



VH Highlights

January 31 was a **milestone recognition day for the 100 Mile Club!** Congratulations to all the students and staff members who reached the 25-, 50- 75- or 100-mile mark! As a community, we have logged **8291 miles** so far this school year!



Dear Vestal Hills Family,

We look forward to welcoming our 2020-21 kindergarten class during **Kindergarten Registration** as we begin the registration and screening process. Please note that **registration now takes place by appointment at the district office, not at Vestal Hills.** Please call 607-757-2357 if you have any questions or have not received a letter outlining the process.

So many wonderful things are happening at Vestal Hills that we want to share with you. In January, our students participated in **LEGO Day**, a day filled with exploration, engineering, problem-solving and creativity. We are so thankful to **Mrs. Driver** and her colleagues from **Lockheed Martin** for spending most of the day with our fourth- and fifth-graders! They had the opportunity to explore and work with We Do Lego Education LEGO blocks and software. Our third grade worked with Technic Kits, second grade worked with Dacta Kits and K-1 took on Lego Challenge cards. Check out some of the awesome pictures on Instagram and Facebook!

Makerspace: This spring we have teamed up again with Binghamton University's Dr. Amber Simpson and her students. Starting in mid-February we will be working with our third-, fourth- & fifth-

graders in a new afterschool Maker Club. These activities engage and motivate our students as they truly learn and utilize problem-solving skills through projects. Here is the link to the online sign up. <https://www.signupgenius.com/go/30e0b4eacac2ba6fc1-vhemaker2>

PLEASE, PLEASE, PLEASE dress your child for the weather. This includes hats, gloves, boots and snow pants. The students will go outside if the temperature with the wind chill is 20 degrees F or higher. Labeling all clothing items is very helpful. If you need assistance obtaining these items, please let Mrs. Mastro, Mrs. Maerz or Ms. Tyson know. Thank you for your help with this.

Don't forget to check the **Lost and Found** if your child is missing a coat, hat, mitten or glove. We have quite a few items that have been hanging in the Lost and Found for a while.

Every Friday is a Spirit Day—wear green and/or gold, or Vestal Hills attire!

Look on **Facebook** for the Vestal Hills PTA page. Friend request that page, and you will receive information throughout the year regarding PTA/school events and notices. You can also follow our **Instagram** account, look for the #vestalhills hashtag

on **Twitter** and visit the **VHE website:** <https://sites.google.com/vestal.k12.ny.us/vestahillselementary/home>. This webpage puts information right at your fingertips: calendars, lunch menus, building schedules & supply lists, along with grade-level-specific academic supports, ideas, activities, events/opportunities within our community and so much more. Our BPT, along with Ms. Gebbie, created this resource that we hope our families will find useful (it is also pinned to the top of the VHE Facebook page). Take a look—your feedback and suggestions are always welcome.

Math fact knowledge and automaticity are critical as students engage in all math concepts. Please continue to reinforce your child's math fact fluency for addition, subtraction, multiplication and division – it's so important. There are a lot of ways to help at home on the VHE Website –go to the Parent Resources tab and then choose by grade level. QR Codes and links are on the Parent Resource page: <https://sites.google.com/vestal.k12.ny.us/vestahillselementary/parent-resources>

**Thank you for all your support,
Mrs. Mastro**

Lighthouse & Compass

The January 31 awards celebration included our monthly 100 Mile Awards and Character Ed Awards, along with our special Compass and Lighthouse Awards, which are given out

only two times a year. The Compass and Lighthouse symbolize a **direction, something to follow or what leads us.**

Students are nominated in grades Kdg-2 for the Compass Award and grades 3-5 for the Lighthouse Award. The number of students who were nominated in both groups was impressive and one we all—home and school—should be proud of. So many of our students demonstrate character, confidence, cooperation and respect! Their efforts are seen all of our classrooms, along with the other learning spaces at VHE.

Elementary school is a time of learning and growing in regards to not just academics, but the social and emotional skills that enable our young people to persevere, interact, advocate for themselves and support others in a caring and kind way.

This year's first Compass Award was given to second-grader Hannah Lindsay. The Lighthouse Award was presented to Michael Wong in fourth grade. We are proud of both of these remarkable young people. They truly are VHE Leaders and examples that others should follow. Way to go Hannah and Michael!



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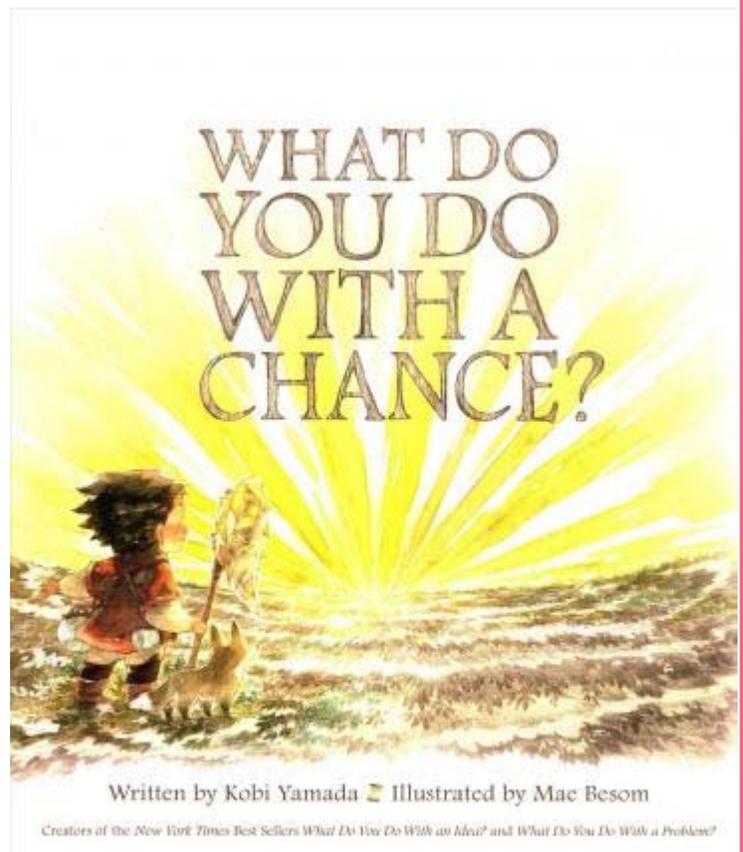
What do you do with a Chance? By Kobi Yamada

The February Principals Book of the Month is a captivating story about a child who isn't sure what to make of a chance encounter and then discovers that when you have courage, take chances, and say yes to new experiences, amazing things can happen.

In this story, a child is visited by his first chance and, unsure what to do with it, he lets it go. Later on, when a new chance arrives, he reaches for it, but this time he misses and falls. Embarrassed and afraid, he begins ignoring each new chance that comes by, even though he still wants to take them. Then one day he realizes that he doesn't need to be brave all the time, just at the right time, to find out what amazing things can happen when he takes a chance.

This is the final addition to the award-winning What Do You Do With...? picture book series created by New York Times best-selling author Kobi Yamada and illustrator by Mae Besom, **What Do You Do With a Chance?** inspires kids of all ages and parents alike to find the courage to go for the opportunities that come their way. Because you never know when a chance, once taken, might be the one to change everything.

I hope you take time to enjoy this book as a family as much as we will here at VHE!!
Happy Reading...



Counselor's Corner

5th Grade Transition

We are beginning the transition process to middle school. It is a very exciting time in your fifth grader's life! I will be visiting your child's classroom the first week in February to discuss the transition process, the many steps we will take together to get them prepared for the move to VMS and the music elective choice they will make for sixth grade.

The first step in this process is to **complete the course-selection sheet by choosing a music class**. Students ARE REQUIRED to take a music class. This requirement can be satisfied by taking a performance music or the general music class. PLEASE RETURN the white course-selection sheet to your student's FIFTH-GRADE TEACHER by Thursday, FEBRUARY 13. Please be sure to sign it and to provide a phone number where we can reach you with any questions or concerns.

Please save the date for the **Sixth-Grade Parent Orientation** night on **February 27** at 6 p.m. More information about the classes your child will take, as well as tools for success at VMS, will be covered. Students will be exposed to much more information about VMS in the lessons I will teach them in the spring, leading up to our **field trip and tour of VMS on May 20**. More information will be forthcoming and permission slips will be sent home closer to the date. —Ms. Tyson

From the Health Office: Flu season is in full swing! Please remind your students to wash their hands and to cover their noses/mouths whenever they cough or sneeze. Here's a handy guide on the symptoms typical of the flu vs. the common cold:

COLD OR FLU?

Here's how to tell

It's sniffles season again. But how can you tell if your child is sniffing from a common cold or the flu, a respiratory infection caused by influenza viruses? This symptom guide might help point you in the right direction.

COLD	SYMPTOM	FLU
Low-grade	fever	Sudden and high (usually above 101°F) with chills
Mild	fatigue	More severe
Sneezing, runny nose	nasal discomfort	A stuffy, runny nose
Maybe	sore throat	Maybe
None	nausea, vomiting, diarrhea	Some children may have these symptoms
Maybe	cough	Might worsen
Maybe	headache	In most cases
Slight	muscle aches	More severe

WHEN TO SEE THE DOCTOR? If your child's symptoms don't improve or you start noticing new symptoms, make a visit to the pediatrician.

Mark Your February Calendars!

3-Feb	Mon	7:00 p.m.	VHE PTA MTG
6-Feb	Thu	7-8:30 p.m.	ENL Family Orientations @ CAE
7-Feb	Fri	6-8 p.m.	VHE Winter Bash
11-Feb	Tue	6 p.m.	BOE Meeting
13-Feb	Thur		RTI
14-Feb	Fri		Valentine's Day / Student Holiday – NO SCHOOL
17-Feb	Mon		Presidents' Day Holiday – NO SCHOOL
21-Feb	Fri	6-7 p.m.	VHE Story Hour
25-Feb	Tue	7 p.m.	BOE Meeting
27-Feb	Thur	7 p.m.	VMS Parent Night for 5 th Grade Parents

Reading & Succeeding

PARP—Parents as Reading Partners—is a whole year, K-5 initiative at Vestal Hills. Curl up with a good book and read together as a family! Our goal is for every student to reach 500 lines (five filled PARP sheets = 125 hours of reading!), so don't forget to log some reading time every night. Here are some great ways you can help your child reach their goal:

Encourage your child to read to you anytime.

Create your own audiobook together.

Read silently together.

Play a board game or computer game which involves reading or writing, like Boggle, Scrabble or Dictionary.

Write a story or play together.

Complete crossword puzzles or word searches.

Write letters together.

Find the name of family or friends in the telephone book.

Find information in the yellow pages.

Learn new words from the dictionary and use them to write sentences.

Sing songs from a book or sheet music.

Together, read the newspaper, a magazine, a recipe, a cereal box, an advertisement, even street signs while driving.

Read comic books or make up a new comic strip together.

Look at family pictures and write up stories to go with the photographs.

SOMETHING TO THINK ABOUT: Twenty minutes of reading a day makes a big difference academically; it exposes your child to a wealth of information, a wider and richer vocabulary and broader perspectives. Twenty minutes really adds up over the course of the year: 7300 minutes, almost 122 hours!

HEALTHY MINDS, HEALTHY BODIES

Staying healthy and fit is so important that we've made it a focus at Vestal Hills, for our students and staff. Here are some ways your family can STAY PHYSICALLY ACTIVE even when the weather is cold! When the temperature drops, our motivation to be physically active often drops, too—give these ideas a try.



Go sledding. Running up a snowy hill, sliding down it and repeating is a great way to get the whole family physically active.



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.



Visit the local community center for a game of indoor basketball with friends and family.



Grab a basketball, some jump ropes or a volleyball for a couple hours of fun physical activity!

PTA Minutes

November 4

Call to Order: Amy Burgin @ 7:01 p.m.

Review of Previous Meeting Minutes. Approved by Sharon Wahl and Cathy Willis

Principal's Report

Engineering Day Friday the 8th @ BOCES. Mrs. Miller will bring a 5th Grade team to represent VHE.

Veterans Day assembly will be Thursday the 7th. 4th graders prepared a presentation - 'What is Veterans Day.' Family members of our VHE students will be joining us. Students are making cards that will be distributed to Veterans who will be eating at Texas Roadhouse.

District Choral Concert on the 21st. Lego team using the kits that the school and PTA provided. Two grants approved: 100 mile club total 149.95

Adopt a Reading buddy was 147.42. Motion to approve by Lisa Klossner & Cathy Willis. Case Drive Drop off a problem. Students are being dropped off too early and standing outside the locked doors. Remind parents that you can't be dropped off until 8:40

No school the 5th or the 11th.

Barnes and Noble - December 8th - Jessica Bowerman. Volunteers needed Story Time and Crafts at 2 p.m. & 6 p.m. with hot cocoa to go

Box Tops - Annie Lindsay. \$35

was recently submitted. \$222.40 has been collected so far

Broome Books- Ashley Youngstrom. \$3100 Deposited. We make 1/2 of that. Additional \$595 being deposited

District Council- Sue Wendell Vestal Hills needs an XXL shirt for our bear mascot when he visits. Collecting Spirit wear for High Schoolers in need. Dr. Lamash is going to Washington with Mrs. Stenta to receive Blue Ribbon award for ARE.

The movie "Like" was shown to the staff during Superintendent's Conference.

Marching Band received first place in all competitions this year and placed 3rd in the state competition

Fall Party - Ryan Woodiwiss Huge Success. Made \$600. Paid \$225 to the DJ.

Family Night- Mandy Diaz Chipotle gave us 30% of our order totals and we made over \$200. Burger King Night to come in December.

Vendor Night - Amy Burgin. Friday, November 8th. 46 Vendors in the gym from 6-9

Treasurer. [separate report]
President - Nothing to report. Motion to Adjourn - Cathy Willis & Sue Wendell @ 8:05 p.m.

December 9

7:00 p.m. Call to Order - Amy Burgin
Review of Minutes from past Meeting.

Principal's Report.

Kindergarten went to Elderwood Susan Bloome this morning. Kids were excited. K-2, 3-5 and visited some classrooms. Discussed writing process and illustrations

Staff Luncheon on 12/6. Staff is very Grateful
Grant - Literacy - \$119.96 Voted on - Motion- Jenna first. Second Bethany

Barnes and Noble New Date 12/13/2020

Broome Books Paying half today Made \$4165. We keep half. Make one last push on facebook

Box Tops -350.30



District Council-

Lots of school did bookfairs and spirit wear
Glendale: Cidermill fundraiser made 1k+. Mandy will look into it.
Tioga Hills- Fund Run made 7k+
VMS- Annual Cookie Dough Sale. Turkey Bingo.

Senior Concert Friday 12/13/19

VHS- Having a passport fair. Had a blood drive 12/5. Field Hockey final 4. Cross Country runners in show

Family Night-Bk done, Blaze in January

Reflections- 6 students Submitted. Ordered Medals- will recognize them at the end of the month program. Only school in our region to go on to state and had someone go to state 2 years in a row.

Room Parents- Staff Luncheon 12/6. Wegmans getting more expensive. Will look into other options next year. There are teachers with Gluten allergies.

Science Club-Ended 11/20. Shalini is done and needs

someone else to take it over next year.

Scrip – Orders were sent out Wednesday

Spirit wear-Orders coming in 1 week

Vendor Night - Went well in the Gym.

Treasurer- Ashley Youngstrom

President Wrapping at Boscovs for donations

Adjournment @ 7:58 p.m.– Shalini 1st, Jenna 2nd

competition possible in February

Tri Cities Opera - Pinocchio March 9, 2020

December Minutes Review

Read by Mandy Diaz. Motion for Approval: Jenna Vovos. Second: Cathy Willis

Box Tops Received check \$334.60. App = \$359.40 Working on coloring sheet for chance to get free entry into Winter Bash *Karen McElligot taking over

District Council - no report

Family Night Blaze Pizza - January 15, 2020

Membership No Changes

Reflections 5 students went on to Regional Level. 3 Schools in our region participated

Scrips \$91.00 for December. Next order in March

Spirit Wear Appox. \$200.00 profit Next store in March (subject to change)

Winter Bash 6-8 p.m. February 7, 2020 **Need Volunteers** \$4 admission. Hula Hoop contest

still being done. Donations needed: Lemonade, frosted cookies. Younger siblings only, none older!

Treasurer's Report Refer to budget sheets

President's Report

Boscov's Wrapping \$75.00

Trivia Night not going on this year No grants

Game Truck- send us checks at \$20 ea. When referenced by others (received 3 checks so far)

Barnes & Noble - \$1081.33

Got Sneakers- \$8

Toys for Tots- VHE collected 125 toys!

Proposal for "BE THE CHANGE"

The idea is for each grade to fill their water jug with lose change monthly. Collections will be 50/50 - VHE PTA and VMS Backpack Program or to enhance VHE (i.e- playground, maker space room, etc.). To Be Continued....

7: 45 p.m. Motion to Adjourn: Lisa Klossner. Second: Cathy Willis

January 6

7:02 p.m. Call to order: Lisa Klossner, Cathy Willis

Principal's Report. 6-7 p.m. Story Hour - Friday, January 17th

Lego Day - January 24, 2020 (Lockheed Martin)

Lego Club – Questions contact Jamie Williams; everything going well. March 21 in Utica/

Happy February, Vestal Hills families!

There is so much going on already this New Year—it's hard to believe we're in February already. We are very much looking forward to all of the events we have scheduled heading into the spring.

But first let me take a moment to thank everyone who has been so helpful at the events we've already had this year...all of the volunteers that worked and read stories at our December Barnes and Noble day, everyone who came out for our family nights at Burger King and Blaze Pizza, everyone who has baked and donated items for our vendor night, staff luncheon, fall party, etc. We are very lucky to have such generous families in our building. We appreciate everything everyone does to help support the PTA.

Our next event is the **Winter Bash** on Friday, February 7, from 6-8 p.m. As always, this event is open to Vestal Hills students and their younger siblings only. Parents are required to stay in attendance with their children, no drop offs please. Any questions can be directed to Mandy Diaz (mandysmithdiaz@gmail.com).

I'm happy to announce that Vestal Hills has five students whose **Reflections** entries are moving on to the State level of the competition. Congratulations to all of you and a big thank you to Cathy Willis for all of her hard work running this amazing program for our students.

A few things to be on the look out for this month: order forms for yearbooks have come home, and early-bird pricing is only \$12. Questions can be directed to Rebecca Greyson (greysonrebecca@gmail.com). Sign up forms for Cultural Collage and Language Club will also be coming home this month. Please contact Elizabeth Ait Oumessaoud (eaaltoum@gmail.com) for more information.

Join us for coffee and conversation at our next PTA meeting: Monday, February 3, at 7 p.m. in the cafeteria.

Sincerely,
Amy Burgin
akburgin71@yahoo.com
PTA Vice President



February

Where Will Your Wings Take You???

VESTAL HILLS ELEMENTARY

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	Day 6 3 PTA Mtg 7PM	Day 1 4 Finch Hollow for K 1-3 Puppet Show	Day 2 5	Day 3 6 Kelso-2 Global School Play Day	Day 4 7 WINTER BASH 6-8PM	8
9	Day 5 10 Kdg Puppet Show- @2:30 3rd Gr Step it Up	Day 6 11 BOE Mtg 6PM	Day 1 12	Day 2 13	14 Student Holiday NO SCHOOL Valentine's Day	15
16	17 RANDOM ACTS OF KINDNESS DAY Presidents' Day Holiday NO SCHOOL	Day 3 18 4th Gr Step It Up	Day 4 19	Day 5 20 5th Gr Step It Up	Day 6 21 Vestal High School Musical- 42nd Street 9:10AM STORY HOUR 6PM	22
23	Day 1 24 Buddy Day	Day 2 25 BOE Mtg 7PM	Day 3 26 K-5 Awards & Celebrations Flower Man Action/Team Spirit Running of the Bears	Day 4 27 5th Grade MS Parent Night-7PM	Day 5 28 Team Time	29

Team Time Suggestions: Pay it Forward, Team Spirit

Overarching Theme: Kindness, Action, Friendship

Book of the Month: **What do you do with a Chance? – Kobi Yamada**