



McQ News

McQuiston Elementary School
2021-22 School Year
April 2022




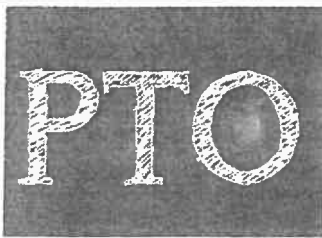
five BELOW Shop & Donate
April 4-10 at the Butler Crossing location. 10% of your purchases will be donated to the McQuiston PTO. Just take in the flyer that was sent home with the students, or be sure to mention the fundraiser for McQuiston PTO. This is a great opportunity to shop for Easter, and support our PTO!

Important Dates
4/5- PTO Meeting 6pm
Cafeteria
4/7- Skate Night 6:30-8:30pm
Skate Castle
4/15- 4/18- Spring Vacation
4/20- Science Fair
4/20- Jump Night 6:30pm
Altitude Trampoline Park
4/29- Mother/Son Dance 6-8pm

Sarris Candies Fundraiser
Order now through April 10, 2022! Order at SarrisCandiesFundraising.com, group ID 10-0759.

YEAR BOOK
Last chance to order your 2021-2022 McQuiston Yearbook! All orders are due by 4/2! Order online today at ybpay.lifetouch.com using ID Code 10398122. Pricing is \$20.00 for the book with the option of adding a personalized cover for \$5 or a zoom current events insert for \$2. Place your order now so your student will have memories to last a lifetime!

 Our annual Basket Raffle is coming up on May 18th, during the Spring Open House. The PTO would like to collect donations for theme baskets per grade, and they are welcoming donations of theme baskets from families as well. Detailed information will be sent home soon!



Happy Spring!

It feels great to see the sunshine and know that summer is right around the corner. The school year isn't quite over yet though and we have lots of fun in store for the last two months of the school year!

In February we had a marvelous Father Daughter dance and now it's time for the Mothers and Sons to GLOW. We hope many can join us for another great family memory making occasion!

Our Science Fair will be held this month, also. Get those kiddos experimenting and gathering their data to present their projects soon. This is always a great learning process for the students that participate!

Keep in mind we are still running our Sarris candy fundraiser for some great Easter candy. This is online only and a great way for family and friends both near and far to support our school. Plus, it's extra delicious!!

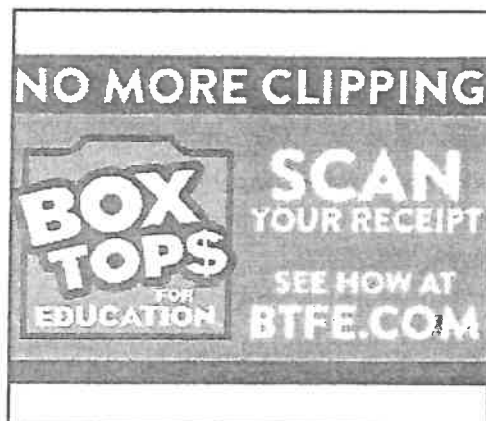
Please continue checking our Amazon wishlist. There are many supplies needed for the classrooms to finish the year well!

Plans are well on their way for our end of the year events that include the Basket Raffle, Luau, and Field Day. We will need lots of help at each of the events, so please let us know if you're able to volunteer!

Our next PTO meeting will be held on April 5th at 6pm in the school cafeteria. Please remember that everyone is welcome, but please be extra mindful to supervise your children if they need to attend with you.

If you have any questions, comments or suggestions, please contact us at McQuistonPTO@gmail.com or Kelly Ruby directly at kellyron3311@yahoo.com or phone at 724-496-1571. You can also follow us on Facebook at McQuiston PTO to stay up to date on all the upcoming events at McQuiston!!

Kelly Ruby, Chrissy Pollock and Melanie Kovach



Turn your Coca-Cola product purchases into donations to McQuiston. To donate, visit coke.com/give/schools, select McQuiston Elementary and scan or enter product codes from participating Coca-Cola products. Get started today!

Don't Stress the Test!

By Mrs. Schnur

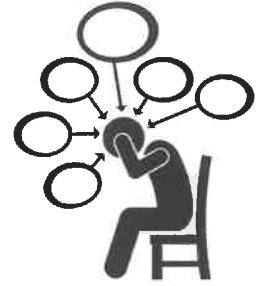
McQuiston's third and fourth graders will be taking their PSSA's later this month. ELA Testing will be the first PSSA tests given, and they will be administered on April 25, 26, and 27th.

Whether it is a longer testing situation like PSSA's or a weekly spelling test, tests can make students nervous. It's normal to be a little nervous, but it's also important to know how to relax so that we don't allow ourselves to get too stressed.

As our bodies get nervous, we may notice signs of stress that may include: headaches/dizziness, a pounding heart, tense muscles, sweaty hands, jittery legs, tight muscles, or butterflies in the stomach.

As we become aware of our bodies' signs of stress, there are things that we can do to help calm those nerves. These are some ideas that may be helpful for stress relief for test day (or any day).....

1. Be prepared. If students know that they have prepared as much as possible, they can have more confidence to do their best. (Teachers have been working with students to be prepared for PSSA's).
2. Get a good's night's rest (sticking to a calm bedtime routine) before test days.
3. Have a good breakfast on test days.
4. Use positive self-talk and visualization. (Tell yourself that you are ready and picture the testing going well).
5. Take slow, deep breaths. (There are many breathing techniques and apps).
6. Tense and then relax muscles from head to toe.
7. Rub your neck and shoulders to relieve tension in those areas.
8. Take some sips of water or chew some gum or candy (mints are often helpful).
9. Get some fresh air when you get a chance. (Taking a walk is a great stress reliever).
10. Listen to some favorite calming music.
11. Get some exercise.
12. Read an interesting book or get your mind on something else that takes your mind off what's stressing you.
13. Stretch. (Head tilts, shoulder rolls, back arches, are all easy stretches that students can do at their seats).

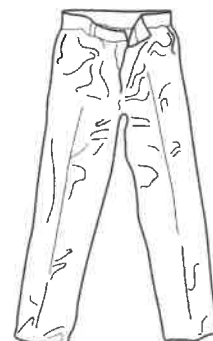


Doing a little spring cleaning?



The nurse's office is in need of the following:

- Boys Pants – Sizes 4T- Boys 16/18
- Boys Shorts – Sizes 4T- Boys 16/18





On May 18th, we will have our Spring Open House/Remake Learning Night from 5-6:30PM. The activities will be hands on and make-and-take, so we need help with collecting materials. Please consider donating the following:

**Empty Pringles Can
Cotton balls
Colorful pom poms
Thick rubber bands
Pennies
Wooden skewers
Straws
Balloons
Double A batteries
Pipecleaners
Spaghetti
Marshmallows
Unsharpened pencils
Duct tape**

**Also, during the month of April we will be collecting paper towel rolls to use for maker projects. The class who collects the most will win a LEGO reward!
Donations are needed by May 1st to allow us to put together the supplies
for each room.
Thank you!**