

BE SAFE
RESPECT OTHERS
ACCOUNTABLE
VICTORIOUS
ENTHUSIASTIC

BE BRAVE AND
FOLLOW THE
WARRIOR WAY.



FALL/WINTER | 2019

THE ARROW



Central Elementary is Designated as a Blue Ribbon School!

Central Elementary has been designated an Exemplary Achievement Gap Closing National Blue Ribbon School for 2019. Central is among the 362 public and private schools in the nation and one of 18 schools from Pennsylvania to receive this recognition from U.S. Secretary of Education Betsy DeVos.

The faculty, staff, and students joined together in the cafeteria to hear the announcement from Mrs. DeVos in a live Facebook feed on September 26. Everyone cheered, blew horns, and released confetti to celebrate this historic event. The faculty, staff, students, and parents were honored with a citation from Michael Puskaric, a Member of the House of Representatives, on September 18 at Warrior Stadium. He congratulated the staff, students, and parents for their hard work and dedication to education. Central Principal Mrs. Perry, Superintendent Dr. Keruskin, and 4th grade teacher Mrs. Chorba, traveled to Washington, D.C. on November 14 and 15 to attend the 2019 National Blue Ribbon School Ceremony. They were honored by the U.S. Department of Education and presented with a flag and plaque to commemorate this achievement.

The school celebrated their return with an assembly on November 20 at Elizabeth Forward Middle School. EFAA K-5 Cheerleaders welcomed students, parents, and members of the community to a musical performance by the 5th grade choir and band students and the 8th grade orchestra. Ryan Smith, a 2nd grade student, shared his experience as a new student at Central Elementary. Allyson Wasson, a 4th grade student at Central, stressed the importance of keeping up with academics and joining extra-curricular activities. Luca Valerio, a 5th grade student, shared his memories as a student at Central since kindergarten.

School Board President Mr. Tom Sharkey thanked the faculty and staff for their hard work and dedication to the students, families, and district. Central Principal Mrs. Perry said, "it was truly a team effort and everyone has a reason to be proud of this achievement." She thanked the parents for their part in helping to make Central Elementary a school dedicated to helping every child learn and grow. Pam Gracan, a 24-year veteran, shared her memories of teaching at Central Elementary. She expressed gratitude to be working with such great educators and attributed their success to being committed to ensuring the growth of every student. Dr. Keruskin thanked the faculty, staff, parents, and community for coming together and sharing in this historic event. Central is the first school in the district to receive this award, but we are hopeful that another school in the district will be designated in the future.

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We are now in the fourth year of this program and continue to reinforce our mission to create a positive environment where all students are taught pro-social behaviors to achieve academic and lifelong success.



As winners of the spirit competition, 8th grade will choose a student from the class to be the mascot for the winter sports pep rally.

STUDENTS RECEIVE A "BRAVE CARD" AND EARN STAMPS THROUGHOUT THE YEAR AS AN ACKNOWLEDGMENT FOR FOLLOWING THE EXPECTATIONS IN THE PBIS CODE OF CONDUCT.

Positive Behavioral Interventions and Supports (PBIS)

A student leadership team called the "BRAVE Bunch" will lead student acknowledgements and lessons throughout the school year.

Positive Behavioral Interventions and Supports (PBIS) is a framework that Elizabeth Forward Middle School (EFMS) adopted to improve school safety and promote positive behaviors. We are now in the fourth year of this program and continue to reinforce our mission to **create a positive environment** where all students are taught pro-social behaviors to achieve academic and lifelong success. EFMS has outlined "BRAVE" behavior expectations throughout the Middle School. A student leadership team called the "**BRAVE Bunch**" will lead student acknowledgements and lessons throughout the school year.

The middle school had a kick-off on Friday, October 11 and teachers conducted a PBIS lesson to review the program. Students receive a

"BRAVE card" and earn stamps throughout the year as an acknowledgment for following the expectations in the PBIS code of conduct. Once students fill up their stamp cards, their pictures are displayed on the PBIS grade level bulletin board and they get to participate in an end-of-year PBIS picnic.



Please follow us on Twitter @EfmsPbis.

Pep Rally

Elizabeth Forward Middle School (EFMS) had its first pep rally on Friday, October 11.

Mr. Esper emceed the event and introduced the cheerleaders first. They came out and got the student body pumped up with a rousing EFMS cheer. The guest mascot, Mr. Newmyer, ushered the fall sports teams into the gym to enthusiastic cheers from the student body. The Cross Country, Football, Boys and Girls Soccer, Swimming, and Volleyball teams and coaches were recognized for their dedication to their sports along with their academics.

Mrs. Kivador organized a relay competition between three teams, captained by the PBIS Brave Bunch. Each team consisted of one 6th, 7th, and 8th grader, a staff member, and the BRAVE Bunch captain. **The relay teams displayed their prowess at crab walking, wheelbarrow racing, scooter racing, and successfully "mummifying" the staff member.** The assembly concluded with the cheerleaders conducting a grade level spirit competition to see which grade was the loudest and had the most spirit. The 8th grade came out victorious.

As winners of the spirit competition, 8th grade will choose a student from the class to be the mascot for the winter sports pep rally. The first EFMS pep rally was a huge success and fun was had by all!



THEY CAME OUT AND GOT THE STUDENT BODY PUMPED UP WITH A ROUSING EFMS CHEER.

Red Ribbon Week

The red ribbons symbolize our commitment to living healthy and drug-free lives.

Every October, Elizabeth Forward Middle School celebrates National Red Ribbon Week to bring awareness to the dangers of drugs and alcohol. Students participate in peer-to-peer messages, classroom lessons and spirit week. All students have the opportunity to sign “The RED PLEDGE” during lunches. The red ribbons symbolize our commitment to living healthy and drug-free lives. This is also a great opportunity for parents to have open discussions with their children.

For more information, please visit <http://redribbon.org/about/>



Culture Day

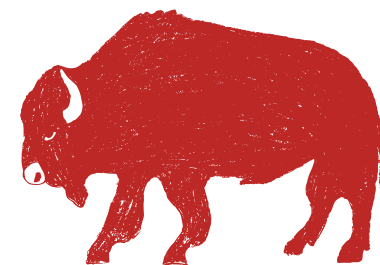
Guten Tag!

On Tuesday, October 8, Elizabeth Forward Middle School transformed into Deutschland for the day as students and staff celebrated the culture of Germany as part of our continuing effort to teach diversity through world cultures. Students enjoyed a festive lunch of potato pancakes made from scratch, homemade brats and sauerkraut, apple strudel, and large pretzels. The Family Consumer Science students pitched in by baking delicious German treats for dessert.

Many students listened to German music and donned the German colors of red, black, and gold as they absorbed classroom lessons about German food, sports, literature, geography, customs, traditions, and history. Highlights included a reader's theatre about the Grimm Brothers' Fairy Tales and a virtual tour of the most beautiful German cities including Berlin, Bonn, Cologne, Hamburg, Leipzig, Munich, and Stuttgart.



What's up with all of the Kind Kids?



#BeTheKindKid

If you have a student in the Elizabeth Forward School District, chances are you have seen the hashtag #BeTheKindKid. It's all over Twitter, t-shirts and tote bags, and it has certainly made an impact here at EF.

The movement started three years ago in the Avonworth School District, where STEAM Teacher Mrs. Maureen Frew started an after-school club for girls interested in entrepreneurship. The group of ladies began by making small, inexpensive games and holiday items to sell to parents and staff members. One day, two young ladies approached Mrs. Frew wondering if there could be a business just about being kind. They formed The JAM Corporation, #BeTheKindKid shirts were born, and the kindness movement surrounding them started. Since then, #BeTheKindKid has been trademarked and there are over 25,000 shirts being worn all over the world. The two young ladies who started it all with Mrs. Frew are now seasoned businesswomen at the ripe old age of nine! The Pittsburgh Children's Museum, Pittsburgh Kindness Initiative, and ReMake Learning are just a few organizations who support the kindness and maker-business initiatives.

The movement has spread to schools across Pennsylvania, in other states and even other countries. All of the Elizabeth Forward Schools celebrate “Kind Kid Wednesday,” when staff and students are encouraged to wear #BeTheKindKid shirts (which were made in house until the # was trademarked). The JAM Corporation uses any proceeds to provide interested schools with a \$200.00 grant to fund student-lead businesses. Miss Stephanie Sciulli at Greenock Elementary was the first to receive the grant. JAM2, which is offered to second graders at Greenock, is run through the Kindness Club. Last year the club sponsored a Kindness Night, which was attended by over 100 local residents and family members. Mrs. Larissa Leuenberger has picked up the charge at Mt. Vernon and will be working with students to create a new JAM there. Staff members and administrators in every school have noted an increase in the levels of kindness demonstrated by students and staff, especially on Wednesdays.

For more information, search #BeTheKindKid on Twitter or Google. To order your own #BeTheKindKid shirt, go to www.bethekindkid.net where you will find everything from wrist bands to sweatshirts.



“By adding movement into students’ daily routines, it allows them to reduce their stress, have a better sense of their breathing, be happy with their progress, and overall improve their well-being.”
- Kate Mackin, Himalayan Institute



**BOTH STUDENTS
AND TEACHERS
SEEM TO BE
ENJOYING THIS
NEW COURSE AND
REAPING THE
BENEFITS OF A
LESS-STRESSED
SCHOOL DAY.**

Being Mindful

The demands of becoming successful in a fast-paced, high-stress society take a toll on all of us.

High school students now have the option to participate in a new elective course called Mindfulness and Movement. The Mindfulness and Movement class introduces the concepts of mindfulness with an experiential component that provides students with the tools to manage stress more effectively and work through it more quickly. Students learn how to be aware of the mind and body connection that enables them to find balance in their lives.

Beginning in 2017-2018 school year, our high school students began a pilot program run by Kate Mackin through the Himalayan Institute. The students received a once-a-week class for six weeks that focused on teaching the concepts of mindfulness and movement that promote a more positive attitude and a stronger mental focus.

The demands of becoming successful in a fast-paced, high-stress society take a toll on all of us. The students of today are rarely “un-plugged” and find it hard to shut down, even for sleep. This course provides them with the skills necessary to calm themselves and re-focus their energies during the school day, at home, at work, or before going to sleep. Senior Gavin Guern said that the Mindfulness and Movement class enables him to “drop everything for those 40 minutes and just focus on myself.” He specifically believes that the breathing techniques he has learned are valuable “because breathing is something we’re born with and we take for granted, but almost everyone does it incorrectly.”

Students are introduced to the concept of being mindful of the emotions, the processing of thoughts, situations, and sensory perceptions, which have a substantial influence on cognitive processes such as attention, learning, memory, perception, reasoning, and problem solving which improve the executive functioning of the brain. “Movement becomes a large aspect in our Mindfulness and Movement class by teaching students about flexibility, posture, and strength,” said Mindfulness and Movement teacher Kaila Meile. “By adding movement into students’ daily routines, it allows them to reduce their stress, have a better sense of their breathing, be happy with their progress, and overall improve their well-being.”

Students also learn to cultivate healthy habits with food, sleep, and exercise which build both physical and mental resilience. Additionally, students learn techniques to process incoming information that promote effective communication and decision-making skills.

Both students and teachers seem to be enjoying this new course and reaping the benefits of a less-stressed school day. “The class has been the brightest spot in my day,” said Mindfulness and Movement teacher, Melissa Benedict. “I feel like I have a window into a typical teenager’s mind regarding the pressures that they feel each day. It is such a wonderful feeling to be able to empower them with these essential skills that will dramatically improve their lives.”

Students schedule Mindfulness and Movement as a physical education elective course that is held daily for one semester.

Following the Warrior Way

Be Safe, Be Respectful, and Be Responsible.

This school year, William Penn Elementary will be starting a new Positive Behavior Support and Intervention (PBIS) plan. PBIS is a three-tiered framework that analyzes data, systems, and practice to improve social and academic outcomes. William Penn students and staff will follow The Warrior Way: Be Safe, Be Respectful, and Be Responsible. William Penn Elementary staff recently kicked off The Warrior Way program with an assembly where students reviewed the areas of focus and expectations for recess, while using technology, and in the lunchroom, hallways, restrooms, buses, and classrooms. Students in Ms. Sorg’s 5th grade classroom demonstrated the expectations for the cafeteria. Mr. Sikorski reviewed the expectations for recess.

The Warrior Way will continue throughout the school year. Each Friday students will be eligible to win various prizes by demonstrating appropriate behaviors in the focus areas. The first focus area will be during recess and lunch. Students will be encouraged to demonstrate appropriate behavior in the cafeteria for a Twenty Day Challenge. Each classroom will have an opportunity to earn a sticker for awesome behavior. The first classroom to earn twenty stickers wins a prize. The other classrooms will continue for the opportunity to win as well. As the students demonstrate positive choices, a new focus area will be initiated with a fun assembly to teach and demonstrate the positive expectations.



A Peaceful Playground

The playground will be used to promote a safe play environment for children.

Members of the William Penn PTA created a Peaceful Playground. Throughout the summer, several members of the PTA created and painted games on the playground for students to enjoy. The goal of the playground is to provide spaces for children to play that are organized and fun. The playground will be used to promote a safe play environment for children. The playground incorporated the community when members of the Forward Township Volunteer Fire Department donated their time and resources to clear the playground of debris. Over the past few weeks, Mr. Sikorski has conducted physical education classes on the newly created Peaceful Playground to teach the rules of the games.



The theme of the drive is “Good Neighbors” in celebration of *A Beautiful Day in the Neighborhood*, a film which opens November 22, 2019.

DONATIONS CAN BE SENT TO ANY SITE IN THE DISTRICT FROM NOVEMBER 25 TO DECEMBER 6.

History of the Elizabeth Forward Food Drive

2019 marks the 11th Annual Elizabeth Forward Food Drive.

In 2005, when the Elizabeth Forward Middle School received an invitation for 250 students to attend an open practice of the Pittsburgh Penguins, it was a bittersweet moment. At the time, enrollment at the middle school was about 750 students. Who would go? Middle school kids love competition, so it was quickly decided that a food drive would be the best way to decide who would make the trip to the Civic Arena to see BOTH Mario and Sidney play. That year, over 8,000 pounds of donations were raised and an annual tradition was born. In 2009, the event became districtwide. For the record, seventh grade won the trip that year and just about every year thereafter!

2019 marks the 11th Annual Elizabeth Forward Food Drive. The theme of the drive is “Good Neighbors” in celebration of *A Beautiful Day in the Neighborhood*, a film which opens November 22, 2019. Mr. Rogers, the original kind kid from Pittsburgh, was a great supporter of the Greater Pittsburgh Community Food Bank, in addition to many other local organizations.

The EF Food Drive benefits our three local food pantries: Elizabeth (located at Elizabeth Baptist Church), Central (located at Central Fire Hall), and Round Hill (located at Round Hill Presbyterian Church). The Greater Pittsburgh Community Food Bank also provides the pantries with some of the food for monthly distribution. The need is frequently greater than the supply, so each pantry relies on donations from the community to get by. In the past decade, we are proud to have donated tens of thousands of food items and dollars to these pantries. Individual schools in the district have helped in other ways, with pajama drives, coat drives, and toy collections. High school students even donated handcrafted soup bowls.

In addition to monetary donations, the most needed items are as follows: canned chicken or tuna, rice, whole grain cereals, household cleaning items, paper products, personal hygiene items, diapers, wipes, and nutritional shakes. Pop top cans and microwavable cups are preferred. Glass containers are not accepted. Donations can be sent to any site in the district from November 25 to December 6. For information on how to volunteer, call the phone numbers listed below.

Elizabeth Food Pantry - 412.384.6464
Central Food Pantry - 412.460.3663
Round Hill Food Pantry and Clothing Closet - 412.384.5889



The Weight Room...

The larger facility will enhance the many aspects of team training while providing ample space for athlete safety.

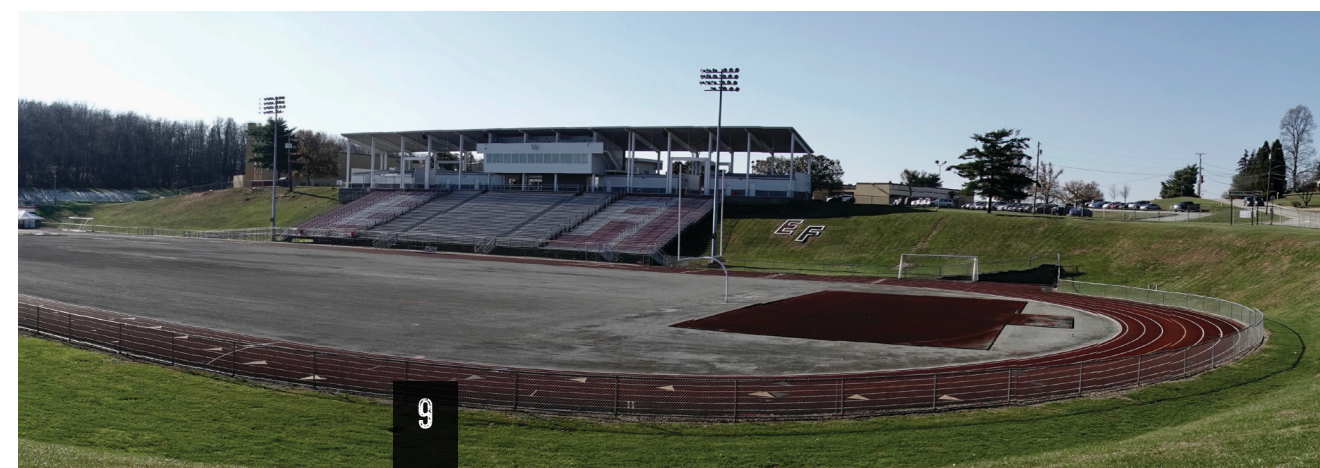
The summer of 2019 marked a big change for the student athletes of Elizabeth Forward High School! The high school weight room was relocated and significant upgrades were made to the equipment. This advancement will create opportunities for multiple sports teams to utilize the facility at the same time. The upgraded equipment will enable more thorough conditioning and training while the larger space lends itself to a safer environment for all of our student athletes.



The Turf Replacement...

The turf will have a new design and new color scheme.

As the fall sports season at Elizabeth Forward High School concluded, the process of giving Warrior Stadium a facelift began. The new turf installation began in mid-November and should conclude prior to the holiday break pending major weather delays. When finished, the new turf will feature a new design and color scheme.



The Fall Sports Season...

For the second year in a row, all of the Warrior fall sports teams made the WPIAL Playoffs.

The EFHS fall athletes had successful seasons this year! For the second year in a row, each of the fall teams earned a place in the WPIAL playoffs. In addition to these team honors, eighteen of our fall athletes were recognized individually as All-Section or All-Conference players, while four of those students earned an additional All-WPIAL Award.

To recap the fall sports season, we will begin with the EF Lady Warrior Volleyball team who finished with a record of 12-5. Seniors Leah Fournier and Mia Vuick and junior Kaitlin Fournier were named All-Section 1st team. Junior Gianna Tour was named All-Section 2nd team and senior Abby Bickerton was named All-Section 3rd team. Additionally, Leah and Kaitlin were both named to the All-WPIAL 1st and 2nd teams, respectively.

Both the girls and boys golf teams had strong seasons as well. The girls finished with a record of 7-4 and the boys with a record of 13-1.

The EF Lady Warrior Soccer team finished with an 8-7 record with senior Ashley Thaxton, juniors Natalie Beinlich and Anna Resnik, and freshman Bria Vahosky all being named All-Section. Beinlich was also named All-WPIAL.

The EF Boys Soccer team also worked hard this season to end with 9-9-1 record. Senior Zach Snyder and junior Andrew Smith were named All-Section players. Sophomore Gino Penascino was named an All-Section Honorable Mention player and Snyder was also named to the All-WPIAL team.

The Lady Warrior Cross Country team was the sole team to earn a section title this fall season, which was the first since 1987! The girls ended the season with a 10-1 record while the boys team finished with a 4-8 record.

The Warrior Football team ended its season with a 7-2 record and also had several players named to the Big East Conference team. Junior Chase Whatton was named to the 1st team. Junior Evan Lewis and senior Ethan Cain were named to the 2nd team. Junior Andrew Smith was named to both the 1st and 2nd teams.

Over 160 students participated in one of the fall sports programs offered at the high school, which equates to approximately 25% of the student body. We are very proud of the level of participation and commitment of our student athletes at Elizabeth Forward High School.

Fall Sports Season photos taken by Mason Markland





FALL | 2019-2020

THE ARROW



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2019 Homecoming Court - Photo by Mason Markland

The Elizabeth Forward Student Aid Fund offers four \$2,000 scholarships to EFHS alumni who are attending college. To get more information, go to www.efalumni.org. In the Scholarship link, select Elizabeth Forward Student Aid Fund, then click on EFSAF Scholarships for EFHS Alumni - Continuing Education. Scholarship applications for 2020-2021 will be posted in December 2019.



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