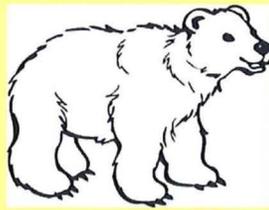


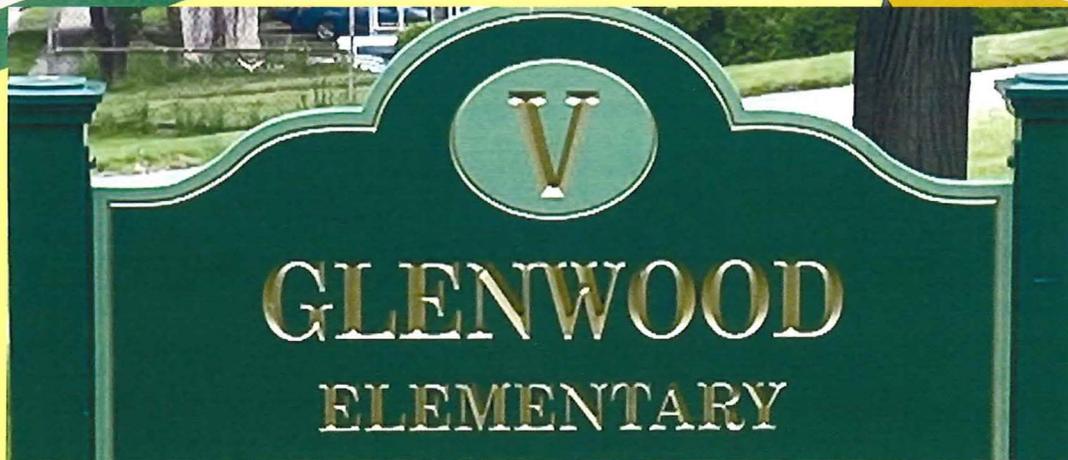
June 2021/Issue 9



Glenwood Elementary Newsletter

Friends

Fun



inclusive

caring

Family

Team

Dear Glenwood Families,

Recently, I looked up the word **exceptional** and found that it means “*not typical*” or “*unusually good or outstanding*”. The exceptional situation that we’ve been in for the past year has required exceptional measures, and all of us – parents, educators, and students – have had to rise to the challenges that we’ve faced. We want to thank each and every one of you for your support during this *exceptionally untypical* year. Our Glenwood students are so fortunate to have such an incredible team, at home and at school, and I’ve seen first-hand how they have grown and matured, taking on additional responsibilities that we probably wouldn’t have asked of them before the pandemic.

I hope that you also have seen those positive changes and growth in your child from September until now...emotionally, academically, physically and socially. There were life skills learned this year that will benefit all of us for years to come, and new-found knowledge and confidence that will make “regular”, “typical” school a piece of cake. 😊 Hopefully the restrictions that we’ve had to follow this year will have lessened when we return in September and we’ll have more latitude to enjoy some of the things that we’re used to enjoying – those events and activities where people gather together to celebrate and recognize learning and have fun doing it. I can’t wait for Family Fun Nights, and Science Fairs, Pine Wood Derbies and Open Houses. Those days are coming, that’s for sure.

In the meantime, we unfortunately are not able to have parents attend our fifth-grade end-of-year moving up ceremony in person, but we’ve been planning ways to celebrate and recognize our students given the parameters we’re living with right now. We will be sending out information to our fifth-grade families next week with details about what the year-end events will look like this year.

In case you haven’t heard, one of our Glenwood staff members is retiring this month and we’re sad to see her go. Mrs. Roseann Lavo will be retiring as our school secretary in early June, so we only have a few more days of Mrs. Lavo helping all of us from her post in the main office. The office of an elementary building is the hub, where all of the action happens, and we’ve been so fortunate over the years to have Mrs. Lavo taking care of things behind the scenes for all of us. We wish her well in her retirement and are so happy that she is able to begin spending more time with her beautiful little granddaughter Lucy.

Our wish for all of you is that your summer is filled with days spent reading, laughing, traveling, playing and enjoying the people you love. Before you know it, September will be here again. Happy Summer!

Doreen McSain
Principal

THE Counseling CONNECTION

Glenwood Elementary School

Stephanie Mitsakos, slmitsakos@vestal.k12.ny.us

WOW! It is hard to believe that it is June already!

I have learned so much this school year. I've been with Vestal Schools and at Glenwood Elementary for 16 years. Anyone who knows me, knows how much I love my job and I love being a part of this building. The teachers, staff, children, and families are all just so amazing. Still, I have been overwhelmed with how much I have learned and what I've taken away from this year.

- I have been reminded (on more occasions than I can count) just how amazing the teachers and staff is here at Glenwood. These amazing humans are able to adapt and change on a moments notice, all while keeping what's best for their students in the front of their minds and smiles on their faces.
- I have been reminded how resilient and strong children are. They have learned a life lesson that sometimes we have to do things we don't want to do, and that change is hard. BUT, when you have good people around you, you can do just about anything you put your mind to. You might even learn that you can do things that you never thought was possible. 😊
- I have been reminded how amazing our community is. Parents, community members, and school staff are constantly coming together to find out what we need for kids, how we can support our teachers, and how to support each other with kindness, love and grace when things are hard.

My wishes for you this summer are to have fun, relax, and spend time doing the things that bring you joy. I have no doubt that we still have hurdles to jump, but I am so grateful to do it with this community. I wish you all the best summer with sun, love, laughter, friendship and health.

See you all in September!

Love,
Stephanie Mitsakos



Social-Emotional Book Recommendations

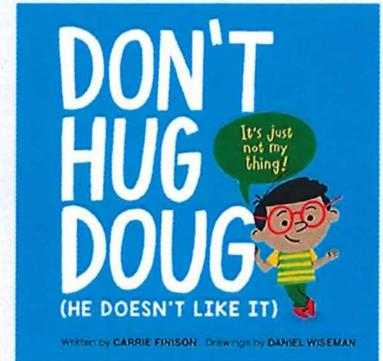
Social-Emotional Learning books are great ways to talk about important topics with the children in your lives. I hope you enjoy this month's book picks! Remember, the grades listed are just recommendations

Grades K-2

Don't Hug Doug: (He Doesn't Like It) by Carrie Finnison

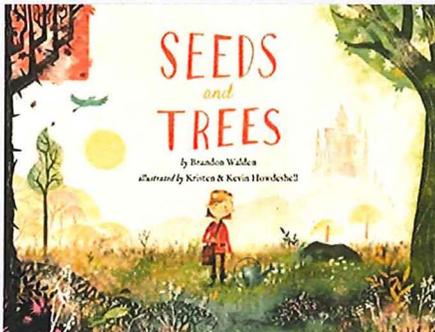
As we spend time talking about personal safety and how to keep ourselves and others safe and comfortable, I can't help but to recommend this book! It's a great reminder that everyone feels different about different kinds of touch.

Doug doesn't like hugs. He thinks hugs are too squeezey, too squashy, too squooshy, too smooshy. He doesn't like hello hugs or goodbye hugs, game-winning home run hugs or dropped ice cream cone hugs, and he definitely doesn't like birthday hugs. He'd much rather give a high five--or a low five, a side five, a double five, or a spinnny five. Yup, some people love hugs; other people don't. So how can you tell if someone likes hugs or not? There's only one way to find out: Ask! Because everybody gets to decide for themselves whether they want a hug or not.



Grades 3-5

Seeds and Trees by Brandon Walden



This is an outstanding book to reflect on the power of the words we choose each day. Seeds and Trees revel in the power of words. It explores their effects on feelings and emotions. And it does so through the journey of two different seeds.

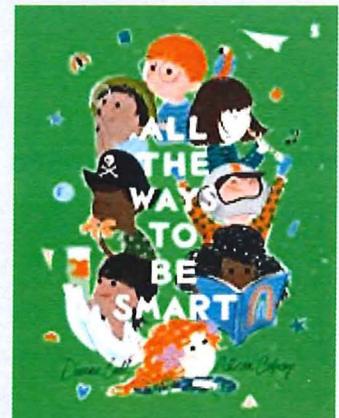
In Seeds and Trees, discover a young prince who gathers seeds both green and dark from those he encounters, and then gifts them forward. He faithfully plants and waters all those seeds daily, but comes to realise that the dark trees harm the green ones. With the help of a kind friend he discovers he can cut down, uproot, and then replace those dark trees with green seeds, creating a beautiful vibrant garden.

Parents/Guardians

All The Ways to Be Smart by Davina Bell

As parents, we can get stuck on the value of children showing us their academic skills. Of course we want them to do their best and be successful with the academic tasks they are taught throughout the school day. What I love about this, is that it reminds us that there are SO many ways to be smart. Not just in the traditional sense we are most used to.

This book celebrates the myriad of ways for kids to be smart - being empathic, artistic, athletic, and inquisitive. It's a tender, funny, and exquisitely illustrated picture book celebrating all the unique and wonderful qualities that make children who they are. With heartwarming rhyming text all about what makes you special, All the Ways to Be Smart is a wonderful introduction to conversations about self-esteem.



Nurse's Notes



Sun Protection

As the weather gets warmer and our students are outside more it is important to protect them from the sun. Here are some sun protection tips:

- *Choose a sunscreen with SPF of 30 or more
- *Put sunscreen on before going outside and reapply every two hours
- *Use a lip balm with SPF 15 or more
- *Choose sunglasses that filter UVA and UVB rays

If your child does get a sunburn:

- *Apply soothing lotions such as aloe gel. Try placing the lotion in the refrigerator before applying
- *Drink plenty of water to avoid dehydration

Reminders

Students who will be in grades K, 1, 3 and 5 next year will be required to have a physical exam. If your student is going for their scheduled physical with their doctor, please have them complete a physical form and return it to the school.

If your student will be absent or late to school, please call the health office at **757-2293**, even if the teacher is already aware.

Have fun and stay safe!

Mrs. Kirchheimer

Congratulations, Fifth-Grade Class!

Best of luck in middle school!



Maliyah Abdullah

Faith Abrams

Leah Alentyev

Ryan Andrus

Deagen Bolander

Andrew Card

Ryan Cocco

Rachel Cummiskey

Zachary Downs

Kylie Dozoretz

Olivia Duffy

Lily Emmond

Kate Finch

Kayla Fletcher

Lee Foreman

Sean Fowler

Tyler Gallo

Brooke Granish

Lucas Hantsch

Akeila Henry

Lawrence Hess-
Prostko

Anthony Hovancik

Layla Kata

Jonathan Kelly

Malik Khan

William Kirchheimer

Megan Klimachefsky

Alec Lurenz

Jalynn Luzier

Talon Lyon

Liliana Medionte

Wade Mitchell

Alexander Nunez

Katelyn Oranu

Autumn Reed

Ethan Ross

Trenton Rosser

Gavin Sanford

Elif Segalini

Nicholas Setzer

Ella Sholett

Grant Siegrist

Landon Siegrist

Elizabeth Spoehr

Benjamin Stafford

William Stafford

Maya Stankevich

Anthony Vanderburg

Graham Williams



HAPPY BIRTHDAY!

Students

6/2 – Michael T., Grade 3
6/3 – Keira H., Grade 3; William K., Grade 5
6/5 – Liliana M., Grade 5
6/6 – Kason L., Grade 2
6/7 – Brooke G., Grade 5
6/10 – Ryan C., Grade 5
6/15 – Jonathan K., Grade 5; Caylee S., Grade 2
6/16 – Ryan W., Grade 3
6/17 – Aidan E., Grade 4; Brantlee R., Grade 1
6/18 – June M., Grade K; Owen K., Grade 1; Kaylee N., Grade 3
6/19 – Madelyn B., Grade K
6/23 – Daniyal M., Grade K
6/26 – Charlie E., Grade 1
6/27 – Kaiden S., Grade 1; Grayson S., Grade 1
6/30 – Brielle B., Grade 1

Staff

6/4 – Mrs. McSain; 6/8 – Dr. Pariseau; 6/9 – Ms. Lomonaco; 6/10 – Ms. Wright; 6/17 – Mrs. Kinsley;
6/18 – Mrs. Economou; 6/19 – Ms. Brigham; 6/20 – Mrs. Laramée; 6/22 – Mrs. Borgeson; 6/24 – Mrs. M. Pipher

AND A BIG HAPPY BIRTHDAY TO ALL OF OUR STUDENTS AND STAFF WHO HAVE SUMMER BIRTHDAYS!

JUNE Calendar

June 7: Grade 4 NYS Science Test

June 21: Glenwood Olympic Games

June 23: 5th-grade Graduation/Moving Up Ceremony! This will be recorded and/or live-streamed.

June 24: *Last day of school! Have a great summer, Glenwood!*

ART NEWS

Congrats to the following Glenwood artists who were featured in the 2020-2021 Vestal K-12 District Art Show:

Kindergarten: Jaina MacDonald and Gabe Diehl

First Grade: Aurora Buffington, Rachel Ballard, Arya Lurenz, and Claudia Mead

Second Grade: Shaun Oswald, Ella Alentyev, Sam Harmon, Kevin Clark, and Joselyn Afify-Hall

Third Grade: Joey Keefer, Anuha Bondalapati, CJ Turner, Dax Ambra, Juliet Williams, Robbie Kirchheimer, and Cameron Weisbrod

Fourth Grade: Brayden Sowell, Josephine Cumiskey, Zach Lipo, Sanjana Sudhan, Ava Aspling, Aiden Fortin, Ember Horvath, Jayson Williams, and Phillip Karhan

Fifth Grade: Maya Stankevich, Kate Finch, Anthony Vanderburg, Lucas Hantsch, Lee Foreman, Tyler Gallo, and Anthony Hovancik

Congratulations and **THANK YOU** to 4th Grade students Bailey Parsons and Josie Cummiskey for their recent fundraising work! Bailey and Josie are on a mission to take care of our planet and they are hoping that more schools will begin using biodegradable lunch trays like we use here in Vestal.

At Glenwood Elementary...

- 🌱 We follow class rules and routines.
- 🌱 We take responsibility for our learning and our behavior.
- 🌱 We use what we know to help others.
- 🌱 We work together to make our world better.



Josie and Bailey worked together to make our world better (our 4th Glenwood Expectation) and raised \$503.80 that they are donating to the non-profit organization Every Tray Counts. We are sure that the money Josie and Bailey raised and donated will make a difference in another school somewhere.

Great job Josie and Bailey!



Great job!

MORNING INTRAMURALS

Our Intramural Bear Tracks Club is off to an awesome start for 3rd, 4th, and 5th graders! We've had many students attending every morning. Such a great way to start the day, ready to learn!

~ Mrs. Siegrist & Ms. Lomonaco



Mother's Day Science



In Ms. Truesdell's class, we combined our love for science with the love for our mothers to create a rainbow rose. Students dyed white roses to create a beautiful unique flower for their moms on Mother's Day.



The 5th-grade classes learned about a nature artist who creates art using flowers and greenery. They decided to use their creativity to create their own art, with some beautiful results.









GLENWOOD ELEMENTARY

SHOE

"WE HELP
WE CARE"

DRIVE



HELP US MAKE A DIFFERENCE!
Donations will be sent to Soles4Souls



COLLECTION DATES:

FROM MAY 24 - JUNE 11



Send in your
gently used shoes,
boots, sneakers,
or sandals! Any
type of shoes!
Children or Adult
Sizes



Glenwood's 2021 Summer Reading Challenge

Dear Parents,

We hope you will accept our challenge this summer and continue reading with your kid(s)! Together we can work to help your child read and succeed. Learning to read is not always easy for some children. By allowing them to choose books that they can read independently, we help them to gain confidence as readers. When they read many different kinds of books, they learn to find different things to interest them. By reading and having discussion about what they read with you, they broaden their understanding of the world and increase their vocabulary. All these factors play a significant role in succeeding at all levels of academics.

We hope you and your child(ren) enjoy reading together this summer. We look forward to seeing their smiling faces when they turn in their bear log chart in September! We will have certificates and prizes for different levels of participation: 25%, 50%, 75%, and 100%. The top prize includes an ice cream party!

Here are a few apps and websites we thought might help you when away from home or to find the right leveled books to read.

<http://www.scholastic.com/bookwizard/>

<http://www.scholastic.com/bookwizardmobile/>

<http://books.atozteacherstuff.com/leveled-books/>

Please Note: You can read any book, from any source. Your own collection, the public library, friends, etc. Enjoy! 😊

Mrs. Wanck

Glenwood's Summer Reading Challenge

First Name _____ Last Name _____ Grade _____

After 15 minutes of reading, please sign your initials and have your child color in the bear!



= 15 minutes of reading

Initials in
each box

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Peace Camp 2021 is on with Safety Precautions!

Limited Enrollment, 35 children and 15 teens

Masks required, hand sanitizing stations, distancing maintained!

Peace Camp is a fun-filled four days of celebrating the diverse community we live in while learning about peace, conflict resolution, cooperation, and caring about each other and our world. Join the Vestal and OLS teens as they help spread peace!



29th Annual Peace Camp - 2021

Monday, July 12 -Thursday, July 15, 2021

5:30-8:00 pm

Our Lady of Sorrows School Cafe, 801 Main Street, Vestal, NY

Family celebration and skits on Thursday

-----detach here and keep the top-----

~~~~~PEACE CAMP Registration (Please print neatly.)~~~~~

\*\*Parent/Guardian Name \_\_\_\_\_ Phone \_\_\_\_\_

Please sign here to give permission for use of your child's photo \*\* \_\_\_\_\_ \*\*

### Campers (grades K-6)

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade (Fall 2020) \_\_\_\_\_

T-shirt size (Please circle one size.)

Child Small      Child Med      Child Large      Adult Small      Adult Med

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade (Fall 2020) \_\_\_\_\_

T-shirt size (Please circle one size.)

Child Small      Child Med      Child Large      Adult Small      Adult Med

\*\*\*\*\*

### Counselors (7<sup>th</sup> grade-adult) \*\*Please bring a package of cookies\*\*

Name \_\_\_\_\_ Grade \_\_\_\_\_ Meetings 7/6, 7/8 10am -12pm

T-shirt size (Please circle one size.) Mandatory meeting - Monday, 7/12th, 4p.m-5:30 pm

Adult Small      Adult Med      Adult Large      Adult XL

You can register on [olsvestal.org](http://olsvestal.org), follow links to Peace Camp, near the top and/or Mail form.

Please send \$10.00 for each camp shirt. Maximum for a family \$30.

Checks payable to Our Lady of Sorrows and mail to OLS Peace Camp, Box 326 Vestal, NY 13850

Questions? Call Mrs. Dempsey at 748-3221 or e-mail [dempseyterry@earthlink.net](mailto:dempseyterry@earthlink.net)



# VESTAL RECREATIONAL YOUTH SOCCER ASSOCIATION SIGNUP NOTICE FOR FALL 2021

**VRYSA** youth soccer organization's goal is to provide opportunities and education for the players' development of individual skills, good sportsmanship, teamwork, the fun of the game, and healthy competition for boys and girls in the greater area of Vestal, N.Y and surrounding communities.

## Online Registration

Open **May 7<sup>th</sup>** through **June 30<sup>th</sup>** we offer a convenient and secure Online Registration:

<https://vrysa.website.sportssignup.com/>

Open to **boys and girls** born between **2007 and 2017**, who are residents of the Vestal School District or other school districts within Broome, Chenango, Tioga, Chemung, Cortland, Tompkins and other counties within the borders of NYSWYSA.

**Registration Fee: \$45.00** per player. Fee includes shirt, socks, award and NYSWYSA medical insurance. **Registration fee is 100% refundable should the league get cancelled before the first week of games.** Contact [vrysasoccer@stny.rr.com](mailto:vrysasoccer@stny.rr.com) for any registration issues.

**Practice and Games:** Practices will start in late August. Games start August 28th and end October 30<sup>th</sup>. Practice times and locations are set by the coaches.

**Equipment:** Players must wear shin guards during practice and games. Soccer cleats with rubber spikes are recommended.

**Volunteers:** We need your help to make this organization a continued success. Coach and Assistant Coach Training is provided, new coaches are welcome to come and learn. For the safety of our players all volunteers are required to complete an online risk management check thru NYSWYSA's website. Our volunteer and coaches meeting is tentatively scheduled for August 9<sup>th</sup>.

There are many other opportunities to volunteer. We need your help to make the league a success. You can help as a **Board Member, Division Coordinator or help with Uniforms, Photos, or Sponsorships.**

Like us on **Facebook @ VRYSA**  
For more information visit our NEW website

[www.vrysa.org](http://www.vrysa.org)

**Proudly Providing Youth Soccer Since 1986!!**



# Tails & TALES

NEW YORK STATE SENATE

## SUMMER READING PROGRAM



Join Senator  
Frederick J. Akshar II

IN A SUMMER READING ADVENTURE  
THROUGH THE WONDERFUL WORLD OF BOOKS!



Students & Guardians  
Register at [www.nyread.com](http://www.nyread.com)

- Create a Profile
- Record Reading Progress
- Earn a Certificate

In cooperation with

