

The ABCs of SPRING COVE S C H O O L D I S T R I C T

December 2015 • Building a Foundation of Excellence...One Student at a Time • Vol. 5, No. 2

Prevention Programs Offer Help and Resources to Students, Families

In 2014, the Pennsylvania legislature passed Act 71. The Youth Suicide Awareness and Prevention and Child Exploitation Awareness Education bill required all Pennsylvania school districts to adopt an age-appropriate youth suicide awareness and prevention policy beginning with the 2015-2016 school year. It also mandated that teachers in grades 6 – 12 receive four hours of training every five years.

Stacy Lantz, the SCSD school psychologist, is coordinating suicide prevention efforts across SCSD buildings. So far this year, elementary teachers have been trained in mindfulness techniques and to recognize trauma in youth. Similarly, middle and high school teachers have been trained to recognize suicide risk factors, signs and symptoms. They have also gained a better understanding of effective prevention strategies and treatment options. Mrs. Lantz and the school counselors have also developed a District-wide plan to help students who may be demonstrating warning signs.

“This is a growing problem across the country,” Mrs. Lantz said. “Today, about 15 percent of high school students report that they have seriously considered suicide. We want to make sure our students know that we’re here to help and that they are not alone.”

With this in mind, a prevention-focused workshop will be conducted with CHS and SCMS students later this year. Several CHS students are also actively involved in the Aevium Group to help foster a positive and supportive school environment. Their efforts focus on raising awareness of issues such as bullying, suicide, mental health, and related topics.

Finally, families who may be struggling with this or other mental health issues are encouraged to reach out to the Student Assistance Team (SAP). Each SCSD school building has a SAP team. The teams meet weekly and consist of school staff and representatives from several outside support agencies, including Blair Family Solutions, UPMC Altoona, Home Nursing Agency, and Impact Counseling.

For more information, please contact Mrs. Lantz at slantz@springcovesd.org.



800-TLC-TEEN in CA
(800-852-8336)

310-855-HOPE (4673)
Daily 6:00pm-10:00pm, PST

Or text "TEEN" to 839863
between 5:30pm-9:30pm, PST

www.teenlineonline.org

Teens Helping Teens

All CHS students have received information on resources like the TeenLine hotline.

Visit these sites to learn more about signs and symptoms and how to support a loved one who may be struggling.

Suicide Prevention Lifeline (24-hour service)
www.suicidepreventionlifeline.org/
1-800-273-8255

American Foundation for Suicide Prevention
www.afsp.org

The Trevor Project (for LGBTQ youth)
<http://www.thetrevorproject.org/>

Teen Line
www.teenlineonline.org, 1-800-852-8336

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Message from the Superintendent



A few weeks ago, I came to Spring Cove School District to serve as the interim superintendent. Since then, I have been touched by the very warm welcome I have received from the students, our faculty and staff, and the Spring Cove community. I am honored that the Board of Directors

asked me to step in during this transition period and I am excited to work with everyone as we prepare for the opportunities ahead.

As many of you may know, I devoted my entire career to educating and supporting children. In 2010, I retired from the Altoona Area School District as the assistant superintendent. This capped a fulfilling 42-year career that allowed me to make a difference as a special education teacher, a school psychologist, and a District administrator.

I was proud to make a difference at the state level as well when former Governor Robert P. Casey appointed me to the State Early Intervention Coordinating Council and the Special Education Advisory Board. I was also honored when former Governor Ed Rendell appointed me to serve on the Committee to Study School Cost Reduction. Closer to home, I have been actively involved with the Kiwanis Club, Easter Seals, We Care, Skills of Central Pennsylvania, and several other organizations.

I consider it a privilege to share my experience and perspectives with the Spring Cove community. While I am here, I will keep the needs of our students front and center. As I tend to day-to-day operations, I will also be working with our dedicated faculty and staff members to keep the District moving forward. Together, we will find better ways to provide the education that our students need and the community can afford.

On behalf of my wife, our six children and our eight grandchildren, I thank you for this opportunity. Please accept my best wishes for a safe and happy holiday season.

Sincerely,

A handwritten signature in black ink that reads "Frank Meloy". The signature is written in a cursive style.

Dr. Frank Meloy
Interim Superintendent



Mrs. Fogle works with several of her 1st graders at SCE during a small group phonics activity.

Students Benefit from Updated ELA Curriculum

This year marks the completion of a District-wide update to SCSD's English Language Arts (ELA) curriculum. The new curriculum is designed to strengthen students' literacy, communication and writing skills across all grade levels.

At the elementary level, the new Benchmark Literacy curriculum is helping students build a strong literacy foundation for middle school. As part of the new curriculum, teachers at MES and SCE are integrating ELA concepts across all subject areas and enriching their ELA activities through the use of new resources and technology tools, including Chromebooks at MES for grades 4 and 5. At SCE, students in grades K through 2 participate in a comprehensive program that includes interactive read-along strategies, whole and small group activities, independent reading, guided reading, and phonics and word study.

At SCMS, a three-year process to upgrade the curriculum is now complete with the addition of a new and contemporary collection of Newberry Award-winning books. The books cover a broad range of reading levels and interests to help strengthen students' literacy and comprehension skills. CHS completed its ELA upgrade last year.

The Dragon Pride Foundation

AWARD NOMINATION FORM for Educator, Support Staff and Volunteer of the Year

Date Submitted: _____

Name of Candidate: _____

Job Title of Candidate: _____ Building Location: _____

Length of Service in Spring Cove School District: _____

Please indicate which award you are submitting: _____ Educator _____ Support Staff _____ Volunteer

Name of Nominator: _____

Address: _____

Phone Number: _____ Email Address: _____

Please write a brief narrative below telling us about the outstanding qualities that prompted you to submit this nominee for this award. What has this person contributed to the Spring Cove School District? What makes him or her exceptional and worthy of recognition? Please consider the points outlined on the front of this form when writing your narrative. Additional pages may be attached.

Nominations should be submitted to:

The Dragon Pride Foundation
1100 E. Main Street
Roaring Spring, PA 16673
(814) 224-3060
(814) 224-5516 FAX
www.dragonproud.com



The Dragon Pride Foundation

AWARD NOMINATION FORM

Educator of the Year
Support Staff of the Year
Volunteer of the Year

The deadline for nominations is January 31.

Please consider the following qualities when entering a nomination for this award.

Educator of the Year

- Exhibits excellence in teaching, advising, and service
- Has made a significant impact on students and co-workers
- Devotes time outside of class to advise students
- Depicts a caring and professional style
- Participates in professional development opportunities
- Represents our school district by attending after-school activities and events

Support Staff of the Year

- Exhibits initiative when carrying out work assignments
- Produces quality work consistently
- Displays good teamwork
- Provides service to faculty, staff, students, and/or other constituencies
- Uses excellent judgment and problem solving skills
- Participates in professional development opportunities

Volunteer of the Year

- Exemplary record of volunteer service to the Spring Cove School District
- Active involvement with a parent organization, academic, social, or athletic activity
- Significant contribution of volunteer time, talents, and service

PROCEDURE FOR NOMINATIONS

Please complete the attached nomination form, and provide a brief narrative telling us about the outstanding qualities that prompted you to submit this nominee for this award. What has this person contributed to the Spring Cove School District? What makes him or her exceptional and worthy of recognition?

Nominations will be accepted from students, parents, community members, and Spring Cove School District employees. **Nominations will not be accepted from relatives of an employee.**

The Dragon Pride Foundation
1100 E. Main Street
Roaring Spring, PA 16673
(814) 224-3060
(814)224-5516 FAX
www.dragonproud.com

The deadline for nominations is January 31.

SCSD Welcomes 15 New Teachers

We are pleased to welcome 15 new teachers to our schools, all of whom bring a wealth and knowledge and experience to our classrooms.

Kevin Buynack, Spanish and ESL (District-wide)

Mr. Buynack is beginning his teaching career with SCSD. He is recent graduate of IUP and served as a student teacher at Indiana Area High School before coming to Spring Cove.

Dawn Dillon, Emotional Support (Elementary and CHS)

Ms. Dillon brings nearly 20 years of experience to her position, including 11 years as a special education teacher and six years in autism and learning support. She earned her undergraduate degree from Baldwin College and a Master's degree from Old Dominion University.

Erin Barley, Math (SCMS)

Mrs. Barley comes to SCSD after teaching math at Altoona Area High School for 10 years. As the CHS volleyball coach for the past three years, she is now happy to work with the students in the classroom, too. She earned her undergraduate degree in math and secondary education from Juniata College, and a Master's degree in educational psychology from IUP.

Daniel Drumm, Music, Grades K – 5 (SCE and MES)

Mr. Drumm graduated from IUP in 2010 and earned a Master's degree in music from Ohio University in 2014. Prior to joining our elementary staff, he worked in the Conneaut School District and the Girard School District.

Jess Henry, Family and Consumer Science (SCMS and CHS)

Ms. Henry, a recent graduate of IUP, is launching her career at SCSD. She completed her student teaching at Indiana Area School District and served as a substitute teacher at Indiana and Homer-Center High School before joining the SCSD faculty.

Elizabeth Heuston, Library, Grade K – 5 (SCE and MES)

Ms. Heuston spent the last 3 years as an AmeriCorp staff member at SCSD teaching small group reading and co-teaching. She also served as long-term library substitute and reading specialist. She is a graduate of Penn State University-Altoona and earned a graduate certificate from St. Joseph's University.

Pamela Kennedy, K4 (SCE)

Ms. Kennedy is a 2010 graduate of Mount Aloysius College with a Bachelor's degree in early childhood/elementary education. She taught PreK Counts for Child Advocates of Blair County before joining the SCE faculty.

Andrew Kuntz, Building Trades (CHS)

Mr. Kuntz joins SCSD after teaching high school engineering courses in southern Virginia. He holds a Bachelor's degree in Education Technology.

Emily Morris, K4 (SCE)

Ms. Morris taught in a PreK Counts classroom at Begin with Us in Altoona before joining the SCE faculty. She is a graduate of IUP, having earned a dual degree in early childhood/special education and theater.

Ann Noce, K4 (SCE)

Ms. Noce brings more than a decade of teaching experience to her K4 classroom. Before joining SCE, she worked as Head Start teacher and a regional substitute teacher. She is a graduate of Penn State and holds a degree in Elementary Education. She earned a Master's degree in Early Childhood Education from St. Francis University.

Heather Perry, Physical Education (CHS)

Mrs. Perry obtained her Master's in physical education from WVU while teaching chemistry at Philipsburg-Osceola High School. During that time, she also served as a coach for the junior high softball, varsity cross country, and varsity track teams. She earned her undergraduate degree from Gettysburg College.

Stephanie Popp, School Counselor (SCMS)

Ms. Popp served as a long-term substitute at CHS before joining the SCMS staff. She has worked in a variety of settings, including inpatient, outpatient and community-based mental health settings. She earned a Bachelor of Arts degree in psychology, communication studies and English from Duquesne University and a Master's of Science degree in counseling from Chatham University.

Joe Ryan, English, Grade 9 (CHS)

Mr. Ryan joins CHS after teaching at Governor Thomas Johnson Middle School in Frederick, Maryland. He earned an undergraduate degree in English literature from UPJ and a Master's degree in secondary education with a focus on English.

Zack Wozniak, Physical Education (SCMS, CHS)

Mr. Wozniak graduated from Edinboro University in 2014. Before joining SCSD, he taught in Erie city schools and at Union City Junior/Senior High School.

K4 Program is Off to a Great Start



Emily Morris, one of four K4 teachers at SCE, reads to her students in the school library.

In August, SCSD launched its full-day K4 program at Spring Cove Elementary and the four-year-olds made an immediate impression. According to their teachers, the District's youngest students are developing into little artists, writers, and techno wizards.

The four K4 rooms bounce with the sounds of songs, skits, and stories as the children learn to count, recognize the alphabet, write their names, and more. They are also learning to share, solve problems, and work cooperatively. Learning is combined with rest time and snacks throughout the day.

"The students are becoming familiar with the building and a school-day routine," said **Emily Morris**, one of the K4 teachers. "This has been a great program to prepare the children for kindergarten."

Feedback from parents and other caregivers has been very positive, and enrollment has increased since school started in August. To learn more or register your child for the program, please call SCE at 224-2311.

"Second Step" Helps MES Students Put Their Best Foot Forward

A new program is helping MES students in grades 3, 4 and 5 strengthen their social and emotional skills so that they will be better prepared for current daily challenges, as well as those they may face in middle school and beyond.

Second Step is a research-based program that helps children develop empathy so that aggressive behavior toward others can be reduced. Lessons are arranged in three units that include empathy and skills for learning, anger management, and problem solving.

During each lesson in 3rd grade, students are shown a photograph accompanied by a scenario that forms the basis for the activities of the lessons; students in grades 4 and 5 watch videos of various situations that relate to their daily lives. With support and guidance from **Rachel Lemmon**, MES school counselor, the students practice the lessons through activities such as role-playing. Ms. Lemmon also leads a class discussion about what worked and what might need to be improved.

"It's only been a few weeks, but we have noticed a difference in the way our students treat each other," Ms. Lemmon said. "Through role-playing and discussion, they have the chance to see how their actions can affect others. It's been a great addition to our curriculum."



Ms. Lemmon works with 3rd grade students on a Second Step lesson.

Ms. Lemmon stated that all MES teachers have been trained to carry out the program in their classrooms in an event that she is absent. Parent materials are also sent home to help reinforce positive messages of the program. For more information, please contact Ms. Lemmon at rlemmon@springcovesd.org.



SCSD is Accepting Leon Kensinger Nominations Award Recognizes SCSD Employees Who Made a Difference

Nominations are being accepted for former Administrative or Instructional Employees of the Spring Cove School District who are now deceased. These nominations will be considered by the selection committee for award. Nomination forms will be kept on file for a period of six years from the date of the nomination form submission. If not selected in the year they are submitted, nominees may be considered for up to six years from the date of submission. For more information, please contact the SCSD Administrative Office at 224-3060.

Name of Nominee: _____

Substantiating Information: _____

Nominated By: _____

Relationship to Nominee: _____

Address, State, Zip: _____

Home Phone: _____ Work Phone: _____

Signature: _____ Date: _____

You are welcome to supply additional information about the nominee. Please do not submit original items. If the person you nominate is selected for this award, you will be notified and may be asked to help the committee locate a family representative. The ceremony will be held in May 2016.

Nominations should be sent to:

**Office of the Superintendent
Spring Cove School District
1100 E. Main Street
Roaring Spring, PA 16673**

All nominations must be received by January 15, 2016.



“Celebration of Excellence” Info Due January 31

Each year, the Dragon Pride Foundation honors a teacher, support person and volunteer who has gone above and beyond to make a difference in a child’s life. If you know someone who fits that description, please consider nominating him or her as the SCSD Educator, Support Person or Volunteer of the Year.

A nomination form is included in this issue of the *ABCs of Spring Cove*. Forms will be accepted through **January 31, 2016** from students, parents, community members, and Spring Cove School District employees. The winning nominees will be announced in the spring and honored at the 2016 Celebration of Excellence in April. For more information or other copies of the nomination form, please visit <http://scsd.schoolwires.net>.

Kensinger Nominations Are Now Being Accepted

Nominations are now being accepted for the annual Leon E. Kensinger Memorial Award. This award pays tribute to a late administrator or educator who made a significant contribution to SCSD. It was created in honor of Mr. Kensinger, the first principal of Spring Cove Junior High School.

Every spring, the district’s Board of School Directors recognizes those who, like Mr. Kensinger, contributed above and beyond to the district. Recipients’ names are inscribed on the Kensinger Memorial,

located outside of Spring Cove Middle School.

A nomination form is included in this issue of the *ABCs of Spring Cove School District*. A written letter of recommendation may also be submitted and sent to the Superintendent’s Office, Spring Cove School District, 1100 E. Main Street, Roaring Spring, PA 16673.

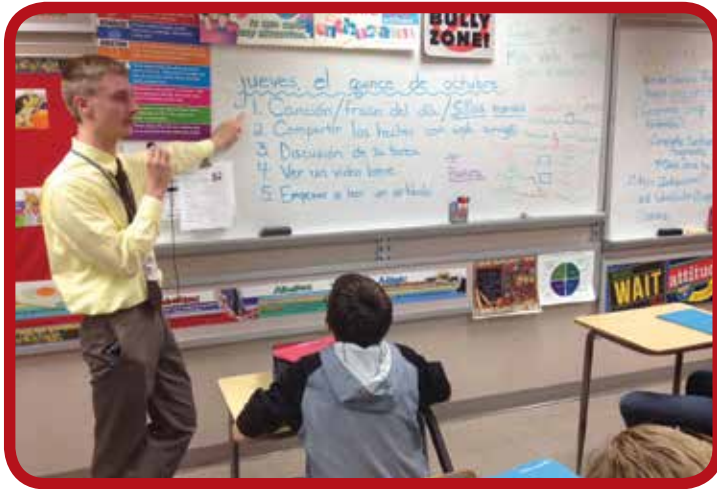
Nominations will be accepted through **January 15, 2016**. For more information or other copies of the nomination form, please visit <http://scsd.schoolwires.net>.

Calendar Highlights

December 23 – January 3	Christmas break
January 4	School resumes
January 6 - 7	Winter Keystone Exams - Algebra I
January 12 – 13	Winter Keystone Exams - Literature
January 12	SCE K4 only – No school
January 18	Martin Luther King Day - No school (possible snow make-up day)
February 12 - 15	Holiday (2/12 is a possible snow make-up day)

Bienvenida!

Spanish Comes to SCMS



For the first time in many years, students in grades 6, 7 and 8 are learning a foreign language. **Kevin Buynack**, who joined the SCSD faculty this year as a Spanish and English as a Second Language (ESL) teacher, is introducing SCMS students to Spanish culture.

Every student in grades 7 and 8 will be enrolled in the Spanish class four out of every six days for one of the nine-week marking periods during the year. Students in grade 6 will receive Spanish instruction two days a week for a semester.

“By the end of the year, every student will have begun to learn the basics of the Spanish language,” said **Candace Claar**, principal, SCMS. “As students move up through the grades, they will become more proficient in the language so that they can enter CHS with a strong foundation.”

Students in Kevin Buynack's 6th grade classroom absorb an introductory Spanish lesson.

3D Printing Added to Tech, STEM Curriculum

Thanks to a recent grant from Monsanto Fund's America's Farmers Grow Communities, technology and engineering students at CHS now have the opportunity to test their design skills on a state-of-the-art 3D printer. A second printer has also been installed at SCMS to help foster younger students' interest in science, technology, engineering and math.

The Monsanto program supports farming communities across the country by giving farmers the chance to win a grant for their favorite community non-profit. The program is available in 1,326 counties across 40 states.

The SCSD extends its gratitude to the team of local farmers and agricultural experts who nominated SCSD for the grant. Thank you!



Students in Andrew Kuntz's pre-engineering STEM class at CHS work on a 3D printing project.

Hard Work Pays Off



These seniors and juniors each received \$200 from the Challenge Program for their efforts in and outside of the classroom.

Congratulations to several CHS juniors and seniors who recently received \$200 each for their academic achievements, academic improvements, STEM achievements, attendance records, and community service through the Challenge Program. We are grateful to NPC Inc. for their sponsorship of this initiative. The winners by category include:

- Academic Achievement: **Jenna Berzansky** (12) and **Alexis Hicks** (11)
- Academic Improvement: **Griffin Patterson** (12) and **Chelsea Pounds** (11)
- STEM Achievements: **Matthew Knauss** (12) and **Meggie Stern** (11)
- Attendance: **Kelsey Brumbaugh** (12) and **Noah Hoover** (11)
- Community Service: **Anna Ormsby** (12) and **Amanda Campbell** (11)

Several top students in each category submitted a survey to be considered for the \$200 prize; winners were then randomly selected. Congratulations!

Students Attend National FFA Conference



Aaron Clouse, Landon Mock, Eric Calhoun and Austin Berkhimer (l-r) represented CHS at the National FFA Convention in



The CHS team also visited Churchill Downs during the FFA conference.

In late October, more than 55,000 high school students traveled to Louisville, Kentucky to take part in the annual National FFA Convention for students enrolled in agricultural education. Four CHS seniors made the trip, accompanied by **Tom Ritchey**. The conference is the largest youth convention in the United States.

During the four-day event, the CHS team attended general convention sessions, participated in the agriculture career show, and enjoyed a rodeo and country music concert. They also had the opportunity to tour Keeneland Race Track, Churchill Downs, Louisville Slugger baseball factory and museum, and Papa John's corporate headquarters, where they met "Papa" John Schnatter, owner of the national pizza chain.

Aaron also had the honor to represent Pennsylvania in the extemporaneous public speaking contest at the convention, and competed against 48 state winners. He won the state competition in June.

"The FFA is a co-curricular program," explained Mr. Ritchey, who teaches agricultural courses at CHS. "Students enrolled in agriculture education classes at the high school have the opportunity to become a member of this student organization that promotes leadership, citizenship, community service, and careers in the industry of agriculture."



Senior Ben Smith relaxes after donating blood. Senior Jenna Berzansky was one of many students who helped plan and run the event. The drive, which collected 45 pints of blood, is one of many projects that allow students to give back to those in need.

Community Service Rounds Out CHS Curriculum

Much of the focus on schools and evidence of successful learning these days seems to center on test scores. But at Central High School the principles of "whole child" and "emotionally intelligent" education are still addressed, often through opportunities to develop the habit of giving back through community service.

In addition to eight hours of required community service each year as a graduation requirement, several school groups have become active in projects, helping local groups and individuals as well as providing opportunities for students to experience the positive benefits of helping others.

For example, the National Honor Society sponsors two blood drives during the year; coordinates a peer tutor service for underclassmen; organizes food drives; fundraises for the March of Dimes; supports Angel Trees for needy families and SOS collections for soldiers serving overseas; and is involved in several other projects.

Similarly, the Future Business Leaders of America sponsors a "Hired Hand" auction that last year raised \$1,300 for local families in need. Likewise, the Family and Consumer Science Club helps sew blankets for ill children through The Turtle Foundation. In addition, last year's Freshman Class was honored as Pennsylvania State Champions in the Great American Can Roundup as they collected aluminum cans for recycling.

Many other opportunities are also available each year, including dress down days for specific needs or the Guidance Department Dragon's Den, which gives students the opportunity to donate slightly used clothing for classmates in need. While academics continue to be the main thrust of CHS efforts, students are also showing positive achievements in other areas as well.

Student-Athletes Shine During Fall Sports Season

The Scarlet Dragon Fall athletic teams breathed fire this season with exciting games, and inspiring individual and team achievements. More than 300 student-athletes in grades 7-12 competed in Cross Country, Football, Golf, Soccer, Tennis, and Volleyball. Several teams marched into post-season District 6 play. We extend our many thanks to our seniors for their years of dedication and commitment to their sports, their coaches and their teammates. Congratulations!

Cross Country

The boys' team finished 4-4 and sent 18 runners to the District 6 championships.

Football

The Varsity team earned a District 6 play-off berth after finishing the season with a 9-1 record. At press time, the team was heading into the District 6 championship game on November 20. The Junior Varsity and Junior High 9th grade teams also finished with winning seasons, while the Junior High 8th grade and 7th grade teams continued to play hard through the season.

Golf

The team finished with a 3-8 record and looks forward to competing again next year.

Dalton Musselman (l) and Tanner Grove finished 14th and 37th, respectively, out of 160 runners at the Altoona Cross-Country Invitational.



Dr. Crumrine and Mrs. Thompson braved the ALS Ice Bucket Challenge during the girls' volleyball game against Tyrone. Their fearlessness helped raise nearly \$2,400 for the organization.



Senior Noah Benton dives into the end zone for a touchdown.



DISTRICT 6 CHAMPS! Congratulations!

Soccer

The girls' Varsity Soccer team is the District 6 Class AA champions! The team posted a perfect season of 19 wins and no losses as they headed into state playoffs. They also captured the Mountain League championship title after finishing the regular season at 17-0. Similarly, the Junior High girls' logged a winning season with a 14-0-2 record. The boys' soccer teams stayed committed throughout the season.

Tennis

With a strong 8-5 record, the team finished as the Mountain League Champions. Players advanced to District 6 singles, doubles, and team tournaments.

Volleyball

The girls' Varsity Volleyball team capped the season with an 11-5 record and made it deep into the District 6 playoffs before falling in a well-fought game to Bald Eagle. The JV team ended their season with an 8-7 record; the Junior High team continues to strengthen their skills.

Spring Cove School District
Office of the Superintendent
1100 East Main Street
Roaring Spring, PA 16673
814-224-5124
<http://scsd.schoolwires.net>

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Contact Us

District Administration
224-5124

Martinsburg Elementary School
793-2014

Spring Cove Elementary School
224-2311
877-695-4859 (toll-free)

Spring Cove Middle School
224-2106

Central High School
793-2111

Don't forget to visit
<http://scsd.schoolwires.net> for the latest
news, sports schedules
and calendar information.

What's Happening - Homecoming 2015!



John Mike Knepp and Shannon Horvath look royal as the 2015 Homecoming King and Queen.



The CHS Band had a good time at the Homecoming Dance.



The Senior Powderpuff team had fun on the gridiron.



The girls' soccer team joined other sports teams during the Homecoming Pep Rally.