

Dear CVE Families,

Message from Mr. Womer- Spring is in the air, and it's hard not to feel more energized. The sunshine is sticking around a little longer, plants are starting to sprout, and birds are making their way back north. It's a great reminder that this season is all about growth. This is true both around us and within our CVE community.

We're excited for the fresh experiences and opportunities to continue learning and growing together!

Here are a few important dates to keep on your calendar:

- **3/16/26: Snow Makeup Day- School will be in session for students and staff**
- **3/30/26-4/3/26: Spring Break- No School for Students**
- **4/6/26: Act 80 Day- No school for students**
- **4/25/26: I Love CVE Fun Run**
- **4/20/26-5/1/26- PSSA Testing Window**
 - **ELA- 4/20, 4/21, 4/22**
 - **Math- 4/27, 4/28**

Cafeteria Volunteers:

Do you want to volunteer? Consider volunteering in the cafeteria. If interested, use the link below to sign up in the month of March.

All volunteers will be required to sign the volunteer affirmations and sign in with your ID through the Visitor Management System/ Kiosk. (Please note that district policies and procedures will be followed for volunteers)

[CVE: March Cafeteria Volunteer](#)

[CVE: April Cafeteria Volunteer](#)

[CVE: May Cafeteria Volunteer](#)

Transportation: FirstView App- The **First View App** is available for **all families** in our district.

- For details on how to sign up, please visit the **Transportation section in the SV Portal.**

- All directions, including the **district code (627GS)** and your child's **student ID number**, are in the **Transportation section of the SV Portal**. These steps will guide you through downloading and setting up the app.
- First View is a First Student product meaning the district cannot help with technical support. Instead, questions and requests for support can be sent to First View Customer Support:
 - support@myfirstview.com
 - Toll Free: 1 (888) 889-8920
 - In-App Feedback via the Contact Support button

ELA - *Our school district is considering a new English Language Arts (ELA) resource for students in kindergarten through grade 6. Our ELA Curriculum Committee, Literacy Committee, and district administration have spent this school year reviewing and evaluating potential resources and have selected one that is available for review through April 17 in the main office.*

We encourage interested parents to stop by, take a look, and share feedback with us. Your insights are important as we work to select the best materials for our students. If you have any questions, please feel free to reach out.

Thank you for your partnership!

COUNSELOR CONNECTION

MARCH 2026



Second Step

CLASSROOM LESSONS

KINDERGARTEN - 4TH GRADE

Second Step: Unit 4 Problem-Solving
 During the month of March and April, all CVE students will learn to effectively and efficiently problem-solve. Maintaining respect is key when brainstorming solutions to a problem. Students should first ensure their "thinking cap" is on, prior to moving through the problem-solving steps.

STEP 1 "S" SAY THE PROBLEM

Define what the problem is without blaming anyone.

STEP 2 "T" THINK OF SOLUTIONS

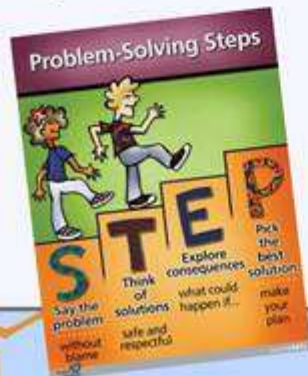
Get creative and use synergy to think of as many solutions as possible.

STEP 3 "E" EXPLORE CONSEQUENCES

Think of all the positive and negative outcomes of each solution possibility.

STEP 4 "P" PICK THE BEST SOLUTION

Pick the win-win solution! The option that ensures everyone's wants and needs are met.



SMALL GROUP COUNSELING

I am currently facilitating groups to support students in building Resiliency. Resiliency is the ability to bounce back from mistakes, hardship, or sadness. Grit and perseverance support the growth of resilience. Group lessons review such skills as maintaining positive self-talk, communication styles, understanding the Zones of Regulation, and how to calm strong emotions.

New resiliency groups will begin in April.

NAME THE FEELING TO TAME THE FEELING!

The ZONES of Regulation

| | | | |
|----------------------|-----------------------------------|---|--|
| | | | |
| Blue Zone | Green Zone | Yellow Zone | Red Zone |
| Sad Tired Sick | Happy Excited Calm Proud | Nervous Frustrated Shy Embarrassed | Overjoyed/Flushed Anxious Angry Terrified |

MRS. CHRISTINA KARMECY M.ED, NCC

Email: karmecyce@svsd.net

Phone: 724-452-6040

ext. 6035

Be Safe, Be Kind, Be Responsible

Kindly,

Mr. Jeremy Womer