



THE EAGLE

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Second District Elementary School
Dr. Kurt R. Meader, Principal

December 2018

Upcoming Events in December

- 5 PTO meeting 6:00 p.m.
- 11 Progress Reports sent home
- 12 Concert 6:30 p.m.
- 19 MASH Concert for students
- 21 Holiday celebration in classrooms
- 24-Jan 1 School closed for Christmas
- Jan 2 School resumes



From the Principal

Beginning in December, Sgt. Trenga, the School Safety Officer, will conduct ALICE (Alert, Lockdown, Inform, Counter, Evacuate) training with our students during his classroom visitations. The lessons will be done in an elementary appropriate format based on a student-friendly book (in the student book this character is a wolf). The students will be taught what to do if an unsafe situation occurs.

Feel free to call the school office with any questions, but you may rest assured that the format of the program has been specifically designed for the elementary-aged student.

In addition, we plan to conduct a safety drill in January, as required by the state of Pennsylvania. This will be done in place of the monthly fire drill.

-Dr. Meader

Inclement Weather

This time of year, we can expect the possibility of school delays or cancellations (snow days), due to inclement weather. Families will be notified of such an event through the Crawford



Central automated phone warning system, as well as announcements on area TV and radio broadcasts. Please do not call the school office for this information. In the event of a two-hour delay, everything will begin two hours after the usual time (bus schedules, school start time, etc.) and breakfast will not be served at school.

News from the Music Room

The annual holiday concert is Wednesday, December 12 at 6:30 PM. Reporting time for the chorus and

instrumental students is 6:15 PM. Music students will report to the music room for check in. This concert will feature the 5th and 6th grade chorus, the advanced band, and a string trio. All performers are asked to wear red tops and black pants, skirts, or leggings.

Something new this year, hands-on, minds-on projects in Music.

The 2nd and 3rd grade classes are learning folk dances from around the world. Students learned a folk dance from Russia and a hand dance from the Polynesian Islands.

The 4th grade classes will be creating instruments from recycled objects. After reading the true story of Ada's Violin and learning about the Recycled Orchestra of Paraguay, students will create an instrument from one of the four families.

5th grade is composing music. After learning about the traditions from African (continent) music, 5th graders will create a drumming piece based on Obi Senya Na or Funga Alafia, which are African Folk melodies.

-Mrs. Balsamo

Children Online

Children have greater access to technology today than ever before. Along with this comes the increased difficulty for parents to monitor online activity. Additionally, children do not necessarily understand implications of posting derogatory remarks online, and that a human being with feelings is reading what they wrote.



Some recommendations for cyberbullying:

- Block the person.
- Report to the website a violation of terms.
- Get law enforcement involved.

Parents should have discussions about appropriate technology use, and set limits. Some recommendations of what to discuss with children:

- Don't respond to online messages sent by cyberbullies.

- Don't forward or add to discussions, thus making you an accomplice to the bullying.
- Encourage children to tell a parent.

Parents should also consider whether children should even be using social media.

Fresh Fruits and Vegetables

Second District's Fresh Fruit and Vegetable Program continues to be successful in providing nutritional snacks for every student on a weekly basis. Did you know that Americans consume twice as many calories in the winter months than any other time throughout the year? Research shows that Americans buy 40% less of fresh fruit and vegetables during the winter months, resulting in eating food that is higher in calories and less nutritional benefits.



With the winter months approaching, the Fresh Fruit and Vegetable Program strives to continue to provide nutritional snacks even when it is not bountiful. Here are a few tips to reap all the health benefits of produce, even when it is dreary and cold outside.

Look for seasonal produce. Here is a list of winter seasonal produce that your child will try at Second District.

- Oranges, Apples, Grapefruit
- Carrots, Celery, Peppers
- Choose from All Forms: Frozen, canned, and dried fruits and vegetables can be a great substitute for the winter months.

-Mrs. Harding

Colds versus Flu: How to Tell the Difference

What is the difference between a cold and the flu? Cold and flu season is upon us. It is difficult to tell the difference between the cold and the flu (Influenza).

INFLUENZA	SIGNS SYMPTOMS	COMMON COLD
Abrupt/Sudden Common	Onset	Gradual
Usual Fairly Common	Fever	Rare
Usual Common	Aches	Slight
Usual	Chills	Uncommon
Usual	Fatigue/Weakness	Sometimes
Uncommon	Sneezing	Common
Uncommon	Stuffy Nose	Common
Sometimes	Sore Throat	Common
Common	Headache	Rare
	Chest Discomfort/Cough	Mild

Deciding when a child is too sick to send to school can be a difficult decision for parents to make. When trying to decide, use the guidelines below to help you.

Send to School:

- Mild cold symptoms, stuffy nose, mild cough without fever unless they feel ill.
- Ear infections without fever (unless child is uncomfortable).
- Vague complaints of aches, pains, stomach ache, or fatigue.

Stay at Home:

- Fever – temperature of 100 degrees or higher. *A child should be fever free for 24 hours, without fever controlling medicines, before returning to school.*
- Vomiting – child should be kept home 24 hours after last vomiting.
- Diarrhea - three or more watery stools in a 24-hour period, especially if your child acts or looks ill or other symptoms are present.

If you any questions about sending your child to school please feel free to call the nurse's office.

PTO

We encourage you to attend our Parent Teacher Organization (PTO) meeting on Wednesday, December 5, 2018 at 6:00 p.m. in our school library. We generally meet the first Wednesday of each month throughout the school year.



One goal of PTO is to support the school by holding fundraisers that help to pay for things the school district does not, with their limited budget. We fund field trips and other school events this way. The PTO also helps support the school by mobilizing volunteers at various school events. Your child and others benefit from this support.

There is no membership fee for getting involved. Babysitting might be available, but not always. We hope you will join us.

Social Media

"Like" us on Facebook by searching the name **The Second District Elementary School**. You can also "follow" us on Twitter **@SDES_Eagle**

