



Parkway Prints

The Parent "Kinnection" From Mrs. Kinn to You!

It's spring! I remember this time vividly when my own children were in elementary school. It was baseball, softball, dance recital, Daisy ceremonies, as well as the usual birthday parties, school and church activities. Life seemed to thrust into high speed. It was tempting to grab dinner from our favorite fast food place on the way to practice instead of concocting a home cooked meal. How much fast food has your child eaten lately?

"It's part of our fast, go-go culture," says Kristi King, a senior clinical dietitian with Texas Children's Hospital in Houston, in a USA Today article by Liz Szabo, dated Sept. 16, 2015. Sure, we take care of our hunger pangs but what are we really doing to our family's health? The article states "at a time of growing concern over childhood obesity, a new report shows kids get 12% of their calories from fast-food restaurants. A third of kids eat fast food on any given day, according to the report made public Wednesday, by the National Center for Health Statistics, part of the Centers for Disease Control and Prevention. In the same article, Sandra Hassink, president of the American Academy of Pediatrics, credits savvy marketing, such as advertising the food with cartoon characters and including toys with meals. "It's very well-advertised, and the marketing is working," said Hassink, who wasn't involved in the new report.

So what's the problem? Don't we want our children to be well-rounded individuals? What is the harm in eating the fast food during these seasons of stress? "A growing number of children develop diseases once seen only in middle-aged people, such as high blood pressure, liver disease and type 2 diabetes", Hassink said. "Childhood doesn't buffer you against these diseases. Childhood is not a place where you can say, 'Let everyone eat what they want and we can fix it later.' She warns, "parents should remember that daily choices about food can contribute to long-term chronic disease. Health doesn't happen by accident," she said.

So how do we overcome this? It all comes down to good planning. Take the time to organize a menu for the week. Take one day and do the shopping for the week and even try to get some of the prep work out of the way such as chopping the veggies and browning meat. It really pays off when time is of essence. It also pays off by having a calmer household and happier families. Less stress brings a healthier lifestyle and compounds the benefits of a good diet. Here's to planning for healthy eating!

Happy Spring!

Be sure to check out Miss Doherty's Fitness Calendar this month. It is full of fun activities to go along with your healthy eating.

~ Donna Kinn



Important Dates to Remember April

- 4 - Box Top Contest Begins
Flower Sale Begins
- 5 - Crazy Hair Day
- 7 - A Night on the Ball Field – Mother/Son Event at Big League Dreams 7-9 pm
Alice Paul Trip – Mrs. Reed
2nd Grade Field Trip
- 20 - PTO Meeting 7 pm
- 10 - **EARLY DISMISSAL @ 1 PM / Passover**
- 12 - Report Cards Issued
- 14 - **SCHOOLS ARE CLOSED FOR SPRING BREAK**
- 24 - **SCHOOLS REOPEN**
- 25 - Box Top Contest Ends
Hoagie Sale Begins
- 26 - Flower Sale Ends



May

- 1 - **PARCC TESTING through 5/9**
- 6 - Flower Pick Up
- 11 - Hoagie Sale Ends
- 14 - **Happy Mother's Day!**
- 15 - **19 Theater Week – 4th Grade**
- 16 - GAP Night 7 pm
- 18 - First grade trip to Zoo
- 19 - Kindergarten Orientation @ 1:30
- 19 - Theatre Week Performance 7 pm
- 24 - PTO Meeting 7 pm
- 26 - Hartford visits Parkway
- 29 - **SCHOOLS ARE CLOSED HAPPY MEMORIAL DAY!**
- 31 - NJ ASK Science testing - Grade 4



Parkway School * 142 Ramblewood Parkway * Mt. Laurel, NJ 08054 * (856) 235-3364 * Fax (856) 222-9758

Principal - Donna Kinn
Curriculum Supervisor - Matt Saul
Nurse - Joyce Borawski
Counselor - Jessica Tisa
Secretary - Linda Randazzo
Office Aide - Linda Campbell

EMERGENCY CLOSING INFO
-Local TV Stations
-Comcast Channel 19
-www.mtlaurelschools.org
-Area radio stations #659
-Emergency Notification System

Mount Laurel Schools
Central Administration (856) 235-3387
Superintendent: George J. Rafferty
Transportation (856) 778-6905
Supervisor: Kat Lewis
Child Study Team (856) 235-3417
Director: Dr. Diane Willard

The Counselor's Corner

Mrs. Jessica Tisa, ext. 8020

jtisa@mtlaurelschools.org

At Parkway, we always like to model kindness and stress the importance of being kind. Friendships are very important to children. We may hear children saying things like, "He's not my friend" or "She won't let me play with her." It is important that we are teaching children how to be a good friend. Children learn from watching positive friendships and interactions from their parents and siblings. All friendships have strengths and weaknesses, but it is important to teach your children how to handle them.

- 1) **Treat others the way you want to be treated.** This is something we always tell our students. We say that you don't have to like everybody, but you do have to be kind to everyone.
- 2) **Expect to be treated well yourself.** Children that watch respectful behavior at home set higher standards for themselves as to how they should be treated. They need to learn that if someone does something they don't like, it's okay to let that person know.
- 3) **Show your friends that you value them.** We often see children drawing pictures for their friends or making bracelets for their friends. Children are great at letting someone know how important they are to them.
- 4) **Be mindful of who you surround yourself with.** At Parkway, we stress the importance of picking friends that make you feel good about yourself. If there is anyone who is causing stress or drama, maybe it is best to part ways.
- 5) **You will have fall-outs.** Let children know that it is okay to have a disagreement with a friend. Every friendship goes through that. They need to be taught the skills to try to work through it. If they are constantly arguing, maybe it's not the best match.
- 6) **Forgiveness is key to strong friendships.** Children need to learn to forgive. It is what makes us a better friend.
- 7) **Let your friends in.** You should be able to trust your friends.
- 8) **Look out for your friends.** Friends stick together. The friends that stand by you when things get tough are the ones worth keeping. We want to aim to be a friend who looks out for others.
- 9) **Trust your instinct.** Sometimes we have a feeling about people. It is important to be cautious at first, but know that when you don't feel right, it's probably not right.

Library News

Miss Danielle Bieler

dbieler@mtlaurelschools.org



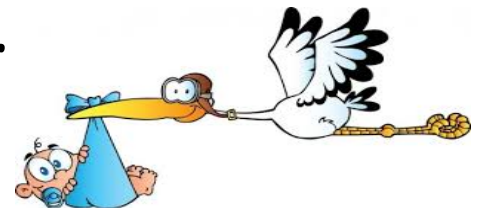
Poem in Your Pocket

April is National Poetry Month, and April 27th is "Poem in Your Pocket Day" across the nation. The Mount Laurel School Librarians are adding a fun, local community component for all to enjoy.

During the weekend of April 29th & 30th, students accompanied by their parents, can visit participating local businesses to share their own "poems from their pockets" with the business owners and fellow patrons. Readers will even receive a special treat or prize for participating.

Sharing poetry is a great way to build literacy skills. Stay tuned for more information and a list of participating businesses. We look forward to strengthening our school and community partnerships, and sharing the creativity of our students!

Another Bundle of Joy!



Congratulations **Mr. and Mrs. O'Neill!** Brayden James entered the world on March 13th, and weighed 6 lbs., 7 oz. **Mrs. Diane Lamond** will be taking over Mrs. O'Neill's speech classes through the end of the school year. We are so excited for The O'Neill family, and welcome Mrs. Lamond!

TO TEACH IS
TO TOUCH A LIFE
forever...

Happy Teacher Appreciation Week!

Phone-damentals

All phone and wireless devices must be turned off and stored in your child's book bag, making it inaccessible to the student during school hours. Such use must not disrupt instructional programs or before/after school activities. Disruption to the teaching and learning process will result initially in confiscation of the cell phone. Further disruptions will result in disciplinary actions.

Parents, it is imperative that we are able to contact you at all times. In the event that you are unable to answer your phone, please be sure we are able to leave a message. If your mail box is full, not set up, or unable to accept messages, you may miss important information regarding your child. We appreciate your efforts in keeping lines of communication open.



PTO News

from co-presidents

Christine Serenbetz and Danielle Doyle
parkwayptopres@gmail.com

Recess Runners is back!

- 2nd and 3rd graders run on Mondays
- 1st and 4th graders run on Tuesdays
- All grades 1-4 run on Wednesdays

We need your help to keep this awesome program RUNNING!

Please email Michelle Burgess at shelley96nj@yahoo.com
or Erin Boyle at erinroseboyle@yahoo.com

Thank You!

PARCC Testing Info

As you are aware, our mid-year Partnership for Assessment of Readiness for College and Careers (PARCC) Testing will be administered at Parkway from Monday, May 1st through Tuesday, May 9th. Students in grades 3 and 4 will participate in the computer-based test, which according to testing times established by the state, will last no more than 9.5 hours total, for Language Arts and Math.

Parkway teachers have been working hard to prepare our students with 21st Century Technology Skills. These skills are also necessary for our students to be successful on the PARCC tests. Students will take practice tests online, watch videos to use in their writing and develop their computer skills.

As with any standardized test, parents play a vital role in helping their children prepare for testing days. Here are some things you can do to help prepare your child for the test:

- Ensure that your child gets a good night's sleep before each test day.
- Ensure that your child eats a healthy breakfast on test mornings.
- Ensure your child arrives to school on time. Testing will begin shortly after morning announcements.
- Remain calm and positive. PARCC testing is a relatively new experience, but our students are ready!

More information can be found on the PARCC website: <http://www.parcconline.org/>.

Matt Saul
Curriculum Supervisor



THE BEST WAY TO KEEP GERMS AWAY



According to the CDC, hand washing is the best way to keep germs from making you ill. It can protect you from colds and flu, and even more deadly germs like meningitis. While we can catch germs through sharing cups or spoons and from those who cough and sneeze without covering up, science has taught us that most germs enter our bodies from our hands. We unknowingly pick germs up from surfaces and by touching our eyes, nose or mouth, allow the germs to enter our bodies.

We call this area of the eyes, nose and mouth - the “T Zone”, and teach children to keep their hands out of this zone until they have been washed. Even a little itch of the eye will allow germs to begin an infection in your body. So wash your hands and follow the rules for good hand washing.

1. ALWAYS wash before eating.
2. ALWAYS wash after using the bathroom.
3. Wash after touching animals or pets.
4. Wash before and after visiting a sick person.
5. Wash after coughing or blowing your nose.
6. Wash after playing outside.

Wash using warm water and soap for at least 20 seconds, which is about the time it takes to slowly sing the ABC's. You don't need to use antibacterial soap; any soap will do.

Take special care of the area between your fingers and around your fingernails. Germs love to hide here because that is the first spot to go in your mouth when you eat. **(Check your fingernails tonight before you go to bed – if they are long and have black under them they are full of germs.)** Have someone you live with help you trim and clean them. So wash your hands and stay healthy during this winter season.

MEDICATION POLICY REMINDER

Please remember that children are not allowed to carry medication to school. This includes over the counter as well as prescription medications. This is a policy made to protect our children. The school nurse is only allowed to administer medications that were listed on the consent form parents signed in the beginning of the year or those that have been ordered by a physician through a script or fax to the nurse.

Unfortunately, we may never administer any medication, including over the counter medication, like allergy meds, cough medicine, etc., without a physician's written order.

