

On behalf of Tamaqua and West Penn Elementary Schools, the Administration and Staff would like to wish everyone a Happy Spring. We are looking forward to a successful 4th quarter, field trips, and end of year celebrations!

**Treat everyone with respect –**

* Stop and think before you say or do something that could hurt someone.
* If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.
* Talk to an adult.
* Keep in mind that everyone is different. Not better or worse. Just different.
* If you have been mean to someone, apologize. Everyone feels better.



Raider Strong

**Family Fun Spring Activities**

As we enter into the warmer months, here are some family fun activities for you to try:

* Walk around a park
* Visit a local playground
* Find shapes in clouds
* Build an ecosystem
* Go hiking
* Celebrate Earth Day
* Explore a museum
* Start a new book together
* Plant flowers / vegetables
* Go on a bike ride

**Our Guidance Counselor, Mrs. Liz Marakovits, is here to help! Here’s how:**

* Advocating for students
* Assisting with behavior problems
* Sorting out conflict
* Assisting with academics
* Listening to problems

**Spring Health Tips from Nurse Jen and Nurse Kayla:**

Regular exercise has lots of health benefits!

* Improves fitness
* Provides an opportunity to socialize
* Increases concentration
* Improves academic scores
* Builds a stronger heart, bones, and healthier muscles
* Encourages healthy growth and development
* Improves self-esteem

**Important upcoming dates:**

March 26th – 4th quarter begins

April 18th – Easter Holiday

April 21st – ELA PSSAs begin

April 28th – Math and Science PSSAs begin

May 5th - Teacher Appreciation Week

August 19th or 20th (TBD) – Meet the Teacher

August 21st – School begins

Coming soon…