



Hello JGES Families,

As we head into March, I hope this newsletter finds all of our families in good spirits and in good health.

This time of year, often brings excitement as we look forward to putting the cold and snow behind us and eagerly look forward to the possibilities that lay ahead with the coming of spring. Before we “spring forward” though, it is good to reflect on the many great things that happened at our school this past month.

First and foremost, our students have been doing a fantastic job with the WARRIOR expectations and continue to reach the goal of filling our collection jar full of Warrior Keys. Our students continue to amaze me with their courageous efforts each and every day. Please congratulate them on their efforts as we are all very proud of them!

As we look ahead to March, in this newsletter you will find important dates and information that detail more of what is upcoming this month. Please take some time to read over the newsletter, and if you don't already, follow the GASD Facebook page for news and information about what is happening in our district and school. Parents, if you will be enrolling a kindergarten student for this upcoming 2022-2023 school year, you will want to pay close attention to the information on the GASD website.

Please read the following page containing information on the JGE PTO Math-a-thon. That is happening now!

Finally, please don't forget that Sunday March 13th is daylight savings where we will spring forward our clocks one hour. That is really exciting as then Spring truly, is just around the corner!

Sincerely,

Mr. Wells



# JGE Math-a-thon

## 2/7/22 – 3/17/2022

Our yearly Knowledge-a-Thon fundraiser has been changed slightly to a Math-a-Thon.

### **What is a Math-a-Thon (MAT)?**

Students will be working towards mastery of math facts. Each grade level will be provided with math flashcards to practice what the grade level teachers have chosen. Fifth graders will also have weekly practice papers and Math vocabulary. Students will have a few weeks to practice these at home and then will be tested on these facts during school.

**All students are expected to participate; however, fundraising is voluntary.** Any student who achieves 90% - 100% on the MAT test will be invited to a special after school event.

### **Why should my student raise funds for MAT?**

The money that is raised from MAT supports many school programs and activities. Some of these include field trips, RIF, Artist in Residence, Holiday Craft Day, Family Bingo Night, the Science Fair, May Fair, and Teacher Appreciation Week. While some of these events haven't been held due to COVID, our hope is that they can return soon! In addition to helping our school raise money, students will earn great prizes.

### **Dates to remember:**

**February 7<sup>th</sup>**- Kick-Off Assembly at school & MAT packets sent home

**March 7<sup>th</sup> -11<sup>th</sup>**- MAT testing in school

**March 14<sup>th</sup>**- MAT Donations and Pledge Sheets Due

**March 15<sup>th</sup>** - \*MAT 90% - 100% Event for grades K-2 after school 3:30 – 5:30

**March 17<sup>th</sup>** -\*MAT 90% - 100% Event for grades 3-5 after school 3:30 – 5:30

**\*Students who are eligible will stay after school and need picked up at 5:30 pm**

**\*Permission slips will be sent home after testing and must be returned in order for your student to attend the event**

Questions or want to help? Contact:

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**Allison Symmes [aesymmes@gmail.com](mailto:aesymmes@gmail.com)**



March is National Nutrition Month, here is a helpful tool to help children enjoy and want to eat healthy. Healthy eating habits can help improve immunity, something we can all use and maintain a healthy weight. Warmer days are just around the corner, Happy Spring!

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#### Smart Snacking Tips for Kids

Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals. It helps to plan and portion out snacks in advance. Kids will usually only need 2 or 3 snacks daily, and these should be provided at least one hour before meals. It is recommended that snacks (and meals) be eaten in an area without distractions. So, avoid snacking while watching TV or when using other electronic devices. Better yet, let the kids help prepare the healthy snacks. **Here are a few easy, tasty (and healthy) snacks to help get you started. Adults may need to help with some of these.**

Find more healthy eating tips at:  
[www.kidseatright.org](http://www.kidseatright.org)

- **1. Parfait:** Layer vanilla or plain low-fat yogurt with fruit and dried cereal.
- **2. Toast a whole grain waffle** and top with low-fat yogurt and sliced fruit or smooth nut butter.
- **3. Blend low-fat milk,** frozen strawberries and a banana for thirty seconds for a delicious smoothie.
- **4. Sandwich cut-outs:** Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
- **5. Mini-pizza:** Toast a whole wheat English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
- **6. Frozen treats:** Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups and freeze for a tasty treat.
- **7. Quesadilla:** Sprinkle shredded cheese over a corn or whole wheat tortilla; fold in half and microwave for twenty seconds. Top with salsa.
- **8. Spread hummus** on a tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
- **9. Stuff a whole-grain pita pocket** with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
- **10. Microwave** a cup of tomato or vegetable soup and enjoy with whole grain crackers.
- **11. Make a mini-sandwich** with tuna or egg salad on a dinner roll.
- **12. Microwave a small baked potato.** Top with reduced-fat cheddar cheese and salsa.
- **13. Spread celery sticks** with smooth nut butter or low-fat cream cheese. Top with raisins. Enjoy your "ants on a log."
- **14. Dip slices of fruit** or whole-grain graham crackers into low-fat vanilla pudding or yogurt.
- **15. Inside-out sandwich:** Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
- **16. Rocky road:** Smear low-fat chocolate pudding on a whole grain graham cracker, then top with a marshmallow.
- **17. Sprinkle cinnamon** on unsweetened applesauce and enjoy with a whole grain graham cracker for a taste similar to apple pie.
- **18. Make your own fruit roll-up** by pureeing fruit and either baking it in the oven or by using a dehydrator.
- **19. Bake homemade chewy granola bars** using whole-grain oats and dried fruit.



All school menus are available on the James Gettys Homepage or at the following links:

<https://www.gettysburg.k12.pa.us/site/handlers/filedownload.ashx?moduleinstanceid=1256&dataid=10622&FileName=March%20Elementary%20Breakfast.pdf>

<https://www.gettysburg.k12.pa.us/site/handlers/filedownload.ashx?moduleinstanceid=1256&dataid=10623&FileName=March%20Elementary%20Lunch.pdf>



- March 7 - MAT Testing
- March 8 - MAT Testing
- March 9 - Group Class Pictures / MAT Testing
- March 10 - MAT Testing
- March 11 - GAEA Casual Day / MAT Testing
- March 14 - MAT Donations and Pledge Sheets due
- March 15 - MAT 90%-100% Event for Grades K-2 after school 3:30-5:30
- March 16 - Work out Wednesday, dress ready to workout
- March 17 - Theme Thursday, Wear Green for St. Patrick's Day /  
MAT 90%-100% Event for Grades 3-5 after school 3:30-5:30
- March 18 - No School
- March 24 - Marking Period ends
- March 25 - Amazing Warrior Assembly-Wear your James Gettys Gear
- April 5 - Fine Arts Night, Grades K, 2 and 4 - 6:15
- April 7 - Fine Arts Night, Grades 1, 3 and 5 - 6:15
- April 12 - 4th/5th Grade Band/Orchestra Concert 7:00 - GAMS Auditorium

**Kindergarten registration begins online on March 7, 2022.**

**Kindergarten Registration:** Gettysburg Area School District invites parents of children who will be 5-years-old before September 1, 2022, to register their child for kindergarten.

**Grades 1-12 Registration:** Registration for the 2022-2023 school year will begin in March 2022.

For additional questions, [click here](#).



## JAMES GETTYS STUDENTS ARE AMAZING WARRIORS

**#Be Here**

**#Be Committed**

**#Be Involved**

**#Be Kind**

On March 1 we held our Amazing Warrior Assembly to recognize students from each grade level who were nominated by their teacher. These students showed outstanding STAR behavior. This month we are focusing on **#Be Here** and **#Be Kind** in addition to the STAR rules.

Listed below are some ways that you can help model and reinforce these areas at home:

- **Hold the door for someone**
- **Greet people**
- **Smile**
- **Use kind words like please and thank-you**
- **Tell someone to “Have a nice day”**
- **Ask someone if they need any help**
- **Go for a walk together**
- **Play a board game**
- **Have a screen-free evening**
- **Read a book together**
- **Write a note to a friend or family member**

Random and small acts of kindness can have long-lasting effects on everyone! Spending time together and being present (**#Be Here**) helps to build strong bonds!