

A message from SPRINGHOUSE MIDDLE SCHOOL

Dear Parents/Guardians:

This is just a reminder that reports cards were distributed today, Wednesday, October 26, 2011. Please take this opportunity to review the report card with your child and use it as an indication of your child's academic progress at this early stage in the year. In the event you have any questions or concerns, please do not hesitate to contact your child's counselor or team to set up a meeting for further clarification.

Tonight (10-26-11) and Thursday night (10-27-11) our fall play, "James and the Giant Peach," will be performed at 7:00 PM in the SMS auditorium. It truly is a great show and our students have put in countless hours getting ready, so please join us if you are able.

As usual, our SMS Partnership has been working hard on behalf of all of our students. The Fall Book Fair began Monday, October 24, 2011 and will run through Wednesday, November 2, 2011. Please be sure to check the flyer that came home in the report card for the A+ Rewards Program at Giant Food Stores, this flyer may be available on the e-communications page at a later date. The SMSP has created a great way for Springhouse to earn money when you food shop.

Our yearbook advisor, Ms. Laura Grida, has incorporated a new way to collect photos for the Springhouse Yearbook. The following link explains how students and parents can submit photos, which possibly could be used in the yearbook: <http://www.parklandsd.org/sp/archives/2408>

In the event your child was absent on the day student photographs were taken or if for some reason your child would like a retake, Christmas City Photographers will be at Springhouse for retakes on Friday, November 4, 2011.

Our Superintendent, Mr. Richard Sniscak, put together a letter with information regarding issues related to inclement weather and what goes into decisions to delay the opening of school or to close school for the day. Please take a few moments and read through this important information:

<http://www.parklandsd.org/sp/wp-content/uploads/PSD-Weather-Message-2011.pdf>

Our Parkland Health and Wellness Committee would like to share some great ideas for healthy snacks for your whole family. Please click the link below to access that information:

<http://www.parklandsd.org/oms/wp-content/uploads/Nov-2011-Dairy-Snacks.pdf>

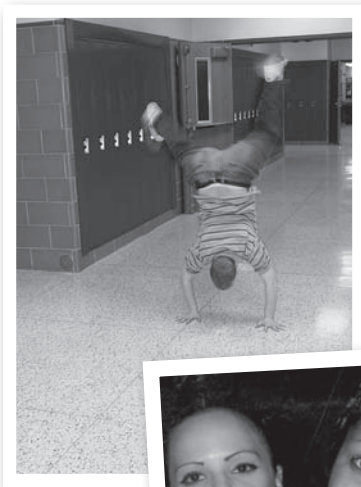
As always we would like to thank you for your continued support of our school and programs. We are working hard to ensure your child has a productive year here at SMS!

Sincerely,

Robert Holmes  
Acting Principal  
Springhouse Middle School

This e-mail has been sent to you by SPRINGHOUSE MIDDLE SCHOOL. To maximize their communication with you, you may be receiving this e-mail in addition to a phone call with the same message. If you wish to discontinue this service, please inform SPRINGHOUSE MIDDLE SCHOOL IN PERSON, by US MAIL, or by TELEPHONE at (610) 351-5700.

## Image Share



# Yearbook It!



# Get your pictures in the yearbook!

The Yearbook Staff invites students and parents to submit photos for the yearbook. If you've got great photos of school and community events or you and your friends just having fun, we'd like to see them.

Our photographers can't be everywhere. Help us get as many photos as possible to create a terrific book everyone will want to have.

## Here is how you can submit photos online—

Log on to: [images.jostens.com](http://images.jostens.com)

Enter Login ID: \_\_\_\_\_

Password: \_\_\_\_\_

- Browse to select the photo(s) you wish to upload, click on "Image Share".
- Enter information about the photo and provide contact information in case the staff needs additional information.
- Click "Save Details".

It's that easy! Submit your photos today!

The last day to submit photos is \_\_\_\_\_

*The Yearbook Staff will review all photos and determine final yearbook content. We cannot guarantee that all submissions can be used in the book.*



## **Superintendent's Message** ***Closing or Delaying School for Inclement Weather- A Most Challenging Decision***

Among my most challenging responsibilities as Superintendent of Schools is making the decision regarding school delays or cancellations. And yet, given the geographical location of our school district, inclement, wintry weather will always be a seasonal challenge.

Because it is getting to be that time of year again, I want to share a few thoughts about the process that is utilized in making inclement weather decisions in Parkland. Hopefully, this information will demystify the process and minimize the frustration associated with not knowing how decisions are made.

In much the same manner as everyone else, we learn about approaching weather conditions from television, radio and computer reports. Once the weather alert occurs, our Transportation and School Services Departments begin to make preparations.

If the weather front is occurring in the evening or overnight, Transportation will have a couple of drivers out at about 4:00 a.m. First they will check those roads that are typically most problematic. From north to south, our school district spans 75 square miles and varies greatly in road and weather conditions. At the same time, we will be speaking with the municipalities and Penn Dot about plowing/cindering/salting schedules. We also speak to key personnel in surrounding school districts to ascertain any information that may be helpful.

Typically, by 5:00 a.m., we will have gathered all of the most current information that is available. This information is coupled with our knowledge of Parkland School District demographics:

- Weather conditions vary greatly across the district
- We have in excess of 1,000 bus stops
- Our buses will travel in excess of 1,000 miles during a school day
- We transport approximately 10,000 students per day
- Our buses will be operating within the typical traffic flow
- Many of our bus stops may be affected by snow plowing
- Our Grounds Department will need time to plow parking lots and clear walkways

Based upon all the data and knowledge we have about our weather conditions and demographics, I typically will make a decision by 5:30 a.m. Once I make the decision regarding a delay or cancellation, I start to make the necessary contacts. The message is posted to our web site home page at [www.parklandsd.org](http://www.parklandsd.org). The radio and television stations are notified and key personnel are called. This year will be the fourth season that we will also be utilizing our emergency phone system so staff and parents will receive a phone call to the number designated for this purpose. If your phone contact information has changed, please notify the school office as soon as possible.

On most of these occasions we will make ONE decision early in the morning- to close or delay- and that will be final for the day. We believe this is easier for most parents as you make plans for the day. Once in a great while the timing of a weather event is such that buying a little extra time with a delay MIGHT allow us to safely open school. In these rare events, the message will state that we will provide an update by a certain time. The same means of communication will be used to provide an update when necessary.

***Please remember- it is the responsibility of parents / guardians to make arrangements for the care of your children in the event that we need to close or delay our schools for weather or any other potential emergency situation.***

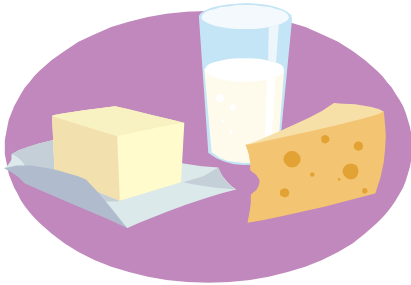
This information is being shared to provide you with some insight into what happens behind the scenes during bad weather events in Parkland. Please know that student safety is the central focus of this exercise. Entrusted with the safety of approximately 9,400 students, we will always err on the side of caution in making weather-related decisions. No decision is more important.

THANK YOU FOR YOUR COOPERATION AND UNDERSTANDING! Let's hope for a mild winter and an early spring!

Richard T. Sniscak  
Superintendent of Schools

## November 2011 - Healthy Snacking for the Whole Household

*Presented by the Parkland Health and Wellness Council*



### Low-Fat Dairy Foods

Dairy foods are a great source of calcium, which can help to build strong bones. However, dairy products also are the biggest sources of artery-clogging saturated fat in kids' diets. To protect children's bones and hearts, make sure all dairy foods served are low-fat or fat-free.

**Yogurt** - Look for brands that are low-fat or fat-free, moderate in sugars (no more than about 30 grams of sugars in a 6-oz. cup), and high in calcium (at least 25% of daily value [DV] for calcium in a 6-oz. cup). Examples include Danimals Drinkable Low-Fat Yogurt, Go-Gurt by Yoplait, or cups of low-fat or non-fat yogurt from Stonyfield Farm, Dannon, Horizon, and similar store brands. Low-fat or non-fat yogurt also can be served with fresh or frozen fruit or low-fat granola.

**Low-Fat Cheese** - Cheese provides calcium, but often its saturated fat price tag is too high. Cheese is the number two source of heart-damaging saturated fat in children's diets. Even with low-fat and reduced-fat cheese, be sure to serve with other foods like fruit, vegetables, or whole grain crackers. Choose reduced-fat cheeses like Trader Joe's Armenian Style Braided; Borden or Sargento Light Mozzarella string cheese; Frigo Light Cheese Heads; Kraft Twist-Ums; Polly-O Twisterellas; the Laughing Cow's Light Original Mini Babybel; or Cabot 50% Light Vermont Cheddar.

**Low-Fat Pudding and Frozen Yogurt** - Low-fat or fat-free pudding and frozen yogurt should be served only as occasional treats, because they are high in added sugars.

### Other Snack Ideas

**Nuts** - Since nuts are high in calories, it is best to serve them along with another snack such as fruit. A small handful of nuts is a reasonable serving size. Examples include peanuts, pistachios, almonds, walnuts, cashews, or soy nuts. Look for nuts that are unsalted.

**Trail Mix** - Trail mixes are easy to make and store well in a sealed container. Items to include: low-fat granola, whole grain cereals, peanuts, cashews, almonds, sunflower seeds, pumpkin seeds, and dried fruits like raisins, apricots, apples, pineapple, or cranberries. Look for dried fruit that has no added sugar.

**Lunch Meat** - Choose lower-fat, reduced-sodium brands of turkey, ham, and roast beef and serve with whole wheat bread, pita, tortillas (as a wrap sandwich), or crackers. Cut sandwiches in half to make snack-sized portions or roll them up into pinwheels and secure them with toothpicks.

## The Parkland Community Advisory Council (CAC) Invites You to Our November Meeting

The November CAC meeting topic will be "Curriculum Updates/School District Ranking/Teacher Perspective of Parkland" and given by members of the Curriculum, Instruction and Professional Development Department on Thursday, November 17, 2011 at 7:00 p.m. at the Administration Center. The public is invited to attend.