



PANTHER PRESS

MARCH 2022 ISSUE

News & Updates from Tobyhanna Elementary Center

TEC Annual Snow Play Day

We all heard the disappointed groans when we saw the weather report for Saturday, March 12th, SNOW, SNOW, and more SNOW! Everyone was moaning about the impending storm except TEC's principal, Dr. D'Angelo. From her home, she quickly sprang into action and declared Monday, March 14th SNOW PLAY DAY at Tobyhanna Elementary Center! In a matter of hours, a series of text messages, emails, and parent link calls turned what would have been an average Monday into one of the most enjoyable school days yet this year. Students came prepared with hats, gloves, scarves, and snow pants. Teachers did the same with extras "just in case." Students were anticipating a day to remember, and they were not disappointed.

Whenever the weather cooperates, Snow Play Day has become an annual tradition at TEC.

Consequently, it was like a well-oiled machine on March 14th. Snow was plowed down the embankment near the playground equipment. Toboggans and snow saucers were pulled out of storage before the children arrived and made ready to roar. Our bravest teachers weathered the conditions and acted as safety guides, so each ride was an experience to remember. The ear-to-ear smiles and the shrieks of laughter said it all. TEC 2022 Snow Play Day was a huge success again!













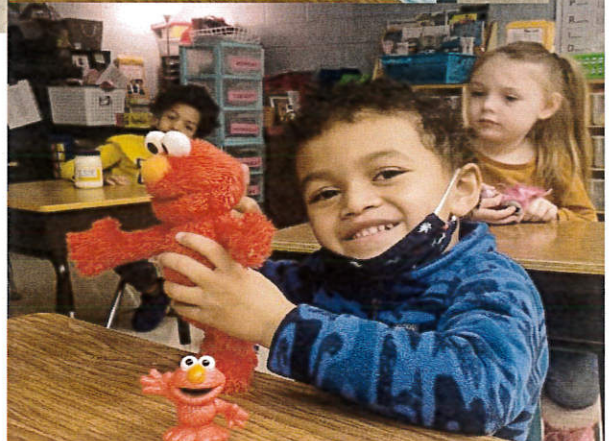
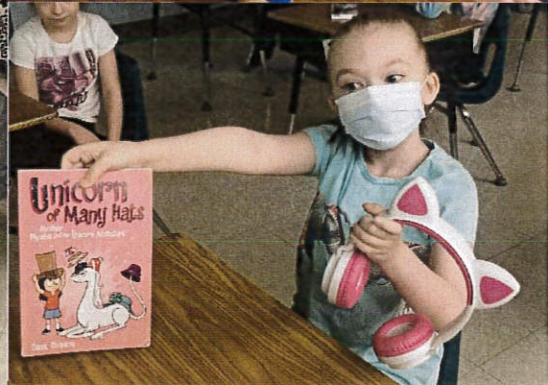
KINDERGARTEN "GETS TO THE HEART" OF CANDY HEARTS

The Kindergarten children learned that candy hearts are not just a sweet treat to eat. They explored many aspects of this yummy treat. They used the hearts to do some sorting, graphing and patterning. They were also able to see how high they could stack them or what they could create using them. As young scientists, they used their skills of predicting, hypothesizing and recording when they did some fun sink and float experinenting using the hearts and various liquids. Let's not forget they were able to practice their developing phonics skills to sound out some of those little messages on the hearts and identify the sounds in the words. Who would have thought so much learning and fun could come from such sweet treat that comes home in our Love Bug bags!!



Kindergarten Celebrate Dr. Seuss

The Kindergarten classes celebrated Read Across America by participating in the many school wide themed days, such as Crazy Sock Day, Superhero Day and Animal Print Day, as well as, classroom book themed activities such as The ABC book in which we celebrated the uniqueness of their own names by bringing in items that begin with something that begins with the first letter of their first name, My Many Colored Days in which they stated how different colors made them feel, One Fish, Two Fish, Red Fish Blue Fish- where they completed some Math Fishy Graphing and Addition activities (to name a few). Here are some pictures from our fun filled week of reading and learning!



First Grade Happenings

First Graders show how to come prepared for anything...T.E.C.

PRIDE! The 1st letter is P-prepared!

March has been a very creative month!

Sometimes we take a break to learn to be prepared, work together, take turns, follow step by step directions to build a snowman or a Leprechaun trap. It is a process to build successful well-adjusted kind students.



Our highlights this month included:

March Madness for 1st in Math, Art and Music Week, Read Across America, St. Patrick's Day, and the start of the SPRING equinox!



We are learning blends...trees, traps, trunk, tricky, treasure, true, and trust. First graders are learning tricky words every day to become fluent readers and writers.



Second Grade Poets

After spending a few weeks learning about adjectives, the second graders were challenged by their teachers to be creative and write a poem about themselves. They used adjectives or phrases that described them to make name acrostic poems. The poems turned out to be very colorful and unique! They are on display in the second grade pod and in a couple of second grade classrooms. Be sure to check out how creative second graders can be!



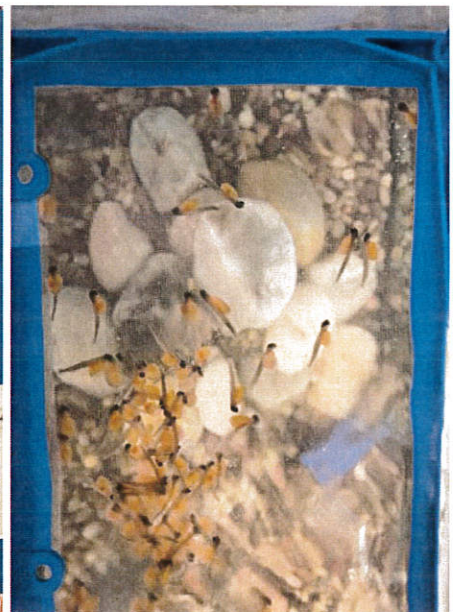
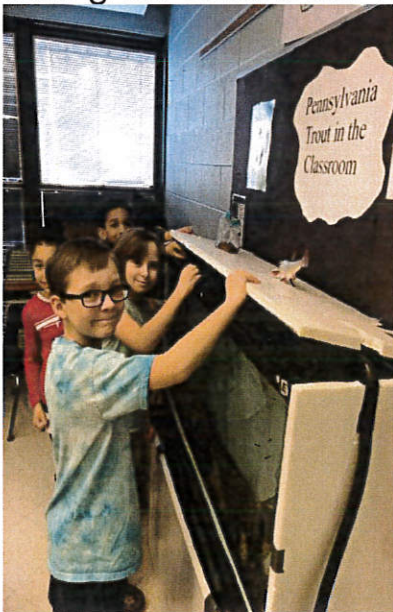
Third Grade Happenings

Emmet Welton looks at the tag inside his sneaker to see where his sneakers were made. In Miss Krisch's social studies classes, students learned about producers and consumers, goods, and services, importing and exporting, and types of resources. Students learned about how products are made all over the world. Students were surprised to see how many countries were involved in making sneakers when Miss Krisch started listing the countries on chalkboard!



3rd Graders in a "Fishy" Situation

Third graders here at TEC have the opportunity to be part of the Trout in The Classroom Program. Earlier this year the eggs arrived, and the students have been keeping a close eye ever since. The Eggs hatched into Sac Fry a few days after we got them. They continue to develop as they feed on their Yolk Sac until they consume it entirely. This is the stage known as the Fingerling stage. During this stage the trout begin feeding and growing rapidly. The tank water stays at a very cold 54 degrees. Students are following a feeding schedule as we watch them grow toward our release date in May.

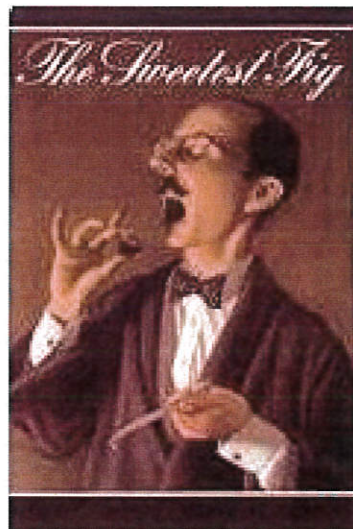


Fourth Grade Happenings

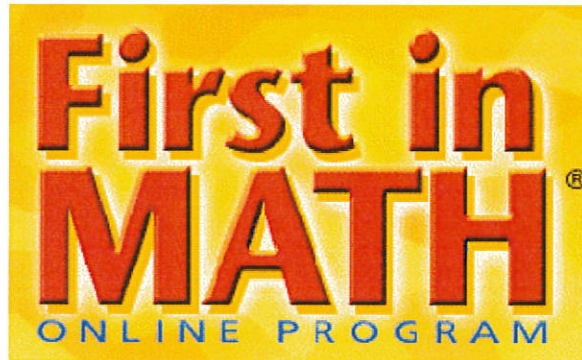
March has been a very busy month for fourth grade. The month started with Read Across America on March 2, 2022. Ms. Campbell, Ms. Bowers, and Ms. Dalton all participated in a cross curricular activity of reading and listening to several math related books in their classes. With the help of Dr Seuss's book, "Yertle the Turtle" the class created a colorful throne for Yertle the Turtle, using equivalent fractions. Their final projects looked amazing!



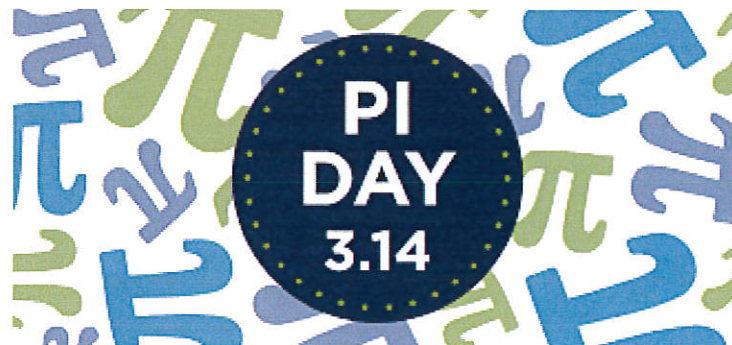
Ms. Perez and Ms. FitzSimmons ELA classes also enjoyed the day with a "Book Tasting" activity where the students were given the opportunity to sample four different types of books. Each group contained the same four types of books, which included famous women in history, a chapter book, a Chris Van Allsburg book, and a picture book. While viewing the books each student was asked to write the title, describe the cover, read the book for three minutes, and write their initial impression of the book. Finally, the students rated the book from 1 to 5. What a great way to learn more about all the wonderful books available in the T.E.C. Library!



Fourth Grade, along with grades second through sixth grade, have been working hard to win the First in Math “March MATHness” award. Please encourage all students in grades second through sixth to practice their math facts by logging onto First in Math, each night. Together with their classmates they can achieve the goal of most class stickers each week.



Finally, March 4, 2022 (3.14) created another great day of learning for our fourth-grade students. The fourth-grade math teachers introduced “Pi Day” to each of their classes with a fun video about the use of Pi in Math. They learned that Pi can be found when the circumference of a circle is divided by its diameter. Those are some big words for fourth grade students, but they had a blast learning about Pi. The students created Pi posters which are all displayed in the fourth-grade hallway. Check them out!



P.S. A big THANK YOU to the TEC PTO... All the teachers were so delighted with the mini fruit pies placed in their mailboxes on Pi Day. It was not expected, but very much appreciated!

March MATHness

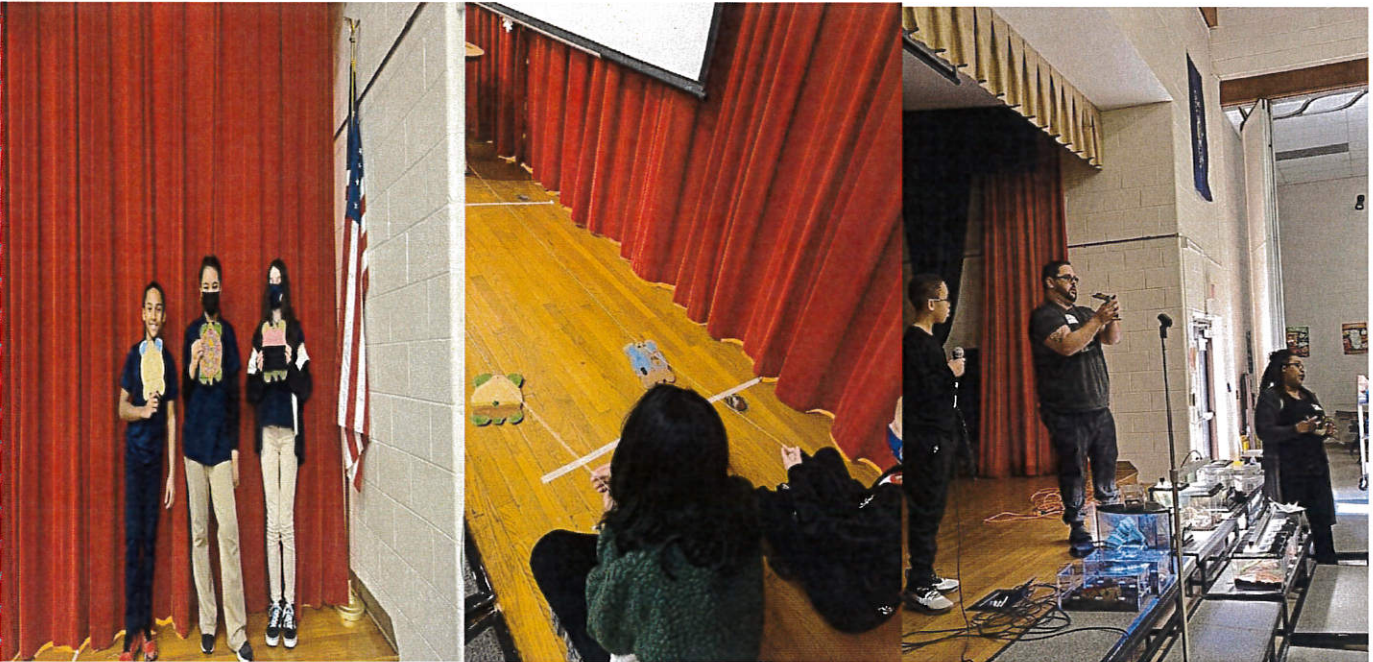


Students in grades K-6 are working hard on mastering their basic facts! Kindergarten students are working in the Splash Math online program to help establish a great foundation of their basic facts. Students in grades 1-6 are also working on basic facts, they are using the First in Math online program. Every Friday in March, seven classes are awarded the Math trophy if they are the winning math class. Classes receive the trophy if they have earned the highest average of stickers for their grade level. At the end of the month an overall winning math class per grade level will be named. Prizes for winning classes will be awarded!

Keep on working on those addition, subtraction, multiplication, and division facts!

Fifth Graders Explore! Reptiles Galore!

Fifth grade students learned a lot about reptiles this past month. As their vertebrate unit came to an end, students were able to participate in the annual Turtle Races. Fifth graders had to design, name, and train a (cardboard) turtle, in order to race it against other classmates. It was a fun time for all!



Also, Daylen Conde and his family brought in their collection of reptiles. Students were able to get up close and personal with a baby alligator, skink, gecko, and other cool creatures. A huge thank you to Mr. and Mrs. Conde for transporting their pets and sharing them with everyone, along with their vast knowledge about reptiles and how to care for them!

Sixth Grade News

"Sprechen Sie Deutsch?"

Neither do our sixth-grade students...yet! This past week students from Frau Paul's German 2 & 3 classes came to visit some of our sixth graders. Many of Frau Paul's students were former TEC students here to teach some lessons in all German. Frau Paul's students had to write up lesson plans, create materials, and implement their lesson as part of their German grade. Our sixth-grade students participated in these lessons and learned some of the German alphabet, numbers, and names of colors and animals. Our students were very enthusiastic, and most were speaking a little German by the end of the presentation. Some of our students are looking to take a foreign language class next year, and after this amazing experience, many are now considering German. Bis zum nächsten Mal!!





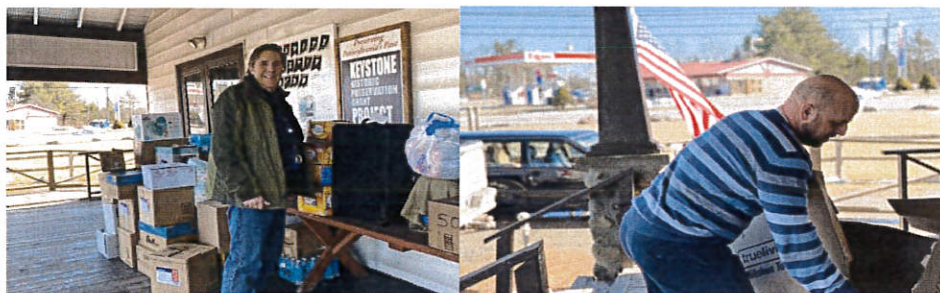
TEC Cares

Thank you to everyone who made the tremendous donation of food, clothing, and hygiene items to the Ukrainian people possible.

Special thanks to Bethann and Eric for transporting everything to the Community Center.

We'll never know who ends up with the various items but I'm sure they will be very appreciative of your generosity. We have very generous students with fantastic families!!!

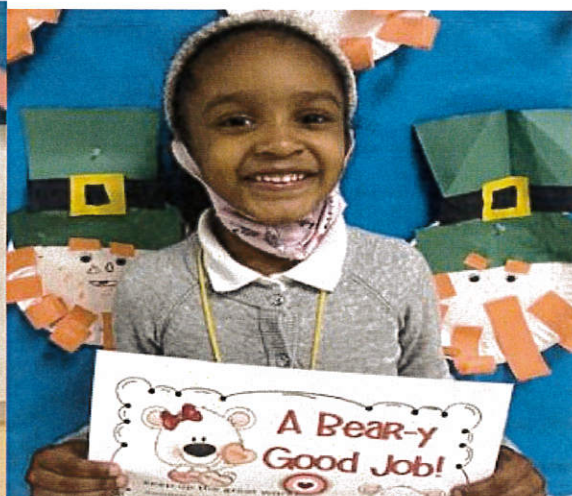
-Dr. Anastasia D'Angelo & Dr. John Kevra





Congratulations to our Raz-A-Dazzle February Readers!

TEC Kindergarten through 3rd grade students logged 10,626 minutes reading with Raz-Kids during the month of February! We had a few extra special readers this month.



The top two readers from kindergarten were **Stamatiki Tsafatinos** with 466 minutes and **Sophia Fredericks** from with 225 minutes of reading! Way to go Mrs. Meisenholder's friends!



Our First Grade Winners were **Julia Walsh** from Mrs. Mitchell's Class with 117 minutes of reading and **Madison Meyers** from Mrs. Wagner's Class with 99 minutes of reading!



Our Second Grade Winners were **Shealynn Johnson** from Mrs. Wolfgang's Class with 277 minutes of reading and **Aviana Moses** from Mrs. Planer's Class with 161 minutes of reading!



Our Third Grade Winners were **Nataly Velez Rosa** with 239 minutes of reading and **Arianna Lutz** with 224 minutes of reading! Mrs. Kravetz is very proud of you.



These Ras-A-Dazzle Readers earned a special certificate and a special lunch!

Remember to keep on reading!

ESL Spotlight

TEC is so lucky to have great EL students. This month we celebrated Dr. Seuss day and Read Across America by reading and listening to Dr. Seuss books in different languages. The students participated in many Read Across America activities at TEC. We are also preparing our students for our Las Links Spring Progress Monitoring.

Check out these video links:

The History of Dr. Seuss for Kids <https://youtu.be/VZt3RHRiADo>

Read Aloud of "Oh the Places You Will Go" by Dr. Seuss <https://youtu.be/wa-0yJXFeKk>

Read Aloud of "The Cat in the Hat" by Dr. Seuss <https://youtu.be/-LL62u6-OjY>

Read Aloud of "The Lorax" by Dr. Seuss <https://youtu.be/FLFHdMNin0c>



Music at TEC

Students in 4th, 5th, and 6th grades are working hard to bring a "sweet" show to the TEC stage. Willy Wonka KIDS is this year's musical, and it's going to be choc-full of fun! The story is about Willy Wonka, the greatest candy maker in the world, and how he is trying to find a replace-mint when he retires. Charlie Bucket, Augustus Gloop, Veruca Salt, Violet Beauregarde, Mike Teavee, and their families win the chance of a lifetime to tour Wonka's factory. Some of the winners have a Nutrageous time in different parts of the factory, and the Oompa-Loompas step in to teach them important life lessons. In a surprise Twix, Charlie passes Willy Wonka's secret test of character and becomes Wonka's successor. Our shows are scheduled for April 5th and 6th for the students and April 7th at 7:00 pm for the parents. Tickets are on sale for 100 Grand... just kidding, it's free admission. We hope you have an M-Azing time watching our performance! –Miss Cortés

Children's Dental Care

Children who visit a dentist twice per year are less likely to miss school due to dental problems such as cavities. We encourage every child to have their own family dentist, however, we recognize that is not always possible perhaps due to recently relocating or transportation issues, so we have invited the Smile Program (Mobile Dentist) to Pocono Mountain Schools. The Mobile Dentist is coming to TEC on May 20th. Applications were given to students and the online sign-up link can be found on TEC's webpage under announcements.

COUNSELOR'S CORNER

MRS. DIAL X24465
GRADES K, 4, 5, 6

MRS. EDNIE X24460
GRADES 1, 2, 3, 6

PSSA'S: WHAT TO KNOW

We understand that testing can be stressful on everyone. We want to make these tests as least stressful as possible for you and your child. All that we ask is that your child works to the best of their ability. Here some helpful tips to help you and them prepare.

Make sure your child gets a good night's sleep and eats a healthy breakfast.

Many teachers report that students who don't do well on tests haven't gotten enough sleep, and haven't eaten breakfast on the morning of the test. Doing both of these things will ensure that your child is working at full capacity (Narang, 2008).

Make sure your child is prepared

Some schools may supply the tools your child needs for the test, such as pencils, an eraser, paper, and a calculator. Others may require the students to bring those materials themselves. Check with your child's teacher to see if you need to provide your child with any of these materials. Also, check to see whether your child will be able to make up the test if she is sick on test day (Narang, 2008).

Remain positive

Staying calm will help your child stay calm. If she gets nervous about the test or is likely to experience anxiety during the test, help her practice some relaxation techniques that she can try once she's taking the test (Narang, 2008).

PSSA Schedule (test will given within time frame)

ELA (Grades 3-6):

April 25,26,27

Math (Grades 3-6): May 2, 3

Science (Grade 4): May 4,5

10 Questions to Ask Your Child About His/Her Day at School

The trick is to ask about things that are specific, but still open-ended. Move beyond "fine" and "nothing" by asking your child to describe his world. It's also great to start the conversation with an anecdote from your own day. Try one of these conversation-starters:

- Tell me about the best part of your day.
- What was the hardest thing you had to do today?
- Did any of your classmates do anything funny?
- Tell me about what you read in class.
- Who did you play with today? What did you play?
- Do you think math [or any subject] is too easy or too hard?
- What's the biggest difference between this year and last year?
- What rules are different at school than our rules at home? Do you think they're fair?
- Who did you sit with at lunch?
- Can you show me something you learned (or did) today?

Obstacles don't have to stop you.
If you run into a wall, don't turn around
and give up. Figure out how to climb it,
go through it, or work around it.

~ Michael Jordan

www.great-quotes.com

Art & Music Appreciation Week at TEC

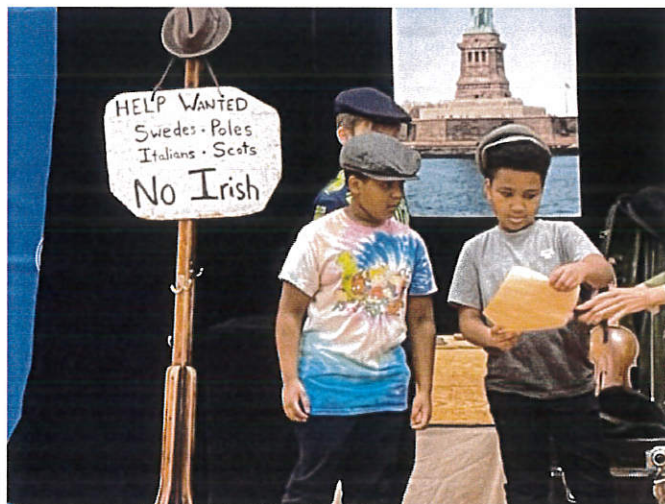
March 7th -11th was Art & Music Appreciation Week at TEC! Although it was interrupted with an unexpected virtual day on Wednesday, it was still an enjoyable, busy 4 days, full of fun and exciting activities.

Each morning, during announcements, there was an Art Trivia question, a Mystery Singer contest, and some inspirational music lyrics. Also, to help celebrate, every day had a theme, such as "Concert Shirt Day", or "Tie-Dye Shirt Day".

The students and teachers enjoyed a fantastic assembly on Tuesday by Kit's Interactive Theater courtesy of our generous PTO. The storyteller, Kitty Jones, required several TEC students and faculty members to help with the stories which added even more laughter to the performances.

Throughout the week, homerooms were welcome to have their students pose for pictures in the painted cut-outs of famous works of art. Once again, the creative teachers at TEC managed to stir the interest in Art and Music in every student in our school. Furthermore, students and staff had so much fun, we can't wait for next year!





Are You Getting Enough Sleep?



Sleep and Chronic Disease

As chronic diseases have assumed an increasingly common role in premature death and illness, interest in the role of sleep health in the development and management of chronic diseases has grown. Notably, insufficient sleep has been linked to the development and management of a number of chronic diseases and conditions, including type 2 diabetes, cardiovascular disease, obesity, and depression.

How Much Sleep Do I Need?

Preschool	10-13 hours a night
School Age	9-12 hours a night
Teenagers	8-10 hours a night
Adults	7 or more hours a night



Tips for Better Sleep

Good sleep habits (sometimes referred to as “sleep hygiene”) can help you get a good night’s sleep.

Some habits that can improve your sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

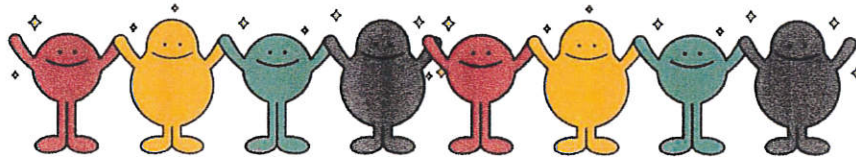


TEC PTO

Our **LAST** fundraiser of the year will be Marianna's Hoagie Sale. The sale will start April 8 and will end April 22. Delivery of Hoagies will be May 5th. If you have any question, please contact the TEC PTO at tecpto1@gmail.com or through our Facebook page: www.facebook.com/TECPTO



The PTO is planning an extra special **Teacher Appreciation Week (May 2-6)** this year. We would like to ask our families and community for assists. We want to thank TEC teachers and staff for everything they do for our students. We are looking for any donations of \$5 Gift cards for: Target, Dollar Tree, Five and Below, Walmart, Dunkin, or Starbucks. The gift cards will be used in a raffle for our teachers and staff on Friday, May 6th. Any donations would be greatly appreciated. Please send gift cards into school in an envelope; sealed and addressed to the TEC PTO. We will be collecting until May 5. Thank you in advance.



TEC PTO will be participating in the **6th Annual Monroe County Children's Round table Community Night**. It is being held on **May 3rd from 6-8:15pm at Northampton Community College - Monroe Campus, in the Pocono Hall**. Come join us and see some of the wonderful resources that are being offered in Monroe county for children. There will be giveaways and contests offered by numerous vendors.

The **Plant Sale** will be in full bloom the week of **May 2-6**. Volunteers are always welcome, please contact the TEC PTO at tecpto1@gmail.com or through our Facebook page: www.facebook.com/TECPTO



Here are some important dates to remember:

- *TEC PTO meeting April 12 at 9:30am, nominations for 2022-2023 board members.**
- *Spring pictures are scheduled for Wednesday, April 13**
- *Spring Recess-School is Closed Thursday, April 14 - Monday, April 18**