



PAWPRINTS

A Newsletter for Residents of the Western Wayne School District

EVERGREEN DEDICATION LOOKS BACK TO ITS ROOTS



**We are not to throw away those things which can benefit our neighbor.
Goods are called good because they can be used for good;
they are instruments for good, in the hands of those who use them properly.
-Clement of Alexandria**

In the hands of Abby Carmody, those “goods” have become art. During the EverGreen Elementary open house in September, Abby presented Mr. Falonk and the community with a beautifully constructed Sustainability Mural. In front of an audience of parents, teachers, and children, Mr. Falonk graciously accepted Abby’s senior project which took over seventy hours to create. The mural now hangs in the environmentally-friendly EverGreen Elementary School.

The mural depicts two children gazing at the Hamlin and Lake Ariel Schools in the distance, in a beautiful rural setting. Abby collected “found objects” from the Lake Ariel and Hamlin Schools to build the mural. Those objects include a wooden riser, a desk top, a locker door, a pencil sharpener, book, pencil, keys, nails, and coat hooks. She then cleaned them with organic solutions and painted the objects with eco-friendly paint.

This project is only part of a larger vision for Abby, who intends to study environmental design in college.

Great things are done by a series of small things brought together.

- Vincent van Gogh



EARLY INTERVENTION SERVICES



What is Early Intervention?

The Wayne County Consortium for Early Intervention program serves families with children who have developmental delays from the ages of three to entrance of kindergarten. Children must reside in the Western Wayne, Wallenpaupack, or Wayne Highlands school districts. Services may include specialized instruction, speech therapy, occupational therapy, physical therapy, hearing therapy and/or vision therapy. All services are provided free of charge in regular preschools, daycares, or in a classroom setting. Early Intervention program staff consists of certified teachers and therapists who work in cooperation with parents to help children succeed.

Who is eligible for Early Intervention?

Children with a diagnosed disability, as well as children with a developmental delay, may be eligible to receive services. Eligibility is determined by a multidisciplinary team which includes the parents.

How do I make a referral?

Anyone can make a referral including parents, doctors, teachers, grandparents, agencies, etc. Information will be gathered from the family, and with parent permission, a comprehensive evaluation is completed. A team including the parents determines need, level, and location of services. To make a referral, please call (570) 937-3065.

WESTERN WAYNE HIGH SCHOOL ACHIEVES ADEQUATE YEARLY PROGRESS

For the second consecutive year, the Western Wayne High School has made Adequate Yearly Progress (AYP) in all measured areas as defined by the Pennsylvania Department of Education and the federal No Child Left Behind Act. The thirteen areas by which schools are measured include participation in and performance on the Pennsylvania System of School Assessment (PSSA) math and reading, graduation rate, and attendance rate. This accomplishment eliminates the Western Wayne High School of the previous "School Improvement" label as determined by the Pennsylvania Department of Education.

Proficiency requirements on the math and reading PSSA have increased and are projected to increase each year until 2014. Students in eleventh grade take the PSSAs in the spring. Their performance on these assessments is a major factor in determining our school's progress. Our students have performed extremely well on these assessments. We are very proud of them! We thank the students' families for supporting them and our staff for their hard work and dedication.

HEALTHY HOLIDAY EATING TIPS

The holidays are here and even though they come with enough cookies, candy and comfort foods to last a lifetime, don't run screaming from the buffet table just yet. Food may be a centerpiece of holiday festivities, but the holiday season doesn't mean you have to pack on the party pounds. Try these tips for making your holidays healthful.

Take the edge off your hunger before a party. Feeling hungry can sabotage even the strongest willpower, so eat a small, low-fat snack such as fruit or low-fat cheese before you head out the door. This will help you avoid rushing to the buffet table when you arrive.

Make just one trip to the party buffet. Choose only the foods you really want to eat and keep portions small. Often just a taste satisfies a food craving or curiosity. Also, move your socializing away from the buffet table to eliminate unconscious nibbling.

Meet and greet. Conversation is calorie-free. Get a beverage (try sparkling water with a lime twist rather than alcohol) and settle into the festivities by catching up with old friends and making new ones.

Choose lower-calorie party foods. Go easy on fried appetizers and cheese cubes. Instead, have some raw vegetables with a small amount of dip—just enough to coat the end of the vegetable—or try boiled shrimp or scallops with cocktail sauce or lemon. To help ensure there will be healthful treats, bring a dish to the party filled with raw vegetables with yogurt or cottage cheese dip or bring a platter of fresh fruit.

If you are at a sit-down dinner party, cut your first helping in half. That way, you can enjoy seconds and your host or hostess will feel good about that. The total amount of food you eat will be about the same as a normal-size portion.

Enjoy physical activity after a holiday feast. Find activities the whole family can do, such as walking, and develop family fun-time habits that can continue after the holiday season.

Be realistic. Don't try to lose weight during the holidays—this may be a self-defeating goal. Instead, strive to maintain your weight by balancing party eating with other meals. Eat small, lower-calorie meals during the day so you can enjoy celebration foods later without overdoing your total calorie intake.

Have fun. Enjoy traditional holiday meals and party foods with family and friends while maintaining a healthy lifestyle, too.



Nothing will work unless you do.

- John Wooden



NEW ACTIVITY PERIOD EXCITES 5TH GRADERS!



Fifth grade students at Robert D. Wilson Elementary are enjoying a planned activity period. Students had the opportunity to select from a variety of activities early in the school year. The most popular of the selections were then prepared for implementation. During the first quarter of school, students are engaged in cooking, instrumentals, art, walking club, and Lego club.

Students are excited to join in preferred activities with classmates and friends. The walking club, under the direction of physical education teacher Mrs. Butler, track their steps using pedometers and work toward awards for reaching specific milestones. The Lego club is working with models and robots; fifth grade teacher Mrs. Burke is thrilled to see the boys and girls working together to complete challenging projects.

The entire team of teachers and students look forward to switch groups and work with new members as well as try new offerings such as drama.



TOGETHER FOR HEALTH!



Western Wayne eleventh grade students participated in a program sponsored by Wayne Memorial Hospital called 'Together for Health' program which offered clinical assessments, a free blood test, and educational workshops. The primary goal of this three part program provided each student with resources and practical tools to make healthier lifestyle choices.

Part one, a kick off assembly, focused on how students' decisions made today affect their dreams tomorrow. John Kaschenbach, R.N. and his son Josh tell Josh's story about his own personal journey stemming from poor decisions and how it affects the entire family. Part two consisted of clinical assessments in which the students complete a 'Personal Wellness Profile'. They have their height, weight, and blood pressure checked by a healthcare professional. With parental permission, the students have free blood work drawn which checks their glucose, cholesterol, HDL, LDH, triglycerides, and a complete blood count. Part three is a health resource day during which students participate in five workshops featuring information on social media, texting and driving, personal health information, and nutritional supplements.

**Give a man health and a course to steer,
and he'll never stop to trouble about whether he's happy or not.**

- George Bernard Shaw

FBLA NATIONAL LEADERSHIP CONFERENCE

Fifteen members of the Western Wayne Future Business Leaders of America (FBLA) chapter were among the eight thousand members and advisers from across the country who participated in the organization's annual National Leadership Conference in Orlando, Florida.

The conference began with an exciting opening session and campaign rally. This was followed by several Eastern Region meetings and competitive events of testing/performances. The students were also responsible for attending several of the informative workshops held as well as watching some of the performance events.

The conference concluded with the exciting Awards of Excellence program in which Pennsylvania FBLA captured fifty-six individual, team and chapter awards. Three of those award recipients were students from Western Wayne.

Capturing a second place award in the *Electronic Career Portfolio* event was recent graduate Kristen Lopatofsky from Waymart. This event combined knowledge of technology with career goals to produce a tool that will give employers a complete picture of applicants. Kristen now attends Wilkes University; her goal is to become a dentist.

Elizabeth Curtis, also from Waymart, placed ninth in the *FBLA Principles & Procedures* event. Kaelyn Jacques placed ninth in the *Intro to Parliamentary Procedure* event. Both Kaelyn and Elizabeth are currently in their junior years. Shannon Myers advanced to the final round in the *Public Speaking II* event.

Other members attending the conference included Cameron Karnick, Samantha Dougherty, Sam Hoch, Sara Coons, Garrett Enslin, Nick VanLeuven, Michael Green, Katie Lescinski and Joseph Ingaglio.

During the Eastern Region meeting, the Western Wayne chapter was recognized with the Gold Seal Award of Merit.

WESTERN WAYNE MIDDLE SCHOOL STUDENTS



GENEROUS FUNDRAISERS



Western Wayne Middle School's CATS Club recently hosted a "feathers and hats" day on Friday, October 21, 2011. This fundraiser allowed students to wear a feather in their hair or to wear their favorite hat to school for a small donation to the Red Cross. All donations collected for the Red Cross specifically went to victims of the most recent flood.

In addition, the Western Wayne Middle School Student Council has been busy collecting canned goods for the "Thanksgiving Throwdown". Each grade is competing to bring in the most canned goods and non-perishable items. These goods will all be combined to create Thanksgiving food baskets for families in our district.

WESTERN WAYNE SCHOOL DISTRICT



**The Western Wayne School District will work
for excellence...for everyone...in all things...always.**

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Questions or Feedback about Paw Prints?

If you have any questions or would like to provide feedback regarding *Paw Prints*,
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or e-mail Clay LaCoe at clacoe@westernwayne.org.
