

YORK SUBURBAN

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COMMUNITIES
THAT CARE
ALLIANCE

*Empowering Youth.
Strengthening Community.*

2019

Winter Edition

Newsletter

It was the “Greatest Show”

Our performers raised the roof!

Our 14th annual Variety Show on November 18 was — as they say — a roaring success! With so many performers using music from *The Greatest Showman*, we had a natural theme. Our opening act was a medley of performances set to music from the movie. In total, there were 29 acts plus a grand finale choreographed to Diana Ross’s “I’m Coming Out.”

The atmosphere was festive, the circus decorations stupendous, and the talent amazing! We had one of our widest variety of acts ever. In addition to song, dance, and a number of different instrumental performances, we had magic, baton twirling, cheerleading, and gymnastics. Audience comments included, “Best show ever,” “How are you ever going to top this?” and more.



Continued on page 3



YS-CTC needs *your* help

Thank you to those who have donated! As a non-profit entity, our entire funding comes from donations and grants. Please help us reach this year’s goal of \$6,000, which will allow us to meet increasing needs across the district. We currently have a request to fund training for two Link Crew coordinators at the high school. Your donation will help us do that. This program benefits both incoming freshman *and* their Link Crew partners! Find out more [here](#).

To make a donation, please mail a check to:

YS-CTC, 1800 Hollywood Dr., York PA 17403,

or donate via PayPal to: ctc.mobilizer@gmail.com.

For additional information or assistance in making a donation, email ctc.mobilizer@gmail.com.

Our district appreciates your generosity!

SAVE THE DATE!

CTC Dodgeball Tournament, YSHS

Multi-Cultural Festival, YSMS

Thursday, March 7; 7:00 p.m.

Thursday, March 28; 7:00 p.m.

Highlight on **NEW** York Suburban Leadership

Dr. Timothy Williams YS Superintendent

I like to tell people that education is boundless and that people may learn from all of their experiences, whether it is from reading a book, playing on a team, playing an instrument, or building furniture.

I earned my Master's degree from Wilkes and Doctorate in Educational Leadership from Immaculata University while filling various administrative roles at the Manheim Township School District. It was during that time that I also began dabbling in woodworking.

It's really rewarding when you can build something that you yourself design. I love the thought process that goes into building a one-of-a-kind creation. I also noticed that my math skills improved as a result of woodworking.

In my last district, Westmont Hilltop, the Technology and Engineering teacher ran a guitar-building club; members worked to build guitars suited to their personalities. (That teacher, Korbin Shearer, now works in the same capacity at YS.)

At first, I just wanted to see if I could build one, but then I wondered if I could learn to play it. I wanted to experience the struggle learners face as they learn something completely new, and playing an instrument was something I had never done. I'm a slow learner when it comes to learning to play; the struggle is real. However, nothing easy is worth having.

It's important for learners, young and old, to grow from every experience. That's what I'd like the YS community to know and embrace. York Suburban is a great learning organization, and I feel fortunate to be a part of it. I want us to continue to learn and to grow.



Dr. Scott Krauser Assistant Superintendent



High expectations, a strong sense of school pride, and an intense commitment to student success were some of my observations of the York Suburban School District (YSSD) family when I first joined the team in 2007. These realities, deeply rooted within the staff, students, and community, have inspired me to continue to work diligently in support of all YSSD stakeholders and the entire K-12 school system.

My commitment to YSSD has brought me into a new position, where I am afforded the opportunity to support students and staff through a different level of responsibilities. One role, in particular, is the 2020-2023 YSSD Comprehensive Planning process. I have been busy working with various YSSD groups to help establish common beliefs and set future priorities for the district. This will guide YSSD as it works toward common outcomes and develops frameworks for future initiatives of the district for the next three to five years.

On a personal note, I enjoy balancing my time at YSSD with family activities involving my wife and three children. We enjoy traveling and spending time outdoors. With children ranging in age from second grade through high school, school activities and events keep us on the run. I feel blessed to have such an amazing family and honored to be part of such a wonderful work community. I look forward to many more years at York Suburban.

Scott Shirey YSMS Principal

Most importantly to me, I'm a son to two of the greatest parents, a husband to the most caring wife, and a father to a son and daughter who are my whole world. I'm a long-time York Countian, born and raised in Dallastown. I graduated from Millersville University and taught mathematics for nine years at Landisville Middle school. When my oldest was born, I was hired as an instructional coach at Dallastown Middle School. For 10 years, I held roles of K-12 Supervisor of Mathematics, K-12 Curriculum Coordinator, Supervisor of Federal Programs and ELL, and finally, K-12 Supervisor of Curriculum and Instruction. Who knew all of these existed in a district?

In 2016, I was hired as one of the YSHS assistant principals, which led me to where I am today. Thank you for welcoming me to the middle school. The last two months have been amazing. I cannot speak highly enough about the effort from students, the support from parents, and the dedication from the staff. YSMS is a great school, and I'm proud to be a part of it.

As I look at the future, I promise to do what's right for our students. I'm a firm believer in setting high standards and providing equitable opportunities. As such, we plan to implement more enrichment activities and a new academic intervention program to support students in need. We will also be refining our mental-health student supports and going through a planning phase for the implementation of teaming during the 2020/21 school year.



VARIETY SHOW Continued from page 1



Our masters of ceremonies included YS-CTC board members; Dr. Fuhrman, East York Elementary; Susan Hein, NAMI York; and students on CTC's Middle School and High School Student Boards. The raffle featured gift baskets filled with great items.

Nearly \$5,000 was raised to help us continue our mission of empowering our youth and strengthening our community. We give our sincere thanks and appreciation to our advertising sponsors, audience members, hard-working volunteers and — of course — our dedicated performers. Your support enables us to continue to have a positive impact on YSSD students and the entire community.

Special thanks to our Variety Show Committee, whose members work tirelessly for months to make this show a success. Save the date for this year's show. It's a big one — our 15th anniversary! It's on Saturday, November 16, 2019. Start practicing your acts!



TWELVE FROM DISTRICT TRAINED IN MINDFULNESS PRACTICES

What is mindfulness? According to Zeno Lentz, a second grader at Yorkshire Elementary, “Being mindful doesn’t mean that your mind is full. It means your mind has less in it so you can focus on one thing.” Zeno and his class are learning about mindfulness from his teacher, Ms. Duke. Last fall, Ms. Duke was among 12 teachers from Yorkshire and Valley View who participated in an eight-week Everyday Mindfulness training. Provided by Mindful Schools’ training facilitator Kim Stratton and funded by YS-CTC, this training helped teachers establish a personal mindfulness practice with the ultimate goal of implementing mindfulness into their classrooms.

Mindfulness is a type of meditation in which you focus on being aware of your thoughts, feelings, body sensations, and environment—without interpretation or judgment. Thoughts tune in to what you are sensing in the present moment, rather than rehashing the past or imagining the future. Breathing methods and guided imagery, among other techniques, help to relax the body and mind. Practicing mindfulness helps to reduce stress and anxiety while developing greater impulse control, concentration, and emotional regulation. Recent studies have shown the benefits of mindfulness on young school children. By incorporating mindfulness into their everyday lives, children learn positive skills that can last a lifetime. Some of the techniques teachers learned in Everyday Mindfulness training that they are now sharing with their schools are: Mindful minutes, brain breaks, breathing techniques, random notes of kindness, peace cards, mindful walking, and mindful/relaxation music.



Here are a few techniques you can try at home with your children:

Notice and name body sensations, thoughts, and emotions. “My chest feels warm, and I feel so happy when we are playing outside together like this.” “It sounds like you might be nervous about this new situation. What do you notice in your body right now?” The more insight our kids have into their inner experiences, the more they are able to choose appropriate responses.

Practice belly breathing. Place one hand on your chest and one hand on your belly. As you inhale, fill up your belly like a balloon and as you exhale, allow the balloon to deflate. Most of us breathe shallowly into the chest most of the time. Belly breathing automatically turns on the relaxation response in the body.

Stop and be aware of your surroundings. Whenever you find yourself waiting with a spare moment — in the grocery check-out line, at a doctor’s office — pause, tune into the five senses, and share what you notice with one another.

Check out this resource and more online: www.psychologytoday.com/us/basics/mindfulness

MIDDLE SCHOOL FINDS YOGA SUCCESS

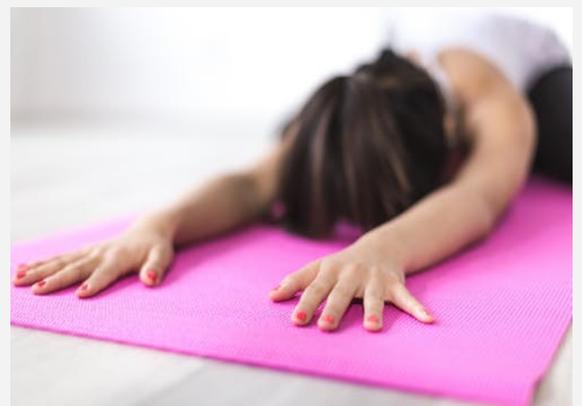
In 2017, YS Middle and High School students indicated strong interest in yoga classes to help them alleviate stress and anxiety, learn better focusing techniques, and more. Working with YWCA York, CTC brought “Wellness Yoga” to the Middle School.

Yoga has been shown to help improve students’ ability to focus. During class, students practice bringing their attention to their mind and body as they move through a variety of yoga forms and breathing exercises. According to instructor Christen Coscia, Mindfulness Education Coordinator for the YWCA, “By using this time to focus on themselves and the present moment while they are on their mats, they become better able to focus and tune into what they need off the mat. Practicing yoga can help to build a sense of inner strength and calm to bring to life’s everyday challenges.”

Using the “Trauma Sensitive Yoga” approach, this practice is conducted in a gentle and invitational way and allows each participant to make the choices that will best suit them. Coscia shared that, “Participants are not adjusted or touched by the teacher in any way. They are encouraged to notice what they need moment to moment, from an internal sense of knowing rather than following a teacher’s cues or those around them. This style of practice is especially well suited to beginners, or those who feel unsure about trying yoga.”

Coscia shared a powerful comment from an eighth-grade participant: “I have started to notice now that when I have a negative outlook, not only do I feel bad, but I also have no energy.” Thank you to YWCA York in bringing this program that supports self-awareness to our YS Middle School students!

The interest in this program that was generated in the district has also led to successful after-school yoga programs at East York and Indian Rock elementary schools.



AROUND THE COMMUNITY

York First Friday

Recurring monthly on the 1st Friday of the month from 5 p.m. – 9 p.m.

Everyone is invited to attend 1st Friday in downtown York! On February 2, The Appell Center for the Performing Arts is showing the Disney animated film *Beauty and the Beast* (1991) at 6:30 p.m. This is a free event.

Art Exhibit: “A Path Between Two Continents”

Now through February 23

York College, Evelyn and Earle Wolf Hall

This exhibit of work is by Baltimore-based artist Stephen Towns. Gallery Hours are 9 a.m. to 5 p.m., Monday, Tuesday, and Friday; 9 a.m. to 9 p.m., Wednesday and Thursday; and 10 a.m. to 4 p.m. on Saturday. Open to the public and free of charge. The artist will speak at 5:30 p.m., Feb. 7, in DeMeester Recital Hall, Wolf Hall. For more information, visit www.ycp.edu/york-college-galleries or call gallery director Matthew Clay-Robison at 717-815-6622.

James and the Giant Peach

February 15–February 24, 2019

Presented by: DreamWrights Center for Community Arts

This amazing adventure of James Henry Trotter will fulfill the fantasy of anyone who has ever dreamed of escape. Roald Dahl’s story comes hilariously to life, revealing the wickedness of some, the goodness of others, and the indecision encountered by many when faced with challenging choices. Recommended for ages 7 through adult. Website: <http://dreamwrights.org/2019-season/james-and-the-giant-peach>

YSSD Annual Multicultural Festival

March 28, 7 to 8:30 pm

Join us to celebrate the diversity within our community and across the globe at York Middle School gymnasium on Thursday, March 29, from 7 to 8:30 pm. Whether we are first-generation immigrants or our ancestors are Native Americans, we all have a story of culture and heritage to share! You will have a chance to ask the table hosts about their home countries and have fun with different set of activities. Sponsored by YSSD Middle School and YS-CTC.

Nixon Park

Various dates

The York County Department of Parks and Recreation offers a wide variety of programming throughout the year highlighting the area’s cultural, historical, and natural history. Programs range from Family Camp-Out Night, Fox Story Times, Reptile Week, Rock and Mineral Weekend, and Porch Talks at the train stations to citizen science programs such as the Butterfly Count.

- Watercolor Class for Beginners: February 24, 1:30 p.m. (registration required)
- Mammal Fur & Skulls Drop-in Programs: February 2–3, regular park hours
- Bluebird Box Workshops: February 9 & 10, 2–4 p.m. (registration required)
- Great Backyard Bird Count Drop-in Programs: February 15–17 [Click here for flyer](#)
- Maple Sugaring Days: February 23 & March 2
- Spring Homeschool Days: March 26 & 27 (registration required)
- Garlic Mustard Pull: April 27, 1–4 p.m.

<https://yorkcountypa.gov/parks-recreation/event-parks.html>

Weekends at the Zimmerman Center

Now through December 29, 2019

Recurring weekly on Sunday, Saturday

Start exploring the Susquehanna Riverlands here! Add our stamp to your National Park Passport, take a guided walk to the site of the Susquehannock Indians’ last community, learn at our riverside pavilion about the nature of the river and how we’ve changed it, or let our Visions of the Susquehanna art collection inspire you in our beautiful c.1750 Dritt Mansion. You can even tour the house! Website: <http://www.susquehannaheritage.org/explore-2/zimmerman-center>

The Great York Toy Train Meet

April 11–13, 2019

York Expo Center; doors open on Thursday at 12 p.m., Friday and Saturday at 9 a.m.

World’s greatest and longest-running toy train show. The dealer halls are now open to the public! www.easterntca.com