:00am-1:00pm
- * 3:00pm-5:00pm

Virtual ZOOM OPEN HOUSE:

- * 1:00pm

Secondary:

- ▲ Seventh - Twelfth Grade
- * 1:00pm-3:00pm
- * 5:00pm-7:00pm

Virtual ZOOM OPEN HOUSE:

- * 3:00pm

Any questions please contact Nora Wandalowski at
Phone: (570) 839-7121 EXT: 75400 Email: nwandalowski@pmsd.org

Meet West Jr High School's new administrative team

Dr. Ann Marie Vaughn, Principal

My name is Dr. Ann Marie Vaughn and I am excited to be serving as Principal of Pocono Mountain West Junior High School. Prior to coming to WJHS I served as Principal at Clear Run Intermediate School for three years, as well as Assistant principal of Pocono Mountain West Junior High for one year when coming to Pocono Mountain in 2018.

Prior to jumping into my administrative career, I served as a teacher in the Nazareth Area School District for 10 years, teaching Math, ELA, and Science. I am a graduate of Penn State University with a Bachelor's Degree in Elementary Education, and hold instructional certificates in English as a Second Language (ESL), Middle Level Math and Middle Level Science.

I also have two Master's Degrees in Classroom Technology and Educational Development and Strategies through Wilkes University. Finally, I completed my Doctorate in Educational Leadership at Delaware Valley University where my research

has led to changes and initiatives at the state level for teachers and administrators.

Personally, I live with my husband and three children in Easton, PA, where I grew up as well. I enjoy spending time with my family and friends, our dogs, taking hikes, going on bike rides and staying active.



I am incredibly humbled and excited to be working with Pocono Mountain West Junior High School students, families and the community. I look forward to working together to overcome a number of challenges which are presented to us throughout the school year. Here at

WJHS it is incredibly important that we foster a strong school community and we involve students, parents and community stakeholders in a number of school events.

I strongly believe that a solid relationship between school and home fosters a firm educational foundation which reinforces the importance of education both at home and in school.

I am here to help students, their families and the community navigate through that journey to achieve positive outcomes, and I am grateful for that opportunity.

Please be sure to stay up to date with information on our Twitter account @WJHS_PMSD where I will keep you updated and celebrate many of our successes here at WJHS.

Aliya Grindle, Assistant Principal

My name is Aliya Grindle. I am excited to be joining the West Junior High family as the new Assistant Principal. I was born and raised in the area and attended Pocono Mountain and graduated high school prior to the split of the district. After graduation, I attended East Stroudsburg University where I earned a Bachelor's Degree in Elementary and Early Childhood Education. I began my teaching career at Wallenpaupack School District where I taught Kindergarten and 2nd grade.

While at Wallenpaupack, I earned my Master's Degree in Education Strategies and Development through Wilkes University. After four years at Wallenpaupack, I moved to Daytona

Beach Florida and taught 3rd grade at Westside Elementary. I returned home in 2008 and had my first son Jaiden. At that time, I went back to East Stroudsburg University to obtain a Master's Degree in Reading Education/Reading Specialist.

In the fall of 2010, I was hired as a third grade teacher for Pocono Mountain Swiftwater Elementary. Due to the budget cuts, I was furloughed into a long term K-6 Reading Specialist position in various buildings the following school year. In 2013, I was blessed with my second son, Jasiah and was offered a teaching position with East Stroudsburg Area School District. I taught 7th and 8th grade reading for 9 years. During that time, I pursued my role in leadership and earned my Administrative Leadership Certification from ESU. Additionally, I served as a Team Leader, Department Chair, Positive Behavior Committee Leader, a representative of the Diversity Education Inclusion Committee (DEI) and on the Student Assistant Program (SAP) Team. I look forward to working with the PMSD staff, students and families.



West Junior High School "Social Emotional Learning" Check In

By Dr. Ann Marie Vaughn, Principal
PM West Junior High School

West Junior High School will be taking a dive into Social Emotional Learning for our students. One way we will be doing that is through Daily Social Emotional Check-ins. Each day when students come into school, they will utilize their chrome books to log in and complete a daily survey where they will rate themselves on a Likert scale based off of the Zones of Regulation.

The Zones of Regulation (Zones) is a systematic, cognitive behavioral approach used to teach self-regulation skills.

The Zones curriculum provides strategies to teach students to:

- Become more aware of, and independent
- Managing their emotions and impulses
- Manage their sensory needs
- Improve ability to problem solve conflicts.

There are 4 colors, each matching a feeling. Each feeling has a set of tools & strategies that helps students get back in (or stay) in the "Green Zone".

The Blue Zone is where the individual is least energetic or purposeful and includes these emotions: sad, tired, sick, or bored.

The Green Zone is the happy medium and represents



positive emotions and a balance between extremes. A person may be described as calm, happy, focused, or content when he or she is in the Green Zone. The student feels a strong sense of internal control when in the Green Zone.

The Yellow Zone is where things are getting a bit troubling. A person may be experiencing stress, frustration, anxiety, excitement, silliness, or fear when in the Yellow Zone. The student's energy is elevated

yet he or she feels some sense of internal control in the Yellow Zone.

The Red Zone is the most problematic, with both emotions and behaviors. A person may be experiencing anger, rage, explosive behavior, panic, extreme grief, terror, or elation when in the Red Zone and feels a loss of control.

Daily check-ins will be reviewed by administration, guidance counselors, and teachers. It will help us to better identify students who need support, resources, and additional check-ins. The data will also be analyzed to determine overall trends with students, behaviors, and their emotions to help them better self-regulate, develop self-control and awareness.

Furthermore, a "Zen Den" has also been created and will be utilized for when students need short breaks, to decompress, or to speak with administration and/or a guidance counselor.

This room consists of comfortable furniture, sensory items, and collaborative fidgets. Students will be able to utilize this room as needed to help develop SEL awareness and regulate their emotions while strengthening their coping skills through engaging activities.

WJHS Attendance Office: 570-839-7121
Ext: 51418/51419

New East HS Cardinal Period helps students connect

By Tamala Toleno, Principal
PM East High School

Does your child have a friend who is always at your house? They frequently sleepover, eat meals at your house, and join in on your family activities. There's a good chance that child is not just hanging around for the food or because he or she is friends with your child. They hang around because of you! They are there because they know you care about them. You are playing a very important role in that child's life.

Recent research documents that children who have a connection with at least one caring adult tend to be happier, healthier, and more resilient. These positive connections with caring adults help to promote success in school, lower the odds of experimentation with alcohol and drugs, reduce suicide rates, decrease contacts with the justice system, and promote better overall mental health. Children with one or more caring adults in their life are more likely to develop prosocial behaviors and become productive adults.

There are many children who have a caring positive relationship with an adult in their own home. Unfortunately, that's not always the case. Developing long-lasting relationships with caring adults can provide a buffer against



Congratulations to the East High School Reading Olympics team, the 'Soul Readers', who won FIRST place at the reading competition. EHS was represented by 30 students forming 3 teams competing against 11 other teams.

negative influences and high-risk behaviors that children navigate on a daily basis.

Even if a child has a positive caring relationship at home, having several caring adult relationships including relationships with adults outside their home only increases a child's potential for success in the future. One of the goals of the new Cardinal Period is to provide the time and opportunity for the development of positive relationships with caring adults at East High School.

A second goal of the new Cardinal

Period is to promote the acquisition of soft skills. Soft skills are skills that apply across a wide variety of jobs and life situations. Desirable skills such as communication, organization, punctuality, creativity, teamwork, critical thinking, and adaptability are some of soft skills cited as being integral to workplace success.

Students who transition successfully from high school to college or the workplace show an ability to manage their time, set goals, meet deadlines, get along with others, and deal with

obstacles. Since people develop soft skills through socialization and interactions with others, the new Cardinal Period is the perfect place to incorporate soft skill development into the school day.

The third goal of the East High School Cardinal Period is to foster the development of self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. These are additional skills that will help students achieve academic success, engage with others in a positive manner, improve their own health and wellness, and achieve their post-school outcomes.

We look forward to the new Cardinal Period at Pocono Mountain East High School during the 2022-23 school year and are truly excited about the anticipated benefits to our students. Cardinal Period will take place during the first 45 minutes of the day on 19 Wednesdays throughout the school year.

Building positive relationships, developing soft skills, and acquiring additional skills to promote student health and wellness will have a positive impact on the climate and culture at East High School, making East High School an amazing place to learn!



East/West musicians shine bright at District 10

Pocono Mountain East and West students participated in the PMEA District 10 Band at Easton Area Middle School. West students Destini Brown-Greene (12th grade), Noah Moey (12th grade), Maya dos Santos (9th grade), and Dejay Pena (12th grade), and East students Alexandra Bock (11th grade) and Hana Leong (11th grade) auditioned for the band and were selected to participate in this prestigious ensemble.

These six students represented PMSD in a concert that featured over a hundred students from 45 different school districts spanning from seven different counties.

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West HS ready & excited about upcoming fall happenings

By Michele Connors,
Assistant Principal
PM West High School

Students, staff, and visitors to West High School may notice some exciting enhancements that occurred throughout the summer including new carpeting and tile in several classrooms and also the library and auditorium.

The C parking lot and Panther Lane are freshly paved, and the West High School campus is ready for all of our fall activities. We hope our students are too!

We'd like to welcome all 9th grade students and upperclassmen who will be new to West High School this year to our open house event on Tuesday, August 16th at 6:30 p.m. Students who are returning as 10th, 11th, and 12th graders are invited to our open house on Thursday, August 18th at 6:30 p.m.

Families are encouraged and welcome

to attend with their students to meet the administrative team, learn more about our school, tour the building, and visit with clubs and sports teams.

Families will also be able to learn more about resources we have available such as the Panther Pantry and clothing closet. Representatives from Chartwells, First Student, and MCTI will also be available to families throughout the open house events.

Students who are unable to attend either of the evening events may choose to visit the high school on Friday, August 26th from 11 a.m. to 1 p.m. to locate their classrooms and lockers.

Students will also have an opportunity to attend an activity fair at the start of the school year to learn how to get more involved at West High School. Also, our fall sports teams have been practicing all summer to prepare for their seasons, and we hope to see students cheering from the Panther Pit at each of our



The WHS student section at athletic events is called the "Panther Pit" and often has fun themes that students can participate in as they cheer on their Panthers!

sporting events!

Before you know it, Homecoming Week (October 3rd-7th) will be here with plenty of fun activities and traditions for students to be a part of, and we look forward to another fun community tailgate event to wrap up our fall football season.

This fall at West High School,

eligible students will also be able to participate in the annual fall blood drive and students may visit the college and career fair. We also look forward to welcoming author, wrestler, reality TV star, and motivational speaker Charlie Brenneman who will share his personal story of resilience, perseverance, and the benefits of being a lifelong learner.

West High School panther period preps students for success

By Michael Jones, Principal
PM West High School

During the past school year, following the return to full time in-person learning, it was evident to our high school staff that the year was going to be unique and challenging in different ways. As the year progressed, we were able to identify various themes where students could demonstrate growth.

In an effort to better support all students and promote the most successful year possible, staff identified the academic and social skills where students needed the most support. Some of these skills focus on study skills, stress management techniques, time management, healthy relationship habits, organization, and accessing available resources within the school and community.

Using input from students, teachers, and counselors, lessons and resources were developed for what would become the Panther Period at the West High School and the Cardinal Period at the East High School. The effort, which is being advanced in both high schools, will target academic and social skills, with an emphasis on soft skills that will help students find success during their high school years and beyond.

This unique class period will be offered on select Wednesdays for 45-minute windows, with content being differentiated by grade level. The Panther Period content, with input from staff and students, is created to



Prince Panther is looking forward to visiting with families at open house.

allow students to have time to work on academic and social skills, while also promoting a positive and supportive environment that will contribute to an overall healthy school environment.

Anticipated outcomes include improved academic success, increased involvement in extracurricular activities, improved knowledge of stress management strategies and where to access mental health and academic resources, and overall exposure to soft skills for all students.

The Panther Period provides students access to another adult in the building. The Panther Period teacher will be in addition to their normal schedule of teachers and be an additional adult with whom they can develop a positive relationship.

Much research supports that if students are able to develop a positive relationship with at least one adult, they

are more likely to do well academically, more likely to graduate, and more likely to develop their own healthy relationships. Additionally, students with a positive connection to an adult are less likely to engage in risk taking activity and demonstrate negative behaviors.

As the year moves forward, the Panther Period and Cardinal Period leadership team will continue to review student progress, and reflect on student and staff feedback to make adjustments as necessary.

The content for each grade is unique and students will have access to different skills and resources as they advance through their high school years. The implementation of the Panther and Cardinal periods will be another resource our high schools can offer students to help them be as successful as possible.

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nwandalowski@pmsd.org

Make 2022-23 the year to try new school activities

The upcoming 2022-23 school year is going to be a great year for student activities, intramurals and athletics.

With the start of a new school year just around the corner, district officials want to stress the importance of parents encouraging their school-aged children to get involved in the many fantastic, challenging and rewarding co-curricular and athletic opportunities available in Pocono Mountain School District (PMSD) schools from elementary to high school.

With strong support from the School Board and administration, the district continues to provide student activity bus runs at the secondary level after school to ensure every student has the opportunity to participate in after-school co-curricular and athletic activities.

Co-curricular and athletic activities not only teach children teamwork, determination and the value of practice and hard work, but they also help students build self-confidence. Activities are also a lot of fun and a great way for students to make new friends through shared interests.

To help start that important discussion between parents and their school-aged children about which activities to join when school starts, here is a list of the many opportunities offered in our schools. Please note, our schools offer activities based on student interest and support, so activities offered vary by school.

Co-Curriculars Opportunities

High School:

- Band
- Chess
- Chorus
- Dance Team
- FBLA - Future Business Leaders of America
- Indoor Color Guard
- Jazz Ensemble
- Junior Academy of Science
- Marching Band
- Mock Trial
- Musicals
- National Art Honor Society
- National Honor Society
- National Music Honor Society
- Newspaper
- Odyssey of the Mind
- Peer Support
- Pep Band
- SADD
- Scholastic Scrimmage
- Science Olympiad
- Show Choir
- Speech and Debate



Tobyhanna Elementary Center students performed some songs from their production of Willy Wonka at a School Board meeting. This production was just one of the opportunities available to students through co-curricular, intramural, clubs, activities and athletic programs at PMSD schools.

- Student Government
- Urbane, District Gospel Choir
- Yearbook

Junior High:

- All School Play
- Band
- Chorus
- Jazz Ensemble
- Junior Academy of Science
- National Junior Honor Society
- Newspaper
- Odyssey of the Mind
- Peer Support
- Student Government
- Yearbook

Elementary & Intermediate:

- All School Play
- Odyssey of the Mind
- Student Government
- Yearbook

Athletics

High School:

- Baseball
- Basketball (Boys & Girls)
- Competitive Spirit
- Cross Country
- Field Hockey
- Football
- Golf
- Soccer (Boys & Girls)
- Softball
- Swimming
- Tennis
- Track
- Volleyball (Boys & Girls)
- Wrestling

Junior High:

- Baseball
- Basketball (Boys & Girls)
- Cross Country
- Competitive Spirit
- Field Hockey
- Football
- Soccer (Girls & Boys)
- Softball
- Track
- Volleyball (Girls)



The Swiftwater Intermediate Pride Ambassadors are very active in their school. This is a great club for students to join to learn teamwork and leadership.

Intramurals/Clubs/Activities

High School:

- Academic Assistance Club
- Anime Club
- Avidium
- Broadcast Studio Club
- Computer Club
- Environmental Club
- Envirothon
- Esports Club
- Eye to Eye Club
- Gender & Sexuality Alliance Club
- Human Rights Club
- HYPED Digital Magazine Production
- Leo Club
- Literary Magazine Club
- National French Honor Society
- National Spanish Honor Society
- TV Studio
- Poetry Club
- Psi Alpha Honor Society
- Reading Olympics
- The Acceptance Club

Junior High:

- Broadway Appreciation Club
- Chess Club
- Computer Coding Club
- Envirothon
- Eye to Eye Club
- Pep Band
- PMTV Live
- Science Club
- Science Olympiad



Clear Run Intermediate School offers a Robotics Club for students as part of its STEAM activities. Students presented their robotics program to the School Board during an instructional report. School Board meetings are a great place to learn more about learning opportunities available to students.

- Reading Olympics
- The Herren Project
- What's Cool About Manufacturing Club

Elementary & Intermediate:

- 3rd Grade Early Risers Chorus
- Art Club
- Building Leaders of Tomorrow
- Cardinal Athletic Club
- Chorus
- Dance Team
- Double Dutch Club
- Drama Club
- Envirothon
- Fitness Club
- Future Teachers of America
- Girls on the Run
- Intro to Dance & Performing
- Math Facts & Strategies Club
- Mindful Moments
- Morning News
- Mural Painting Club
- Musical Club
- Pride Ambassadors
- Prop Crew/Costume Club
- Readers & Learners Club
- Recycling Club
- Stage & Set Design
- STEAM Club
- Technology Club
- West Athletics Club

Intramural Athletics

- Basketball Weight Training/Conditioning
- Baseball Strength and Conditioning
- Competitive Spirit
- Football & Agility
- Softball
- Track and Field Conditioning
- Volleyball Conditioning
- Field Hockey
- Swimming
- Golf
- Weight Lifting/Conditioning
- Wrestling

New Athletic Club offered for students in grades 4-6

By Michael DelGrosso
West Athletic Director

Last school year we piloted a program called the West Athletic Club to introduce students in grades 4 to 6 to the various sports that are offered at Pocono Mountain West Junior High School and PM West High School.

The East Athletic Department piloted a similar program for students on the East side of the district.

For our West program, advisors from Clear Run Intermediate School and Tobyhanna Elementary Center set up an intramural-type setting before school dedicated to athletics.

Coaches and student athletes from the West HS went to the elementary schools and worked with the elementary students on various drills and contests related to their sports. The program introduced the younger students to the majority of sports that are offered at West and will be available to students when they enter the West Junior High.

Here is some of the feedback we received from the school advisors on the impact of the program at their schools:

Jen Albert, Clear Run Intermediate School: "The morning athletic club was an overall success at CRIS. The students were all actively engaged in the



Clear Run Intermediate School students learn the fundamentals of playing soccer while participating in the West Athletic Club.

activities that the high school athletes and coaches presented to them during the introduction to each sport offered at West. Students would approach and ask what sport was next with enthusiasm, our attendance was consistent, and the parent communication with the dojo app and the ability to upload pictures of the morning activities allowed for ensured community awareness of all the athletics offered at West. The club was before school and had students moving and ready for their school day positively and with confidence."

Jen Ednie, Tobyhanna Elementary Center: "TEC 4th, 5th and 6th enthusiastically

opened their minds to trying new things and surprised themselves by learning new sports that they truly enjoyed! From field hockey to golf and everything in between the students jumped in to each sport every week. Their excitement trickled down to their peers who are ready to start learning next year!"

Katie Heil, Tobyhanna Elementary Center: "Students at TEC were introduced to a variety of sports; from those they have experienced previously to sports they never expected to enjoy. They learned what it means to be a student athlete and couldn't hide their excitement over the prospect of

participating in the different sports in Jr High."

The West Athletic Club program was so well received by the elementary students that we will offer it again for the 2022-23 school year.

While the primary purpose for the program was to introduce athletics to the younger students and get them excited about the athletic opportunities that will be available to them in junior high and high school, an unexpected benefit of the program was the mentoring connections the elementary students developed with the high school athletes and coaches, and the positive impact the program had on their entire school day.



Tobyhanna Elementary Center students learn how to play field hockey. Students in grades 4 to 6 can join the West Athletic Club to learn more about the athletic opportunities available to them in junior high and high school

Understanding school safety procedures...continued from Page 2

enforcement will ensure they immediately establish a command structure to provide the necessary leadership to take control of the situation and keep the response focused on eliminating the threat as quickly as possible, rendering emergency first aid and medical assistance to anyone injured, and evacuating students and staff to a safe area for parents to be reunited with their children.

During an emergency, district officials will need parents' assistance in keeping local roadways and school campuses as free from other traffic as possible, so emergency responders (police, fire fighters, emergency medical personnel, ambulances, etc.) can get to the school campus in question as quickly as possible. It will be very hard for emergency responders to get to district campuses and assist with an emergency if parents all rush to their child's school to see what is happening.

Parent's role in an emergency:

- Parents can best assist the district Administration and Emergency Responders if they try to refrain from immediately calling their child's school or rushing to their child's school when a lockdown is initiated. Keeping the telephone lines open for emergency use is critical to the district's ability to respond quickly and effectively to the emergency.
- Check the PMSD website at www.pmsd.org for information. Information and updates will be posted to the PMSD website during an emergency.

- Stay by the phone where you normally receive your ParentLink phone calls. District officials will use ParentLink phone calls and ParentLink alert emails and text messages to provide information to parents. If you don't receive alert emails and text messages regarding snow closures, school delays and early dismissals, you may want to sign up to receive the alert emails and text messages.
- Monitor local media outlets for updates, because the district will ask for the media's help to get information out to parents and the community. The district will send advisories to local television, print and radio news outlets to keep parents informed.
- Due to the unpredictable nature of any emergency, the location of the evacuation and parent reunification site will be announced by district officials following the incident. Depending on the emergency conditions, students may be released to parents at a designated location that is not at their school or campus. Designated reunification locations will be determined by the nature of the emergency.

For questions or concerns regarding PMSD emergency operations procedures, please contact your child's school principal, the district Safety and Security Coordinator at (570) 839-7121, ext. 10151 or Public Relations by email at wfrable@pmsd.org.

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Spring Carnival Face Painting: PMSD Cyber students celebrated the end of a successful school year playing carnival games and having their faces painted!