

The Rising Star

Swarthmore-Rutledge School

Home of the Panther Cubs!

Volume 14, Issue 6

February 2008

February 2008 FROM THE PRINCIPAL'S DESK

Dear SRS Families:

January was a busy month at SRS. We came back from the winter break and tried to get back into the routine of school and simultaneously get ready for special events like the Winter Concert. Year after year, Mr. Shaull and Miss Suarez bring out the best in our students. That's exactly what they did this year. I was very proud of the SRS orchestra, band and fifth grade chorus. They did an outstanding job.

On Thursday, January 17, 2008, the students, staff, and parents of Swarthmore-Rutledge School celebrated Martin Luther King, Jr. Day by re-enacting the 1963 March on Washington. Because of inclement weather, instead of marching to the Lang Performing Arts Center on the Swarthmore College campus as planned, the SRS community marched through school hallways and around the SRS campus. Afterwards, we marched back into the school and into the SRS auditorium for a special Martin Luther King, Jr. assembly program.

Fifth grade student speakers—Virginia Foggo, Emily Harkness, Phoebe Richardson, Kaitlin Graham, Caroline Shaffer, and Luke Clements—recited sections of King's historic "I Have a Dream" speech.

Our students learned that King's words and actions exemplify the cornerstones of the SRS community: manners, kindness, courage, and self-control.

Special thanks should be given to SRS teachers Jennifer Kennedy and Pat Hacik who spearheaded this initiative with the assistance of their colleagues, Pat Cronin, Noreen Gaynor, and Carrie Saunders.

Calling all panther cubs.... On Friday, January 25, SRS students and family members were invited to attend Swarthmore-Rutledge School Night 2007-08 at SHHS. SHHS's varsity boys' basketball team played Ridley High. SRS alumni among the SHHS cheerleaders and the boys' varsity basketball team were recognized. The final score was Ridley 64, SHHS 57.

The following SRS fifth graders did a wonderful job singing the National Anthem at Friday's basketball game: John Bucci, Abby Dawes, Alia Federico, Shannon Flynn, Jamie Funk, Natalie Goldfield, Emily Harkness, Julianna Harris, Anne Homans, Emma House, Angela Ianello, Anna Jaoudi, Maddie Martin, Katie Rutkowski, Bridget and Katie Sherry, Derek Sonntag, Ellie Stief, and Ella VanLangerveld. They were led by student conductor Andrew McGuire.

Our fifth graders looked very sharp dressed in black and white. This was a wonderful way of fostering closer school community ties and helping our students develop a connection to Strath Haven. Special thanks to Mrs. Liz Corson, one of our new fifth grade teachers, for preparing these fifth graders for this event!

During the months of February and March, I will be having lunch time conversations with representatives from each 3rd-5th grade classroom. These "Chat and Chew with the Principal" meetings are a way for me to develop stronger relationships with our students. These conversations help me to find out what's on some of our students' minds.

With the recent frigid weather conditions, we have been having a number of indoor recesses. We know that many of our students want to go outside. Each day our school nurse monitors the weather channel and makes the determination as to whether it's safe for our students to go out for recess based on district guidelines. Students are allowed to come back into the building and warm-up if they feel uncomfortable. Please help us by making sure that your child comes to school dressed appropriately for the weather.

Sincerely yours,

Gary Davis
Principal

Home and School Meeting, Wednesday, February 13, 2008, Presentation on Learning Styles

Breaking the Code: Discover How Your Child Learns...the Natural Way

Every child has a unique personality and a distinctive way of learning. What about yours? More of a planner or discoverer...talkative or reflective...practical or imaginative?

Find how to recognize individual "type" differences and adapt to kids' natural learning styles.

Be ahead of the learning curve!

Nancy Clifford, M.A., Life/Reinvention Coach and Writer, has over 30 years of experience teaching, counseling and consulting with people seeking self-knowledge and ways to utilize their signature strengths. She brings her knowledge of personality and temperament to the issue of learning style differences in elementary-age children

February 2008

Dear SRS Community,

What a full year we have had so far! We want to take a moment to thank everyone for supporting our many events and fundraisers. We couldn't do it without you.

We experimented with two daytime Home & School meetings and were thrilled to see so many new faces. The January meeting was full of many spirited discussions. Be sure to check out the meeting summary in this issue or visit www.srskids.org for a full copy of the minutes. We hope you will join us for a special presentation at our next meeting on **Wednesday, February 13 at 7:30pm** in the Library. Find out how to recognize and adapt to kids' natural learning styles with Nancy Clifford, M.A., Life/Reinvention Coach and Writer.

Every year our families look forward to BINGO Night. A special thank you goes to Alisa Liu, Jill Gaiieski, Caroline Reeves and Christine Stockman for organizing another hugely successful evening. We appreciate the continued support of our local businesses for the prizes and the gift certificates as well as all the families that donated raffle items and baked goodies.

If you haven't already attended, find out what you're missing at Swarthmore Recreation Association's Family Roller Skating nights. It's a great way to get some exercise in the winter, so be sure to join your classmates and friends Thursdays through March 27 from 6 to 8 p.m. at CN Skate Palace in Aston. Cost is \$5.00 including skate rental

Hola! Bon Jour. Sound familiar? Seven classes are currently running in our new after school foreign language program including French, Arabic, Mandarin and Spanish. Eighty five students in grades 1-5 are attending Session 1, and registration information for Session 2 will be sent home in early February. These classes would not be possible without the coordination efforts of Swarthmore College Professor Carina Yervasi. Bravo!

As many of you know, our Hands On Science after school program is coming to a close at the end of this school year. If you have a science and/or teaching background, please consider joining a group of parents interested in providing quality science enrichment to students in grades 1 through 5. Contact Linnette Reilly reilly.4@verizon.net for more information.

Finally, we hope you all will contribute your opinions to the School District survey being conducted on issues such as program, instruction and school climate. The survey is available at www.wssd.org under "On-Line Survey" or you can access it by visiting www.srskids.org. Surveys should be completed by February 8.

As always, our doors are always open. Feel free to contact us with your thoughts or concerns.

Linda Martin (lindadmartin@aol.com)
Beth DeBruyn (beth@bethandchris.com)
Co-Presidents, SRS Home & School Association

Home and School January 9, 2008 Monthly Meeting Minutes

Once again, Home and School met during the daytime in January. February's meeting will move back to the evening at 7:30 p.m. in the SRS Library.

In support of Martin Luther King, Jr. Day, SRS held an excellent school-wide assembly on January 8. Then, on January 17, SRS kids marched around the school property, ending the auditorium to hear a presentation of Dr. King's "I Have a Dream" speech and to sing "Lift Every Voice."

Dr. Davis presented a funding request for two school assemblies, and Home and School approved funding the program called Quiet Riot, with assurances that their message will blend with SRS' four cornerstones.

On behalf of SAC, Linda Armour reported that SAC conducted a survey of parents who were Swarthmore College professors and whose children attended SRS. SAC will now try to match a teacher wish list with a list of college professors who might be able to assist. SAC is also exploring how to better prepare incoming first grade parents about the multi-age classrooms.

There was a discussion around the need to better plan for our budget and allocate money ahead of time for next year as opposed to considering ad-hoc requests.

Remember that Bingo night is coming on February 1st and there are 2 sessions, one from 5:30 – 7 p.m. and one from 7:30 – 9 p.m. Admission is \$5 and \$3, with pizza, drinks, and a bake sale at the event.

Hands on Science has folded and Home and School, in conjunction with Mark Linkins, is exploring other science enrichment activities in the schools. If anyone would like to serve as a coordinator for a science enrichment program, please let the co-presidents of Home and School know.

The fifth grade will sing at the Wilmington Blue Rocks game in April.

Alumni Supporting Kids (ASK) is a new organization of district alumni who are raising funds to support children so that they can take part in enrichment opportunities that they otherwise couldn't do because of financial constraints, travel limitations, or other barriers. It is estimated that about 150 children are eligible to receive funding from ASK in all three elementary schools. Besides money, ASK is soliciting volunteers to drive, be a mentor, and do other support activities. So far, ASK has raised \$4,200 and is creating a database of great opportunities for kids and resources that have offered discounts. For more information, email elizabeth.orye@verizon.net

Remember – next Home and School meeting will be at 7:30 p.m. on February 13, 2008 in the library.

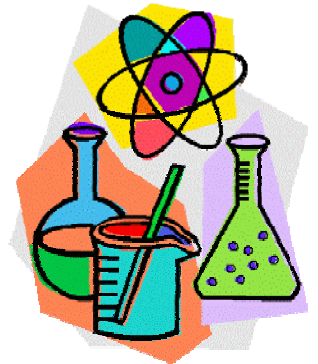


Your hard work is paying off! SRS was just issued a check for \$765.92 from Box Tops for Education. That reflects the earnings from clipping box tops, bonus box tops (awarded on the bottom of grocery store receipts) and from shopping the Box Tops for Education Online Marketplace.

In addition, a submission was just made for the Acme receipt program. We should soon be awarded a check for \$288.66.

Keep up the good work by clipping box tops, saving your Acme receipts and shopping online at www.boxtops.com . Also, if you haven't already done so, be sure to register your Genuardi's card (or other credit cards) through www.escrrip.com .

Looking for a way to make a difference in your son's or daughter's extracurricular experience at SRS? Then consider joining a group of parents interested in providing quality science enrichment to students in grades 1 through 5. If you have a science and/or teaching background and would like to be involved in developing an after school program to start next fall, please contact .Linnette Reilly at (610) 876-7260 or reilly.4@verizon.net.



The Forgotten Country

"Sleep is the forgotten country and is not getting the attention it merits. It plays out in the home, in the pediatrician's office, and in school. Sleep is an important factor in the lives of children."

Mary A. Carskadon, PhD

Children aren't getting enough sleep, and many parents do not identify their children's sleep problems as an issue that should be addressed. Add to the mix that doctors often aren't asking enough questions about their young patients' sleep. These are some of the major findings in the 2004 Sleep in America poll, the first nationwide survey on the sleep habits of children and their parents.

The National Sleep Foundation commissioned WB&A Market Research to conduct a national survey of adults living in the United States who have a child present in their household age 10 and younger. The primary objective of this poll was to describe children's sleep habits and sleep problems.

- Infants get 12.7 hours, when experts recommend that from 3-11 months they should get 14-15 hours.
- Toddlers get 11.7 hours, when 12-14 hours are recommended for children aged 1-3 years.
- Preschoolers get 10.4 hours, while it's recommended that children 3-5 years of age should average 11-13 hours.
- School-aged children (1st through 5th grades) get 9.5 hours, but experts recommend 10-11 hours.

Other major findings of the 2004 *Sleep in America* poll:

There is an apparent gap between whether parents/caregivers **think** their child gets enough sleep and what s/he actually **gets**. A majority of parents/caregivers says their child gets the "right amount" of sleep; however, comparing the number of hours they think their child should sleep with the number of hours they report the child actually sleeps, it is clear that many children are getting much less.

About one in ten parents/caregivers think his/her child has a sleep problem, characterized by such symptoms as the child **not getting enough** sleep, taking **too long to fall asleep**, **waking up during the night**, appearing **sleepy or overtired during the day**, and/or **snoring**. However, in contrast, **69% of all children experience one or more sleep-related problems at least a few nights a week**.

Of those who consume caffeine, nearly three-quarters are school-aged children (73%) and 27% are preschoolers. Consuming caffeine can have a negative impact on children's sleep. According to the poll data, children who drink caffeinated beverages sleep less than those who don't.

Another significant finding was the number of children who have television sets in their bedrooms:

Children Who Have TVs in Their Bedroom

- Infants: 20%
- Toddlers: 18%
- Preschoolers: 30%
- School-aged: 43%

"Shorter sleep time is associated with more TV watching," says Mary A. Carskadon, PhD, a member of the Poll Task Force. "It's impossible to say which is the chicken and which is the egg, but it does raise a red flag about TV sets in bedrooms. The bottom line is that the association with reduced sleep is something parents should consider when furnishing their children's bedrooms."

Other findings:

The sleep habits of children have a direct impact on the adults caring for them. Parents/caregivers whose children get the least amount of sleep are twice as likely to say they sleep less than six hours a night.

"Sleep issues are often more difficult to deal with than many other family problems," says Dr. Mindell (Children's Hospital of Philadelphia). "At night, when everyone is exhausted, patience has decreased, and being consistent is difficult. In addition, one child's sleep problem can affect not only the parents, but also siblings, so now the whole family is up in the middle of the night."

Members of NSF's Poll Task Force expressed some concern about the need for pediatric healthcare practitioners to ask their patients (or their parents) about their sleep. Although many parents or caregivers say their child's doctor asked them about their child's sleep (from 38% for school-aged children to 60% for toddlers), fewer have been asked by the doctor if their child snores.

"In 2002, the American Academy of Pediatrics issued guidelines recommending that every child be screened for snoring as part of a regular health exam," notes Ronald D. Chervin, MD, a Poll Task Force member. "The poll indicates that only 28% of school-aged children are asked about snoring.

"It's important to understand that sleep apnea affects 1-3% of children, and more subtle problems with breathing during sleep may affect many others among the 10% or more of all children who snore regularly," he adds. "These disorders could have important consequences on daytime cognition, behavior and development. Therefore, it's important to discuss warning signs when children visit their doctors."

"I would like to see physicians spend as much time educating their patients about sleep as they do about other health behaviors, such as adequate nutrition," says Dr. Mindell. "Pediatric health practitioners should be sending the message to their patients that sleep is important. If children are asked about sleep by their doctor it will help stress that the development of healthy sleep habits is essential."

For the complete Summary of Findings, go to www.sleepfoundation.org and click on the *Sleep in America* poll graphic.

NSF Issues A Call to Action

In light of the findings from the 2004 *Sleep in America* poll, the National Sleep Foundation makes the following recommendations for parents and caregivers:

Make sufficient sleep a family priority. Understanding the importance of getting enough sleep and how sleep affects the overall health of parents and children is the first step towards making sleep a family priority.

Parents/caregivers need to determine the amount of sleep each family member needs and take steps to ensure their individual needs are met. Every family member must make a good night's sleep a regular part of his/her daily schedule.

Embrace good sleep habits. Regular bedtime routines, creating a quiet and comfortable bedroom, and adhering to appropriate bedtime and wake times can go a long way to better sleep. Televisions and computers need to be out of the bedroom and caffeine should not be part of a child's diet.

Learn to recognize sleep problems. The most common sleep problems in children include difficulty falling asleep, nighttime awakenings, snoring, stalling and resisting going to bed, having trouble breathing, and loud or heavy breathing while sleeping. These sleep problems can be evident in daytime behavior such as being overtired, sleepy or cranky.

Talk to your child's doctor about sleep. Parents/caregivers should discuss their child's sleep habits and problems with their child's doctor, as most sleep problems are easily treated. Healthcare professionals must regularly ask about a child's sleep.

Materials prepared by SRS parent:

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Source: National Sleep Foundation



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Check out our Website!

<http://wssd.org/>

(click on SRS)

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Swarthmore
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Dates to Remember

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

- *2/1: Family Bingo Night at SRS – 5:30pm
- *2/12: School Advisory Committee Mtg. (7:30pm)
- *2/13: SRS H&S Mtg – Library – 7:30pm
- *2/15: IN-SERVICE DAY – NO SCHOOL
- *2/18: NO SCHOOL – PRESIDENTS' DAY
- *2/29: Jump Rope for Hearts – All Day

Calling All Reporters!

Reporters are needed to Interview a staff member or community member of SRS for the remaining editions of the Rising Star. Students can do the interviews alone or with a friend. Please send me an email (rdgenter@aol.com), call me (215-327-7866), or send me a note via backpack express. Notes can be sent by Bryan Boyer (Ms. Benson's class). Remember the deadline for entries is the 20th of the month.

