



PANTHER PRESS

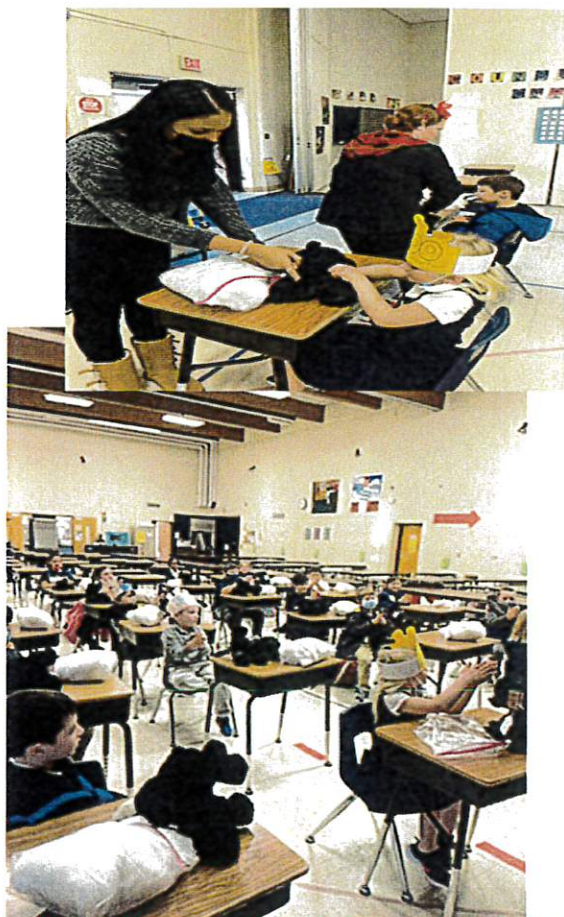
FEBRUARY 2022 ISSUE

News & Updates from Tobyhanna Elementary Center

Build-a-Panther Event

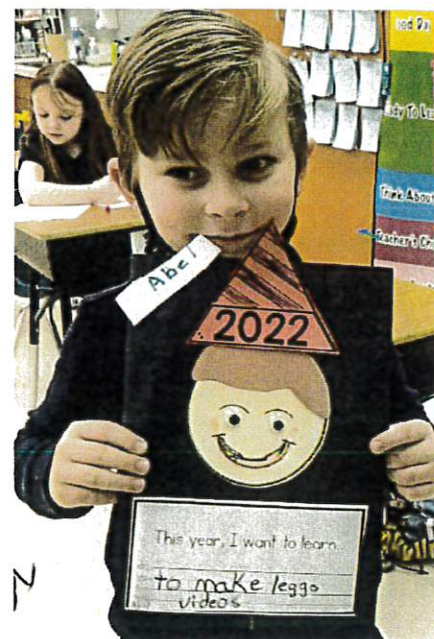
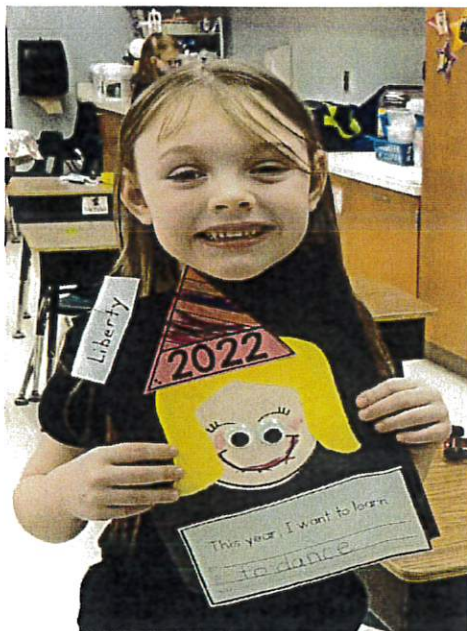


About 80 students participated in our Build-A-Panther between Feb. 2nd and Feb. 9th sessions. Our students had a great time building their panthers. We've heard some wonderful stories about adventures the students and their panthers have taken since being "build". TEC PTO would like to thank Pocono Mountain West High School student council members for helping our elementary students on both nights. A special thank you goes out to Prince, the panther. Look for another Build-A-Panther event coming this Spring for families to attend!



Kindergarten News

The Kindergarten Classes welcomed in 2022 by listening to stories and songs about the New Year holiday. One story that they listened to was Squirrel's New Year Resolution. They then talked about things they would like to learn in the New Year. They made a new year craft to go with their learning goal for the New Year. There sure is a lot of learning going on for our Kindergarten friends this year!!





Kindergarten's 100 Days of Learning Celebration

The Kindergarten Classes were so excited as they reached the big milestone of 100 Days of School. They completed different 100 themed activities, read 100 themed stories and sang songs to celebrate the big day. They even created 100 Day Mystery Bottles at home. They had a great time guessing the contents of each other's bottles. They even made a #100 snack. Thank you to all the parents who sent in supplies for our special day! Time sure does fly. We cannot wait for what the next 80 days of school will bring!



First Grade Happenings



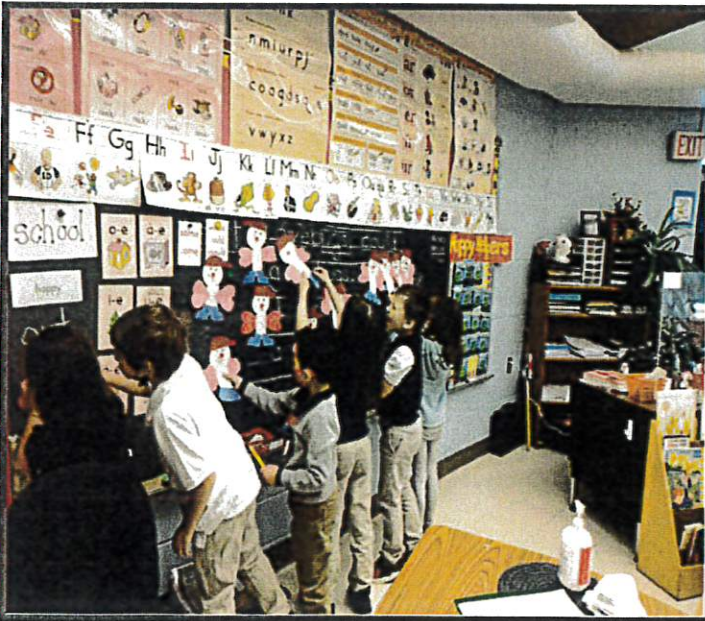
Why is winter so long?

Because the groundhog said, "Six more weeks of winter!"

First graders are learning the difference between real and make believe...

Fairy Tales, folktales, long ago and today, 100 years ago, presidents, Black History month, and Valentines' day!

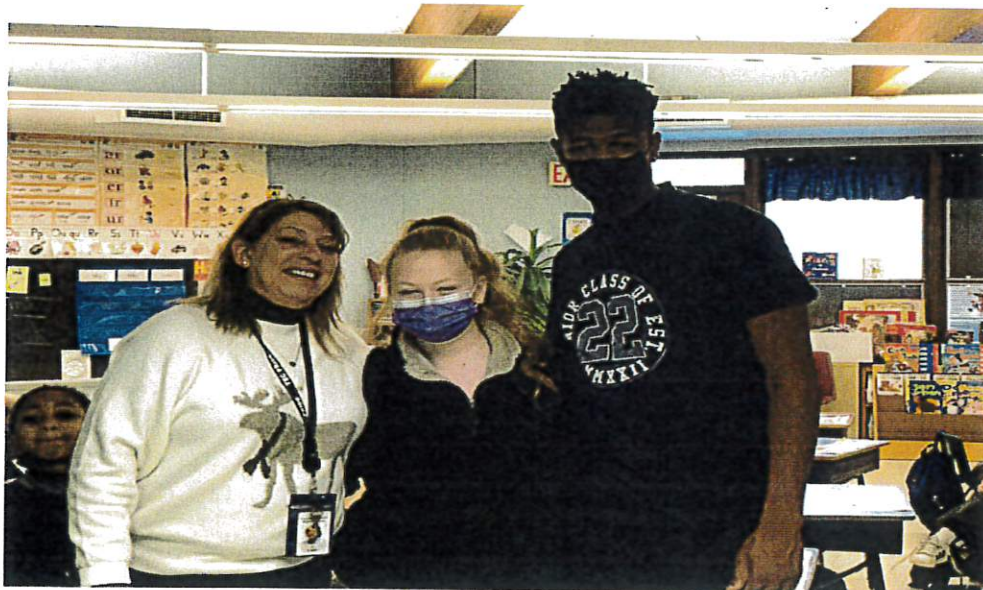
So much good stuff to learn about!

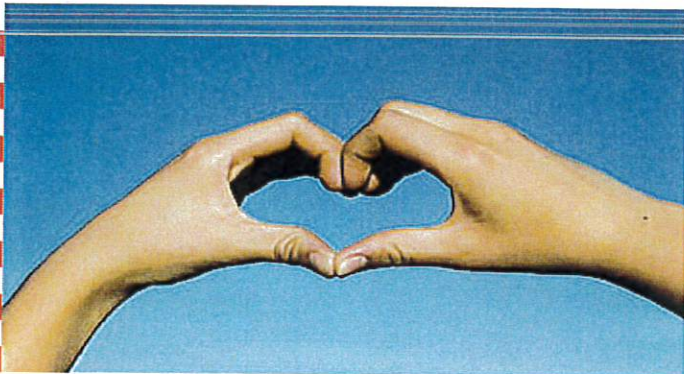


We are counting and measuring, telling time, and counting money. Our pencils are getting shorter, the days are getting longer, we are growing taller, our clothes are getting smaller. Our writing and reading skills are growing stronger!



The presidents are on coins because they were great leaders. Our teachers keep telling us to work hard to become good leaders. Be honest, be trustworthy, be brave and be responsible. Samantha and Ricardo are seniors now, soon they will be going to college to become a teacher and a dentist. They went to T.E.C. and worked hard and stayed involved!





First Graders & Dental Hygiene Month

First graders at TEC are learning so many new things with the help of parents, friends, and our community. Dental Health month in February taught us to brush our teeth 2 times a day for 2 minutes every day and try to go to the dentist 2x a year.

SPARKLE & SHINE!



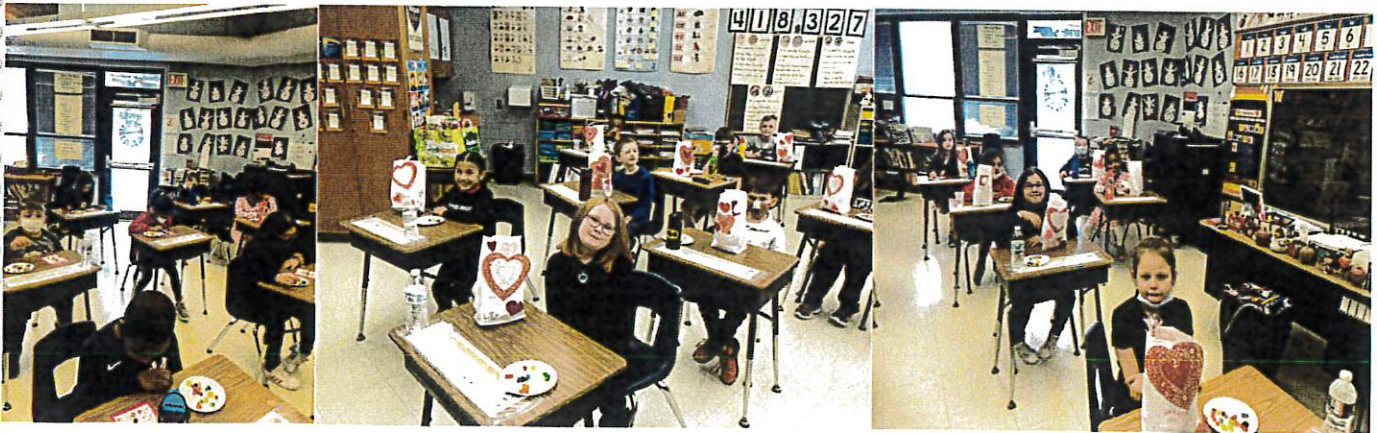
Dr. Stefanie Childs (Mom of Brody, 1st grade student at TEC) was the guest speaker at the Dental Health Assembly on February 15th. Students learned about their teeth and how to care for them. A slide show presentation highlighted general aspects of a dental visit. Students were able to ask questions before "the tooth fairy" (Maya Wakuluk) made a surprise visit and read two children's dental books to the well-behaved audience. Colgate is generously donating a toothbrush and toothpaste to each first-grade student this spring.



Second Grade News

A Special Valentine Celebration

After learning about how people help out in their community, the second graders in Mrs. Planer's ELA class decided to do the same. They made beautiful Valentine's Day placemats for the elderly who receive Meals on Wheels. The placemats brought joy to some older members of the community! Then the class had their own celebration for their hard work. They played Heart Bingo, opened valentines from classmates, and ate food at their class party. It turned out to be a very special celebration!!



Third Grade News



TEC Cares

The third graders at TEC held a fundraiser to benefit our animal friends at the Pocono Wildlife Rehabilitation Center. All grades participated, and we raised over \$500 in donations, along with a carload of supplies needed for animal care. The Uhlers were very grateful for all that was donated by the

TEC students and staff. The Uhlers stopped by TEC to pick up the donations and they brought a few animal ambassadors with them. They included an albino crow, a barred owl and a skunk. The 3rd graders would like to thank everyone who donated to this great cause.





Fourth Grades Happenings

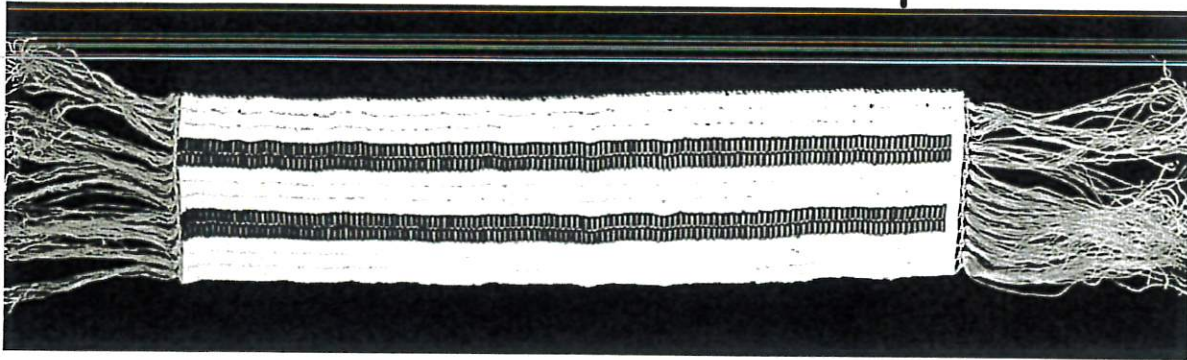
In December, 4th grade hosted a "Jammie Day" to help raise money for the "Along the Way" charity. We chose this nonprofit, local charity because it strives to uplift and empower women to succeed in their careers and further their education by providing a much needed service for single moms- *childcare and community connections*.

"Along the Way" is hosting a free family fun day for our community. Please join them on Sunday, April 24th from 10:00 - 3:00 at Barley Creek's "Pint-Sized Park". There will be food, music, games, and lots of fun!

If you would like to make a donation to this wonderful cause please visit <https://www.alongthewaypa.org/>.



5th Graders Weave Wampums



TEC's 5th graders have been studying Native American groups in Social Studies. As a culminating activity for the Eastern Woodlands group, the classes weaved their own wampum belt. The wampum belt was used in the Eastern Woodland group to honor a marriage, to comfort someone on the death of a loved one, as an invitation to peaceful talks, or to signify an important event. They were made using polished seashells. We used a shoebox, colored ditalini noodles, string, and a needle. They did a great job!



6th Grade - Nile River Projects

The 6th grade Social Studies students recently finished a unit of study on the Nile River as a part of our education on Ancient Egypt. Students researched, analyzed, and produced a Nile River project file folder. The folders contain a detailed map of the Nile, facts about the Nile, a paragraph describing how the Ancient Egyptians used the Nile, pictures with captions of how they used papyrus from the Nile River, words, and phrases about the Nile. Last but not least - *Did You know?* Interesting facts about the Nile. For example, "Did you know that there are over 300 species of birds that live along the Nile?" This is just an example of one of the many cool facts that our 6th grade students learned while completing this project!



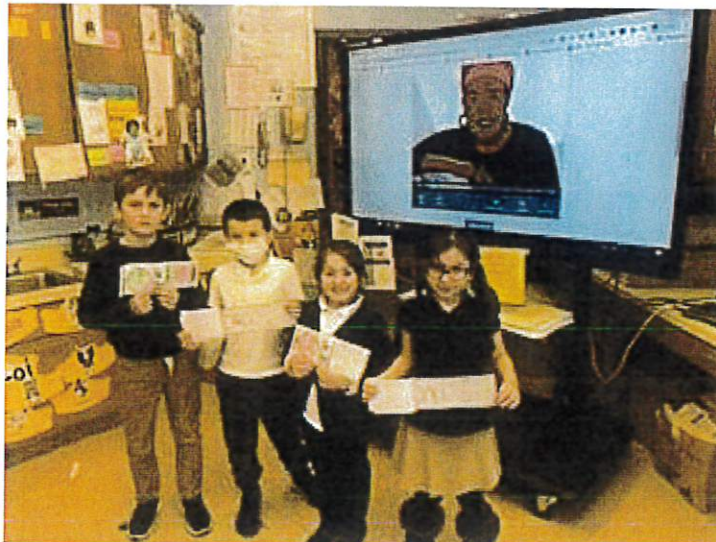
ESL Spotlight

The EL students at TEC are working very hard. We are so proud of their hard work and accomplishments this month. This month we celebrated Black History Month. We learned about how they made a difference in our world. We read many books about famous people of color. We also watched BrainPop movies about Black people throughout history.

Here are some links to some great videos:

- Black History Facts for Kids- <https://youtu.be/OryXqoXPkbo>
- Little Known Black History Facts- <https://youtu.be/4wEUKsTCHcY>
- Read Aloud of book "Hidden Figures"- <https://youtu.be/d0ijSpMWGQ4>
- Read Aloud of book "Sulwe"- <https://youtu.be/vujbTOuzg2Q>

We also are encouraging our students to use the Imagine Learning program to increase their ELA skills. Each EL student has an account and can use the program both in school and at home. If you need their login information, please reach out to either Ms. Yarashas or Mrs. Murphy.



COUNSELOR'S CORNER

MFS DIAL X24465
GRADES K, 4, 5, 6

MFS EDNE X24460
GRADES 1, 2, 3, 6

RESTORATIVE CIRCLES

Restorative Circles allow us to bring students together to address one time incidents or ongoing problems as deemed appropriate. In order for a circle to be facilitated to solve the problem all parties must be agreeable to use this method to solve the problem. Each student is asked if they would like to get together to discuss and solve the problem. The purpose of the circle is to allow all parties to be heard from their perspective. The circle is run by at least one principal, one counselor and all parties involved including the child(ren). We have done circles with parents, bus drivers, other administrators, teachers, substitute teachers and monitors. When we are in a circle the following questions are asked; What happened?, What were you thinking at the time?, What have you thought about since?, Who has been affected by what you have done? In what way?, What do you think you need to do to make things right? Each individual has an opportunity to answer these questions and they may answer or pass. After the questions are asked the dialogue continues as deemed appropriate. The goal is for everyone to walk away feeling heard and able to go on being comfortable.



**"IT'S AMAZING
WHAT WE CAN
ACCOMPLISH
WHEN WE'RE IN IT
TOGETHER."**

Essie

STUDENT ASSISTANCE PROGRAM

What Is SAP?

A SAP team made up of school and agency staff is available to help you access school and community services for your child. In Pennsylvania, every school district is required to have a plan for identifying and assisting students who experience barriers to learning. The TEC SAP team will help you find services and assistance within the school, and if needed, in the community. We do not diagnose, treat, or refer your child for treatment. We will provide you with information and you make the choice that best fit your needs and wishes. As the parent/guardian you are an important part of the team. The SAP team information is completely confidential and the team will respect you and your child's privacy at all times. If you would like more information on SAP, call 570-839-7121 ext. 24400 to speak with the school counselor.

NURSES' CORNER

March is National Caffeine Awareness Month



National Caffeine Awareness Month is an annual event held in March that draws attention to the risk associated with caffeine addiction and caffeine withdrawal syndrome, a disorder recognized by the psychiatric community. At 200 mg of caffeine, you can experience irritability, restlessness, tension, insomnia, excitement, and gastrointestinal disturbance. If you consume more than 1 gram (1000 mg), you can receive irregular heartbeats, panic and anxiety disorders, muscle twitching, incoherent speech, excessive urination, flushed skin, and depression. And, believe it or not, when you ingest more than 5 grams, the results can be fatal.

Are You Caffeine Dependent? Caffeine Quiz: Ask Yourself This...

- Do you drink more than four cups of coffee a day?
- Do you drink several cans of caffeinated soft drinks or several cups of tea a day?
- Do you often find yourself irritable, depressed or disoriented after drinking caffeinated beverages?
- When you don't drink caffeine do you find yourself experiencing headaches, drowsiness, or insomnia?

If you answered yes to any of these questions, you may be caffeine dependent according to the Caffeine Awareness Association.

What Does Caffeine Do To Our Bodies?

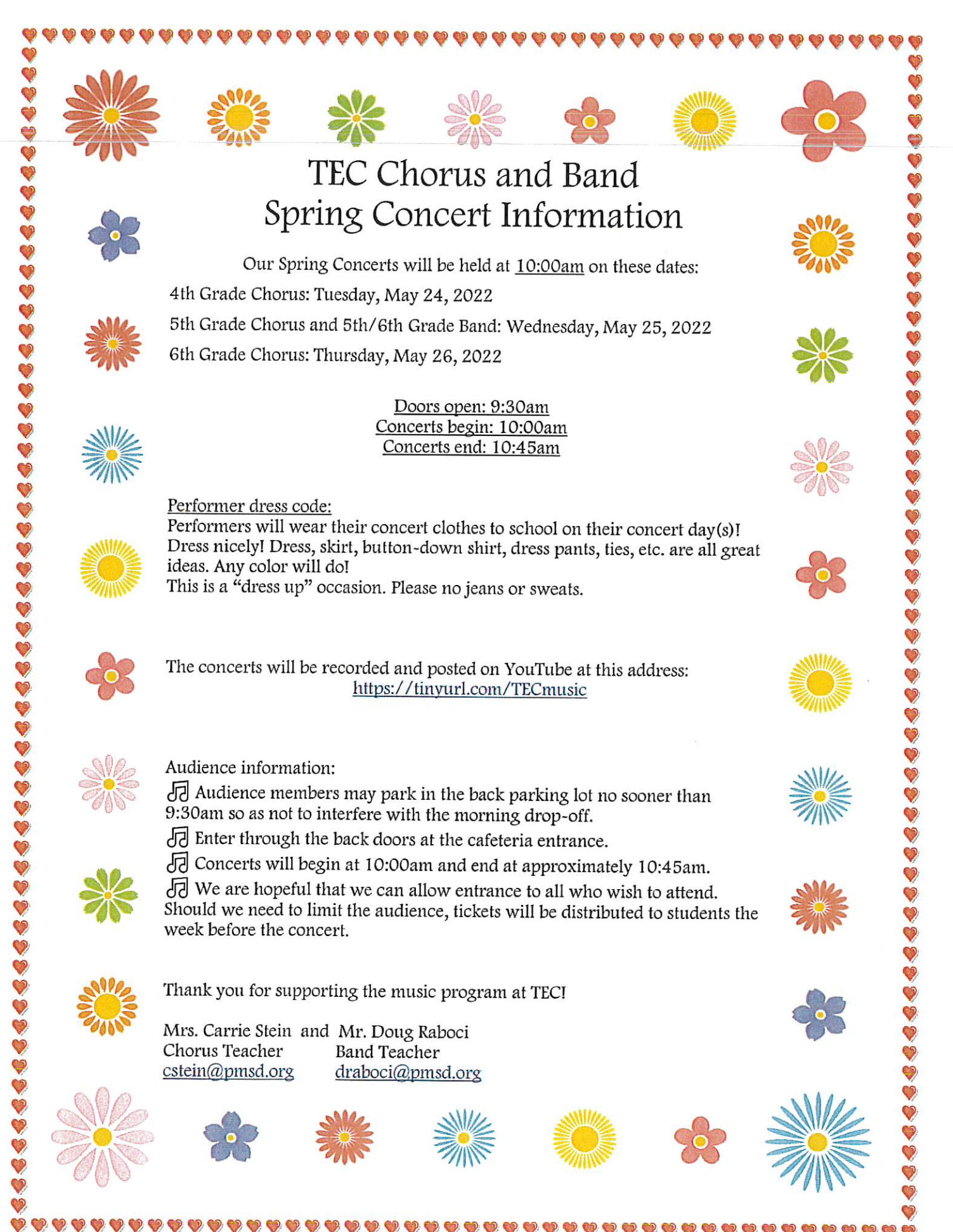
When caffeine enters your body, your pupils dilate, your heart beats faster, your muscles tighten and your blood vessels in your extremities constrict. Caffeine consumption anytime during the day is very likely to disrupt your nighttime sleeping patterns. Caffeine affects the ability of nerves in your brain to take in a chemical called adenosine, which causes sleepiness. Caffeine-drinkers are therefore less likely to sleep deeply and well than those who abstain.

Caffeine has a half-life of about six-hours. That means that if your 4 o'clock cup of coffee contains 200 mg of caffeine, by 10 o'clock that night, there will still be 100 mg of caffeine in your body, preventing you from falling into a deep and restful sleep.

With more than 500 new energy drinks launched each year, caffeine has become the most widely used drug in the world.

Hot Tips For Caffeine Awareness Month:

- Look at what you consume – caffeine is often a hidden ingredient in some of our favorite foods.
- Be aware of how much caffeine you are consuming in a day.
- If you find yourself physically dependent on caffeine, look at why you consume certain caffeinated drinks. Is it the flavor, the social aspect, the energy boost, or is it out of thirst or boredom? The answer will help you to determine if there is a healthier way to fill that need.



TEC Chorus and Band Spring Concert Information

Our Spring Concerts will be held at 10:00am on these dates:

4th Grade Chorus: Tuesday, May 24, 2022

5th Grade Chorus and 5th/6th Grade Band: Wednesday, May 25, 2022

6th Grade Chorus: Thursday, May 26, 2022

Doors open: 9:30am

Concerts begin: 10:00am

Concerts end: 10:45am

Performer dress code:

Performers will wear their concert clothes to school on their concert day(s)! Dress nicely! Dress, skirt, button-down shirt, dress pants, ties, etc. are all great ideas. Any color will do!

This is a "dress up" occasion. Please no jeans or sweats.

The concerts will be recorded and posted on YouTube at this address:

<https://tinyurl.com/TECmusic>

Audience information:

🎵 Audience members may park in the back parking lot no sooner than 9:30am so as not to interfere with the morning drop-off.

🎵 Enter through the back doors at the cafeteria entrance.

🎵 Concerts will begin at 10:00am and end at approximately 10:45am.

🎵 We are hopeful that we can allow entrance to all who wish to attend. Should we need to limit the audience, tickets will be distributed to students the week before the concert.

Thank you for supporting the music program at TEC!

Mrs. Carrie Stein and Mr. Doug Raboci

Chorus Teacher

Band Teacher

cstein@pmsd.org

draboci@pmsd.org

MARCH MATHNESS CONTEST

At TEC's March Mathness meeting on Friday, February 11th, the team decided to implement a Math contest beginning on March 1, 2022 and continuing to March 31, 2022.

Because we want to improve our students' basic Math facts and skills, we are going to utilize Splash Math for Kindergarten and First in Math for Grades 1 through 6.

We will have a weekly Math classroom winner which will be announced each Friday in March (March 4, March 11, March 18, and March 25, 2022).

(Please remember that National PI Day (3.14) will be celebrated on Monday, March 14, 2022. This is right in the middle of our contest.)

For Kindergarten, the weekly winner will be the classroom with the most minutes spent in Splash Math.

For Grades 1 through 6, the Math classroom winner will be the classroom earning the most First in Math stickers.

The weekly winning classroom will be able to proudly display the Math trophy:

For Kindergarten:



For Grades 1 through 6:



The trophy will move from Winning classroom to Winning Classroom each week until the overall winning team is announced on April 1, 2022.

On April 1st, we will announce the overall winning Math classroom. Each student in the winning classroom will be presented with a Math Medal and Navy-blue lanyard.

TEC BAND

TEC's young musicians were showcased on Monday, February 14th at the Winter Instrumental Recital. Select 6th Graders performed for their friends and parents. The students prepared short pieces from their method book and played along with an accompaniment track. The accompaniments, which come in a variety of musical genres, make playing the solo pieces exciting and fun. Mr. Raboci, the instrumental director, is very pleased with his students' accomplishments! The recital can be viewed at: tinyurl.com/TECMusic.

