

March 2009

Sanctuary

At Pace School

Inquiry and Social Learning is one of the seven commitments of Sanctuary®, the trauma sensitive process of creating a healing community at Pace School. Each of the seven commitments identifies a value and belief that guides our daily actions.

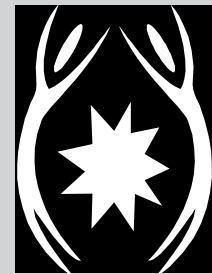
Inquiry and Social Learning honors the belief that minds open to learning can always find a solution. While any one of us may be lost, by seeking the help of those around us we can find a way. Young people by nature have only limited experiences and knowledge with which to solve problems. For children who have experienced trauma or chronic stress, the very idea that their overwhelming problems can be solved at all is hard to believe. We must teach children that no challenge is too big when we work together to overcome it. When each of us practices asking for help, we build a culture of inquiry and social learning where children find that it is safe and healthy to ask for help.

At Pace School the commitment to inquiry and social learning is demonstrated by the value we place on teamwork and community. Students and staff are encouraged to address challenges by bringing people together. As parents, we can help our children by asking them to participate in solving family problems and challenges. When we value their ideas and share our own, we build their decision-making skills as well as their ability to participate positively in their community.

To learn more about Sanctuary® and the 7 commitments, visit our web site at www.paceschool.org.

Mark your
calendars!!

The
Pace
School
Gym Show
May 15th!!



Parent Representative named to Pace Board

Welcome to our new Parent Representative.

Ms. Colleen Weber will join the Pace School Board of Directors as Parent Representative. Colleen is the proud parent of Tyler, in the Holliday classroom. Colleen has been active and involved with Tyler's education and treatment here at Pace. The parent representative's voice on the Board is critical to ensuring that school policies and practices are guided by the best needs of students and families.

Health and Wellness Presents:

Healthy Snacks for Kids

When a snack attack strikes, refuel with these nutrition-packed snacks.

Easy, Tasty (and Healthy) Snacks

You may need an adult to help with some of these snacks.

1. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
2. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins. Enjoy your "ants on a log."
3. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
4. Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
5. Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
6. Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.
7. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
8. Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.
9. Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.
10. Spread peanut butter on apple slices.
11. Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
12. Make a mini-sandwich with tuna or egg salad on a dinner roll.
13. Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.
14. Toss dried cranberries and chopped walnuts in instant oatmeal.
15. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
16. Microwave a cup of tomato or vegetable soup and enjoy with whole grain crackers.
17. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.

Pace Learning Center, a new program located in Valencia, is making a difference in the lives of their students. PLC is an elementary program serving students grades K-5 from Butler, South Butler, Moon, Shaler, Seneca Valley and Deer Lakes School districts.



National Library Week

National Library Week is April 13 thru April 17th. We have already kicked off our yearly contest. Each classroom is having an Elephant Stampede contest. Students are challenged across the school to read and do a book report.



They collect an elephant for each book report completed and those who read the most books can win a prize. We will have 1st, 2nd and 3rd place winners and the classroom who reads the most books will win a pizza party. We will also have two speakers. Our first speaker for our younger children will be the on Tuesday, April 14. The Carnegie Museum will be performing an event based on the book "Alice In Wonderland". The second speaker for our older students is on

for these exciting speakers. Flyers will be sent home to remind everyone. We are only asking that you RSVP if you would like to attend. HAPPY READING!

More information to come....

Pace has a grievance process for parents who have a serious concern regarding an issue that occurred with them or their child and Pace. Please contact your child's Program Supervisor for more information. A summary of the Policy will be included in the next Parent News letter.

Coming soon...
the Pace School
Talent Show on
April 24th.
Look for more information to come!

IMMUNIZATION UPDATE

Parents have been sent several letters throughout the year stating their child will be excluded from school starting in May 2009 if they do not have the required vaccinations:

Varicella (Chicken Pox) for all students

Tdap (tetanus, diphtheria and pertussis booster) for students in 7th grade

MCV4 (Meningococcal Meningitis) for students in 7th grade

The Allegheny County Health Department has just notified Pace School that they have decided to waive the exclusion mandate for this year. What this means is, your child will continue to attend school this school year even if they do not have the required vaccinations.

What doesn't change is, parents are still required to obtain the above vaccinations and provide the Health Office with the proper documentation.

The exclusion mandate, which means your child will not be allowed to attend school, will be in effect for start of the 2009/2010 school year. This means, starting next school year (2009/2010), your child must have the above vaccinations and provide the school health office with the proper documentation or your child will not be allowed to return to school in September of 2009.

Letters are being sent to the parents of children who do not have all of the required vaccinations. We will also be sending letters notifying parents of students who need to update their child's vaccinations who will be starting 7th grade in the 2009/2010 school year.

If you have any questions regarding this or any other health issues, please call the Health Office at 412-244-1900 and speak with one of the nurses, Mrs Weaver or Mrs Leiendecker.