



The Owl's Hoot

Sol Feinstone
Elementary School
PTO Newsletter

January 2010

PRESIDENT'S MESSAGE

Happy New Year! Hopefully you all had a fun Winter Break and are ready to return to the normal routine. Fund-raising finished the year strong with a successful "Shop Hop" that raised \$800. Thanks to Lori Gettis and Kim Smith for their hard work on this innovative new idea. In addition, the Market Day Cookie Dough sale was a great success as the school ordered more than 250 boxes of cookies and made more than \$1000! Many thanks to Clancy Strobel! These funds are so important in our continuing efforts to

strengthen our school through initiatives such as the Artist in Residence Program, Assemblies, Field Trips, Grade Level Enhancements, Teacher Appreciation, Teacher Wish Lists, and Visiting Authors, to name a few. We thank our parents and teachers for your generosity and participation in these optional Fundraising events.

January 11-14 will be Council Rock Education week. While you are coming in to visit your children's classrooms, our Hospitality committee

Continued on page 2

Reminders

1/4	School reopens
1/7	PTO Meeting
1/11-14	CR Education Week
1/15-1/18	School closed
1/29	Mother/Son Event @ NAC

January's Words to Learn by:
Improve, Be Understanding, and Encourage

FROM OUR PRINCIPAL: JOHN HARLAN

Dear Parents,

Happy New Year! Welcome to a new decade and of course, the promise and hope of a new year. January is a busy month for us at SFE. Not only are we slowly acclimating ourselves back into the rigors of the school

year but we would like to cordially invite you all to Council Rock Education Week. Council Rock Education Week is a unique opportunity for you to visit your child's classroom and observe different parts of the school day. Whether it is

Continued on page 2

Inside this issue:

Counselor's Corner	3-4
Notes from the Health Office	5
PTO Bulletins	6

FROM OUR PRESIDENT (continued)

will be busy behind the scenes providing refreshments. If you would like to help out, please contact Betsy Kruse.

Our Mother/Son Sports Night will be held on January 29th at the Newtown Athletic Club (NAC). This fun night of friendly competition will allow Mother/Son teams to participate in many events including tug-of-war, an obstacle course, and scooter races.

Please make sure to register early since space is limited and will be handled on a first-come/first-served basis. Please see the PTO Website for more details.

Enjoy January!

Jennifer Ceslak
SFPTO President

FROM OUR PRINCIPAL (continued)

reading or writing workshop, an engaging math lesson or a hands-on science experiment, you will enjoy this chance to go "back to school" and see what fun your children are having each day at SFE. During your visit, make sure to check out how the smart board technology is being used in your child's classroom. You will be amazed! Finally, don't forget to sign-up for a workshop or two. Mark it on your calendar... Council Rock Education Week will take place

during the week of January 11th to the 14th. Please continue to read my weekly newsletter and our SFE homepage to find out more detailed information about the week. We'll see you soon and once again, welcome to 2010!

Best wishes for a safe, healthy, and Happy New Year,

Mr. Harlan



HAPPY NEW YEAR!!

Taming Tempers

(This is an edited version. The Compete article can be found on my web page. <http://www.crsd.org/5192092882418763/site/default.asp> –Craig Miller)

Parents expect temper tantrums from 2-year-olds, but angry outbursts don't necessarily stop after the toddler years. Older kids sometimes have trouble handling anger and frustration, too.

Some kids only lose their cool on occasion. But others seem to have a harder time. Kids who tend to have strong reactions by nature will need more help from parents to manage their tempers. Controlling outbursts can be difficult for kids — and helping them learn to do so is a tough job for parents. Try to be patient and positive. Know that these skills take time to develop and that just about every child can improve with the right coaching.

A Parent's Role

Some days keeping the peace while keeping your cool seems impossible. But whether you're reacting to an occasional temper flare-up or a pattern of outbursts, managing your own anger when things get heated will make it easier to teach kids to do the same. While your own patience may be frayed by angry outbursts, opposition, defiance, arguing, and talking back, it's during these episodes that you need your patience most. Of course you feel angry, but what counts is how you handle that. Keeping your cool and calmly working through a frustrating situation lets you show — and teach — appropriate ways to handle anger and frustration.

What You Can Do

Regulating emotions and managing behavior are skills that develop slowly over time during childhood. Just like any other skills, your kids will need to learn and practice them, with your help.

Kids whose temper outbursts are routine may lack the necessary self-control to deal with frustration and anger, and may need more help managing those emotions. These steps may help:

- ◆ **Help kids put it into words.** Find out what's wrong. If necessary, use a time-out to get your child to settle down or calmly remind about house rules and expectations — "There's no yelling or throwing stuff; please stop that right now." Remind your child to talk to you without whining or yelling. Once your child calms down, ask what got him or her so upset. By doing this you help your child put emotions into words and figure out what, if anything, needs to be done to solve the problem.
- ◆ **Listen and respond.** Once your child puts the feelings into words, it's up to you to listen and say that you understand. While acknowledging your child's feelings, it's important to make it clear that strong emotions aren't an excuse for unacceptable behavior. "I know you're mad, but it's still not OK to hit." Then tell your child some things to try instead.
- ◆ **Create clear ground rules and stick to them.** Set and maintain clear expectations for what is and what is not acceptable

Continued on page 4

Coping Strategies for Kids

Kids who've learned that it's not OK to yell, hit, and throw stuff when they're upset need other strategies for calming down when they're angry. Offer some ideas to help them learn safe ways to get the anger out.

- ◆ **Take a break from the situation.** Tell your kids that it's OK to walk away from a conflict to avoid an angry outburst. By moving away, a child can get some space and work on calming down.
- ◆ **Find a way to (safely) get the anger out.** You can suggest some good ways for a child to vent. Doing a bunch of jumping jacks, dancing around the bedroom, or going outside and doing cartwheels are all good choices. Or your child can choose to write about or draw a picture of what is so upsetting.
- ◆ **Learn to shift.** This one is tough for kids — and adults, too. Explain that part of calming down is moving from a really angry mood to a more in-control mood. Instead of thinking of the person or situation that caused the anger, encourage your son or daughter to think of something else to do. Suggest things to think of or do that might bring about a better mood. Your child may feel better after a walk around the block, a bike ride, playing a game, reading a favorite book, digging in the garden, or listening to a favorite song. Try one of these things together so you both experience how doing something different can change the way a person feels.

Most kids can learn to get better at handling anger and frustration. But if your child frequently gets into fights and arguments with friends, siblings, and adults, additional help might be needed. Talk with the other adults in your child's life — teachers, school counselors, and coaches might be able to help, and your child's doctor can recommend a counselor or psychologist.

Original source – Kidshealth.org

NOTES FROM THE HEALTH OFFICE

January 2010

Physical and Dental Forms Due NOW!!

Dear Parents,

Kindly note that physical and dental forms are due **NOW** for this school year. Reminder letters have been sent, but we still have no response from many parents. Please review the requirements below.

If your child is in one of the categories listed below, and they have had a physical or dental exam within the last year, you may submit a form dated from **that** appointment, **OR**, for your convenience, we can now also accept a note from **you**, stating the date of your child's last physical or dental exam, with the name and phone number of the doctor or dentist. Please note that these parent notes are subject to confirmation with the doctor or dentist listed, and the appointment dates must be within the last year.

****6th GRADE PARENTS PLEASE ALSO NOTE:** To maximize your doctor visit-the immunization requirements for entry into 7th grade in September 2010 include:

- * **dose of meningitis vaccine**
- * **additional TDap**
- * **two doses of Varicella vaccine or history of Varicella**
- * **three properly spaced Hepatitis B doses**

Parents are asked to remember, as in previous years, that field trip privileges and possibly final report cards, may be withheld if the required forms and/or parent's note are not received in the Health Office.

The Pa state law requirements are as follows:

PHYSICAL FORMS-are required for the following:

- * **K or 1st grade** (the year of entry into school)
- * **6th grade**
- * **All out of state transfers this year**

DENTAL FORMS- are required for the following:

- * **K or 1st grade** (the year of entry into school)
- * **3rd grade**
- * **All out of state transfers this year**

Your prompt response to this reminder would be very much appreciated. For your convenience, forms may be accessed and printed from the 'nurse' webpage on the SFE school website. And, the forms may be faxed to the school (215-944-2497). Lastly, the forms are also available on the shelves immediately outside the Health Office.

Thank you,
Mrs. Daniels

PTO BULLETINS

January 2010



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:

Evan Erman	Christopher Farese	Fausto Gomez
Josiah Hampshire	Zachary Newman	Kalieggh O'Donnell
Monica O'Donnell	Noah Pellen	Shayna Pellen
Matthew Roda	Morgan Rogerson	Lauren Sichel
Morgan Schimek	Emily Walther	Kristi Wenger

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

Cash Back Program

Beth Mullen (brmullen@yahoo.com)

Marie Kiefer ([kiefertfamily9@comcast.net](mailto:kieferfamily9@comcast.net))

Congratulations to the 3rd Grade on winning the Fall Box Tops Contest.

Lucky 3rd graders:

Angelina Hachoose (Mrs. Stanojev),

Jake Myers (Mrs. Stanojev), and

Kory Zlock (Mrs. Rodgers)

got to rule the school with Mr. Harlan.

Thanks to all who participated. We raised nearly \$1,000 for the school with just this contest.

Be sure to keep saving **Box Tops**, **ACME receipts**, and **Labels for Education**. We'll be having another contest after Winter Break.