FROM MRS. PECAITIS:

The Kid's Heart Challenge was held at James Gettys School on October 18. It was a very positive event and we had a beautiful day! Rice Fruit Company donated apples for each student, the teacher Cheer and Care October group added some very healthy snacks to help keep the teachers healthy, and all James Gettys students, parents, and teachers participated in the Kid's Heart Challenge activities. The students learned about heart-healthy choices to keep their hearts healthy and valuable information to share with their families and friends. James Gettys School raised a total of $5,327 for the American Heart Association. Thank you to all of the families and staff that supported this healthy heart event!

From the secretaries

We would like to thank you all for your patience as we both learn the ropes here at James Gettys. Just a friendly reminder when writing notes please include first and last name of student. We wish you all a great month and a blessed holiday!!

Just to review Attendance Policies:

Please send in a note within 3 days of absence. If your child has 3 unexcused absences, you will be required to attend an attendance improvement meeting. If your child is absent from school 10 or more days he/she will be required to provide a note from a doctor for any further absences or tardies.

FROM THE PRINCIPAL:

On January 2nd James Gettys will welcome their new principal - Mr. Ted Wells - who comes to us from Nevada!

Please be sure to welcome him when you see him in his new office!

Mrs. Royek will be off to her new endeavors and leaves with thanks and many memories of the James Gettys Students who are really what makes this school great!
SCHOOL CLOSINGS / DELAYS:

We are at that time of year when inclement weather may occur. In the event of a school closing or delay an automated call will be placed to your child’s primary phone number on file. This information may also be found on the school’s website.

**Spirit Week Dec. 16th – 20th**
- Monday- Let it Snow (wear white/snowman)
- Tuesday- Polar Express (wear holiday pjs)
- Wednesday-Grinch (wear green/grinch)
- Thursday-Rudolph (wear antlers/red nose, etc)
- Friday-Santa hats and other festive wear!

**KAT TESTING:**
KAT testing will be conducted Jan.27th-Jan. 31st by parent volunteers. “Permission to test” forms will be sent out the week we return from winter break. Only students with parent permission will participate in testing. Any student who participates will be invited to an afterschool movie. Any Student receiving 100 % will be invited to the Knowledge Masters dinner. Please contact Sarah Kirk with any questions: sarah3dragonflies@gmail.com.

**The Giving Tree**
James Gettys will once again have the Giving Tree in our lobby. This year we would like to donate to the Gettysburg Cares Shelter. This is a shelter where individuals/families find rest on cold nights. Unfortunately, during the day, they are out walking in the cold. We are asking for a donation of a $5 Starbucks gift card to be handed out at the shelter. What a great way to bring warmth and rest on a cold winter day. Each family donating will have a star hung on the tree in their honor. Please send in donations by 12/20/19.

**The Adams Rescue Mission food drive is going strong!** Thank you to all that have donated so far. The last day to drop off items is Dec. 13. All items donated are greatly appreciated and will help feed the homeless and needy men, women and children throughout Adams County. Items especially needed include: Mayo,Mustard,Ketchup, BBQ sauce and Worcestershire sauce. We still have bags available in the office if you need one please stop by.
During the Knowledge A Thon Assembly the students at JGE learned how to earn tickets for following our S.T.A.R. expectations. Those include Safe Choices, Taking responsibility for their own behavior, Achieving, and Respecting Themselves, peers, the environment and all adults. All adults in the school and on busses have tickets to share with students who are following S.T.A.R. expectations.

Each Friday, classroom teachers will randomly pull a name from their classroom jar of tickets that have been earned. These students will be celebrated by having their names read during morning announcements and also their names will be displayed on the lobby bulletin board for the week.

Each month, 2 students will be chosen by classroom teachers to be the class Shining Star and class Rising Star. A Shining Star is a student who consistently follows the S.T.A.R. expectations and the Rising Star is a student who has been noticed to be working towards meeting those expectations. These students will be recognized at a monthly assembly and will have their pictures added to our S.T.A.R. bulletin board in the lobby. In addition, they will earn a special activity/treat.
SOCIAL EMOTIONAL LEARNING (SEL) AT JGE

As defined by the Collaborative for Academic, Social and Emotional Learning (CASEL), Social Emotional Learning is Social and emotional learning (SEL) “is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions” (http://www.casel.org/what-is-sel/). The impact of SEL extends beyond improving the emotional self-regulation, quality of relationships, and responsible decision making in the personal and social domains of students’ lives to the future career domain as well. In October of 2018, the Pennsylvania Department of Education (PDE) introduced “PA Career Ready Skills” (PA CRS). These skills align very closely with SEL competencies and are as follows:

- Self-Awareness and Self-Management
- Establishing and Maintaining Relationships
- Social Problem Solving-Skills

PDE reports, “working in teams, solving problems, and communicating effectively are among the principal skills that employers seek in their future employees. Preference for these skill sets are not only valued at the national level: locally, Pennsylvania’s executive-level leaders in education, business, workforce, and community development advocate for high school graduates to hold these skills, as well as technical skills, to be well prepared for the demands of the 21st century workforce.”

At JGE, our SEL takes the form of the Incredible Years curriculum in kindergarten and 1st grade and the Zones of Regulation in grades 2-5. In future newsletters and in handouts that will be sent home with your children, you will learn more about the concepts, skills, and strategies that your students are learning and I would encourage you to review and practice those in your families.

SAVE THE DATE: JGE CAREER DAY IS MAY 15TH

More information will be coming early next year regarding this event, but please consider volunteering to share your career story with our 3rd – 5th grade students at our Career Day this year!
NOTES FROM THE NURSE:

Between colds, coughs and stomach bugs, kids get sick frequently. So, when symptoms like a runny nose or stomach pain hit, it may be difficult to decide when you should keep your child home from school. While school policies may not always feel convenient, it's important to remember that they are in place to keep your child healthy. In general, you should keep your child home from school when they have any of the following symptoms or illnesses:

- Fever
- Vomiting
- Diarrhea
- Certain illnesses and rashes like chickenpox, measles, or hand, foot and mouth disease.

**A child should stay home with a fever, which is a temperature of 100 or higher.** GASD requires that children be fever-free for 24 hours before returning to school. Do not treat a fever with fever-reducing medications and then send your child to school. Most likely, the fever will return while they are at school and you'll receive a call to pick them up early.

Parents might be surprised to learn that a diagnosis of head lice is not a reason to stay home from school. Colds, coughs and sore throats are common in kids, and do not require that children stay home from school or daycare, especially if symptoms are mild. **However, if cold symptoms include a fever, or if a cough is excessive enough to disrupt their learning, you should keep your child home to rest.**

When your child can go back to school will vary depending on what symptoms or type of illness your child experienced. **Children can return to school when they tolerate liquids and solid food without vomiting.** A child may go hours without vomiting if they haven't eaten, but as soon as they eat or drink, they get sick again. Wait an hour after a child vomits to let the stomach calm down and then give them sips of water. If they can hold water down after an hour, progress to more liquids, or something bland to eat, like a cracker or piece of toast. If they can eat without vomiting, children are then fine to return to school.

We know that getting sick is never convenient. A health care provider or school nurse can help you distinguish some illnesses and when your child is no longer contagious. We encourage you to reference GASD’s health policies for more guidelines.

Have a Happy, Healthy Holiday Season!

Melissa Weikert
School Nurse Ext. 1227

PROPER HAND HYGEINE IS THE BEST WAY TO PREVENT THE SPREAD OF GERMS