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**MESSAGE FROM MRS. CITRON:**

Dear GW Parents & Guardians,

**Parent Teacher Conferences** will be held on **November 6 and 7th**. I highly encourage all of you to attend your child's conference. We, as a school, value your input regarding your child's education and this is the best time to discuss, 1:1 with your child's teacher. The teachers at GWES

are very fortunate to have the opportunity to work with supportive and caring parents so I know they are looking forward to speaking with you. The conference schedule is open through Skyward, which can be found on our website's main page, the window to schedule closes tomorrow at noon so try to make your appointment. If you miss this window please email the teacher directly.

Also, our Kindergarten students will host their annual Thanksgiving Play on Thursday November 15<sup>th</sup>. This is a cherished annual event at GWES. It is an opportunity for the families of our newest members of our GW family to watch a reenactment of the story of Thanksgiving. Have your cameras charged and ready! Please plan on arriving early and have your driver's license ready when you check in at the office.

Warm Regards,

Bonnie S. Citron

### **3<sup>rd</sup> Annual Healthy Habits Program**

General Wayne Elementary School is again running the year-long *Healthy Habits* school-wide challenge. This program uses a monthly, wellness-related goal in which students from every class track and compete against other classes for various rewards including extra recess or physical education time. The program started three years ago and was combined with a visit from *Fresh Start Fitness* out of Pottstown, Pa. Since its inception, there has been a noticeable improvement in the health and wellness of our students. Children are more aware of their hydration levels, movement needs, responsibility to pack up their belongings and the need to take time to concentrate on breathing.

*Mark Your Calendar*

November 1– Turkey Trot  
2:30PM

November 1– Title I Parent  
Night 6:00PM

November 2– 5th Grade Field  
Trip to Paradise Farms

November 2– Firedrill  
10:00AM

November 5– School Board  
Work Session 7:30PM

November 6 & 7– No School–  
Parent Teacher Conferences

November 12– School Board  
Meeting 7:30PM

November 15-Kindergarten  
Play 10:45 & 2:15

November 16– 4th Grade  
Field Trip to GVHS Women in  
Science Program

November 21-23–  
Thanksgiving Break-No  
School

December 3– Firedrill

December 3– School Board  
Reorganization meeting

December 6– 5th Grade  
Choral Concert 9:15 & 7:00

December 7– 5th Grade Field  
trip to People's Light

December 4– Dine to Donate  
@ Couch Tomato West  
Chester Location

December 12– District Band  
& Orchestra Concert 9:30 &  
7:00 @ GWES

December 21– Noon  
Dismissal Winter Break

Dec 24-January 1-No School  
Winter Break



## Citadel Heart of Learning

Each year, Citadel receives thousands of nominations to honor local teachers with the nationally recognized Citadel Heart of Learning Award. The nominations are reviewed and they select 15 finalists from across the county. Each finalist receives \$500 to use for classroom materials. From this group, three winners are selected, one from each level. The winners receive an additional \$1500 for use in the classroom. Last year, our very own, Kelly DeMillion was selected as the Great Valley recipient and went on to earn the elementary title. #cantbeatthequeen Please consider nominating a GWES teacher for the 18-19 Citadel Heart of Learning! Nominations are due by December 31, 2018 and can be submitted online at [CitadelHeartofLearning.com](http://CitadelHeartofLearning.com).

## Wellness Corner Focuses on Sleep

If you've been through the halls of General Wayne recently you may have noticed a very colorful and informative bulletin board themed on the science of sleep. Sleep is often an overlooked and ignored component of wellness that has detrimental effects if left under fulfilled. According to the Center for Disease Control, school age children (6-12yrs) need 9-12 hours of sleep in a 24-hour cycle. If you are interested, Dr. Matthew Walker wrote a book entitled *Why We Sleep: Unlocking the Power of Sleep and Dreams* which provides a thorough education on all things related to sleep.



## The Philadelphia Unions Stops In!



On Friday October 19<sup>th</sup>, team members from the Philadelphia Union professional soccer team stopped in to hold their *Gym Class Takeover* program. Students in 4<sup>th</sup> and 5<sup>th</sup> grade rotated between six stations designed around many of the various components of the game of soccer. Students were also introduced to a variety of stretches provided by a physical therapist from Premier Physical Therapy.



## Drop-Off Procedures: Please Review!

As a reminder the school day starts at 8:50 AM, students are to be in their classrooms ready to begin. A bell rings at 8:50, and students who are not in their classrooms are marked tardy (exception for late buses). Car riders and walkers should arrive between 8:40 and 8:50 AM. **\*\*\*Parents are reminded that students are not to arrive at school before 8:40 AM. There is no supervision by school personnel prior to 8:40 AM. The children will remain outside until the bell rings at 8:40.**

*All students are encouraged to ride buses to and from school.* However, if parents are dropping off students, the following procedures will be followed: **DROP OFF (8:40 – 8:50 AM):**

Parents dropping off their children in the morning should not arrive before 8:40. Plan on dropping off your child between 8:40 – 8:50. **Parents should wait in the car line.** Please do not release the child(ren) until the car has reached the sidewalk area at the side of the building. Once the parent has reached the sidewalk area, the child(ren) can get out of the car and walk into the building. **PLEASE DO NOT PARK IN THE DROP OFF LANE,** the school and other parents appreciate your cooperation with this effort. If your child can not independently get out of the car please park in a parking space, this will be for everyone's convenience as well as the safety of the children. We appreciate your cooperation.

## **JUST WRITE A CHECK**

Don't forget our PTO is sponsoring a **Just Write a Check Campaign** as our Fall Fundraiser. The money we raise goes to offset the costs of assemblies, field trips, classroom funds, and so much more. In order to continue to fund these events we need your support. Please consider donating to our PTO by "Just Writing a Check". Also, contact your employer to see if they offer a matching program. For more information: **JWAC DOCUMENT**

**As of 10/28 we have raised \$4687 towards our goal of \$12,000. Please consider contributing!**

