# OEES TERROR TIMES Stay informed. Stay connected. APRIL 2024

# PRINCIPAL'S CORNER:

Dear OE Families,

I hope you all had a fantastic spring break filled with relaxation, fun, and cherished moments with loved ones. It's amazing how quickly time flies, and it's even harder to believe that we now have only nine weeks left in the school year. Keeping students motivated and focused during this time of year can be difficult. Please continue to encourage your child to get enough sleep at night and be prepared for each and every school day.

As we approach the final stretch of the school year, state testing is right around the corner for students in grades 3-6. It's important to help students prepare for state testing effectively. Here are some tips to support them during this critical time:

- 1. **Promote Healthy Habits**: Make sure your child gets plenty of rest, eats nutritious meals, and engages in physical activity leading up to the tests. A healthy body and mind are essential for optimal performance.
- 2. **Offer Emotional Support**: Acknowledge your child's feelings of anxiety or stress about the tests and provide them with reassurance and encouragement. Remind them that they have been preparing and are capable of doing their best.
- 3. **Stay Positive**: Maintain a positive and supportive mindset throughout the testing period. Celebrate your child's efforts and progress, regardless of the outcome.
- 4. **Remind Them It's Not Everything**: Finally, remind your child that while state testing is important, it is just one measure of their abilities. Encourage them to do their best but also remind them that their worth is not determined solely by their test scores.

This month we also begin planning for summer school which is being offered to students in K-6. Morning sessions will be held every Monday through Thursday from June 17<sup>th</sup>-July 18<sup>th</sup>. Summer school is a fantastic opportunity for all students since it can provide a valuable platform for growth and development. Students are able to brush up on key skills, stay in a routine throughout the summer months, and expand their knowledge in math and reading. More information about our summer program will be sent home soon! Stay tuned...

Speaking of summer... We here at OEES are ready for some sun and warmer temperatures! Spring-like weather is upon us which means students will be wearing more spring/summer like attire. Please review our school dress code policy with your children to ensure they are properly dressed for school. The policy can be found in our student calendar.

Finally, as we begin our last marking period of the 23-24 school year, please don't hesitate to contact your child's teacher or the office if you have any questions or academic concerns. As always, thank you for being our partners in this important work.

## —Mrs. Nichole Garthwaite



Emmitt VanAlstyne Garrett Breese Kacelyn Johnston Kallen Givan Riley Tanner Claire Henretta Peyton Baker Avery Austin Savannah Marrone Caroline Goodwill Jacob Taylor Shelby Preston Emily Densmore Kohen Pantuso



## NURSE'S NOOK:

#### **Food Allergies Are Serious**

Food allergy is a serious and potentially lifethreatening medical condition affecting 32 million Americans. One in every 13 children has a food allergy—that's about 2 in every U.S. classroom. And every 3 minutes, a food allergy reaction sends someone to the emergency room.

#### What Causes a Food Allergy?

The job of the body's immune system is to identify and destroy germs (such as bacteria or viruses) that make you sick. A food allergy happens when your immune system overreacts to a harmless food protein—an allergen.

In the U.S., the eight most common food allergens are milk, egg, peanut, tree nuts, soy, wheat, fish and shellfish. Food allergies are not the same as food intolerances. Food allergies may occur in response to any food, and some people are allergic to more than one food. Food allergies may start in childhood or as an adult.

All food allergies have one thing in common: They are potentially life-threatening. Always take food allergies—and the people who live with them seriously!

https://www.foodallergy.org



Due to the Solar Eclipse on Monday, April 8<sup>th</sup>, students will be released an hour early. Dismissal will run as follows: Elementary dismissal: 1:40 pm High School dismissal: 1:55 pm Pre-K PM dismissal: 2:15 pm

## LIBRARY CORNER:



THE BOOK FAIR IS COMING!! MAY 13<sup>th</sup>- MAY 17<sup>th</sup>

**PSSA TESTING GRADES 3-6** 4/23 - 4/25- **ELA** (AM only) 4/30- 5/1- **Math** (AM only) 5/2 **Science (\*grade 4 only)** 



### Sale ends April 10<sup>th</sup> \*\*Please contact Mrs. Amanda Tanner if you have any questions. <u>atanner@ottoeldred.org</u>