



The Rising Star

Swarthmore-Rutledge School

Home of the Panther Cubs!

Volume 13, Issue 6

February 2007

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FROM THE PRINCIPAL'S DESK

Dear SRS Families:

SRS recently held its first annual Bully Awareness Week. The week started off with a school-wide kickoff assembly on Monday, January 22nd. On Thursday, January 25th the Walnut Street Touring Company performed the play "The Boy Who Cried Bully." The Spice Route Ensemble performed at a special assembly program on Friday, January 26th.

Here are some student comments regarding Bully Awareness Week:

- "What I liked about Bully Prevention Week was that they showed us in a fun way what you should not do."
- "I learned what to do if you get bullied or see someone get bullied."
- "Last week we learned how not to bully people so our school can be a nice place and people in the world can learn to be nice to each other, too. I'm new at SRS and I can have lots of friends here."
- "The ideas that were presented this week were really important."
- "We should try to stop bullying if we see it."
- "I learned that if you are being bullied, you need to go get help."
- "I liked the Spice Group Ensemble. They had great rhythm, and it was really cool to learn the different languages."
- "I really liked the play the 'The Boy Who Cried Bully.'"

Our students learned to recognize what bullying is, strategies to use in response to being bullied and the important responsibility that we have as “bystanders” who might observe someone being bullied. These concepts were taught through skits, stories, classroom lessons and special informational PA announcements throughout the week.

All of this is done with the hope and confidence that our students will gain an understanding of these concepts by learning a higher level thinking skill---perspective taking. Perspective taking requires the development of compassion and empathy, the ability to understand and care about another person’s feelings.

Here’s wishing you and yours all the best in 2007!

Gary Davis
Principal

MEGAN'S LAW WEBSITE

Parents and caregivers in the SRS community can access Megan’s Law website at www.pameganslaw.state.pa.us. It is a valuable source of information.

Dear SRS Community,

As we begin the month of February, we have a few SRS H&S activities to reflect on and a few to look forward to in the weeks ahead.

All who were able to attend the January 10th H&S meeting received a very informative Power Point presentation and lecture by Steve Goldfield on the proposed changes for the funding of public education in our school district. Steve is an expert in tax laws and the funding of public education. He is also a patient teacher of these complex issues to the H&S audience, some of whom have a good understanding of what the proposed changes mean and some of whom are very new to this topic. We thank Steve and all those who were able to make it for their time and attention.

We are thankful for our successful first annual “Bully Awareness Week” at SRS. The faculty received instruction from the Olweus group throughout the year on this very important topic and will be focusing on helping the students to be aware of bullying in all its forms, and finding strategies to eliminate it. There is a great emphasis nationally, on addressing the issue of “bullying” in our schools, and we are fortunate to be able to provide a curriculum that includes this topic in a very creative way. The entire student body enjoyed an assembly presentation of “The Boy Who Cried Bully” on January 25, 2007 which was funded by SRS H&S Association. Be sure to ask your children what they thought of the presentation, as I am sure we will want to continue as an H&S community, to support the faculty and curriculum in addressing the bullying issue in the future.

By the time this issue of the Rising Star reaches you, you will have received your child’s report card, which was issued on January 26, 2007. That means we have passed the half-way mark for the 2006-2007 school year, which is hard to believe!

February has been a fun month, which began with Bingo Night on Friday February 2, 2007. This was a fun and spirited night of bingo, pizza and prizes for the kids...”spirited” means quite lively. The kids had great fun at this event, and pizza and drinks were available.

We also enjoyed a nice break from the regular routine with a long weekend on February 16-19 with school closed for an in-service day on the 16th, and Presidents’ Day on the 19th.

Thank You,
SRS H&S Association Co-chairs
Kate Dickey, dickeysw@aol.com
Beth Resweber, sresweber@pol.net

SRS Staff Spotlight
Featuring Jill Brook

Interview by Ruthie Cohen

1. How many years have you been working at SRS? This is my 9th year.
2. What are your main interests besides teaching? Reading, knitting, hiking, walking while listening to National Geographic podcasts and hanging out with my husband and our four cats.
3. Why do you like teaching fourth grade? Talking to nine and ten-year-old children has always been very enjoyable to me. They make me smile a lot which makes me feel happy inside.
4. What is your current favorite book? I recently reread *Uncle Tom's Cabin* by Harriet Beecher Stowe which I enjoyed immensely. I thought about it every day while I was reading it and imagined the scenes over and over in my mind.
5. What were your hobbies as a child? As a child I had a very large doll house which my grandfather built for me. Out of spare scraps of fabric that I found here and there I handmade the bedding, the curtains, the rugs, the dolls' clothes, and the carpets. I loved working on it. As well, I started baking when I was 3 years old and still enjoy baking today. I also made little crafts for my family members, such as small cross-stitch projects.
6. What college did you go to? From Temple University I received a Bachelor of Science and from Chestnut Hill College a Master of Science.
7. If you had to teach a grade other than fourth, what would it be? I would really like to try teaching kindergarten someday.
8. What did you do in your spare time as a child? I spent most of my spare time outside playing with friends and riding my bicycle. I would stay out until the very last moment of light. I grew up behind a huge field and got as much use out of it as a child could.
9. Did you have an inspiration to become a teacher? Yes, I did. My great aunt, Sister Mary Lawrence, who is now 90, founded a school for children with Down syndrome. I spent a great deal of time at the school as a child playing with the children and eating lunch with them. One time while having lunch I noticed a child about to hurt himself and helped him. At that point I decided that I wanted to be a teacher.
10. What was your favorite book as a child? *Anne of Green Gables* - by L. M. (Lucy Maud) Montgomery.

Parent Survey Results

Last Spring, Home and School prepared and sent out a comprehensive survey to get parent feedback regarding the following categories at SRS: Fundraising to Support Programming, Programs to Enrich Curriculum and Student Life, Communication Tools, and Events/Activities to Build Community. One hundred and seventy two surveys were completed and returned for analysis. This was a tremendous response, thank you! The data has been helpful to H&S in regards to adjusting our budget, evaluating the effectiveness of our current fundraisers and determining the best way to communicate information from school to you at home. A summary of the survey results follows:

Fundraising to support the enrichment programs is summarized by the bar graph. The graph suggests that the Book Fair and Sally Foster Gift Wrap are two of our more popular and successful fundraisers. Additional data suggests that the Kids Art Note Cards, Silent Auction, and the Book Fair provide the most worthwhile products. According to the table, sixty nine percent of you feel as though the number of fundraisers is just right.

The feedback regarding the funding of programs designed to enrich curriculum and student life can be summarized as follows: on average, twenty-seven percent feel that more money needs to be allocated to science, math, classroom start-up and the teacher initiative fund. On average, forty-nine percent feel as though the monies allocated toward the classroom start-up, teacher initiative fund, art, social studies, math, science and poetry are just right. And on average, forty-four percent feel as though too much money is allocated toward funding speaker and poetry programs.

The data suggests that the best way to communicate with you is by providing information home in the backpack as well as providing it electronically. Fifty-one percent responded that by receiving it both ways is most beneficial. In addition, eighty-six percent responded that they do receive the broadcast emails. Both pieces of data were informative and helpful in getting the new SRS website up and running this year. Information can be posted on the web site confidently knowing that its use is an alternative and functional way to provide necessary information. We hope its use continues to grow.

The survey results regarding events and activities are summarized in the bar graph. It suggests that the Back to School Picnic, Fall Fair/Book Swap, and the Family Dinner Event (e.g., Cinco De Mayo this past year) are the most popular. Additionally, the data suggests that on average, seventy percent feel that the Blue Rocks Game, Bingo Night and the Family Dinner Event are worthwhile activities.

Home and School is grateful to those of you who took the time to provide feedback. Again, thank you.

Kate Dickey Co-Chair

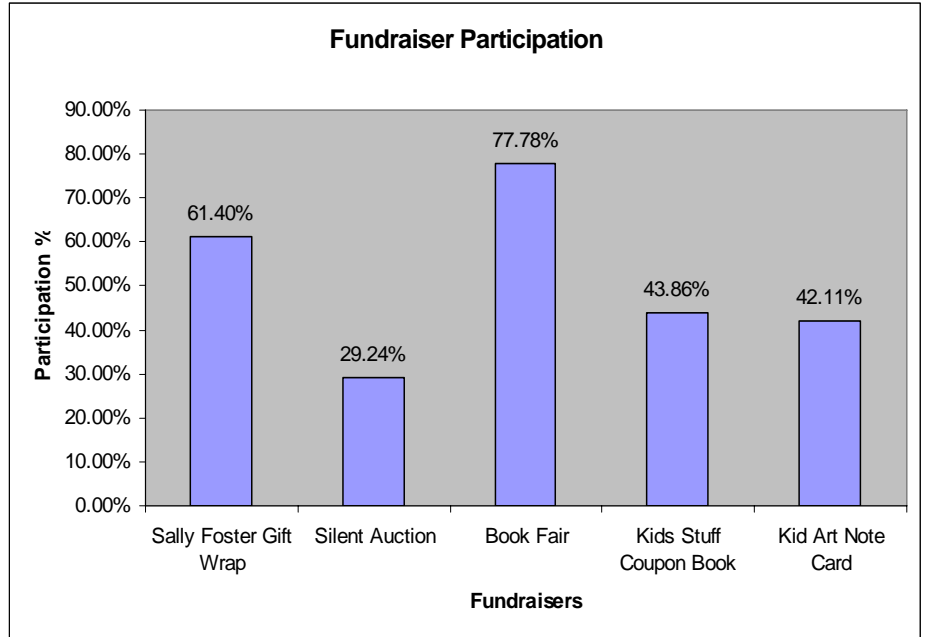
Beth Resweber Co-Chair

Sharon Mester and Beth DeBruyn

GRAPHS : Parent Survey Results

Fundraiser Participation

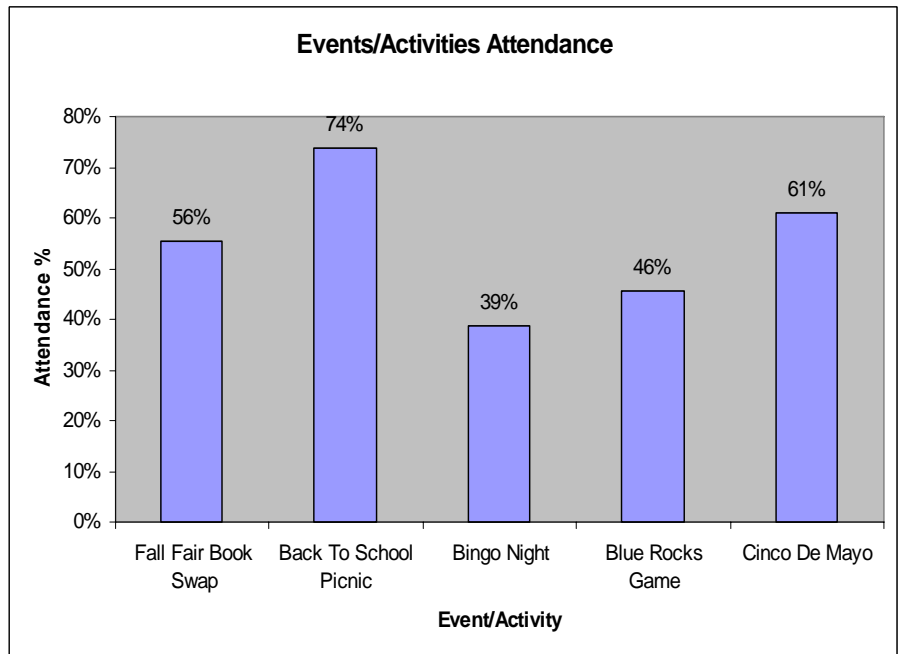
Sally Foster Gift Wrap	61.40%
Silent Auction	29.24%
Book Fair	77.78%
Kids Stuff Coupon Book	43.86%
Kid Art Note Card	42.11%



Number of Fundraisers	Total
Too Few	1.75%
Just Right	69.01%
Too Many	23.39%
No Response	5.85%

Events and Activities Attendance

Fall Fair Book Swap	56%
Back To School Picnic	74%
Bingo Night	39%
Blue Rocks Game	46%
Cinco De Mayo	61%





NEWS FROM THE HEALTH OFFICE

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PHYSICAL ACTIVITY

Childhood obesity in the United States has become an epidemic in the last 2-3 decades. Currently, one child in five is overweight. The increases in obesity in both children and adolescents have occurred in all ages, races and gender groups. Obese children and adolescents are at risk for type 2 diabetes, high cholesterol, high blood pressure, sleep apnea, orthopedic problems and low self-esteem.

Besides healthy eating, regular physical activity has immediate and long-term health benefits. Active children are more likely to become active adults. The Center for Disease Control (CDC) recommends children and adolescents participate in at least 60 minutes of physical activity most days of the week, preferably daily. Keeping children physically active during the cold weather season may be challenging. To make exercise fun, think of activities that your child would enjoy. The following are some activities your child may want to try:

- ice skating
- roller skating
- bike riding
- jumping rope
- basketball
- bowling
- martial arts or gymnastics class
- hiking through the park or a brisk walk at the mall
- walking the dog
- dance class or dancing to music at home
- playing hide and seek indoors
- ping pong
- cleaning (cleaning their room, helping to fold clothes, sweeping, vacuuming or picking up toys)

Children and adolescents who are just beginning to be physically active should start out slowly and gradually build to higher levels in order to prevent risk of injury or feel defeated. Parents can set a positive example by leading an active lifestyle and making physical activity a part of their family's routine. Encouraging physical activity and limiting television and video game playing will have beneficial effects that will last a lifetime.

Mary Kristal CSN
Judy Young RN

The Silver Fork/Golden Spoon Award

Recently, a new innovative program was started at SRS positively targeting appropriate cafeteria behavior. It is called The Silver Fork and Golden Spoon program. Sue Riches and Kate Wise are responsible for implementing the program at SRS. The way that it works is each week classes are recognized for following the cafeteria rules. For example, remain seated while eating, keep voice at conversational level, clean-up after yourself, push in your chair, etc. On Friday, the staff responsible for supervising the cafeteria decides which class or classes deserve the award and a Silver Fork with written notification is placed in the teachers' mailbox. Typically, 2-3 classes have been identified and given the award weekly. On Monday, announcements are made. So far, it appears to be working beautifully and a real competition is developing among classes because at the end of the year, the class with the most Silver Forks will be awarded the Golden Spoon.



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Submit materials to:

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Attendance Line:
610-544-5702

Check out our Website!

<http://wssd.org/>
(click on SRS)

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*A proud member of Wallingford-
Swarthmore
School District*



Dates to Remember

** PLEASE REMEMBER THAT ALL ENTRIES FOR THE RISING STAR ARE DUE IN BY THE 20TH OF EACH MONTH.

- *2/23: Jump Rope for Heart
- *3/14: SRS H&S Mtg - 7:30PM
- *3/20: Everyday Math Mtg - SRS - 7:30p

Rising Star Needs You!

Interviews of a staff member of SRS are needed for the Rising Star for March through May. Students can do the interviews alone or with a friend. Please send me an email (rdgenter@aol.com), call me (484-477-3905), or send me home a note via backpack express. Notes can be sent by Bryan Boyer (Ms. Benson's class).

