

# Leighton Elementary Circular

March 2023  
Volume 1, Issue 7

To keep our school safe, any adult entering the building must provide a government issued ID to the secretary. Thank you for your cooperation in keeping our students and staff safe!



## Principals' Piece

March is upon us and we're coming to the completion of the 3rd marking period at the end of the month. It's hard to believe that we've made it out of winter and into the spring season. There are a few things to keep in mind as we look at the month of March:

- The temperatures can still be very cold this month. Please remember to dress appropriately for the weather. Teachers will try to take the kids outside for recess depending on the elements. It is important to wear the proper clothing as you come into school, play outside, and embark on the voyage home. If you are in need of a jacket, there are some donated jackets in the office. Interested parents should contact the guidance office if a jacket is needed. It is recommended that you write your child's name on all/any clothing items that go on-and-off so that if misplaced on our "lost and found" they can be returned.
- Attendance is critically important to the success of students in the classroom. All students should come to school regularly each day with a positive attitude towards learning. If your child has a fever, is vomiting, or has bowel issues please keep them home to recover. When the child returns to school a valid school excuse should be completed by a parent or guardian. Although the preferred method for school absentee excuses should be done online, you can fill out a physical school excuse blank or written note. We do ask that you continually communicate with your child's teacher as to any absence.
- All students coming into school must be inside of the building no later than 8:25 am. Anyone coming to the building after that time is considered late and must be accompanied by an adult and signed into the office.
- March 17, 2023 is an in-service day for teachers and a day off of school for students.
- The PTO meeting this month will be held on March 14, at 6:30 pm in our school café. Please consider coming to a meeting as we discuss important school events that will benefit your child, including our main fundraiser, "The Race for Brilliance."

# Staff Shout Out



Say hello to our 5th grade team! Pictured are: Mr. Rabenold, Mrs. Ruppell, Miss David, Mrs. Crossley, Mrs. Foberg, Mrs. Cordes, Mrs. Lorenz, Mrs. Basiak, Mrs. Crum, Mrs. Schnell, Mrs. Willet, Mrs. Zettlemoyer.

Ms. Boaz

K-2 Guidance Counselor  
610-377-7880 ext. 4144  
mboaz@lehighnton.org

Ms. Lindh

3-5 Guidance Counselor  
610-377-7880 ext. 4130  
dlindh@lehighnton.org

## Counselors Corner

This month on the K-2 side, we want to focus on positive affirmations and motivation. Our SEL lessons will be geared towards promoting positive thoughts, ways to show kindness, and helping ourselves remain motivated to do our best each day.

This past month Ms. Lindh has been helping students learn ways to be more organized, and in turn reduce stress and increase success. We completed a brief questionnaire about things we have learned in our guidance lessons. For March we will be dealing with study skills, handling test anxiety, and self control.

For Kindness Week, staff donated money to Family Promise of Carbon County.

## Health Room News

### IMPORTANT REMINDERS!!!!!!

- Cold and flu season is upon us. Please practice proper hand washing with your child to help reduce the spread of germs.
- Also, please remember, a fever of 100.0 or more, vomit or diarrhea requires a child to be symptom free for at least 24 hours before returning to school.
- Please do not forget to fill out an electronic excuse blank if your child is absent: <https://www.lehighnton.org/domain/634>

Mrs. Haydt, nurse  
mhaydt@lehighnton.org  
610-377-7880 ext. 4148



The nurses have started vision screenings. Please check your child's backpack for a letter from the health room if further evaluation is needed.





### Learning by doing:

(top left) Snowman creations and wax paper skating!

(top right) Guest speakers came in to speak about dental health and life experiences being blind.

(bottom left) Celebrating the 100th day of school as Eagles and Chiefs rivals before the Super Bowl!











# LEC Monthly Calendar

Lehigh Area School District [www.lehighton.org](http://www.lehighton.org) Click for Parent Portal or enter <https://powerschool.lehighton.org/parent/home.htm>  
3 Indian Lane Lehigh, PA 18235 Phone: (610) 377-7880 Fax: (610) 377-0908

## Lehigh Area Elementary Center

March 2023

## 4 Day Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Early Dismissal: April 5 at 1:05 PM (unless 4/6 is needed as a makeup day) Spring Break: April 6 (tent. makeup day) - 10 PTO Daddy/Daughter Event: April 14 PSSA Dates: ELA (3rd, 4th, 5th): April 24-26 Math (3rd, 4th, 5th): May 1-2 Science (4th): May 3-4</p>			1 - Day 3	2 - Day 4 Science Explorers Wear Red/Blue for: 	3 - Day 1	4 Read Across America Week 
5 <b>Library Coin Challenge</b> March 6-10 	6 Day 2 Motivate yourself to read-wear a readable shirt  Pennies PTO Event Plan. Mtg. 6-8	7 - Day 3 Get lost in a good book - wear camouflage Good News Club  Nickels PTO Race Acct. 6-8	8 - Day 4 Wacky Wednesday - wear mismatched clothing  Dimes PTO Event Plan, Mtg. 6-8 PM	9 - Day 1 Reading Gives You Superpower - wear superhero clothing Science Explorers Quarters PTO Race Acct. 6-8	10 - Day 2 Hats off to Reading - wear a crazy or favorite hat Any denomination including bills!	11
12	13 - Day 3 PTO Event Plan. Mtg. 6-8 School Board Workshop 7 PM	14 - Day 4 Music in Our Schools Assembly (4th/5th gr) Good News Club PTO Mtg. 6:30 PM PTO Race Mtg./Acct. 5:30 PM	15 - Day 1 Pre-K Open House 4-6 PM	16 - Day 2 Spring Pictures  Science Explorers PTO Race Acct. 6-8	17 Act 80 Day No School for Students 	18
19 <b>Book Fair</b> March 20-31 	20 - Day 3 <b>Motivational Monday</b> PTO Event Plan. Mtg. 6-8	21 - Day 4 Good News Club PTO Race Acct. 6-8	22 - Day 1 <b>Book Fair Family Night 5-7:30 PM</b> PTO Event Plan. Mtg. 6-8	23 - Day 2 <b>SOM</b> PTO Race Acct. 6-8	24 - Day 3	25
26 Kindergarten Registration/Assessment: Mar 27 - April 4, 2023	27 - Day 4 School Board Mtg. 7 PM PTO Event Plan. Mtg. 6-8	28 - Day 1 Good News Club	29 - Day 2 SOM PTO Event Plan. Mtg. 6-8	30 - Day 3 Science Explorers	31 - Day 4 PTO Mother/Son Event 6-8 PM	

Primary (Pre-K - 2nd grades) Principal: Mr. Aaron Sebelin

Intermediate (3rd - 5th grades) Principal: Dr. Mark McGalla

## IMPORTANT!

The PSSA tests will be done on the mornings of April 24, 25, 26, and May 1, 2, 3, 4. Parents-please try to avoid trips and appointments on these mornings.

A reminder to parents - if your student is absent, please send in an electronic or paper excuse blank within 3 days of your child returning to school. If it is past those 3 days, it can become an unlawful UNL absence. If you have any questions or concerns, please feel free to contact the guidance counselors.

## Nutrition News



Please continue to check your child's lunch account for an updated balance. If you have any questions or concerns about breakfast or lunch, please contact our lunch staff at [kkoehler@lehighton.org](mailto:kkoehler@lehighton.org).

# Practice Mindfulness



As our students have been learning about mindfulness in their guidance lessons, we encourage you to practice too! The calendar below gives you simple daily tasks to encourage mindfulness and help everyone live a happier and kinder life together. Encourage your child to do these with you too! Our staff have been practicing these calendars as well to encourage the same at school.

Positive mind.  
Positive vibes.  
Positive life.



Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today  
[dayofhappiness.net](http://dayofhappiness.net)

27 Appreciate nature around you, wherever you are

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



ACTION FOR HAPPINESS

Happier · Kinder · Together



# PTO News



The PTO is busy planning fun activities coming up! Keep a look out for information on the Mother/Son event on 3/31 from 6-8pm. Also, continue to encourage family and friends to donate using the fliers that were mailed out. The more donations we receive, the more events we can provide for all of our students and families!

Interested in volunteering? Come to the EC Cafeteria on the following dates and times:

- General Membership: 3/14 @ 6:30pm
- Race for Brilliance: 3/7, 3/9, 3/16, 3/21 and 3/23 @ 6pm  
3/14 @ 5:30pm
- Event Planning: 3/6, 3/13, 3/20 and 3/27 @ 6pm



Clearances must be updated at central admin. All volunteers must bring a valid driver's license to every event.

## FID Day Reminders



- FID stands for "Flexible Instructional Day" and are completed virtually
- Teachers in Grades K-2 will post assignments on SeeSaw by 8:30 am
- Teachers in Grades 3-5 & Encore will post assignments on Canvas by 8:30 am
- Students are expected to submit completed assignments by the end of the school day: 3:10 pm
- Teachers will provide office hours to be available to meet virtually and help with any questions

## Important Links

[Elementary Center Website](#)

[PowerSchool](#)

[Excuse Blanks](#)

[Free/Reduced Lunch Application](#)

[Daily Bulletin](#)

[Menus](#)

[Lehighton School District Website](#)

[District Calendar](#)