Calendar of Events

April

2 - Schools Closed
3- Day 2, Make-up Day
9— School Board Mtg. 7pm
10 - PSSA Testing
10 - PTSO Mtg. 7pm
11— PSSA Testing
12— PSSA Testing
13— Mobile Dentist
17— PSSA Testing
18— PSSA Testing
20— Mobile Dentist
23— Gr. 5 Outdoor Ed Parent Mtg. 7pm
24— Gr. 4 PSSA Science
25— Gr. 4 PSSA Science

Card Games with KFC

On March 6th, our Adopt-a-Classroom Partner, Steve Varias, owner of KFC came for a visit with our students. Steve had purchased three card games for students to play and that also encourage compassion and talking about and handling feelings. One game, Bright Spots, is a thoughts and feelings sentence completion card game. Another, Mad Dragon, is an Anger Management card game played just like Uno. Sometimes a card prompts you to answer a question about how to handle anger or frustration. The final card game was “Mindfulness Matters.” Each card engages the player in critical mindfulness skills. As students completed the activities together, they flipped the card over to reveal one of the letters in MINDFUL. One final activity was when I read “Have You Filled a Bucket Today?” After reading, we talked about ways to fill someone else’s bucket with kindness and happiness. All of the students responded very well to the games and were receptive to participating in discussing their feelings.

Chorus Fest

Each year the music teachers, in the Pennsylvania Music Educators Association (District 8), provide their 4th & 5th grade students the opportunity to participate in a district level choir. Eighteen students have been chosen to represent our school and will perform in a 160 member chorus. The concert will be on April 27th here at Selinsgrove School District. Good luck to the following students: Jacob Beddall, Grace Bingeman, Maddison Burd, Isabella Davis, Jace Diehl, Kailee Eppley, Cole Orner, Griffin Parker, Abby Raymond, Riley Romig, Hannah Rowe, Gabriel Schaeffer, Shania Schell, Daisy Smith, Landon Spriggle, Ella Wenrich, Leah Wright & Elise Zimmerman. The guest conductor will be Mrs. Linda Edinger, from Mifflinburg Area School District.
R.A.R.E Students for March

3rd Grade

Mr. Moll
Maynard Glass, Madison Sprankle

Mrs. Foor
Braydon Stephens, Brianna Deibler

Mrs. Varner
Madison Maneval, Dominic Welker

Mrs. McEvoy
Kristen Sprenkel, Adriana Valentin

Mrs. Pope
Olivia Hoover, Emma Anderson

Ms. O’Malley
Olivia Stahl, Christopher Maruska

Ms. McCartney
Alexis Frampton, Kaylee Henninger

Mrs. Briggs
Kylie Bowers, Audrey Krautheim

4th Grade

Mr. Sees
Kinzee Batdorf, Devinte Zettlemoyer

Mrs. Catherman
Gabriela Showers, Troy Solowy

Ms. Wolf
Erin McGlaughlin, Ethan Eury

Miss McGlaughlin
Haden Briggs, Anaia Shell

Mrs. Steiner
Maddyson Moser, Wyatt Teats

Mrs. Drzewiecki
Aiden Sheesley, Nathan Walker

Mr. Moyer
Miah Bassler, Daniel Moyer

Mrs. Bordner
Ryan Harpster, John Mull

Mrs. Montesinos
Lorelei Hockenberry, Jack Stark

5th Grade

Mrs. Gulick
Maya Jimison, Joshua Cora

Mrs. Stauffer
Evan Metzger, Delaine Linn

Mrs. Gasteiger
Sarah Tran, Grayce Fordyce

Mr. Showers
Kyla Schroat, Jari Kessler

Mrs. Hackenberger
Gavin Bastian, Billie Batdorf

Mr. Ettinger
Serena Gaugler, Benjamin Rowan

Mrs. Jackson
Erin Barlett, Tanner Golden

Miss Jenkins
Taya Barge, Cole Shaffer

Mrs. Moyer
Mark Kozlov, Hailey Beaver

Mrs. Whitford
Gillian Hackenberg, Andrew Brown

Read Across America Week

Mrs. Jackson’s class business partner, Red Robin, came in during Read Across America Week at the beginning of March. Red the Bird read two Dr. Seuss books to the students, which was quite entertaining! Thanks to Red Robin for continuing to support the value of reading to our students.

SAIS PTSO NEWS

The next PTSO meeting is 4/10 at 7:00 p.m.
March Madness brought two new 2 Millionaires to fifth grade!

Jace Diehl, 5-1 and Kaidence Snyder, 5-1
Whether you've been out of school for five years or 15, the thought of taking a test probably still makes your heart race. Now imagine what it's like for your child. As a parent, you can help.

**THE PHYSICAL**

**Get them fed.** The more nutritiously your children eat, the better they will do in school. Properly fueled and with stable blood sugar levels, their concentration is enhanced. Always give them a healthy breakfast while cutting back on high-sugar cereals, pastries, and undiluted juices (which can have the same sugar content as sodas.) Most kids are ravenous after school, so before they settle down to study, provide a healthful, non-junk food snack to carry them through to dinner.

**Get them moving.** Exams cause stress, but, sports, exercise, and dancing can relieve it. Physical activity that gets students completely away from academics for a few hours each day can actually help them perform better on tests.

**Get them breathing.** Teach your kids a simple breathing exercise that you'll do with them once or twice a day and in times of stress (as in right before a test): Take a deep breath, hold to the count of three, then exhale slowly through the nose to the count of 10.

**Get them to bed on time.** Elementary and middle school children need up to 10 hours of sleep each night to do their best in school. They also need to curtail the excitement from video games, television, movies, and texting for at least 30 minutes before sleep.

**THE MENTAL**

**Practice their confidence.** Ask the teacher or principal if there are practice tests or worksheets your child can work on at home before the big day. These can help your children get used to how the questions are worded and how to properly fill in test sheet bubbles.

**Put piecework into action.** Pre-exam cramming does not work. In fact, four 15-minute periods of study are actually superior to one continuous hour when it comes to memory retention. Therefore, see to it that your child preps for tests in small bursts, in some small way, every day.

**Unplug already.** When it comes to distracting videos, television, telephones, or social media (basically anything with a screen or speakers that's not directly related to school work), study time is the time to turn the devices off.

**THE EMOTIONAL**

**Offer super support.** As much as you value good exam grades, it's more important that kids understand that your love and respect for them is not dependent on their test scores.

**Review results together.** Once the graded exam comes back, sit with your child and review what went right, what didn't, and how to do better next time. This is not the time for you to lecture. Subtly prompted, your child should do most of the talking.