

# Tioga Hills Elementary School

## "Tidbits"



Vestal Central School District

JANUARY 2021

Dear Tioga Hills Families:

A new year brings us an opportunity for a fresh start. I think we can all agree that 2020 was rough. Although it's a year that will be forever marked in history, it was tough to get through. Every adult and child suffered losses- the loss of normal, fun, family time, and in some cases, the loss of a family member or close friend to this horrible virus. Many of you were working on the front lines in the toughest of times in the Spring, and we thank you for your sacrifices and service. We lost valuable time with our students at the most crucial time of the school year. Even as we began the 2020-2021 school year, it didn't get easier. We asked families to continue making big sacrifices and adjustments as we moved forward with a hybrid model. I know I say it a lot, but I just can't thank you all enough for everything you've done. We appreciate your support and partnership and none of this could have happened without all of you.

Although there are still so many unknowns, I am hopeful that 2021 will be better. We look forward to having more students in our building more frequently. We hope to continue bringing everyone together in creative ways and our Building Planning Team is in the process of planning monthly initiatives to help us achieve this goal. One of those is our virtual Jared Campbell concert that was supposed to take place on December 22<sup>nd</sup>. Instead, we will re-schedule him for January or February. That date and link will be shared as we get closer. Thank you to our PTA for sponsoring this, as always!

Before the holiday break, we made our Actions Count in our community through our annual Food Drive for the Lions Club. We collected over 800 items (a new record!) to donate, in addition to some new toys. These items stay right here in our community. Our 5<sup>th</sup> grade classes participated in their annual Community Box Project. This year, families put together boxes of toiletry items and students brought those to school. Students wrapped the boxes and delivered them to the food pantry next door. Thank you for your donations and support during this time of giving!

We look forward to continuing these strong partnerships that we've created this year. Hoping for positivity, success, and hopefully some "normalcy" in 2021! Happy New Year!

Sincerely,

Hayley Crimmins, Principal

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### JANUARY SCHOOL CLOSING/HOLIDAYS

No school on **Friday, January 1, 2021** (New Year's Day)  
No school on **Monday, January 18, 2021** (Martin Luther King Day)

# COUNSELORS



## Character Education.....Making our ACTIONS COUNT

Thank you for helping in our Annual Holiday Food Drive...we collected 810 nonperishable food items for the Lions Club to help families in our immediate community! We exceeded our goal of 500! We certainly made our **Actions Count** for the holidays! We also collected \$111 in cash that was used to donate to 2 families to help them with holiday perishables! This was a great school-wide effort at a time when we are all trying to figure out how to function and the chance to give to others helps us know we can give gratitude and stay positive! It is so appreciated!!! Thank You!

Please refer to the district website for helpful resources and information to help you or your children. There are a variety of community resources for all ages.

[Vestal Central School District Homepage:](http://www.vestal.stier.org)      [www.vestal.stier.org](http://www.vestal.stier.org)

May the New Year hold promise for good things for all our Tioga Hills Families! Stay hopeful that together we will see the brighter days ahead as we continue to manage this pandemic. 2021 holds promise for a better year!

As always please call if I can help in any way!

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



## All Vestal Students Can Receive Free Breakfast and Lunch Meals

The Vestal Food Service Department wants to remind families that the USDS has extended Free Breakfast & Lunch meals to all students until the end of the school year (June 2021).

For complete information, please see the letter from our Rock On Cafe School Nutrition Services program.

<https://www.vestal.stier.org/protected/ArticleView.aspx...>

If you have any questions, please contact Erin Polovchak, Vestal Food Service Supervisor, at 757-2201.

Happy New Year!



## News From The Health Office



**Masks, social distancing and hand washing continues into this new year 2021.**

**There are still three paths to take for your child to return if he/she has or is sent home with symptoms.** I send copies of all the forms listed below home or I can print them and send them home via mail or with your student.

**First - getting a negative Covid test.** The school needs a copy of a negative test result prior to your child returning.

**Second - having the doctor give your child an alternative diagnosis.** The school needs a copy of the alternative diagnosis listed with its symptoms and its duration.

**Third - keeping your child home for 10 days in isolation.** The school needs the return from isolation form filled out the day your students returns.

I hope this is helpful.

**Don't forget to wash those masks daily each night.** They should be dry by the morning and ready to use again.

Please label your child(ren)'s jackets. You can always call me if a piece of clothing is lost.

If you receive a note about physicals from me last year and have not sent one yet, please note: we have not received word that the school will be offering school physicals so **please send all student physicals to the health office in an envelope for confidentiality purposes.**



**Have a happy and healthy new year everyone!**

# PE NEWS

A message from your PE Teachers and the  
American Heart Association

## REMEMBER TO STAY PHYSICALLY ACTIVE!

When the temperature drops, our motivation to be physically active often drops too. Fight the holiday bulge with these tips for keeping physically active when the weather gets chilly.



- **Go sledding.** Running up a snowy hill, sliding down and repeating is a great way to get the whole family physically active. If you don't have a sled, don't worry - a cardboard box, trash can lid or skateboard without the wheels will work great!

- **Ice skate.** This is a great workout for your legs and heart. You'll also help strengthen your core, which is engaged when trying to keep you balanced.



- **Shovel the snow.** Someone has to do it, and it's a great way to get the heart pumping and the other muscles working. But don't overdo it!

- **Go for an afternoon or evening walk, jog or run - and bring the dog!** As long as you're dressed warmly, any time of day can be enjoyable weather for taking a stroll or a jog. Winter days are shorter, so start early enough to finish before it gets dark.



## CUB SCOUTS

The members of Pack 43 continue to remain strong and active as we roll into a new year. We held a pack meeting in which several scouts earned awards. We created beautiful New Year's cards for our veterans. We also made some S'mores and had a little fun in the snow. We look forward to many fun activities in 2021! If you'd like to learn more about us, feel free to contact our Cubmaster, Steve Majka at [denfivepack43@gmail.com](mailto:denfivepack43@gmail.com).



# PTA NEWS

## Dates to remember:

PTA Meeting - Wednesday, Jan 6, 7pm via Zoom

No School - Monday, January 18, Martin Luther King Day

Lip Sync Battle - Friday, January 22, 6:30pm (virtual)



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## From the PTA President

### Happy New Year Tioga Hills!

I hope everyone had a nice break and are feeling ready to get back to school. We had some big changes to make for January in our PTA, which will now be known as Tioga Hills Elementary Parent Teacher Organization (PTO). Information and a link to vote was sent out to all members in November and the votes that came back were all in favor of switching our parent group from a PTA to a PTO. Instead of being under the NYS and National umbrella of PTAs, we will now only be responsible to our school community. This change helps us to focus our energy and our finances on our school specifically without any overhead fees or agencies to worry about.

Starting in January we will be writing our mission statement, new bylaws, and filling out IRS tax exempt forms. These things will be submitted for members to check out and give thoughts on during our January and February meetings. During our February or March meeting we will vote on the new mission statement and bylaws via a google survey link sent to members emails. This is an exciting new chapter for our Parent-Teacher group, and we all look forward to continuing the traditions at Tioga Hills or putting our students and teachers first with everything we do.

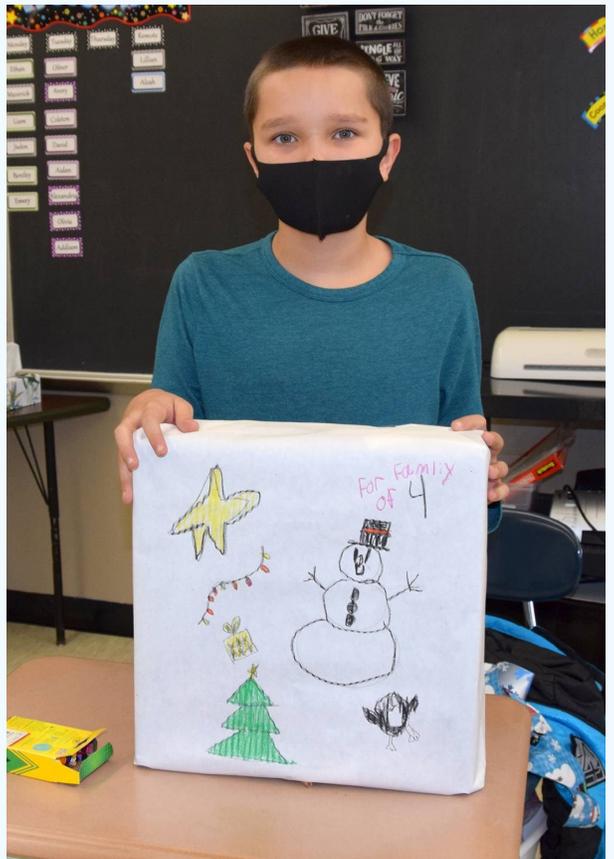
Coming up at the end of January we will be having a Virtual Lip Sync Battle, so look for details to come home soon. Then in February we will host a Virtual Trivia Night for Families. These events are a fun way to enjoy some time with family, but also with friends in our school community!



# TH Picture Corner



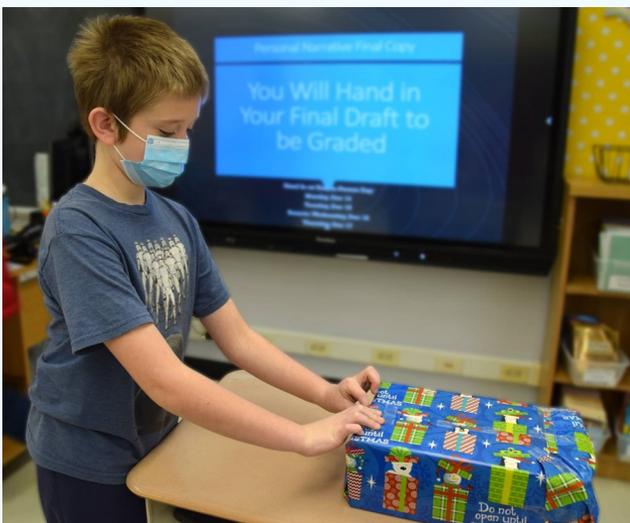
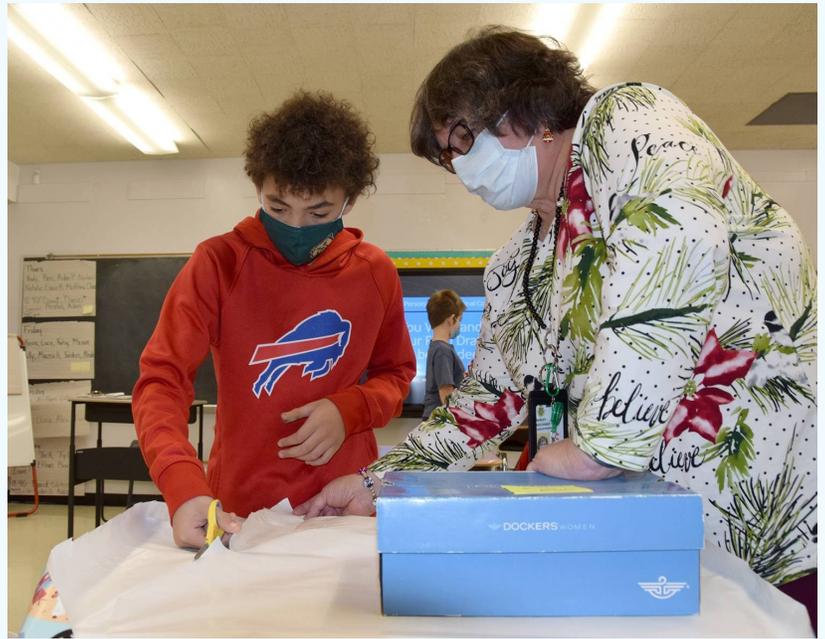
## 5th Grade Community Box Project





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