

Tioga Hills Elementary School

"Tidbits"



Vestal Central School District

DECEMBER 2021

First Day of Winter December 21

Dear Tioga Hills Families,

November always seems to go by so quickly! We hope that you and your families had a relaxing Thanksgiving holiday. We'd like to thank you for your generous donations during our annual Food Drive, which we will present to the Lions Club. I also want to thank our very generous PTO for the beautiful and delicious Fall Harvest Luncheon that they put on for staff members in November. It was enjoyed by all!

This week you received your child's first Trimester report card. Please review it as this will guide your conversation in our upcoming Parent Teacher Conferences. Students receiving AIS Reading, AIS Math, or Special Education services should have also received a report regarding their progress toward goals.

Parent Conferences will be held on Friday, December 3, Friday, December 10, and Monday, December 13, all in the afternoons. These days, students in K-5 will be dismissed at 11 a.m. A bagged lunch will be sent home with each child who attends those days.

The days in December are full of many exciting activities:

Our fifth-grade students will participate in their annual Community Box Project on December 2. Thank you to our fifth-graders, their families, and teachers for organizing this. This year, the students will visit the Food Pantry at Park Terrace Church to deliver the boxes once they are completed. We continue to make our Actions Count in our community!

Our Actions Count committee, with support from the Tioga Hills PTO is organizing a Jared Campbell character education assembly. Jared is a Vestal CSD graduate and a singer and composer. He's been a popular presenter at Tioga Hills for many years. He will present to students on Friday, December 3, in the morning with two in-person concerts! We will be able to spread out in the cafeteria and finally do something in-person!

With everyone going on this month, it is sure to fly by! Our students are working hard every day and continue to make us proud! Happy Holidays!

Hayley Crimmins, Principal

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DECEMBER SCHOOL CLOSING/HOLIDAYS

Early Dismissal at 11 am on **Friday, December 3, Friday, December 10 and Monday, December 13** due to Parent-Teacher Conferences



No school on Thursday, **December 23**, through Friday, **January 1, 2022**



COUNSELORS

Character Education.....Making our ACTIONS COUNT

Thank you for having conversations and following through on the worthiness of donating food items to our annual food drive this year! The boxes are full and we are thrilled by the generosity.

This act of kindness has many implications in building character in our young people. As we continue to work through the pandemic, a coping strategy to bring hope is to do good for others. Our participation in this food drive is a perfect way and example of this! Helping our children to understand the importance of recognizing that everyone has needs is a great way to build empathy and capture the spirit of this time of year as well!

Our building hopes to collect 500+ non-perishable food items for the Lions Club who will distribute to families in our school and surrounding community. It seems we are on track to beat that goal! Stay tuned for the final tally! **Please send in your items by December 2.**

In the Classroom.....

Together with Mrs. Christine Merton, our new K-5 District Social Worker, we visited K-5 classrooms last month to teach a mini lesson on what School Counselors and Social Workers do in our school. We talked about the importance of recognizing our feelings and asking for help when we have big feelings that are hard to manage like, worry, sadness, anxiety and anger. Mrs. Merton is in our building on Day 5's.



Helping meet needs.....

If your family is in need of help this holiday season and *we have not already communicated* please give me a call by December 3, 2021.

Wishing you and your family a Happy Holiday Season and a wish for good health and hope! As always, please call if I can help in any way!

Rhonda Ruhm, M.S.Ed, C.A.S.
School Counselor

APALACHIN LIONS CLUB ANNUAL HOLIDAY TOY COLLECTION

Your help is needed with our annual collection of *new or like new* toys for distribution to between 60 and 70 families in the Apalachin and Little Meadows area. With the help of many organizations in the area we have been helping needy families for over 50 years with food and gifts for the children.



A collection barrel will be in the lobby of the Tioga Hills School until December 6. If you know someone who needs help, email the Apalachin Lions at: Christmas@apalachinlions.org

BAGGED LUNCHES ON EARLY RELEASE DAYS



As you know, December 3rd, December 10th and December 13th are early release days. Students will be dismissed at 11 a.m. due to Elementary Parent-Teacher Conferences.

Bagged lunches will be sent home with your student(s) on these early release days.

COLD WEATHER IS HERE!



Children look forward to participating in outdoor activities.

Please dress your children according to the weather forecast. See that boots are worn when the ground is wet or covered with snow.

Children will be allowed to play on the snow covered portions of the playground area, if dressed properly.

Our students will go outside for playground as long as the temperature is above 20 degrees.

Thank you!



SPOTLIGHT ON ART

Tioga Hills was very "thankful" this year and displayed it beautifully in the lobby hall. Our Art Teacher, Mrs. Kelly -Brunza, hung turkeys so the entire school community could decorate feathers and write what they were thankful for!

It was so nice to see the many things we have in our lives to be grateful for!

December Heath Office News



With winter and more indoor play comes colds, stomach aches, and flu season. Sometimes it's hard to know when to send your child to school at this young age.

NYS Covid Protocol is still in place.

News of a vaccination for 5-12 year olds is in process of being approved. **Please see the following pages on what a mRNA vaccine is all about.**



Please call me (607-757-2268, option 2) or email me (jmmiller2@vestal.k12.ny.us) **each** day your child will be late or absent.

It's getting cold outside, so dress your child(ren) appropriately. Do not share hats, brushes, combs this winter or any season. If your child(ren) comes home with clothes from the school's supply, please wash them and send back as soon as possible. Thank you.

Happy Holidays and see you in the New Year!

How mRNA COVID-19 Vaccines Work

Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

What is mRNA?

Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

What is in the vaccine?

The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

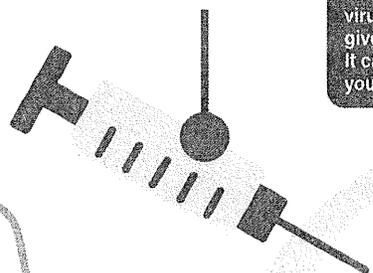
How does the vaccine work?

The mRNA in the vaccine teaches your cells how to make copies of the **spike protein**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.



+ The vaccine **DOES NOT** contain **ANY** virus, so it cannot give you COVID-19. It cannot change your DNA in any way.

+ When your body responds to the vaccine, it can sometimes cause a mild fever, headache, or chills. This is completely normal and a sign that the vaccine is working.



Antibody

+ After the mRNA delivers the instructions, your cells break it down and get rid of it.

GETTING VACCINATED?

For information about COVID-19 vaccine, visit: [cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)



How mRNA Vaccines Work

To trigger an immune response, many vaccines put a weakened or inactivated germ into our bodies. Not mRNA vaccines. Instead, mRNA vaccines use mRNA created in a laboratory to teach our cells how to make a protein—or even just a piece of a protein—that triggers an immune response inside our bodies. That immune response, which produces antibodies, is what protects us from getting infected if the real virus enters our bodies

1. First, COVID-19 mRNA vaccines are given in the upper arm muscle. The mRNA will enter the muscle cells and instruct the cells' machinery to produce **a harmless piece** of what is called the spike protein. The spike protein is found on the surface of the virus that causes COVID-19. After the protein piece is made, our cells break down the mRNA and remove it.
2. Next, our cells display the spike protein piece on their surface. Our immune system recognizes that the protein doesn't belong there. This triggers our immune system to produce antibodies and activate other immune cells to fight off what it thinks is an infection. This is what your body might do to fight off the infection if you got sick with COVID-19.
3. At the end of the process, our bodies have learned how to protect against future infection from the virus that causes COVID-19. The benefit of COVID-19 mRNA vaccines, like all vaccines, is that those vaccinated gain this protection without ever having to risk the serious consequences of getting sick with COVID-19. Any temporary discomfort experienced after getting the vaccine is a natural part of the process and an indication that the vaccine is working.

Facts About COVID-19 mRNA Vaccines

COVID-19 mRNA vaccines cannot give someone the virus that causes COVID-19 or other viruses.

- mRNA vaccines do not use the live virus that causes COVID-19 and cannot cause infection with the virus that causes COVID-19 or other viruses.

They do not affect or interact with our DNA in any way.

- mRNA never enters the nucleus of the cell where our DNA (genetic material) is located, so it cannot change or influence our genes.

The mRNA and the spike protein don't last long in the body.

- Our cells break down mRNA and get rid of it within a few days after vaccination.
- Scientists estimate that the spike protein, like other proteins our bodies create, may stay in the body up to a few weeks.

Student Council 2021-2022

Congratulations to the following Student Council Representatives that were chosen after the application and interview process:

Jack Wolf

Isaac Mones

Kaelyn Kemak

Naveah Bartra-Gehres

Isabella Solecky

Elizabeth Bloom

Juliana Heidel

Our Food Drive committee has been busy already- preparing a video, making and hanging posters, making announcements, etc. Our Food Drive committee consists of our 7 representatives and also the following students:

Justin Steele

Anthony Fiacco

Ainsley Dizer

Reagan Meyer

Lilly Stanley

Olivia Raskin

Nicholas Brookhart

Ciaran Kane



PTO NEWS

Dates to Remember:

PTO Meeting - January 5, 7 pm via Zoom (Look for a reminder email and Zoom link.)

A Note from the President

It's the time of year to reflect on the things in life we are thankful for, and I can honestly say I, like many of you, am very thankful that our children have such wonderful teachers and staff surrounding them at Tioga Hills.

Thanks to everyone who purchased Spirit Wear through our 5th Grade class' fundraiser this Fall. We can't wait to see all the kids (and parents (and grandparents)) in their green and gold!

Square 1 orders are all in and will be coming home before the holidays! It's always so cool to see what your child has created in Art class with Mrs. Brunza, and then to see it on fun items is even cooler.

Don't forget to use your Tall Pines Forest of Lights tickets!

Thank you to those who joined us at the December 1st PTO zoom meeting. I'm sure it was interesting to find out more about this year's Mini-Grant requests and how mini-grant funds get used!

We hope everyone enjoys the holiday music, lights, and festivities this whole season as our community celebrates the many wonderful holidays!

Thank you,
Jess Zwierzynski

Scouting News

The Scouts of Pack 43 had a great November. We enjoyed helping Mr. Doolittle raise our country's flag in honor of Veteran's day. Some of our younger scouts made some cards to thank our Veteran's and delivered them to the Elks Lodge so that they could be passed out at a local Veteran's home.

Later in the month, we had a great time learning about the Revolutionary War with a presentation in full uniform by George Cummings. Mr. Cummings also brought some authentic items from that time period that the scouts were able to examine. A big thank you goes out to him for his presentation and to anyone who may have dropped off candy at our Cubmaster's house for Operation Gratitude, we thank you as well.



Staff Appreciation

Each year the PTO puts on several Teacher & Staff Appreciation events starting with the Harvest Luncheon in the Fall. With the help of all the amazing Families who sent in items and those who always support the PTO through membership and the Fun(d) walk, we were able to put on a great Harvest Luncheon for all the Teachers and Staff.

Thank you to everyone who helped out... our kids are very lucky to have such great people at THE and I think they all felt the love and appreciation! Look for an email and sign-up coming out soon for the next event, which used to be Holiday Cookie bags, but this year will be a Hot Chocolate Bar!



Virtual Book Fair

Happy December, Tioga Hills!

We would like to thank you all for such an amazing virtual Book Fair! Thanks to all of your support, our grand total in purchases was \$1,498.87. That is a virtual record! We know that coming together in person is missed terribly by many, but in true Tioga Hills fashion, we rolled with the punches and made the best of it! Thank you to all that donated books or gift cards to teachers. We appreciate you from the bottom of our hearts and hope you are all enjoying some awesome new books!

Happy Reading!

Shelley and Gretchen (Book Fair Co-Chairs)

EMPLOYMENT

Join the Den...



**Vestal Schools are Hiring
Substitutes in All Areas**

Apply at <https://www.vestal.stier.org/Employment.aspx>

Join the Den...



**Vestal Schools are Hiring
Teacher Aides/Monitors**

Apply at <https://www.vestal.stier.org/Employment.aspx>

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Custodians & Cleaners**

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School Bus Drivers & Monitors**

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**Vestal Schools are Hiring
Typists & Other Clerical**

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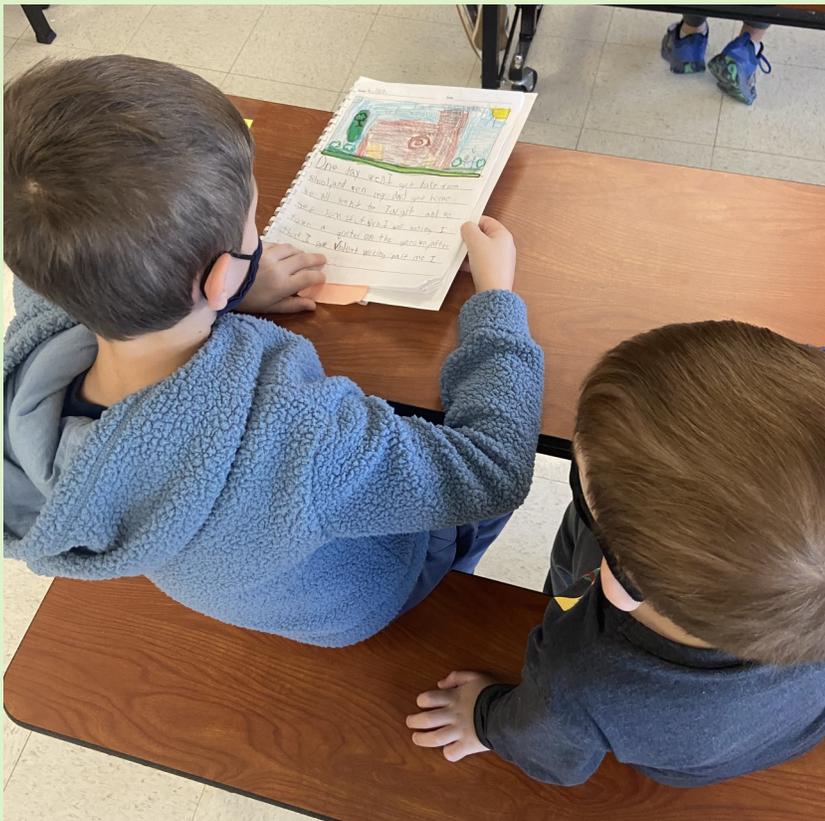
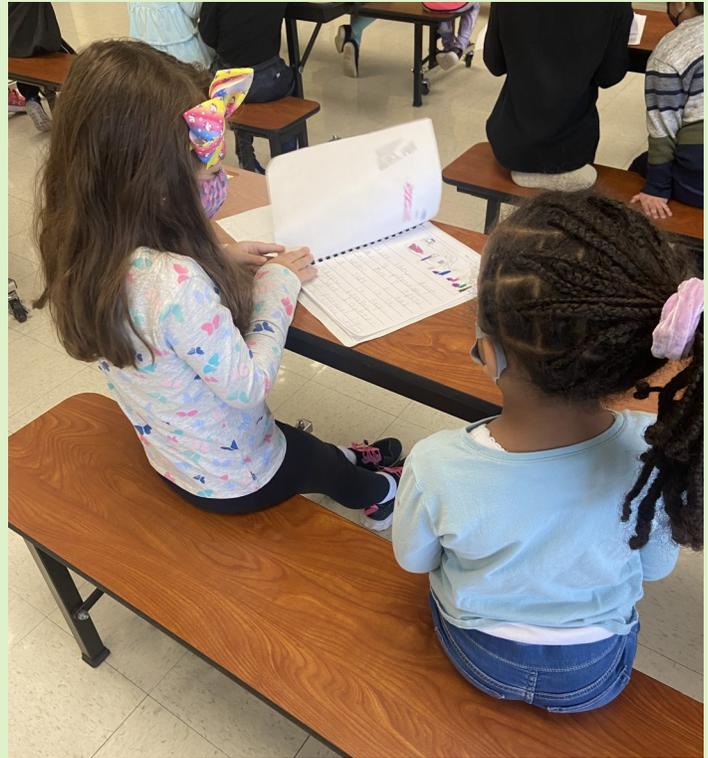
**Vestal Schools are Hiring
Cook Managers & PT Food Service Helpers**

Contact Vestal Food Service at
epolovch@btboes for more information



TH Picture Corner

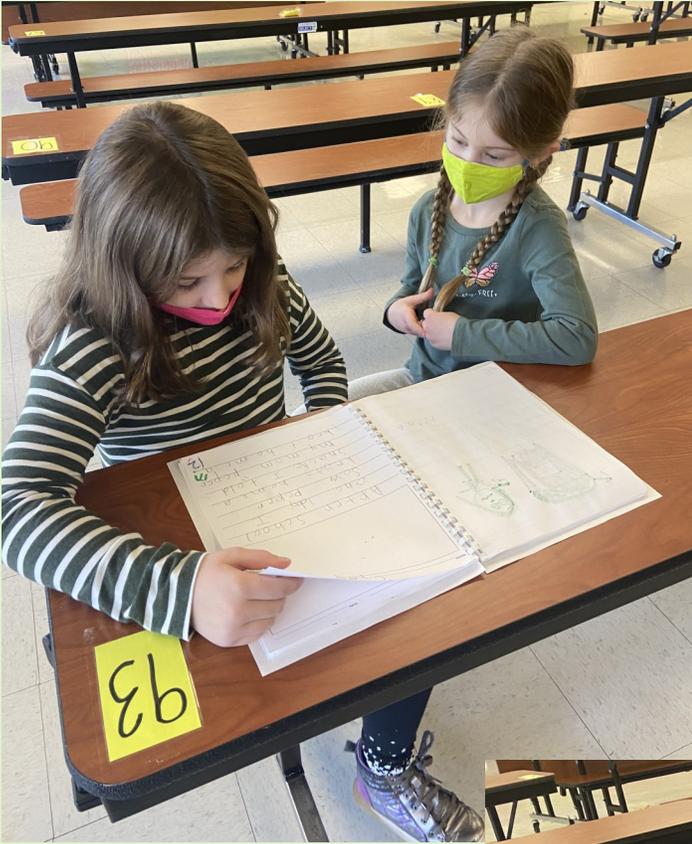
Second-Graders Reading
their Writing Creations
to First-Graders





TH Picture Corner

Second-Graders Reading their Writing Creations to First-Graders





TH Picture Corner

Happy Thanksgiving from Mrs. Nunes' & Mrs. Talbut's Third-Grade Class! They celebrated with their 2nd Annual Macy's Day Parade; Tioga Hills style!





TH Picture Corner

First Grade Super Secret Detective Field Trip!





TH Picture Corner

First Grade Super Secret Detective Field Trip!





TH Picture Corner

First Grade Super Secret Detective Field Trip!

