

Beating Cabin Fever

The Outdoor Club ventured to Nescopeck State Park for their annual Winter Fest earlier this month. It was wonderful to be outside in the warmer temperatures (upper 20s and low 30s).

We learned about ice safety by watching a demonstration of how to climb out of the lake by PA Fish and Boat commission and local fire department personnel. We hiked around some of the lake and did some bird watching, too.



The highlights were petting and learning about sled dogs, plus figuring out how to put on snow shoes! We spent the whole time outside and got some much-needed fresh air. Nescopeck State Park offers FREE use of snow shoes and cross country skis Monday through Saturday from 8:30 AM-2:30 PM (excluding holidays). You do need a driver's license and 4 inches of snow for skis or 6 inches of snow for snow shoes.

Call the park office at 570-403-2006 for more details and tell them The Outdoor Club from Bear Creek Community Charter School sent you!

Get outside,
Miss Everett & Ms. Longo

Bear Creek Jumps for Hearts!



2A Jumps for Hearts!

The students at Bear Creek once again took part in the Jump for Heart fundraiser that was organized by Mr. Prudente and Ms. Narkiewicz. As of February 17, the school has a whole raised \$3,366. Each student got to go through a vigorous jumping exercise routine in P.E. class that made their hearts healthier. Great job to everyone who participated!



On February 5, Mrs. Stoddard's students became 100 days smarter!
Shown are Nicholas Kapelan and Ava Pate.



Counselor's Corner

There's a good chance you have heard of two of the more common recognized eating disorders: anorexia nervosa, and bulimia nervosa. However, Geisinger Wyoming Valley Medical Center clinical dietitian Janet Millner discussed a recently recognized eating disorder called Avoidant/Restrictive Food Intake Disorder (ARFID), which focuses on someone restricting only certain foods (e.g., something that might trigger a bad memory).

Much more serious than generally just being picky, Millner says it's most commonly seen in kids and teenagers. "Basically it's categorized by avoiding eating, then resulting in a failure to thrive. Young kids not meeting height and weight needs, being somewhat restrictive because of texture, types of food, colors."

Selective eating in young children can also be managed by establishing a feeding pattern and creating an appropriate atmosphere and making meal times a social time for the family.

For more information/inquiries, please refer to the following:
<http://www.disorders.org/avoidant-restrictive-food-intake-disorder/>.

Community Events

Night at the Races

To sign up for Night at the Races, please click the following link: <http://www.signupgenius.com/go/60b054eaba72da57-night2>.

Teacher Appreciation Meeting

The next Teacher Appreciation meeting will be held Thursday, March 12, 2015, at 12:45 PM at Jersey Mike's.

If you are interested in attending, please contact Lisa Martin at dslamar-tin@hotmail.com.

Tail Waggin' Tutors

On March 19, Lackawanna County Children's Library in Scranton will host "Tail Waggin Tutors." Boost your child's confidence with reading and communications skills by using the powerful method of reading to a dog! Qualified handlers and their therapy dogs help the children to read independently. It's a free program held at the library! Pre-Registration required.

Calendar

March 6	Noon Dismissal
March 6	Teacher In-Service
March 7	Night at the Races (6pm)
March 10	Grade 5 Bear Creek Night
March 11	PTO Meeting (6pm)
March 26	Grade 3/4 Bear Creek Night
March 27	Americana Assembly
March 31	2015-2016 Public Lottery
April 1	Full Day of School
April 2	Career Day
April 2	Noon Dismissal
April 3-6	Spring Break

Field Trip Information

Field Trip information will be coming home soon. Please watch for information on chaperoning. Just a reminder chaperones are selected in accordance with our volunteer policy: any parent or guardian in grades 1-8 who has volunteered the required 18 hours between April 1, 2014 and March 31, 2015 will have their name entered into the chaperone drawing. For kindergarten, any volunteer who has completed 14 hours of volunteer time (between September 1, 2014 and March 31, 2015) will be entered into the drawing. For all grades, each additional 10 hours volunteered will result in an additional entry into the drawing. Please make sure that you hand in all volunteer hours no later than Tuesday, March 31, 2015 so that hours can be tallied. **All chaperones must have their clearances on file with the school.**