With the weather getting colder, I know that Autumn is here. The days are so different but school has been in session for over five weeks now. It might feel longer than that, but Crafton would like to thank the parents and grandparents for all that you have done to make this remote learning a success!!

Time has flown by and progress reports have been sent home. The progress reports were mailed home on September 24th to any student with grades below a C. Please review your child’s progress. The first 9 weeks ends on October 28th. It will be here faster than we know it. Knowing that we are a team, please contact your child’s teacher regarding any questions or concerns.

Thank you for taking the time to be informed. Pictures in Practice and the calendar for the month are also on the Carlynton webpage under the Crafton page:

https://www.carlynton.k12.pa.us/
Red Ribbon Week is the oldest and largest bullying and drug prevention campaign in the country. Additionally, this week is for the community, school and individuals to continue the awareness of the importance of a bully and drug free school. Here at Crafton Elementary, we will have a theme for each day to celebrate and promote anti-bullying and drug-free awareness!

<table>
<thead>
<tr>
<th>MONDAY, Oct. 26th</th>
<th>TUESDAY, Oct. 27th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wear Red Day</td>
<td>Backwards Day</td>
</tr>
<tr>
<td>Please wear red to kick off the first day of Red Ribbon Week!!</td>
<td>Turn your back on drugs and bullying! Wear your shirt backwards!</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEDNESDAY, Oct. 28th</th>
<th>THURSDAY, Oct. 29th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Camo Day</td>
<td>Superhero T-Shirt Day</td>
</tr>
<tr>
<td>Be All You Can Be...</td>
<td>Be a Drug and Bully Free HERO (Help, Encourage and Respect Others)! Wear a Superhero t-shirt!!</td>
</tr>
<tr>
<td>Drug Free!!</td>
<td></td>
</tr>
<tr>
<td>Wear Camo!!</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRIDAY, Oct. 30th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green and Gold Day</td>
</tr>
<tr>
<td>Show your School Pride and say NO to Drugs and Bullying. Wear Green and Gold Carlynton Cougar or Crafton Elementary Shirts!</td>
</tr>
</tbody>
</table>


Please visit this website for virtual ideas: https://www.redribbon.org/virtual-activities
September

<table>
<thead>
<tr>
<th>September</th>
<th>Name of student</th>
</tr>
</thead>
</table>
| K         | Alex- Gavin Ducouer  
Dzurko- Hezron Kaweesa  
Helfrick- Aidan Miller |
| 1         | Price-Josephine Heisler  
Rishell-Arabella Burnett  
Rynn-Brooklyn Seitz |
| 2         | Bassano- Angelina Medici  
DeRoss- Breanna Airhart |
| 3         | Bigler-Richie Bernhardy  
Kuhn-Penelope Bittner |
| 4         | Ficorilli- Sydney Morrissey  
Monaghan-Jameson Lageman |
| 5         | Kelly- Rebecca Bernhardy  
Wenrich- Ava Kimberling |
| 6         | Ward - Riley Johnston  
Wisser - Graham Harman |

Crafton Elementary PTA

October Dates to Remember:

**SARRIS Candy Sale** continues  
(to December 20th)

**15th** - PTA Meeting 7 pm through Zoom

**16th** – No School

**26th** – Red Ribbon Week

**28th** – 1st 9-week grading period ends

Please check out the Crafton Elementary PTA’s new website at:

[https://sites.google.com/view/craftonelementarypta/home](https://sites.google.com/view/craftonelementarypta/home)
ESAP meetings started in September and will continue throughout the year. The ESAP team is made up of school and agency staff and is here to help you access school and community services.

Crafton’s ESAP will serve as a team to review student concerns and establish a procedure for implementing interventions within the school. When a recommended intervention is beyond the scope of what is provided to all students (i.e. support from guidance department or intervention specialists), we will request your permission to provide these services. When appropriate, ESAP may also serve as a resource to the family to assist in making referrals to various community agencies for support. We do not diagnose, treat, or refer. Remember, you are an important part of our team. Our goal is to help your child succeed in school. The ESAP team and the school will respect the privacy of you and your child at all times.

**What happens when my child is referred to ESAP?**

There are several steps that the team will take after receiving the initial referral:

- The ESAP team will gather objective information about your child’s performance in school from all school staff who interact with your child.

- The ESAP team will review the data that has been collected, discuss interventions currently in place, and develop a plan of action to help your child achieve success in school.

- A member of the ESAP team will contact you to discuss the recommended course of action. The plan might include services and activities in school and/or services from a community agency. If necessary, the ESAP team will talk with you about services in the community and give you information about how to contact others who may be able to help.

- The ESAP team will continue to work with you and to support your child. Your child’s progress will be monitored and reviewed at regular intervals. At your request, the team will stay in touch with you to talk about your child’s success in school. Your involvement is very important.
SETTING UP A GOOD ROUTINE IS KEY.
- Without the same need to get ready for a normal school day, and with everyone being home all the time (for the most part), it's all too easy to let what used to be normal routines slip by the wayside. Come up with a routine and stick to it, including a time for going to bed and getting up in the morning, personal hygiene, breakfast and other meals, and so on. The daily routine doesn't have to be the same as it was during the pre-pandemic school year, but it needs to be regular and you have to stick to it. *This is really important for students of all ages.*

STAY ORGANIZED.
- Make a weekly or daily calendar with classes and dedicated time to study.
- Set reminders for upcoming deadlines! You can do this on your phone, on Sticky Notes - whatever helps you to remember!
- Build in small breaks. Research suggests that 50 minutes on/10 minutes off can make studying more effective!
- Keep your learning area neat so it will be easy to find all books and supplies.

STAY ENGAGED.
- Communicate, communicate, communicate!
- Check your assignments and turn them in daily.
- Learn your virtual class times and log in to the platform daily.
- If you do not understand something, ask!

PARTICIPATE IN CLASS—SET A GOAL TO ASK A QUESTION OR CONTRIBUTE TO THE CONVERSATION EACH DAY.

MANAGE YOUR ENVIRONMENT.
- Minimize distractions. Sit in an area with a lot of light and minimal noise.
- Try to place a wall behind you. People walking behind you or other activities can distract you and the others in the class.
- Personalize your space so you feel ownership.
- Find a space that is comfortable but still allows you to focus. You don't want to be so comfortable that you fall asleep!

ASK FOR HELP.
- Call, email, or set up a virtual meeting with your teacher to talk about challenges you are having or material you don't understand.
- Remember each teacher has office hours so they can schedule a time to help 1 on 1 or in a small group.

TAKE CARE OF YOURSELF.
- When you are allowed to take a break, take it!!! Go outside or get a snack.
- Maintain a good sleep schedule, eat well, and exercise.
- Wash your hands regularly.