

Big Flats News

May 2018

*At Big Flats Elementary,
we will SOAR together
as we explore our
“wonders”
in a fun and engaging
community,
where we will inspire each
other to achieve
anything!*

Dear Parents and Guardians,

I hope you all had a wonderful and relaxing spring break! Now that we are in the final semester, the remaining days and weeks will go incredibly fast, as they always do. Next week, we will be welcoming our incoming kindergarten students as we complete their kindergarten screenings. The following week, we have our Annual Kindergarten Orientation on May 18, 2018 for our incoming families and youngest Falcons! Another important date, Thursday, May 17, at 5:30pm, our Student Leadership Team in partnership with our PTO will be hosting a celebration at Bottcher's Landing here in Big Flats off of State Route 352 as our school has adopted the boat launch on the Chemung River! Please bring your families and enjoy the unveiling of the new sign welcoming paddlers onto the river at Bottcher's Landing. Our PTO will be providing hot dogs, chips, cookies, and water for everyone in attendance, free of charge, and members from the Big Flats Lions Club will be cooking the hot dogs for us. We will also be planting perennial flowers around the boat launch to beautify the area. Lastly, members from the Friends of the Chemung River will demonstrate, on land, various paddle boats, also teaching our students and families some water and boating safety tips to ensure safety while enjoying time on the river this summer. Our Student Leadership Team has worked very hard this year, and this event will also celebrate the conclusion of our inaugural Student Leadership Team. Please join us in this very special celebration!

Sincerely,
Elizabeth Saptura
Principal

GENERAL INFORMATION:

Big Flats Office Hours

7:30 a.m. to 3:30 p.m.
Monday through Friday

Office Phone Numbers

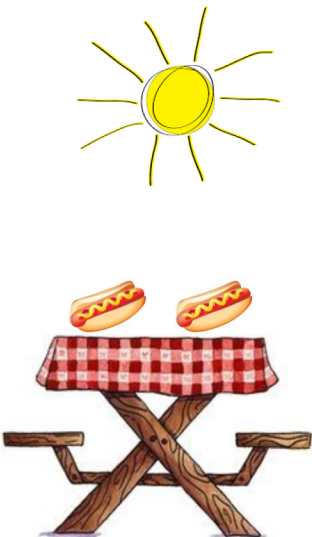
(607) 739-6373
(607) 795-2550
(607) 795-2555 fax



Earn Cash for Our School!

Pull tabs for Ronald
McDonald Charities
will be picked up

May 9, 2018



FRIENDLY REMINDERS:

• Go Home Procedure for Bussing

As we are coming into beautiful spring weather and your children are beginning to be more active outside and playing with friends, we would like to remind all parents that it is district policy that students cannot ride a different bus home with another student for a play date. Thank you for your understanding on this matter.

• Drop-off Procedure

Mornings are busy here at Big Flats! We ask that you continue to follow the drop-off line in the morning to drop your students off at the cafeteria doors located at the north end of the building. This way, we can keep the morning routine as smooth as possible and easy for all.

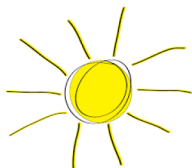
• Borrowed Clothing?

Reminder: If your child borrowed clothing from the nurse's office, please wash and return it as soon as possible! *Thanks!*

• Guidelines for Classroom Parties

Food for your child's class may include such items as drinks, cakes, or pastries (**please do not bring frozen items**). Also, please check with your child's teacher for approval, and to see if any students in the class have any food allergies; such as peanuts, gluten, chocolate, etc.

As nice weather approaches, please remember our dress code:



- No flip-flops or sandals without back straps.
- No tube tops, net tops, halter tops, spaghetti straps, plunging necklines, midriff-baring, or see-through garments.

Thank you!

Certified Teacher Substitutes Needed Teaching Assistant Substitute Needed

The District needs certified teachers for day-to-day substituting opportunities in all of our schools. Certified teacher substitutes receive a rate of \$95 per day. To apply, contact the Human Resources Office at 739-5601 x 4211.

Main Office Updates:

Budget Vote/Board of Education Election

Tuesday, May 15

7 a.m. to 9 p.m.

High School South Gym

All district residents are eligible to vote, as long as they meet the following requirements:

- Are a U.S. citizen
- Are 18 years of age or older on the day of the vote
- Have lived in the district for at least 30 days prior to the vote on May 15
- Are not restricted from voting in general elections based on election law

Please bring identification to the vote May 15

SCHOOL NURSES NEEDED – ELEMENTARY LEVEL

(2 POSITIONS AVAILABLE)

CONTACT HUMAN RESOURCES 739-5601 EXT. 4212

NEW REQUIREMENTS for Health Examination Effective July 1, 2018

Beginning July 1, 2018 all New York State public school students must have a health exam when they enter school as a new entrant and in Pre-K or Kindergarten and grades 1, 3, 5, 7, 9, and 11. These examinations must be completed on the approved NYSED Student Health Examination Form for School for the health exam.

We understand that your medical provider's office may not yet be aware of the change, so if you have already had a physical examination completed for the 2018-19 school year on different form, the school may accept the physical on that form.

The Approved NYSED Student Health Examination Form for Schools will be available this spring on the New York State Center for School Health (NYSCSH) website at www.schoolhealthny.com on the Samples|Forms|Notifications page.

ATTENTION PARENTS AND GUARDIANS OF 3RD AND 4TH GRADERS

To provide schools and parents with an assessment of student achievement, New York State has developed the New York State Testing Program. These standardized tests challenge all students in grades 3 through 8 to demonstrate their knowledge and skills in English Language Arts, Mathematics, and Science. Please visit the site at <http://engageny.org/parent-and-family-resources>. If you are interested in viewing this site but do not have access to the Internet, please call the school office so that we can make arrangements for you to see this guide.

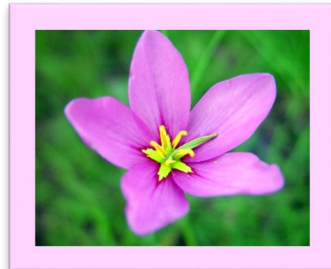
3rd and 4th grade ELA – April 11-12, 2018
3rd and 4th grade Math – May 2-3, 2018

4th grade Science Performance Test – May 23, 2018
4th grade Science Written Test - June 4, 2018

Student News – Our Falcons *SOAR!*



A Note from the Student Leadership Team



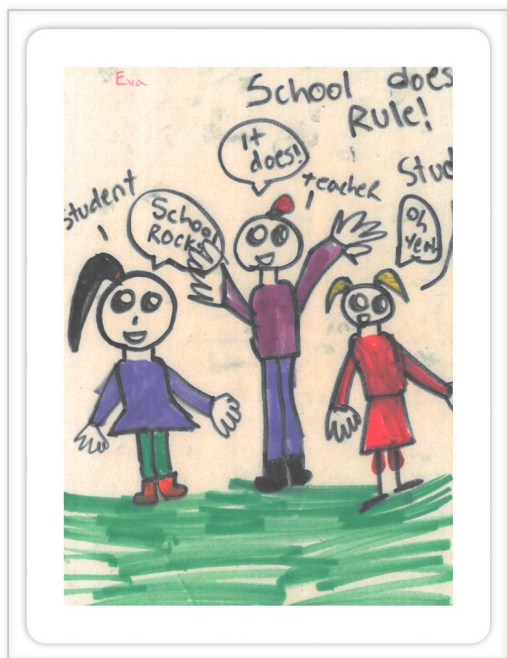
Outdoor learning

We have many outdoor learning experiences here at Big Flats Elementary. Soon we will be starting a new garden bed for the three sisters (corn, squash, and beans). In the other two beds, we have a variety of flowers that attract pollinators. Pollinators are attracted to the smell, color, and shape of a flower. We need plants for pollinators to ensure that they maintain or increase their population because the fruits and vegetables we eat depend on it.

Bottcher's Landing Celebration

On May 17th, please join us at Bottcher's Landing for a fun night filled with activities. If you have not yet RSVP'd, please do so, as we will be having a picnic dinner and want to prepare to feed everyone.

The Student Leadership Team hopes to see you there!



Mark Your Calendars

Principal Chat

May 1, 6:00pm; BF Library

PTO Meeting

May 1, 6:30pm; BF Library

ART SHOW

May 1-14; Arnot Mall

NYS Math Testing

May 2-3

Board of Education

May 3, 6:00pm; HS MMC

Spring Photos!

May 7

Kindergarten Screening

May 7-11

K & 4th Grade Promotion Pictures

May 15

Budget Vote/BOE Election

May 15, 7:00am-9:00pm; HS S.Gym

4th Grade Spring Concert

May 16, 7:00pm; HS Aud

Picnic at Bottcher's Landing

May 17, 5:30pm

Spirit Day! Dress Like A Teacher!

May 18

Kindergarten Orientation

May 18, 8:45am

NYS Science Testing (4th Grade)

May 23

Board of Education

May 23, 6:00pm; CS Elementary

Memorial Day Recess—NO SCHOOL

May 25-28

Memorial Day

May 28

Fourth Grade Parents: The IS Wants You!

The Intermediate School is already looking forward to next year. If you would be interested in serving as PTO Treasurer, Secretary, or Vice President for next school year, please let them know.

Cell Phone Use Reminder

"Cell phones and all hand held electronic devices interfere with the educational process and are not allowed in the classroom or to be used during the school day. It is highly recommended that these devices be left at home." A new item that needs to be included in this statement is a watch phone and locator designed for children. These are great items, but they must not be used as a phone during the school day. Thank you.

Principal's Chats

Do you have questions about changes or current trends in education?

Mrs. Scaptura hosts her monthly Principal's Chat prior to each PTO Meeting in the library at 6:30pm. Take advantage of these opportunities to chat with her and get some information. **Future dates: May 7, & June 1.** If these times do not meet your scheduling needs, please feel free to call the office for an appointment to learn more.

INTERMEDIATE SCHOOL PLACEMENT INFORMATION FOR 5TH GRADE

The Intermediate School will soon be completing 2018-2019 classroom placements for students. We create class selections with the intent to achieve a mix of students by ability, gender, personality, and individual special needs. While we are unable to honor specific requests for teachers, we value your input from a parent's perspective. If you have specific information about your child's needs that should be taken into consideration, or a specific previous personal experience, please put them in writing and send them to the Intermediate School.

We look forward to working with you to ensure your child's academic success!

Save the date:

May 17, 2018

Picnic at Bottcher's Landing

5:30pm

Follow Us on Facebook and Twitter!

Keep up with last minute announcements by liking us on Facebook! We post classroom activities, school reminders, emergency closings, and all sorts of interesting facts and photos.

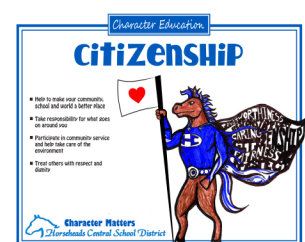
Check us out daily!

AND – follow us on Twitter –

Mrs. Scaptura @escaptura1
or the District @HhdsSchools.

Citizenship

- Help make your community, school, and world a better place
- Take responsibility for what goes on around you
- Participate in community service and help take care of the environment
- Treat others with respect and dignity



Dignity Act Coordinator

The Dignity Act Coordinator (DAC) for Big Flats Elementary is Elizabeth Scaptura. Complaints regarding discrimination, harassment, or bullying of any student should be referred to Mrs. Scaptura at 607-739-6373.

The Dignity Act Coordinator for the Horseheads Central School District is Megan Collins. Mrs. Collins may be reached at One Raider Lane, Horseheads, NY 14845, or 607-739-5601 x4211.

The Horseheads Central School District offers educational programs without regard to actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sex, sexual orientation, or gender (including gender identity and expression). Inquiries regarding this notice may be made to Megan Collins, Title IX and DASA Coordinator, or Kim Williams, Section 504 Coordinator, Horseheads Central School District, One Raider Lane, Horseheads NY 14845, (607) 739-5601.

Horseheads Central School District



Center Street Elementary's display is located straight through the Olympia Sports entrance of the mall. Walk through Olympia Sports, and you will walk right into our student's display.

Please show your support for your rising artist's efforts and take them to the show. There is a sign in book to leave them a comment which will be shared during art class, after the show has been taken down.

Thank you for your participation and support of the ARTS

Mrs. Klossner (Art teacher)



DIGITAL

DIZZINESS
INTERNET ADDICTION
DIFFICULTY CONCENTRATING
TENNIS ELBOW
NECK PAIN

This Issue we focus on:

CARPAL TUNNEL SYNDROME
"MOUSE SHOULDER"

BLURRED VISION

HEADACHES

TENDONITIS

REPETITIVE STRAIN INJURY (RSI)

READING DEFICIENCIES

WELLNESS

What is Digital Wellness? We spend a lot of time with our computers and digital devices. It is only natural that they would begin to influence our health and well-being. This issue is devoted to learning about those influences.

The Rocky View Schools' website defines **digital wellness** as "physical and psycho-social well-being in a technological world." And then goes on, "given the ever-increasing frequency with which students use technologies, particularly in their personal lives, health and wellness are areas that need to be addressed in the interest of developing well-balanced future citizens."

(Source: <http://www.rockyview.ab.ca/21stC/supporting/websafety/digital-citizenship/nine-elements/digital-health-and-wellness>)

ICI Global, a publisher of academic content, defines it as "A way of life, while using technology, that promotes optimal health and well-being in which body, mind, and spirit are integrated by the individual to live more fully within the human, natural, and digital communities. Ideally, it is the optimum state of health and well-being that each individual using technology is capable of achieving."

(Source: <https://www.igi-global.com/dictionary/digital-wellness/58242>)

It is our hope that this issue will help you to define what **digital wellness** means to you, and that we will link you to some sites with information that will help you to develop a sense of well-being in your real life as well as your digital life.



FINDING A HEALTHY BALANCE

HOME/SCHOOL/FRIENDS
LIFE/WORK/TECHNOLOGY

SOME PHYSICAL EFFECTS OF TECHNOLOGY OVERUSE

CARPAL TUNNEL SYNDROME
NECK OR BACK PAIN
TENDONITIS/TENNIS ELBOW
EYESTRAIN/FATIGUE
HEADACHES/BLURRED VISION
DIZZINESS/VR SICKNESS
REPETITIVE STRESS INJURY
DIFFICULTY CONCENTRATING
CONFUSION/DISTRACTION
LETHARGY/OBESITY

Source: <http://www.digitalresponsibility.org/health-and-technology/>

It is important to find a balance of all of the things that are valuable to us in our busy, over-scheduled lives. A Digital Citizen balances their digital life with their real life.

HOW DO YOU KNOW IF YOU ARE OUT OF BALANCE WITH SOCIAL MEDIA?

Ask yourself these questions ...

- Do you sleep with your phone?
- Do you text others while having face-to-face conversations?
- Do you check your phone ... during class? during meetings? while watching TV or a movie?
- Does your phone control you?

Source: <http://centerpointcounseling.org/helping-kids-strike-balance-life-social-media/>

HELP CYBER CHIP FIND BALANCE IN HIS CYBER LIFE



iKeepSafe.org has created a YouTube playlist about finding balance.

Source: <https://www.youtube.com/playlist?list=PLcCI70ryDObbUS12WQGishnLW8iiVLs53>

DO YOU FEEL THAT YOUR SCHOOL takes your well-being into consideration? ARE YOU TAUGHT good habits for maintaining your digital health as well as your physical health? LET US KNOW WHAT YOU THINK.



If you have comments or suggestions about this newsletter contact dc@gstboces.org

Visit our website at <http://dc.gstboces.org>

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! Some Tips for Maintaining Good Digital Health

1. Know and honor your values in how you act online and offline.
2. Think about protecting your privacy and the privacy of others.
3. Understand that it is hard to be anonymous online, and understand how sites use your information.
4. Learn how to evaluate the digital content that you view.
5. Take care of your digital footprint and reputation.
6. Learn how to take breaks from technology and social media.

Source: <https://mediatechparenting.net/2015/05/06/10-digital-wellness-recommendations/>

TRENDING: Wellness Hardware & Apps

One example is the FitBit system which includes wearable technology, a mobile app, and online dashboard to help you track your health & fitness.



What apps have you found that let you track aspects of your health and fitness?

Internet Addiction: What You Should Know

A TEDx talk by Dr. Kimberly Young
The Center for Internet Addiction

TEDx

x = independently organized TED event

<https://www.youtube.com/watch?v=vOSYmLER664>



STUDENTS:
Are you a gamer?

<http://netaddiction.com/are-you-an-obsessive-online-gamer/>

PARENTS: Is your child addicted?

<http://netaddiction.com/parent-child-internet-addiction-test/>

Are you concerned? Get more information about **Internet Addiction** from the FAQs at <http://netaddiction.com/faqs>



DIGITAL CITIZENSHIP NEW VOCABULARY

doxing & swatting

Doxing (from "docs", abbreviation of documents) is the Internet-based practice of researching and broadcasting private or identifiable information about an individual or organization.

Doxing may be carried out for various reasons, including to aid law enforcement, extortion, coercion, harassment, online shaming, and vigilante justice.

<https://en.wikipedia.org/wiki/Doxing>

Swatting is the harassment tactic of deceiving an emergency service into sending a police and emergency service response teams to another person's address. This is triggered by false reporting of a serious law enforcement emergency, such as a bomb threat, murder, hostage situation, or other alleged incident. Making false reports to emergency services is a criminal offense in many countries, punishable by fines and imprisonment.

<https://en.wikipedia.org/wiki/Swatting>

GET THIS MONTH'S DOWNLOADABLE RESOURCE

We Challenge You to Demonstrate Digital Wellness by joining us in our

Unplug and Play Weekend

May 26-28th, 2018

This Memorial Day weekend challenge yourself to unplug from digital technology for at least 72 hours. For a fun twist, for a day of the weekend, and for the whole weekend, and then let us know about it.

HOW TO UNPLUG

- SIMPLY POWER OFF YOUR DEVICE
- MINIMIZE DISTRACTIONS - RESIST LOOKING AT SCREENS
- SILENCE NOTIFICATIONS - NO TEXTS, EMAILS, OR PHONE CALLS
- BE FULLY PRESENT WITH FRIENDS/CLASSES
- PRIORITIZE WHAT IS REALLY IMPORTANT TO YOU AND SHOW IT

A FEW WAYS TO PLAY (YOU CAN THINK OF A LOT MORE)

- HAVE A BOARD GAME NIGHT - what would you play?
- CREATE A FUN DESSERT - what can you do with chocolate, toffee, or whipped cream?
- HAVE A PAPER AIRPLANE CONTEST - best design, farthest or fastest flight?
- MAKE A CRAFT - what can you do with construction paper, scissors, and a glue stick?
- CREATE A SONGVERSE - write a song about your neighborhood in a fun way.
- GO GAMING WITH YOUR FAMILY - enough said.
- PLAY THE FORTNITE GAME - use a version or bring an Xbox/PS4 to your home and ask you or no questions to clarify it.
- ORGANIZE A VOLUNTEER CLEAN UP - beautify your school, or your community.
- COOK A MEAL TOGETHER - share your favorite food or dish with friends and family.
- HAVE A DISPUTED ENDING - or PLAY CHARADES.
- THESE ARE JUST A FEW OF OUR IDEAS. DO YOUR OWN THING AND THEN SEND US AN EMAIL AT dc@gstbooces.org

WHATEVER IT IS GET OUT AND HAVE FUN - LEAVE YOUR TECH AT HOME!

JOIN THE UNPLUG AND PLAY WEEKEND - MAY 26-28 2018 - LESS SCREEN TIME + MORE PEOPLE TIME
DISTROCES DIGITAL CITIZENSHIP INITIATIVE <http://dc.gstbooces.org> @IAM_A_DIGITAL_CITIZEN

This month's PDF poster is about taking time to **UNPLUG and PLAY**

<http://go.gstbooces.org/dc-180501>

