

# Tioga Hills Elementary School

## "Tidbits"



Vestal Central School District

October 2021

Dear Tioga Hills Families,

Things are off to a busy start as we enter the second month of school. We have enjoyed some nice days outside during playground and hope that this continues! We hope you were able to gather some important information by watching the teachers' Curriculum Night videos.

Thank you for continuing to follow our COVID protocols by keeping your kids home when they are having symptoms. As a reminder, students will need a negative COVID test or an alternate diagnosis to be able to return to school. In addition, they must also be symptom-free (even if their COVID test was negative).

As we look ahead, October is filled with many different activities and events! To help support the PTO, our annual Fun(d) Walk will be this Friday on October 8th. This takes place during the school day in the afternoon. Please continue to collection donations from friends and family members to help support our PTO. Thursday, October 14<sup>th</sup> will be our Fall Picture Day for students as well!

We are still working through our fall fire drills and our Safety Team will meet to review our safety protocols. We will continue to have drills throughout the school year, such as our Lockdown drills. Our School Resource Officer, Conor Talbut, has made visits to our school to check in and interact with the students.

I was fortunate to be able to visit the classrooms to read a book called *All Are Welcome* by Alexandra Penfold which encourages us to be community minded. While on these classroom visits, I was also able to talk with the students about our school promises. We appreciate all that you can do at home to remind students to **Be Kind, Be Safe, Take Care of Our School, and Do Their Best!** Our goal is to continue building community outside of the individual classrooms, while teaching important character education themes!

Academically, our teachers, math specialists, and reading specialists have been completing individual assessments on students as we do each year. This information is shared as a team and decisions are made to make sure that students get the support that they need. Support has already been put in place for students who need some extra help in ELA or math through our Academic Intervention Services (AIS). If you have any academic concerns about your child, please reach out to your child's teacher!

As always, we are committed to maintaining a welcoming and positive atmosphere for our students and their families. We value the home-school connection and know it is a very important factor in students' academic success!

Enjoy the fall,

Hayley Crimmins, Principal

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# EMERGENCY EVACUATION DRILL - THURSDAY, OCTOBER 7, 2021

All students in the Vestal Central School District and all students who ride Vestal Central School District buses to non-public schools will be dismissed **15 minutes early** on Thursday, October 7, to test Emergency Evacuation procedures as mandated by New York State.

- All students in the Vestal Central School District and all students who ride Vestal Central School District buses to non-public schools will be dismissed **15 minutes early**.
- Children who normally ride the bus will arrive at their regular destination **15 minutes sooner than usual**.
- Parents of children who walk, are picked up from school, or attend after-school care programs should make appropriate arrangements for the early arrival of their child.



## UPCOMING ACTIVITIES

**Early Dismissal Drill** (All School Buildings) 15 minutes on **Thursday, October 7th**. Dismissal will be at 3:15. pm.

**NO SCHOOL** - there will be no school on **Monday, October 11th** (Columbus Day). Enjoy the long weekend!

**Early Release Day** (All School Buildings) Elementary: 11:50am, VMS: 10:45am, VHS: 11:05am on **Friday, October 22<sup>nd</sup>**



# COUNSELORS

## CORNER

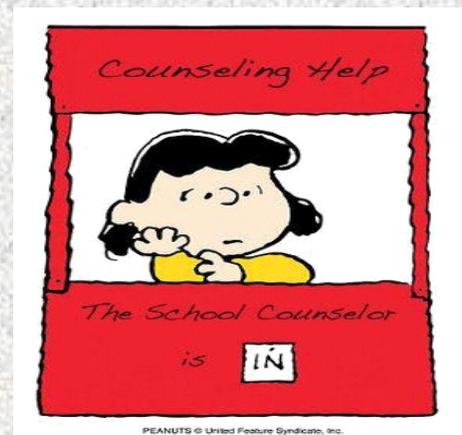


I hope this finds everyone settling into the routine of school, and while things still look differently, our attitudes and ability to teach our children to be flexible is key! Having the information to help them is also vital!

I was given these resources I wanted to share with you on the following pages. Whether you're a parent of a Kindergartener or of a 5<sup>th</sup> grader, it is never too early or late to be apprised of how to guide children on their use of technology. Prior to COVID, we as parents may have lamented about how much technology was being used, however, we realized it became a lifeline during the pandemic. Now that more activities are available live, yet many people have to be in and out of quarantine, it is a reminder that tech is still a part of our children's regular daily life. I hope this information is of help to you as you parent.

As always, and maybe now more importantly than ever, I invite and welcome you to contact me with any concerns or questions, if you think your child(ren) need any supports or if I can offer any help with connections to community resources. I can be reached at 757.2366 or [riruhm@vestal.k12.ny.us](mailto:riruhm@vestal.k12.ny.us)

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



# CHROMEBOOK SAFETY FOR PARENTS

Chromebooks have been fantastic for helping kids stay on track during at-home learning, but how do we make sure kids are staying safe? Like with any other device, **communication and familiarity** are SO important! So are **parental monitoring apps** and **time away from screens!**

**Family Link is the parental monitoring app produced by Google! Some of its features include:**

- **It's Free!:** Unlike some other parental monitoring apps, Family Link is free! While other apps certainly exist (NetNanny, Bark, and Qustodio, for example), they run from \$5-\$20+/month.
- **It Allows for Monitoring Content as Well as Limiting Time:** Not only can you monitor the content they're looking at, you can also approve or deny new apps they want to download, AND set limits for screen time.



## Family Link

- **You Use Your Google Account:** You don't need to create a new account if you've got Gmail!
- **App Suggestions:** Family Link will suggest age-appropriate apps for kids to download!

## Safety Basics

- **Explore privacy settings!** The Chromebook is different than a Mac or PC in that it doesn't have an operating system, so privacy settings won't be in the same places. Google is your friend!
- **Make your kids aware of expectations for online behavior** and that you may need to look at what they're doing, for their safety.
- **Make sure your kids know they can talk to you** if they come across something that makes them uncomfortable!

# APPLICATIONS TO WATCH



**Facebook/Messenger** - A social networking website that makes it easy to connect with friends and family online. Messenger can be downloaded separately from Facebook and used to chat.



**Skout** - A dating app, Skout uses general location to show available matches, and users can private message and post publicly. Under 18 users have stricter rules, but there is no age verification.



**Instagram** - An online photo sharing and social networking service that allows its users to take a picture, apply a digital filter to it, and share it on many social networking services.



**Tik Tok**

**Tik Tok** - A social network app for video creation, messaging, and live broadcasting. Users can create 6 second to 1 minute videos and choose music to accompany them.



**Snapchat** - Users set a time limit for how long selected recipients can view their photos, and videos, after which it will be deleted. In actuality, it is very easy to save incoming messages and images.



**Tinder/Grindr** - Dating and rating sites based on location. Users upload pictures and personal information to be seen and judged by those located nearby.

**Kik/Whatsapp** - Messaging apps that anyone can use for one-on-one and group chats. There are ways to register without phone number verification on both of these applications..



**Youtube** - Global video-sharing website that allows users to upload, view, rate, share, and comment on videos. Non-registered users can also watch content.



**Omegle/ Chat Roulette** - Free online chat website that allows unregistered users to chat by randomly pairing users in one-on-one video sessions where they chat anonymously.



**Google Hangouts** - Google+ users can use Hangouts for video chatting, instant messaging, and image sharing. Users can connect by searching either your e-mail or phone number..



**Tumblr** - This is a popular microblogging platform but it is also a highly risky place for kids/teens. The content that is posted here is usually unsupervised and known to contain pornography.



**Yubo** - Sometimes called "Tinder for kids", Yubo functions much like Tinder - users swipe to signal interest in talking to someone who is likely a stranger. Users over 18 have a separate "community".





**Wishbone** - Users choose their favorite between two options in various categories (celebs, fashion, etc.) Users do not need an account and sexual content can pop up as a "choice". Users can also direct message each other.



**Discord** - A cross-platform chat app that includes picture sharing, chat/message board style posting, voice chat, and direct messaging, meant for gaming.

**Whisper** - Allows users to post and share photo and video messages anonymously, although this claim has been challenged with privacy concerns over Whisper's handling of user data.

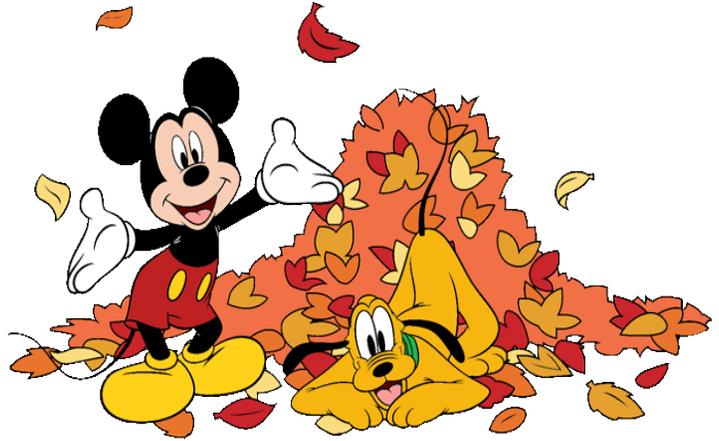


**WeChat** - Users can send previously saved or live pictures and videos, namecards of other users, coupons, lucky money packages, or current GPS locations with friends either individually or in a group chat.



## HOW CAN I KEEP MY CHILD SAFE ONLINE?

- **Download** the apps your children have: familiarize yourself with how the app works and what privacy settings are available!
- Start by **talking with children** about their online activities. The sooner you do this, the more normal it becomes.
- Teach your child that what is said online is not sacred, protected, or secret. It is **NOT** their diary, **it's the public internet**, even if said on a private page.
- **Set up Google Alerts** to monitor mentions of children's names on the web. (<http://www.google.com/alerts>)
- **Friend them on the apps they use and monitor their privacy settings** so you are able to "spot check" their profile and activity.
- **Prohibit your child from using multiple screen names and accounts.** This could be a warning sign that your child is abusing other teens. Be nosy.
- **Set up guidelines for using the internet and social media.** Kids can get around many of your blocks and filters. Check in on them.
- Whenever possible, **allow them to use the computer in a central location that is supervised until they earn your trust.** After this, you still need access to all of their accounts and apps on their phones and tablets. Look up the names of the apps and their purpose.
- **Monitoring software can be utilized,** but keep in mind that most teens are now using their phones as a means of communication with social media.
- Teens frequently **share passwords** as a sign of friendship and trust. Talk to them about why **this is dangerous**, and remind them that relationships can quickly change, leaving them vulnerable to attack.
- **Never take people at their word over social networking if they are not known to you.** They know very well how easy it is to create a persona.
- Talk to teens about their reputations and online identity. **How you treat people matters, both online and offline.**
- Remind students (who have their own accounts and cell phones), on a regular basis about the **dangers of sending inappropriate messages and texts.**
- Pay attention to **live streaming apps:** parental controls cannot be set on these!
- **Disable geo location in settings,** both in the phone and in apps.



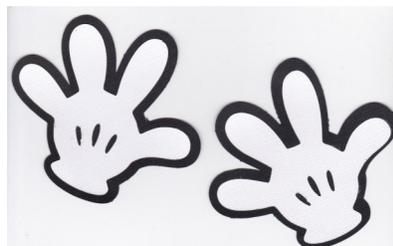
## October News from the Health Office

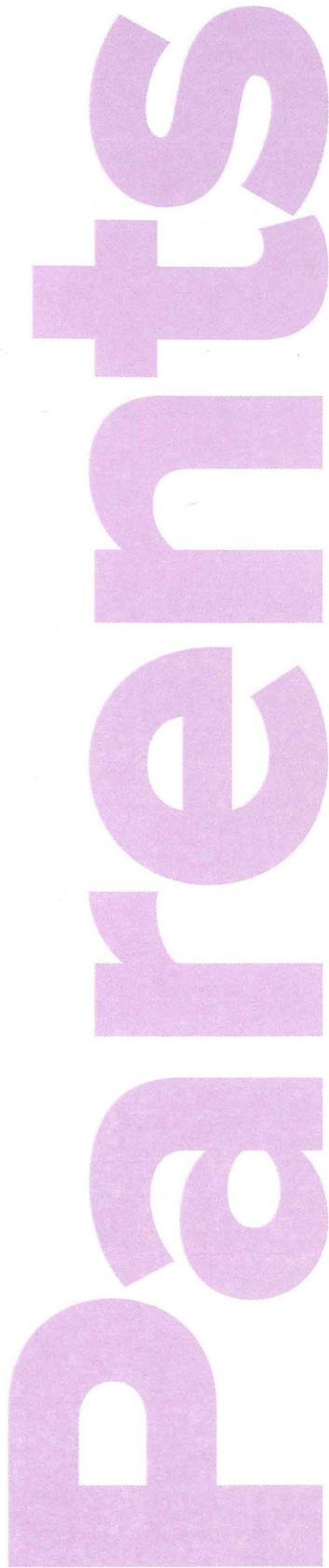
**New students grades K, 1, 3 and 5 will need up-to-date physicals this year. Please give Nurse Jane a copy of your child's physical.** If you are unable to procure a physical before October 8th, you can get a school physical by Dr. Tunick of Endwell Family Physicians.

**New students will be screened this month.** All students in grades 1, 3 and 5 will need screenings done as well. I will have them done by Nov/Dec. Screening include a vision and hearing exam and scoliosis check for 5th grade girls only.

**For our age group here at Tioga Hills, the COVID vaccine is not available, however, the flu shot is. See the following page about its importance.**

**Keep washing your hands and stay healthy this fall.**





# Fight Flu

## at Home and School

**Flu, or influenza, spreads easily and can make people very sick, especially kids. You can help stop flu!**

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### Flu symptoms include:

Fever or chills, body aches, cough, sore throat, headache, runny or stuffy nose, feeling very tired. Some people, especially children, may have stomach problems and diarrhea. Unlike a cold, the flu comes on very suddenly.

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### Prevent flu!

- Flu vaccine is the best protection against the flu. It is recommended every year for everyone 6 months and older.
- Get the flu vaccine for you and your children every year! It helps make flu sickness milder or prevents it all together.
- Getting the vaccine early in the fall means you and your children will be protected when flu season starts.
- Ask people close to your children, like babysitters and relatives, to get the vaccine, too.
- The vaccine is especially important for people with certain health conditions, like asthma, diabetes, heart or lung conditions because the flu can make them even sicker.

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### If your child gets the flu:

- Your child will need plenty of rest and lots of fluids.
- Keep your child home from school for at least 24 hours after their fever is gone without using fever-control medicine. This helps avoid giving the flu to others.
- Talk with your child's health care provider before giving a child any over-the-counter medicine.
- Never give your child or teenager aspirin or any medicine that has aspirin in it. Aspirin can cause serious problems.
- If your child gets flu symptoms and is younger than 5 or has a medical condition like asthma, diabetes, or heart or lung disease, call their health care provider. Young children and those with certain medical conditions are at greater risk for getting seriously ill from the flu. Ask their health care provider if they recommend an antiviral drug.
- If you are worried about your child, call their health care provider.

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### Don't spread flu!

- Wash hands often with soap and water for at least 20 seconds.
- If soap and water aren't handy, use an alcohol-based hand rub.
- Cough or sneeze into a tissue or your elbow, not your hands. Put used tissues in the trash.
- Avoid touching your eyes, nose, and mouth. That's how germs spread.
- Stay away from people who are sick.

[health.ny.gov/flu](http://health.ny.gov/flu)



**Department  
of Health**



## Breakfast and Lunch Information



Until June 30, 2021, breakfast and lunch will be free for all students. We hope you will take advantage of these meals for your child. When you get a free meal for your child, you are not only getting a delicious, nutritious meal, you are also helping our school lunch program stay solvent and helping the local economy.

The menus for all meals will be available on the Vestal Central School District website, Rock on Café website, and also on the My School Menus app. There will be no printed menus for the 2021-2022 school year... \*Menus are subject to change.

### EMERGENCY REGISTRATION FORM



Each student has received a Registration/Emergency Data Verification Form that needs to be reviewed for each child, signed, and returned to your child's classroom teacher (with or without corrections) by Thursday, October 7th.

If you have not done so yet, please send it in ASAP. The information provided on the form helps us in the event of an emergency, sickness or other circumstances possibly developing during the course of a school day, requiring the school to contact a parent/guardian.

Thank you!

# Food For Thought

We have begun enrollment in our Food for Thought program which has served our school for the past seven years. Tioga Hills Elementary is continually grateful to the PTA for its continued partnership in making this program sustainable. Thank you to all that have given resources. Your generosity of time, talent, or financial support have made the difference to so many families in our school. We know given the uncertainty of our economy this program is more important than ever.

For those families who are unaware or new to Tioga Hills—*Food for Thought* is a FREE program designed to assist those in need with extra food for their children at the end of each school week. If you choose to enroll your child(ren) they will each receive a bag filled with weekend meals, snacks and more at the end of each school week beginning in October. Enrollments are accepted all year.

Enrollment packets have gone home in Friday folders. Please review these packets and send them back in the envelope. If you are interested in either enrolling your child(ren), volunteering for this program or sending a monetary donation, checks can be made to "Tioga Hills PTO". Please indicate "*Food for Thought*" in the check memo. Please do not send any cash.

If you have any questions, please contact Stacie Paler-Large, *Food for Thought* PTA Chair at [stacie3kids@yahoo.com](mailto:stacie3kids@yahoo.com). **If you have any questions or concerns of a confidential nature**, please contact Rhonda Ruhm, School Counselor at 757-2366 or [riruhm@vestal.k12.ny.us](mailto:riruhm@vestal.k12.ny.us).

**Your generosity is greatly appreciated.**



# Mrs. Burczynski's Music Notes

## Music Education Advocacy Quote of the Month

"Music students out-perform non-music on achievement tests in reading and math. Skills such as reading, anticipating, memory, listening, forecasting, recall, and concentration are developed in musical performance, and these skills are valuable to students in math, reading, and science."

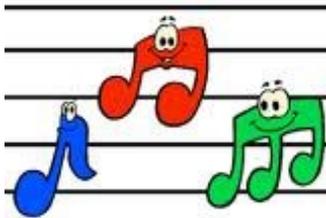
-B. Friedman, "An Evaluation of the Achievement in Reading and Arithmetic of Pupils in Elementary School Instrumental Music Classes," Dissertation Abstracts International.

## Grade Level Spotlight: Kindergarten and 1st

In the months of September and October, our 1<sup>st</sup> grade and kindergarten classes will be learning about many of the instruments in the music classroom. Students will be singing, playing instruments, and keeping a steady beat. During this unit, the students will be participating in a "rhythm band", and will learn to play the following instruments:

- Drums
- Tambourines
- Rhythm sticks
- Bells and shakers
- Wood block
- Triangle
- Gong and cymbals

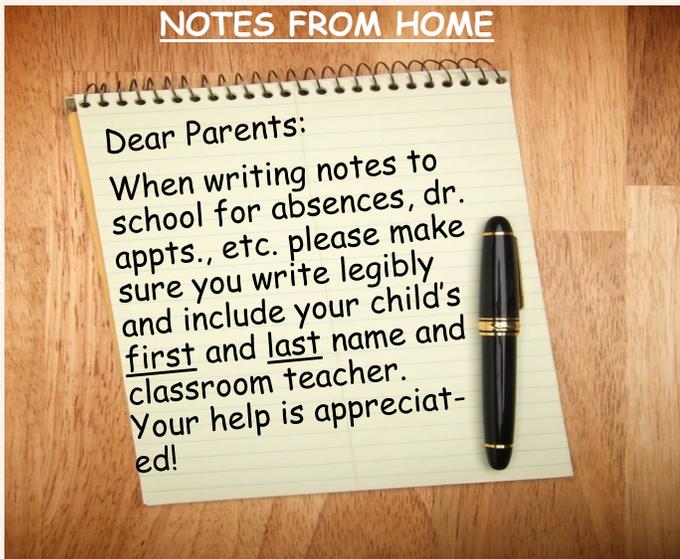
## Tioga Hills Music Events



Music events are on hold until further notice. Updates will be provided in future Tidbits and via letter sent home. Thank you for your patience and understanding.



## NOTES FROM HOME



Dear Parents:

When writing notes to school for absences, dr. appts., etc. please make sure you write legibly and include your child's first and last name and classroom teacher. Your help is appreciated!

## FRIDAY FOLDER FLYERS



The deadline for submitting items for Friday folders will be no later than Wednesday afternoon. Please keep in mind, that approval is required before sending flyers home, which may take 2-4 days. Items received after that date, will be sent home the following week

## OUTDOOR PLAYGROUND



We use these general criteria to determine whether or not we have outside playground:

- \* The temperature should be at least 20 (wind chill included)
- \* The blacktop is plowed

If playground still has snow on it, the blacktop has been plowed and it is above 20 with the wind chill:

- \* It will be an option, blacktop only
- \* To play in the snow, children must have full attire on including snow pants, coat, boots, mittens and hat

If the wind chill is below 20, we are all indoors.



## NO COSTUMES PLEASE

For those families that are new to Tioga Hills and a reminder to others, please do not send your children to school in Halloween costumes. Thank you.



## YOU'RE INVITED

A reminder: We only distribute party invitations in the classrooms, as a courtesy to parents, if there is an invitation for EACH child.

## TRIMESTER REPORT CARD SCHEDULE

The decision to go from a quarterly report card to a trimester report card was made with your child's best interests in mind. The trimester model provides longer periods of instructional time between report cards, allowing teachers more opportunities to understand your child and provide a report card assessment that is more thorough.

SMB1

### 2021-2022 Trimester Report Card Schedule

	1 <sup>st</sup> Trimester	2 <sup>nd</sup> Trimester	3 <sup>rd</sup> Trimester
<b>Trimester Period</b>	September 9 <sup>th</sup> to November 12 <sup>th</sup>	November 13 <sup>th</sup> to March 4 <sup>th</sup>	March 5 <sup>th</sup> to Last Day (June)
<b>Report Cards Sent Home</b>	November 29, 2021	March 21, 2022	Last Day of School
<b>Important Dates</b>	Parent-Teacher Conferences  12/3, 12/10, 12/13/21 - Early Dismissal 11:00 am	Winter Recess (12/23/21 to 1/1/22)	Spring Recess (4/11/22 to 4/15/22) NYS Assessments (ELA 3/29-3/31; Math 4/26-4/28)

### *K-5 Trimester Report Card*

	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APRIL	MAY	JUNE
<b>K-5</b>			29-Nov				21-Mar	Last Day		
<b>6-12</b>			24-Nov			09-Feb		27-Apr		Last Day



# PTO NEWS

## PTO Dates and Events to Remember:

- October 6 PTO Zoom Meeting 7pm
- October 7 Early Dismissal — 15 minutes early
- October 8 Fun(d) Walk Kick-off Get your walking shoes on!
- October 11 No School
- October 14 School Picture Day
- October 22 Early Release Day 11:50am
- October 22 1000 Book Club Kick-Off
- October 29 Fall Fest 6:30pm



## NOTE FROM OUR PTO PRESIDENT

Happy Fall Tioga Hills Families!

Thank you so much to everyone that was able to hop on Zoom for our first PTO meeting this year! I know it is a sacrifice in the evening hours to get on for these meetings and we try to keep the meetings moving as quickly as possible. I appreciate all of new THE community members who contacted us after the meeting to get more information on joining and volunteering this year!

Fall is a busy time for our PTO at Tioga Hills, and sometimes it's enough to make all of our heads spin! Here is a list of things going on this Fall and what to look for:

Check out PTO Membership Forms that came home in Friday folders. On the form you will see we have several new payment options to make things more efficient. There is also a list of volunteer opportunities if anyone would like to help with something specific. When that event comes up the person running it will contact anyone on their list who checked off the box, and if you're available that's great and if not it's no big deal! Any time or resources volunteered are always appreciated and helps us keep running events, activities, and programs for all the kids to benefit from.

Virtual Book Fair is open until October 8<sup>th</sup>

Fun'd Walk is October 8<sup>th</sup> and the kids will have a great time walking around the tennis courts to music and cheering for their school

School Picture Day is Thursday October 14<sup>th</sup>

Fall Fest will be Friday October 29<sup>th</sup>- details on what it will look like this year will be announced soon, but expect a Trunk-or-Treat for sure

Join us as we vote on brand new bylaws at our next meeting on October 6<sup>th</sup> at 7pm on Zoom!

Thanks Everyone!

Jess Zwierzynski- PTO President



# FUN(D) WALK

Hi Tioga Hills community!

Our annual FUN(D) WALK is happening on October 8th!

This is our big PTO fundraiser that will cover all expenses for the year if we have everyone's participation!

Please keep an eye out in both email and Friday folders on how to participate and support our school. We are looking forward to a fun-filled afternoon!

# SCHOOL PICTURES

*SMILE!*



Picture day is Thursday, October 14th. The cost of a yearbook will NOT be included in the price of the picture package prices.

Students will have an opportunity to purchase yearbooks in the spring.

Stay tuned for further details!

# Cub Scouts



We are back and off to a great start! There was lots of fun to be had at our recruitment night back in September, but if you missed it, it isn't too late. Pack 43 has a lot of fun stuff planned for this year!

If you'd still like to join or simply have questions about scouting, please contact our Cubmaster, Steve Majka at [denfivepack43@gmail.com](mailto:denfivepack43@gmail.com). We hope to see you at Scouts soon!

# Fall Fest

Fall Fest will be Friday, October 29th—details on what it will look like this year will be announced soon. Expect a Trunk-or-Treat for sure.



# Book Fair

Happy October, Tioga Hills families and friends! We hope you have had a chance to visit our VIRTUAL Scholastic Book Fair. If you haven't checked out the link, rest assured it's not too late! You will have through October 10th to shop and there will be free shipping right to your home on \$25 (or more) orders that contain only books. Visit <https://scholastic.com/bf/tiogahills> and reach out to Shelley at [michellemonesTHE@yahoo.com](mailto:michellemonesTHE@yahoo.com) if you have any questions or problems as you navigate the website! Thank you for your continued support and Happy Shopping!

-Shelley Mones and Gretchen Laubisch (Book Fair Co-Chairs)



## 1000 BOOK CLUB



WELCOME TO A NEW SCHOOL YEAR! We hope you enjoyed a wonderful summer and were able to share some quality time reading together!

The 1000 Book Club will resume in an online manner this year. We will explore digital books to substitute the physical book bags; hopefully, everyone will continue to enjoy reading together! We will be hosting our annual kickoff via Zoom at 6:30 pm on October 22, 2021. We invite any current Book Club members and future Tioga Hills students, ages 3 and up, to join us. PLEASE SPREAD THE WORD!

If you are interested in attending, please email your name, your child's name, and the year they will be attending Tioga Hills Elementary to [th1000bookclub@gmail.com](mailto:th1000bookclub@gmail.com). We will email you the Zoom link prior to the event and provide updated information about designated benchmarks and incentives at that time. We love to celebrate member progress! As always, thanks for your participation in and support of this program. We welcome Fall 2022 Kindergartners and their families to Tioga Hills and wish everyone a wonderful school year!

Tioga Hills 1000 Book Club Committee



# TH Picture Corner

A Look Back on Opening Day 2021!





# TH Picture Corner

A Look Back on Opening Day 2021!





# TH Picture Corner

A Look Back on Opening Day 2021!

