

KINDERGARTEN
REGISTRATION 21-22

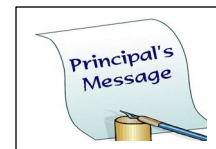
Gettysburg Area School District invites parents of children who will be 5-years-old before September 1, 2021, to register their child for kindergarten.

Kindergarten registration begins online on March 8, 2021. Please visit the link below for additional information and to complete the registration process.

[Kindergarten Registration Link - https://www.gettysburg.k12.pa.us/domain/651](https://www.gettysburg.k12.pa.us/domain/651)

Health Room

In accordance with the Department of Health guidelines, we will be performing vision and hearing screenings during the months of March and April. Vision screenings will be completed for students in grades K-5. Hearing screenings will be completed for students in grades K-3. All necessary COVID precautions will be taken as we complete this process.



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 STAR expectations and once again reached the goal of filling our collection jar full of Courage Keys. In this unprecedented year, our students continue to amaze me with their courageous efforts each and every day. To celebrate their accomplishments, fun was had by all as the students took part in the schoolwide reward and participated in a virtual BINGO game. Parents, thank you for your efforts in supporting these efforts and reinforcing the STAR expectations at home. Please congratulate your student(s) on their efforts as we are all very proud of them!

A perfect conclusion to our PBIS efforts for the month of February and keeping with our school wide theme of Courage was a virtual visit from our Lt. Governor’s wife, second lady Mrs. Gisele Fetterman. We were honored to have Mrs. Fetterman virtually read the book “Dreamers” to our students. After reading, Mrs. Fetterman answered questions from our students and shared her story of learning English.

Throughout the month of February our school buzzed with other exciting events including our schoolwide Kids Heart Challenge week where our students wore Red and learned that “love” and “kindness” is good for your heart. First graders in Mrs. Raffensperger’s class took part in a collaborative library activity where the students incorporated science, technology, engineering, and math as they made slides showing what they learned about Penguins. In Mrs. Arentz’s fifth grade class, students celebrated Valentine’s Day with a LOVE for science as they enjoyed working with a Borax solution to create crystals. This is just a sampling of the fun and learning that occurred in our in-person and GASD online classes. February may be the shortest month of the year, but our school was definitely packed with excitement!

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 2021-2022 school year, you will want to pay close attention to the flyer that is included.

Finally, please don’t forget that Sunday March 14th 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



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. As always continue to wear a mask when you leave the house, wash your hands and maintain social distancing. Warmer days are just around the corner, Happy Spring!

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.**

- **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.
- **20. Whip up mini-muffins** using healthy ingredients, like whole grain flours and pureed fruit.


Find more healthy eating tips at: www.kidseatright.org
www.eatright.org/nutritiontipsheets



James Gettys Students and Families did an amazing job supporting the Kids Heart Challenge! We have raised over \$6,000 for the American Heart Association.

Grade level Amazon Card winners will be announced soon, and the top fundraiser.

Most importantly, all students were able to participate in the event and learn about healthy heart choices!

Thank you with a grateful  ,
 Mrs. Pecaitis



GASD elementary school counselors are pleased to announce that a virtual career day will be held this Spring. We are looking for family and friends of the GASD community to create a 5-10 minute video that would include:

- important aspects of their job
- training and/or education needed for their job
- how good character traits, work habits and "people skills" contribute to success in the workplace
- how reading, writing, math and/or science are used in their job

Last year was our first *virtual* career day and we learned that there are some advantages to this format. Students enjoyed seeing in the videos (that we can't always see in face-to-face presentations) the actual workplace, tools and equipment used, products being created, services being provided, construction sites, etc. This is also a great opportunity for presenters who normally would not be able to get time off to attend a career day in-person to help students learn about their jobs.

Please use the link below to sign up to be a presenter at this year's GASD Elementary Career Day. Please feel free to contact any of the elementary school counselors with any questions.

<https://forms.gle/rwFLb8114nWEQApo6>

Denyel Effinger, FTE School Counselor, deffinger@gasd-pa.org

Amanda Staub, LE School Counselor, astaub@gasd-pa.org

Gavin Hogg, JGE School Counselor, ghogg@gasd-pa.org



March 10: Spring Picture Day

March 14: Daylight Savings Time "Clocks Spring Forward"

March 11: Theme Thursday, Super Hero Day

March 19: No School for students

March 17: Wear Green

March 25: Theme Thursday, Dress Up day