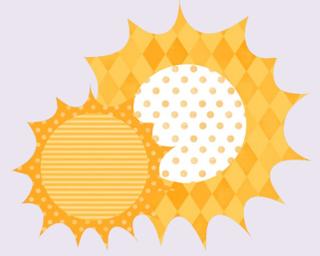


# Tioga Hills Elementary School

## "Tidbits"



Vestal Central School District

JUNE 2021

Dear Tioga Hills Families,

It is hard to believe that the last month of the school year is here! This year has been full of ups and downs, unknowns, and lots of change! Our students continued to show resiliency and a love for learning. They demonstrated flexibility with the many schedule changes and phases. Above all, they showed growth, especially in the last trimester of the school year as we moved to 5 days of in-person learning. Our remote students dedicated many hours on Zoom and will finish out the year with their remote teachers and classes. We stayed connected as a Tioga Hills family, supported by all of you- our very generous parents and community members!

I am happy to share that our Custodial Team consisting of Mr. Paul Doolittle, Mr. Paul Strum, and Mr. Jerry Hilkert are District Council Award Recipients, voted on by the students at Tioga Hills! Congratulations and thanks for all that you've done for Tioga Hills, especially this year!

Mrs. Jessica Zwierzynski will also be awarded with this honor, voted on by the PTO. Jessica is our current PTO President and brings a wealth of opportunities for our students and staff members. We appreciate her dedication to Tioga Hills! Congratulations Jessica!

At the end of the year, we will celebrate 3 staff retirements. Mrs. Kristen Card will retire after 31 years with the Vestal CSD, working as a Special Education teacher. Mrs. Cindy Papaleo will retire after 27 years with the district, working as a Paraprofessional. Lastly, Mr. Jerry Hilkert, one of our night shift custodians will retire after 3 years with the district. We wish these 3 the best of luck in their retirement!

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### LAST DAY OF SCHOOL ANNOUNCED



Assuming there are no emergency closings between now and the end of the school year, the last day of pupil attendance for grades K-5 is Thursday, June 24, and it is a full day.

Enjoy the summer!

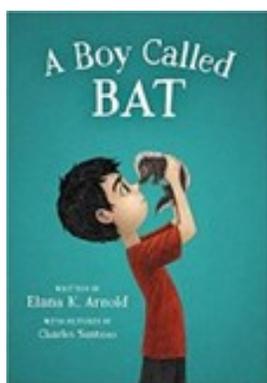
We are working on collecting more money for the Health for Haiti Kitchen project with SUNY Broome. We hope to be able to hand over a lot of money to Dr. Jennifer Musa to support this initiative! Save those bottles and cans too as we will be doing a Bottle Drive to support Health for Haiti. We now also have an account at Vestal Beverage Center on Route 26 in Vestal. Just ask for your redemption money to be put in the Health for Haiti- Tioga Hills Elementary account.

Before we finish up the year, we still have things to do! We will be celebrating our 5<sup>th</sup> grade students with a picnic and their Moving Up ceremony. Classrooms will celebrate the end of this unique year in fun ways! We look forward to being able to do our annual musical goodbye on the last day of school as our buses leave the circle!

Lastly, as I finish my 4th year as Tioga Hills Principal, I am blessed, as I get to spend my days with your amazing children, watching them learn and grow. I am honored to collaborate and learn from the amazing staff members here, and appreciate you trusting us with your children! I enjoy getting to know each of you as we work together to help your child achieve success. Thank you for the continued partnerships ahead!

Have a great summer! I look forward to seeing your children in September!

Hayley Crimmins, Principal



## One School, One Book

A huge shout out and thank you to our PTO who provided students with homemade "bat" cookies from "good jean's Baking Company" and Wegmans for the vanilla yogurt to celebrate our One School, One Book initiative for this year, *A Boy Called Bat*.



# COUNSELORS

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## 5th Grade Parents:

You will be, if you have not already received verification mailing from VMS. This is a process to verify what data has been entered into the computer to generate your student's schedule for 6<sup>th</sup> grade. Please be sure that the music that they selected is accurate. There is a number to call if there are any changes that need to be made and feel free to call me if I can help or answer any questions.

I will continue to do the transition lessons that have begun in each homeroom to answer your 5<sup>th</sup> graders questions and help them with as much information as we have currently. The middle school has taken some really nice photos at my request to help give our 5<sup>th</sup> graders a "look" into the VMS because we could not take our annual visit and tour again this spring. One thing that the pandemic or anything couldn't change is that VMS has a long history of welcoming our 6<sup>th</sup> graders and helping them become acclimated. There are awesome teachers and staff, and they will do what it takes to help the 6<sup>th</sup> graders!

The remaining steps in the transition to 6<sup>th</sup> grade will happen over the summer. How that will look will depend on the safety guidelines in place at that time. This leaves some unknowns for 6<sup>th</sup> graders and parents, but I encourage you to have faith that like at each building level the counselors, administrators and teachers are keenly aware of this as a stressor for your children and will take extra steps to help them adjust and become familiar with *their* new school.

If you are noticing an increased level of stress in your 5<sup>th</sup> grader about this transition and would like to discuss, please do not hesitate to call!



## Cyber safety over the Summer:

We are certainly no longer strangers to the amount of technology our children are using both out of necessity and for recreation. It bears reminding that safety is still paramount, so I am offering these ideas/reminders to help!

- ◇ Limiting screen time to encourage physical activity in the nice weather months is a mentally healthy choice! For example, every hour of outdoor play might earn 15 min of screen time!
- ◇ Continually check in on your child's use. Asking who what when etc. reminding them to never give out personal info.
- ◇ I like to say that when your son or daughter is on the internet or any communication device it the same as being in a public place therefore supervision at this age of elementary children is crucial to their safety and development of good/safe habits.
- ◇ Below are a few websites that may have already been or could be a resource to you as you consider this issue in your parenting.

[www.safekids.com](http://www.safekids.com) and [www.safeteens.com](http://www.safeteens.com)

[www.connectsafely.org](http://www.connectsafely.org) (keep informed about the newest trends in apps etc.)

[www.thefab.notlong.com](http://www.thefab.notlong.com)

<http://www.onguardonline.gov/features/feature-0004-featured-net-cetera-toolkit> (excellent booklet for parents called "Netcetera")



## Gratitude:

A special thank you to the PTA for their continued support of the Counseling and Guidance program again this year!

Wishing all of you and your families a relaxing and fun summer! An extra wish to the 5th Grade students for good luck at the Middle School! You will be missed!

Please call if I call if I can be of assistance in any way: 607-757-2366 [riruhm@vestal.k12.ny.us](mailto:riruhm@vestal.k12.ny.us)

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



# SPOTLIGHT ON 5TH GRADE!

Fifth graders have been very busy as they round out their last few weeks at T.H.E. and begin to prepare for their next chapter as middle schoolers. The students and parents would like to take this opportunity to thank all of our teachers and staff for making the years at Tioga Hills fun, memorable and meaningful. We are so lucky to have grown here through the years with you.



## CLASS FIESTA PICNIC

Friday, June 18, 2021  
Tioga Hills Campus  
8:30 am - 1:30 pm



## 5th GRADE MOVING UP CEREMONY!



Monday, June 21, 2021  
10:30 am (Parking lot at 10:00 am)

Parking Lot near Tennis Court

(Students, please wear your Tioga Hills  
5th Grade T-shirt)



Best of Luck Class of 2028! You are going to do GREAT things!!

# got books?

All library books will be due Monday, June 7<sup>th</sup> this year. A list of books that are still checked out will be sent home in your student's Friday folder. Please remind your child to return any library books they may have borrowed. Also, mistakes happen, if there are books on your child's list that you believe have already been returned, please feel free to contact me by email: [klodonnell@vestal.k12.ny.us](mailto:klodonnell@vestal.k12.ny.us) or send a note in with your student. *Happy summer reading!*



**Summer Reading at NY Libraries and Broome County Public Library**

[www.myON.com](http://www.myON.com)

Click login button

School Name: New York Reads

Username: read

Password: books

<http://www.bclibrary.info/srpchildren>

**Scholastic**

<http://www.scholastic.com/summer/home/>



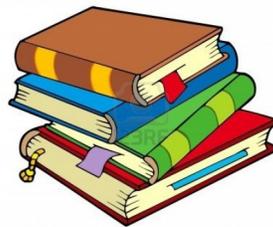
**Barnes and Noble**

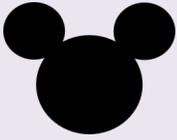
<http://www.barnesandnoble.com/h/summer-reading-lists>

**Tails & Tales New York State Senate Summer Reading Program**

[www.nyread.com](http://www.nyread.com)

Have a wonderful summer, and happy reading!





# JUNE HEALTH OFFICE NEWSLETTER



## Attention Fifth Grade Parents!

On the following pages is "Get the Facts" and "Tdap" information sheets for diseases that can affect preteens and teens. Having some knowledge about the immunizations that your pediatrician will be talking to you about is beneficial.



The Vestal Middle School will require all 6<sup>th</sup> graders or those who have turned 11 to have a Tdap booster shot before entering school in the fall. At your office visit, your pediatrician will also talk to you about meningitis and HPV.

**If you child has medication here at school, you should see a letter in your child's Friday folder addressed to you with a pick-up date on it. All medication not picked-up will be discarded.**

### COVID updates:

NYS Advisory Task Force approved the use of Pfizer Covid-19 vaccine for 12 to 15 year olds. It is not a vaccination mandatory for school.

As of May 19, NYS adopted the CDC guidance of mask use for full vaccinated persons. Until more New Yorkers are vaccinated Pre K–12 schools will continue to follow the NYS existing Covid -19 health guidelines.

The school will keep you updated as to what the fall school guidelines will be.



Until then, have a happy and healthy summer!

# GET THE FACTS

## ABOUT DISEASES THAT CAN AFFECT PRETEENS AND TEENS

### HELPFUL INFORMATION FOR PARENTS

Vaccines work to help prevent illness before your child is exposed to certain diseases. Get the facts about these diseases, and talk to your child's doctor or health care professional about vaccines to help prevent these diseases.

### HUMAN PAPILOMAVIRUS (HPV)

HPV is a virus that will infect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But there's no way to predict who will or won't clear the virus. For those who don't clear certain types, HPV could cause cervical cancer in females. Other types could cause genital warts in both

**HPV can affect both males and females.**

males and females. Each day in the United States, 33 women are diagnosed with cervical cancer (about 12,000 women per year) and it is estimated that each minute there is a new case of genital warts in men and women.

### DIPHTHERIA

Diphtheria is caused by bacteria that may affect the breathing system. It may also begin as a skin infection. It is spread by sneezing and coughing. Symptoms usually start 2 to 5 days after coming into contact with the bacteria and may include bluish skin color, chills, sore throat, fever, and painful swallowing. Diphtheria may be mild or severe, and complications may include difficulty breathing, temporary paralysis, heart damage, kidney damage, and coma.

### INFLUENZA (FLU)

The flu is a contagious disease caused by a virus that is spread from infected people who cough and sneeze. It can also be spread by touching an object that has the flu virus on it and then touching your eyes, nose, or mouth. Flu symptoms include fever, cough, sore throat, runny nose, body aches, and feeling tired. The flu can range from mild to severe and can sometimes lead to potentially serious consequences.

### MENINGOCOCCAL DISEASE (MENINGITIS)

Meningitis is a very serious infection of the lining around the brain and spinal cord. Infection can be spread from person to person by close contact. It is characterized by fever, headache, and stiff neck. Meningitis can be caused by either a viral or bacterial infection — and knowing the difference can lead to different treatment approaches. Complications can lead to a loss of limbs, brain damage, kidney disease, hearing loss, and other potentially serious consequences.

### PERTUSSIS (WHOOPIING COUGH)

Whooping cough is a highly contagious respiratory tract infection spread by coughing and sneezing. Symptoms can include violent coughing, difficulty breathing, and vomiting. In the last 30 years, cases of pertussis have been on the rise in the United States, especially among teens, preteens, and infants younger than 6 months of age. Pertussis in preteens or teens can range from mild to severe. About 1 in 5 infants with pertussis gets pneumonia. The infection often causes a lengthy illness that can lead to repeated doctor visits and missed school.

### TETANUS (LOCKJAW)

Tetanus is a disease of the nervous system caused by bacteria that enter the body through a cut or wound. It is not spread from person to person. Symptoms are painful muscle spasms, stiffness in the neck or stomach area, lockjaw, and difficulty swallowing. Tetanus can lead to broken bones and changes in heart rhythms. Treatment for tetanus may include lengthy hospital stays.

*See reverse for helpful ideas and resources.*



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Your opinion is important. To give your feedback, visit [scholastic.com/parentsurvey](http://scholastic.com/parentsurvey)

## VACCINE INFORMATION STATEMENT

# Tdap Vaccine

## What You Need to Know

(Tetanus,  
Diphtheria and  
Pertussis)

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite [www.immunize.org/vis](http://www.immunize.org/vis)

### 1 Why get vaccinated?

**Tetanus, diphtheria and pertussis** are very serious diseases. Tdap vaccine can protect us from these diseases. And, Tdap vaccine given to pregnant women can protect newborn babies against pertussis..

**TETANUS** (Lockjaw) is rare in the United States today. It causes painful muscle tightening and stiffness, usually all over the body.

- It can lead to tightening of muscles in the head and neck so you can't open your mouth, swallow, or sometimes even breathe. Tetanus kills about 1 out of 10 people who are infected even after receiving the best medical care.

**DIPHTHERIA** is also rare in the United States today. It can cause a thick coating to form in the back of the throat.

- It can lead to breathing problems, heart failure, paralysis, and death.

**PERTUSSIS** (Whooping Cough) causes severe coughing spells, which can cause difficulty breathing, vomiting and disturbed sleep.

- It can also lead to weight loss, incontinence, and rib fractures. Up to 2 in 100 adolescents and 5 in 100 adults with pertussis are hospitalized or have complications, which could include pneumonia or death.

These diseases are caused by bacteria. Diphtheria and pertussis are spread from person to person through secretions from coughing or sneezing. Tetanus enters the body through cuts, scratches, or wounds.

Before vaccines, as many as 200,000 cases of diphtheria, 200,000 cases of pertussis, and hundreds of cases of tetanus, were reported in the United States each year. Since vaccination began, reports of cases for tetanus and diphtheria have dropped by about 99% and for pertussis by about 80%.

### 2 Tdap vaccine

Tdap vaccine can protect adolescents and adults from tetanus, diphtheria, and pertussis. One dose of Tdap is routinely given at age 11 or 12. People who did *not* get Tdap at that age should get it as soon as possible.

Tdap is especially important for healthcare professionals and anyone having close contact with a baby younger than 12 months.

Pregnant women should get a dose of Tdap during **every pregnancy**, to protect the newborn from pertussis. Infants are most at risk for severe, life-threatening complications from pertussis.

Another vaccine, called Td, protects against tetanus and diphtheria, but not pertussis. A Td booster should be given every 10 years. Tdap may be given as one of these boosters if you have never gotten Tdap before. Tdap may also be given after a severe cut or burn to prevent tetanus infection.

Your doctor or the person giving you the vaccine can give you more information.

Tdap may safely be given at the same time as other vaccines.

### 3 Some people should not get this vaccine

- A person who has ever had a life-threatening allergic reaction after a previous dose of any diphtheria, tetanus or pertussis containing vaccine, OR has a severe allergy to any part of this vaccine, should not get Tdap vaccine. Tell the person giving the vaccine about any severe allergies.
- Anyone who had coma or long repeated seizures within 7 days after a childhood dose of DTP or DTaP, or a previous dose of Tdap, should not get Tdap, unless a cause other than the vaccine was found. They can still get Td.
- Talk to your doctor if you:
  - have seizures or another nervous system problem,
  - had severe pain or swelling after any vaccine containing diphtheria, tetanus or pertussis,
  - ever had a condition called Guillain-Barré Syndrome (GBS),
  - aren't feeling well on the day the shot is scheduled.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

# STUDENT LEADERSHIP JOBS

## STUDENT FLAG RAISERS



The following students helped Mr. Doolittle raise the flag during the months of May:

**Tyler Bidwell**

**Miles Randesi**

**Luka Rosecrans**

**Jullian Scott**

**Jace Shamberger**

**Lia Zwierzynski**

## SPOTLIGHT ON ART

The following Tioga Hills' students had their artwork selected for the **2020-21 Annual Vestal District Art Show** (virtual). Congratulations!

Mariyah Acri

Taylor Bidwell

Abigail Bowman

Elizabeth Bloom

Laney Bubel

Cameron Cappelli

Gianna Casterline

Paul Correll

Ethan Currier

Hudson DePersis

Natalia DiCamillo

Ainsley Dizer

Alivia Ellis

Thomas Fahrenbach

Daniel Foy

Liam Gale

Bentley Healey

Emma Heidel

Matthew Howell

Claire Kliment

Felix Lahoda

Bailey Mallery

Luca Novak

Parker Prusik

Jaden Rought

Blake Schafenberg

Trey Schafenberg

Jillian Shaver

Nate Solecky

Liam Talbut

Nora Wade

Chase Watts

**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)**

# PTO NEWS

## FROM THE PTO PRESIDENT:

This year was certainly one for the books, but it wasn't without some really great moments at school for our kiddos. We would like to thank the amazing teachers, faculty, and staff at Tioga Hills for working hard to take what life has handed this last year and make the absolute most of it for all of the students and families. I'd also like to thank all of the selfless volunteers that year after year continue to help our PTO collaborate with the school to provide fun and exciting experiences, and also fill in some of the needs at the T.H.E. I'm not sure if it's the official motto or not, but we say it a lot while planning and carrying out events... Team Work Makes The Dream Work!

We have been working on restructuring our parent organization to create a more modern platform that works for the parent volunteers, is flexible, and best meets the needs of our school community. Switching from a PTA to a PTO has allowed us to focus more on our individual school and less on an umbrella organization and the things they want us to do. With this restructuring we have decided to add another officer position, co-president, to share the responsibilities of president and serve as a guide for incoming presidents. Erin Fahrenbach and I will be co-presidents next year, Shannon Casterline will be taking the position of Vice-President, Osee Nelli will continue on as Treasurer, and Fran Novak has agreed to become our new Secretary. We would love to see more people at our meetings, whether on zoom or someday when they are in-person again. Joining the PTO doesn't mean dedicating your life to it, but we love to see new faces or returning ones. All you need to do is show up to a meeting whenever you can, bring your ideas, and if you can and want to help out with any event your interested in. As students move on to the middle school, so do their parents, and we want to make sure the PTO can continue to make all of the events and activities we always create, happen for years to come! Reach out if you have any questions or want to get a jump on volunteering for next year! [Jbrown113@msn.com](mailto:Jbrown113@msn.com)

Our last PTO meeting of the year will be held via Zoom at 7pm June 2<sup>nd</sup>.

Have a great Summer!

Jess Zwierzynski

# BOOK FAIR

Happy June, Tioga Hills Families!

Thank you for supporting our virtual Book Fair this past month! We hope you enjoy your new books and have a wonderful summer! Stay tuned for the fall as we hope to resume our normal fair in the building! Thank you for your continued support!

-Shelley and Gretchen (Book Fair Co-Chairs)



# CUB SCOUTS

Well, the school year is coming to an end, but that does not mean the end of the fun for Pack 43. We recently held our annual bike rodeo and learned a lot about cycling from the Southern Tier Cycling Club. As we look forward to summer, we also look forward to some possible pool time with our dens, some hiking, Cub Scout Summer Camp, and of course time with our families. We hope that many of you will join us in the Fall when scouting gets even more active. As always, questions can be directed at Steve Majka, our Cubmaster at [denfive-pack43@gmail.com](mailto:denfive-pack43@gmail.com).

# STAFF APPRECIATION



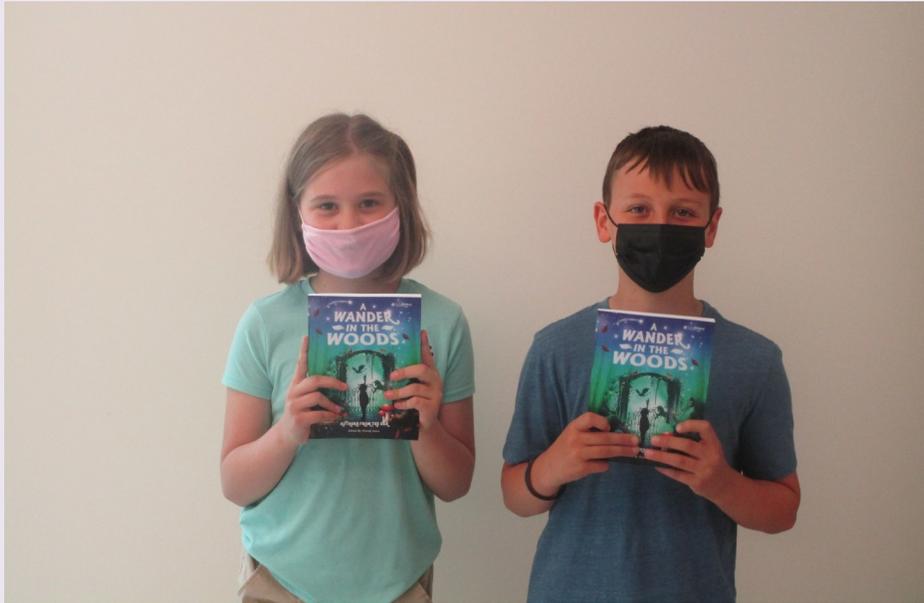
Thank you so much to everyone who helped us create a wonderful Teacher/Staff Appreciation event in May. Our school community is very lucky to have families that are so generous with both their time and resources. It was a real treat for everyone who works at Tioga Hills who make it such a nice place for our children.





# TH Picture Corner

**Young Writers Contest Winners!**  
Harper Brown and Reese Brenner



**2020-2021 Brent W. Bowers Memorial Foul Shooting Contest Winners!**  
Congratulations to: Addison Blinkovitch and Tyler Albert





# TH Picture Corner

Mrs. Crimmins and Mr. Doolittle join in for a little outdoor "Hokey Pokey" fun with Ms. Crissman's music class.





*See you in September!*