
THE RAMBLER



SPRING GARDEN WELCOMES NEW GYM TEACHER

By Brandon DeMarest

Stephen Flad, 39, joined the Spring Garden Elementary School team as the new gym teacher after Mrs. Deibler retired earlier this year.

Before he was a gym teacher, Mr. Flad was a dishwasher at a steak house. He does a great job teaching people about teamwork in physical education.

Mr. Flad feels good because he likes his new job a lot. His goal is for his students to have fun, and to be safe and healthy.

YPL ENCOURAGES CREATIVTY, BUILDS CONFIDENCE

By Sebastian Derr

Suddenly the music starts playing for a show that will change a life.

Anna Zsilavec wrote the play, *Perfectly Perfect Not-So Perfect Paisley*, for the Young Playwrights Lab (YPL). The story is about a girl who thought she had everything. But she was still lonely.

Once Paisley had a friend she realized that the real treasure was friends and family. Anna got the idea from people's experiences.

In most things people are changed, so by writing the play Anna felt more confident and creative.

SHINING A LIGHT ON STUDENT LIGHTHOUSE

By Charlotte Cioc

Student Lighthouse is a fun leadership program designed for students to connect with each other, work with the community, and develop leadership skills.

Fifth grader Kendall Autry joined the program this year.

She likes that she can “chill” with her friends.

One of the goals Student Lighthouse has is to allow students to connect with friends.

Some community-focused activities include preparing for the city's Halloween parade, diversifying the school library, and decorating the Christmas tree at the local airport.

FOURTH GRADE CLASS LEADS SCHOOL IN 'FIRST IN MATH'



By Eva Merena

Mrs. Fletcher, Lucas Wagner, and the rest of Mrs. Fletcher's class leads the school in First in Math with 18,000 stickers or more.

Lucas Wagner, a fourth grader, is a Master in First in Math, with 36,000 stickers. He plays after school for 20 minutes or more. He contributes to the class team by playing Equivalent Fraction Tiles and Equivalents.

Lucas says he's proud of himself for having so many stickers and is glad he is in the top class in the school.

Mrs. Fletcher is a great teacher and leader of her class team. Mrs. Fletcher thinks it's awesome that her class is top in the school because it prepares them for math in the future.

She likes this because it helps build confidence and she is proud of her class' accomplishments.

TIPS FOR COPING WITH TEST ANXIETY

By Quinn Myers

Many children have test anxiety. A scientific study says that 10 to 40 percent of all students struggle with test anxiety.

The reason so many kids get test anxiety is wanting to be perfect, says Ms. Hilbert, a Spring Garden counselor. But there is no such thing as perfection. The curriculum is challenging. Students think they need to know everything, but they have to know that it takes time to learn things.

"We do not expect perfection."

Ms. Hilbert offers some coping skills for students who might have test anxiety: Get a good night's sleep and have a good breakfast. She says to talk positively to yourself: "I can do this." And lastly, she says to breathe deeply.

"We do not expect perfection," she says. "All we want is for you to work hard."

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SPRING GARDEN PTO AIMS TO RAISE \$200,000 FOR PLAYGROUND EQUIPMENT

By Bradley Bobsein

The Spring Garden PTO is raising money to upgrade playground equipment. PTO president, Shanna Wiedl, says the school playground renovation costs \$200,000.

The PTO (Parent Teacher Organization) helps raise money to pay for supplies and programming that government funding can’t fully cover.

PTO money helps fund field trips, supplies, and, in this case, upgrading the school playground equipment so that it is more accessible to all of our students.

The annual PTO budget is approximately \$35,000 to \$50,000, Mrs. Weidl says. Any additional revenue would be needed to put into the following year’s funds, because of the tax cap.

Fundraising efforts happen year-round, including the pierogis sale, Gertrude Hawk sales, and the Ram Shack. Other fundraisers include the upcoming school carnival (May 12) and many more to come.



GIRLS ON THE RUN TEACHES GIRLS TO BE AWESOME AND GET EXERCISE

By Lilia Ortwein

Girls on the Run, also known as GOTR, is an awesome program for fourth and fifth grade girls to become better people, get exercise, and have fun. At Spring Garden Elementary School, kindergarten teacher Mrs. G. and fifth grade teacher Mrs. Dowches coach the program.

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(GOTR, continued)

Girls learn a lot from being in GOTR, and it makes a good impact on their lives. You learn many important life lessons. For example, you can learn how to handle situations and make sure everywhere you go you leave happy. It teaches you to be brave, kind, outgoing, courageous, nice, cheerful, happy, and awesome.

Fifth grader Lexie Walters participated in GOTR for the first time this year. She says she was excited and a little nervous, but was welcomed by all of the girls. Lexie joined because the coaches were really nice teachers.



She says GOTR was a good opportunity to be in a group with girls who understood her and she could get exercise at the same time.

One of the most important things Lexie learned was that everyone was unique and their own person. If there was one thing Lexie would change about GOTR it would be having GOTR in middle school.

GOTR helped Lexie grow. She says it helped her become more confident, outgoing, courageous, and awesome.

"It is an amazing program where you learn a lot of valuable lessons and you have lots of fun and exercise," she says. "The students and coaches are very nice."

Mrs. G has been a GOTR coach for six years.

"It's important for girls to join because it teaches them to be empowered, understand themselves, and get exercise," she says. "You can also make new friends and set goals. The girls who join boost their self-esteem and become braver."

