



The Owl's Hoot

Sol Feinstone
Elementary School
PTO Newsletter

April 2010

PRESIDENT'S MESSAGE

With Spring Break in our rear view mirror, there's no question that we are in the home stretch of the school year! However, there is no slowdown in the pace of PTO activities. March brought us "Feinstone's Fantastic Circus" with our SPRING FAIR on March 13th. The fair featured all of our old favorite games, raffle baskets, and delicious food. The turnout was spectacular despite one of the worst storms in our region! We were able to raise significant funds for our school, which will be used to enhance the curriculum and learning experience for our children. I would like to thank Beth Pomeroy and Karen Boyd for their fantastic leadership and all

the volunteers who helped bring this special event to life. On March 12th, the students were treated to a fun assembly featuring a folk singer. Thanks to everyone who turned in box tops as part of the "March Madness Box Top" contest featuring a special gym class with Mr. Harlan and Mr. Oldfield for the grade that collects the most box tops. We are anxiously awaiting the results! Box Top collection is easy and really helps the PTO budget, reducing the amount of money we need to raise with more conventional fundraising methods. Thanks to Beth Mullen and Marie Kiefer for their leadership on our Cash Back program!

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Reminders

4/8	PTO Meeting
4/8-10	District Art Show CR North
4/16	Report cards distributed
4/29	'Celebrity Scoop' at Ritas

April's Words to Learn by:
Forgive and Be Considerate

FROM OUR PRINCIPAL: JOHN HARLAN

Dear SFE Parents,

Spring is here and with it brings the reading and math portions of the PSSA Assessments for our third, fourth, fifth, and sixth graders. The PSSAs start on Wednesday, April 7th, and students will take a total of six tests: three reading and three math. The assessments will be completed on Wednesday, April

14th with the remaining days used for make-ups. The last day for make-ups is Friday, April 16th. During the two weeks of testing, I am planning some special surprises to motivate our students and boost their spirits. Yes, it is a stressful two weeks however, who says we can't have a little fun along the way!

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FROM OUR PRESIDENT (continued)

April 2010

April will be a busy month. We have a special guest at our April 8th PTO Meeting — Mark Klein, CRSD Superintendent, will attend our meeting and share the District priorities and answer questions. We are also happy to feature our very first "SFE Celebrity Scoop" at Rita's! On April 29th from 5:00 – 8:00, stop by the Rita's Newtown location and get a treat served by your teachers or if you're lucky – Mr. Harlan! SFE gets 15% of the proceeds so come one, come all!

Lastly, as hard as it is to believe, the PTO Executive Board has been busy

planning a slate and budget for the 2010-2011 school year. There are some great open positions, so don't hesitate! For information on the open positions and job descriptions, please log onto the PTO website or contact Cari Grundman. Please consider donating your time and talent to help the PTO, the school, and our kids.

Thank you in advance,

Jennifer Ceslak
PTO President

FROM OUR PRINCIPAL (continued)

Finally, our 5th graders will take the writing portion of the PSSA during the week of April 19th-23rd. At the end of the month, the 4th graders will take the science portion of the PSSA from April 26th-30th.

Let's have an absolutely wonderful April and welcome in spring with open arms,

Mr. Harlan



Teaching Your Child Self-Control

When kids melt down in the middle of a crowded store, at a holiday dinner with extended family, or at home, it can be extremely frustrating. However, parents can help kids learn self-control and teach them how to respond to situations without just acting on impulse.

Teaching self-control skills is one of the most important things that parents can do for their kids because these are some of the most important skills for success later in life.

Helping Kids Learn Self-Control

By learning self-control, kids can make appropriate decisions and respond to stressful situations in ways that can yield positive outcomes. For example, if you say that you're not serving ice cream until after dinner, your child may cry, plead, or even scream in the hopes that you will give in. But with self-control, your child can understand that a temper tantrum means you'll take away the ice cream for good and that it's wiser to wait patiently. Here are a few suggestions by age on how to help kids learn to control their behavior:

Up to Age 2

For kids reaching the 2-year-old mark, try a brief timeout in a designated area — like a kitchen chair or bottom stair — to show the consequences for outbursts and teach that it's better to take some time alone instead of throwing a tantrum.

Ages 3 to 5

You can continue to use timeouts, but rather than enforcing a specific time limit, end timeouts once your child has calmed down. This helps kids improve their sense of self-control. Also, remember to praise your child for not losing control in frustrating or difficult situations.

Ages 6 to 9

As kids enter school, they're better able to understand the idea of consequences and that they can choose good or bad behavior. It may help your child to imagine a stop sign that must be obeyed and think about a situation before responding. Encourage your child to walk away from a frustrating situation for a few minutes to cool off instead of having an outburst.

Ages 10 to 12

Older kids usually better understand their feelings. Encourage them to think about what's causing them to lose control and then analyze it. Explain that sometimes the situations that are upsetting at first don't end up being so awful. Urge kids to take time to think before responding to a situation.

Ages 13 to 17

By now kids should be able to control most of their actions. But remind teens to think about long-term consequences. Urge them to pause to evaluate upsetting situations before responding and talk through problems rather than losing control, slamming doors, or yelling. If necessary, discipline your teen by taking away certain privileges to reinforce the message that self-control is an important skill.

When Kids Are Out of Control

As difficult as it may be, resist the urge to yell when you're disciplining your kids. Instead, be firm and matter of fact. During a child's meltdown, stay calm and explain that yelling, throwing a tantrum, and slamming doors are unacceptable behaviors that have consequences — and say what those consequences are. Your actions will show that tantrums won't get kids the upper hand. For example, if your child gets upset in the grocery store after you've explained why you won't buy candy, **don't give in** — thus demonstrating that the tantrum was both unacceptable and ineffective.

Also, consider speaking to your child's teachers about classroom settings and appropriate behavioral expectations. Ask if problem solving is taught or demonstrated in school and model good self-control yourself. If you're in an irritating situation and your kids are present, tell them why you're frustrated and then discuss the potential solutions to the problem. For example, if you've misplaced your keys, instead of getting upset, tell your kids the keys are missing and then search for them together. Show that good emotional control and problem solving are the ways to deal with a difficult situation. If you continue to have difficulties, ask your doctor if family counseling sessions might help.

Original Source – kidshealth.org Reviewed by: W. Douglas Tynan, PhD, ABPP

**Birthday Books**

Jeanne Markey 215-321-5017

Karen Mealey 215-493-8658



The following students have recently celebrated their birthdays by donating books to the library:

Sarah Block

Ellie Butler

Eric Davies

Timothy Gehrsitz

Ryan Hanrahan

Kaylee Heese

Michaela Kavanagh

Jessica Kusters

Holly Mann

Annabeth Mann

Aidan McGinley

Monica O'Donnell

Morgan Rogerson

Chelsey Seigal

Dylan Silver

Zara Rose Tabackin

Maggie Tolkach

Jake Topalovich

We thank these children and their families for their lasting gift to Sol Feinstone's library.

NOTES FROM THE HEALTH OFFICE

April 2010

Dear Parents and Guardians,

Spring 2010

As the weather warms up, and thoughts turn to spring and summer plans, I would like to offer a few reminders.

Physical and Dental Forms - We are still waiting for a large number of physical exam forms and dental forms. Reminder letters were sent in June 2009 and this winter to the parents of children who need these forms. The forms, or a parent note, are due **NOW**, please. (To make the process easier for you, the PA Department of Education now permits *you* to send us a note stating the exact *date* and the *name* of your doctor or dentist, instead of the form). But please note, students' report cards may be withheld, if the forms, or parent notes, are not received.

Vision or Hearing Referral Forms - If you received a call and a 'physician referral form' stating that your child did not pass the state-required vision or hearing screening, these referral forms must be returned to the Health Office by June 1st, please. Parents were notified immediately if their child had difficulty with the vision or hearing testing.

'Newly Registered' Student Forms - Parents who have registered children to begin school in September 2010 are kindly asked to review their paperwork, and to **COMPLETE** their child's registration process! We have **numerous** students who are only *partially* registered for September 2010 because they have not handed in the immunization data, physical exam forms, or dental exam forms. All of these are required for entry and are needed as soon as possible, please.

Thanks very much,

Mrs. Daniels



SFPTO Photo Gallery

Photos are ready to view and purchase for the following events:

- ◆ Spring Fair
- ◆ Father/Daughter Winter Ball
- ◆ Mother/Son Sporting Event
- ◆ Seussical Jr. Play
- ◆ Welcome Back Picnic
- ◆ Breast Cancer Awareness Walk
- ◆ Bingo Night

To easily access the SFPTO Photo Fundraiser web site just click on the URL below or copy/paste the URL in your web browser.

- ◆ www.shutterfly.com/pro/SolFeinstonePhotoFundraiser001039760776/SFPTO
- ◆ The password is **SFPTO** and must be in capital letters.
- ◆ You DO NOT need to register to use the site
- ◆ The site and order process is **completely secured** by Shutterfly
- ◆ A portion of your purchase will go directly to the Sol Feinstone PTO
- ◆ Have fun ordering all types of products:
 - Photos
 - Mugs
 - Playing cards
 - Puzzles and more!

Thank you for supporting our community.

Note:

- ◆ All photos will be posted to the SFPTO Photo Fundraiser website as soon as possible after each school event is completed.
- ◆ In addition, photos will be removed from the site at the end of each school year.
- ◆ All questions can be directed to sfptoweb@yahoo.com

