

PAUL V. FLY ELEMENTARY SCHOOL

March 2010

FROM THE PRINCIPAL

This is a very exciting time of the year! As seasons soon begin to change, new sports teams form and family schedules are tweaked, please do not forget to add time in the schedule for our children to read independently. I cannot emphasize enough the impact this could have on the experiences your children have in school and beyond. Please take a moment to review the chart below regarding the differences for children that read an hour a day compared to those who do not. The impact on factoring independent reading time per day into your very busy schedule is immeasurable.

Anderson, Wilson, and Fielding (1988) led one of the most extensive studies of independent reading in which they investigated the relationship of reading time to reading achievement. The study found that the amount of time students spent reading independently was the best predictor of vocabulary development and reading achievement gains.

Independent reading is probably the major source of vocabulary acquisition beyond the beginning stages of learning to read. Students who read more can learn the meanings of thousands of new words each year.

The chart on the right shows the high impact of independent reading time to word exposure and the percentile of reading achievement.

| Per- centile | Independent Reading Minutes per Day | Words Read per Year |
|-----------------|--|---------------------------|
| 98 | 65 | 4,358,000 |
| 90 | 21.1 | 1,823,000 |
| 80 | 14.2 | 1,146,000 |
| 70 | 9.6 | 622,000 |
| 60 | 6.5 | 423,000 |
| 50 | 4.6 | 282,000 |
| 40 | 3.2 | 200,000 |
| 30 | 1.3 | 106,000 |
| 20 | 0.7 | 21,000 |
| 10 | 0.1 | 8,000 |
| 2 | 0 | 0 |

FROM THE GUIDANCE COUNSELOR

Fostering Good Sportsmanship
Remember the saying "Actions speak louder than words"? That's especially true when it comes to teaching your kids the basics of good sportsmanship. Sportsmanship ultimately means playing fair and isn't restricted to just organized sports. Your behavior during social settings, sports practices and games will influence them more than any pep talk or lecture you give them.

Here are some suggestions on how to build sportsmanship in your kids:

1. Unless you're coaching your child's team, you need to remember that you're the parent. Shout words of encouragement, not directions, from the sidelines (there is a difference!).
2. If you are your kid's coach, don't expect too much out of your own child. Don't be harder on him or her than on anyone else on the team, but don't play favorites either.
3. Keep your comments positive. Don't bad-mouth coaches, players, or game officials. If you have a serious concern about the way that games or practices are being conducted, or if you're upset about other parents' behavior, discuss it privately with the coach or with a league official.
4. After a competition, it's important not to dwell on who won or lost.

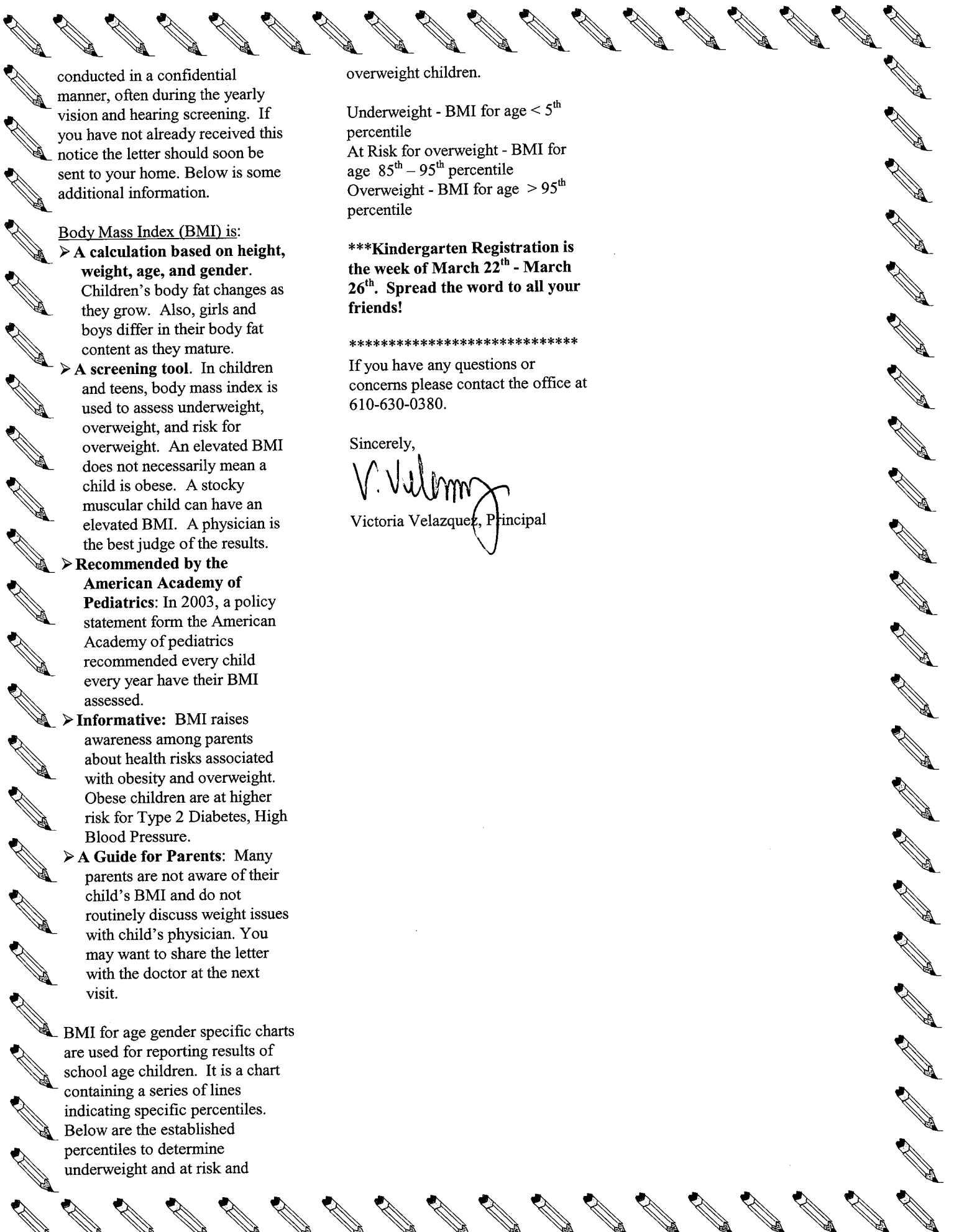
Instead, try asking, "How did you feel you did during the game?" If your child feels weak at a particular skill, like throwing or catching, offer to work on it together before the next game.

5. Applaud good plays no matter who makes them. Recognize sharing and taking turns as good sportsmanship, too.
6. Set a good example with your courteous behavior toward the parents of kids on the other team. Congratulate them when their kids win.
7. Remember that it's your kids, not you, who are playing. Don't push them into a sport because it's what you enjoyed. As kids get older, let them choose what sports they want to play and decide the level of commitment they want to make.
8. Keep your perspective. It's just a game. Even if the team loses every game of the season, it's unlikely to ruin your child's life or chances of success.
9. Look for examples of good sportsmanship in professional athletes and point them out to your kids. Talk about the bad examples, too, and why they upset you. Make connections between practice and games settings at recess settings.
10. Finally, don't forget to have fun. Even if your child isn't the star, enjoy the game while you're thinking of all the benefits your child is gaining — new skills, new friends, and attitudes that can help all through life.

Reviewed by: Steven Dowshen, MD

FROM THE SCHOOL NURSE Body Mass Index

The State of PA requires School Nurses to record and send out to the home of all students information of the yearly growth screening and Body Mass Index calculation. Screening is



conducted in a confidential manner, often during the yearly vision and hearing screening. If you have not already received this notice the letter should soon be sent to your home. Below is some additional information.

Body Mass Index (BMI) is:

➤ **A calculation based on height, weight, age, and gender.**

Children's body fat changes as they grow. Also, girls and boys differ in their body fat content as they mature.

➤ **A screening tool.** In children and teens, body mass index is used to assess underweight, overweight, and risk for overweight. An elevated BMI does not necessarily mean a child is obese. A stocky muscular child can have an elevated BMI. A physician is the best judge of the results.

➤ **Recommended by the American Academy of Pediatrics:** In 2003, a policy statement from the American Academy of pediatrics recommended every child every year have their BMI assessed.

➤ **Informative:** BMI raises awareness among parents about health risks associated with obesity and overweight. Obese children are at higher risk for Type 2 Diabetes, High Blood Pressure.

➤ **A Guide for Parents:** Many parents are not aware of their child's BMI and do not routinely discuss weight issues with child's physician. You may want to share the letter with the doctor at the next visit.

BMI for age gender specific charts are used for reporting results of school age children. It is a chart containing a series of lines indicating specific percentiles. Below are the established percentiles to determine underweight and at risk and

overweight children.

Underweight - BMI for age < 5th percentile

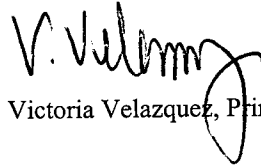
At Risk for overweight - BMI for age 85th - 95th percentile

Overweight - BMI for age > 95th percentile

*****Kindergarten Registration is the week of March 22th - March 26th. Spread the word to all your friends!**

If you have any questions or concerns please contact the office at 610-630-0380.

Sincerely,



Victoria Velazquez, Principal

INSCRIPCIONES DE KINDERGARTEN

DISTRITO ESCOLAR DEL AREA DE NORRISTOWN

610-630-5000

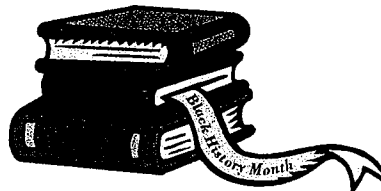
Inscripción de Kindergarten para el año escolar de 2010-2011

Las inscripciones de kinder serán durante la semana del
 22-26 de marzo de 9:00 a 2:00
 Por la noche del 25 de marzo, de 4:00 a 6:00
 El 26 de marzo de 9:00 a 11:00
 Por favor, visite una de las escuelas siguientes:

| | | | |
|-----------------|--------------|------------|--------------|
| Paul V. Fly | 610-630-0380 | Cole Manor | 610-275-5525 |
| Hancock | 610-275-5522 | Whitehall | 610-630-6000 |
| Marshall Street | 610-630-8550 | Gotwals | 610-275-1077 |

Para las inscripciones se requiere:

- ✓ Comprobante de fecha de nacimiento
(Tiene que tener 5 años cumplidos en o antes del 1 de septiembre de 2010)
- ✓ Comprobante de las inmunizaciones
- ✓ Comprobante de dirección

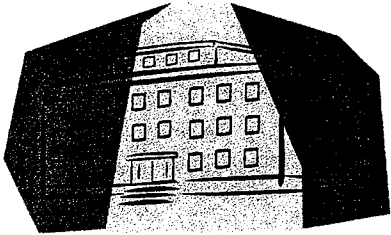


Favor de traer los comprobantes de vacunas con ustedes cuando vengan a inscripciones. No se admitirá a ningún alumno que no presente estos comprobantes por escrito por su doctor ó por el Departamento de Salud.

Se puede recibir inmunizaciones gratis del Departamento de Salud del Condado, 1430 DeKalb Street, Norristown, 610-278-5145. Servicio en Español: 1-800-344-7432.

| | | |
|---------------------------|------------------|--|
| Difteria – Tétanos (D.T.) | Cuatro dosis | Separadas apropiadamente. La dosis #4 debe darse <i>en o después del cuarto cumpleaños.</i> |
| Polio | Tres o más dosis | Separadas apropiadamente. |
| Sarampión-Rubéola-Paperas | Dos dosis | La dosis #1 debe administrarse <i>en o después del primer cumpleaños.</i> |
| Prueba de Tuberculina | Una prueba | Como está indicado en el cuestionario de TB. |
| Hepatitis B | Tres dosis | Separadas apropiadamente. La dosis #2 debe administrarse 28 días después de la dosis #1. |
| Varicela | Dos prueba | Vacuna <i>en o después del primer cumpleaños</i> o comprobante de la enfermedad demostrado por el resultado de un examen de la sangre (Titer). |

Atención



Padres

Empezando en septiembre de 2010
Nuevas Exigencias de Inmunización para Todos los
Estudiantes en Grados Kdg. a 12 durante
el Año Escolar 2010-11

- 2 dosis de la vacuna de varicela o historia de la Enfermedad

No Espere hasta septiembre de 2010

**Para evitar que su hijo sea excluido de la escuela en
septiembre envíe su registro de vacunación actualizado
a la enfermera escolar antes de junio de 2010.**

Lláme a su médico o póngase en contacto con el
Departamento de Salud de Montgomery County
(610) 278-5145 para hacer una cita en la clínica gratis los
lunes.

KINDERGARTEN REGISTRATION

**NORRISTOWN AREA SCHOOL DISTRICT
610-630-5000**

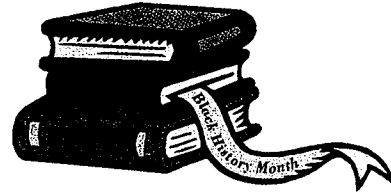
Kindergarten Registration for the 2010-2011 School Year

**Registrations will be done during the week of:
March 22nd – 26th from 9:00 AM – 2:00 PM. March 25th we will have evening hours from 4:00 PM to 6:00 PM and the 26th we will have registration from 9:00 AM to 11:00 AM at the following schools.**

| | | | |
|------------------------|---------------------|-------------------|---------------------|
| Paul V. Fly | 610-630-0380 | Cole Manor | 610-275-5525 |
| Hancock | 610-275-5522 | Whitehall | 610-630-6000 |
| Marshall Street | 610-630-8550 | Gotwals | 610-275-1077 |

Registration Requirements Include:

- ✓ **Proof of child's birth
(child must be 5 years old by
September 1, 2010)**
- ✓ **Immunization records**
- ✓ **Proof of Residency**

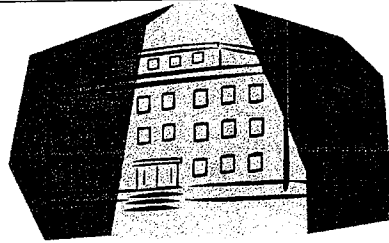


Please bring all previous immunization records with you. Proof of the mandatory immunizations is needed from your physician or the Health Department to register.

**Immunizations can be obtained from The Montgomery County Health Department
1430 DeKalb Street, Norristown, PA (610) 278-5145.**

| | | |
|----------------------------------|------------------------|--|
| Diphtheria-Tetanus (D.T.) | 4 doses | Properly Spaced - Dose #4 to be given <i>On or After</i> the 4th birthday |
| Polio | 3 or more doses | Properly Spaced |
| Measles, Rubella, Mumps | 2 doses | Dose #1 to be given <i>On or After</i> the 1st birthday |
| Tuberculin Test | 1 test | As indicated by the TB screening questionnaire |
| Hepatitis B | 3 doses | Properly Spaced-Dose #2 given 28 days after dose #1. New Entries - Grades K, 1, 2, 3, and 4 |
| Varicella | 2 doses | Immunity from vaccine or written proof by doctor of chicken pox disease. Students born on/after 1998 need proof of the disease as evidenced by a blood test (titer) result. |

Attention



Parents

**Beginning September 2010
New Immunization Requirements for All Students for
the School Year 2010-11**

- 2 doses of varicella (chickenpox) vaccine or history of Disease

Do Not Wait until September 2010

**To avoid having your child excluded from school in
September send your updated immunization record to
the school nurse by June 2010.**

Contact your health care provider, or contact the Montgomery County Health Department (610)278-5145 to make an appointment for their free Monday clinic.