



Golden Star Gazette

June 2018

Gardner Road Elementary School

541 Gardner Road, Horseheads, New York 14845 (607) 739 – 6347
ppatterson@horseheadsdistrict.com



Dear Gardner Road Families-

It is hard to believe we are already in our last month of the school year. Thank you to our entire Gardner Road team, our amazing parents and community partners for making this an amazing year for our students to ensure their current learning and future success! I am proud and honored to work in such a great community.

We engage our students in a variety of drills through the year for safety purposes. On Wednesday, June 6th, we will be practicing our evacuation drill procedures. All students and staff will be off campus from 9:20 – 10:20 for this drill. Please let me know if you have any questions.

Pardon our mess through the summer and the beginning of next school year with construction. There will be a new parking lot being paved this summers as well as work through the building to improve the HVAC and technology wiring. This work requires all of our ceilings in the hallways to be removed. Some of the work will continue into the beginning of the new school year. During the summer, the Gardner Road office will be located at the Intermediate School library. Our school phone number will remain the same if you need to call us this summer.

Be on the lookout for our 'Only One You' rock display at Gardner Road Elementary. The rocks are a reminder to everyone who enters the building that we celebrate you as you!

On June 14th, musician Jared Campbell visits our school again. Last year, he inspired our students to be their own superhero, standing up for others and working hard for what you want. We look forward to his concert to celebrate our work on these topics all year long. Check out his program at: <http://jaredcampbell.com/elementary-school/>



If you are starting to make plans for your summer, consider the Summer of Innovation Series for students. Many of our students participated in these inquiry based activities the last few summers and the reviews are always excellent. <https://www.gstbores.org/summerofinnovation/SummerofInnovation2018-CourseCatalog.pdf>

Stay up to date with other classroom and building highlights on our [Facebook](#) and [Twitter](#) pages. We are looking forward an amazing last month of school at Gardner Road Elementary. Please feel free to contact me anytime with questions, thoughts or concerns.

Your Partner in Learning,

Patrick Patterson - Principal



Inside the Gazette:

Page 2:
Main Office Updates

Page 3:
May Snapshots

Page 4:
Character Corner
School Mission & Vision



Included in the Online Newsletter:
Lunch Menu
June Calendar



GENERAL INFORMATION:

Gardner Road School Hours

8:00 a.m. to 2:30 p.m.

Tardy Bell – 8:15 AM

Gardner Road Office Hours

7:30 a.m. to 3:30 p.m.

Elementary Lunches (K-6)

Breakfast: \$ 1.25 Lunch \$ 2.10

Moishe's Quote of the Month:

*"The more that you read, the more things you will know.
The more that you learn, the more places you'll go." -Dr. Seuss*

Main Office Updates

Grade Level Celebrations – PK, K and 4th

We are excited to celebrate the end of the year with all of our students. Students in PK, K and 4th have special celebrations during the month of June. We do ask that siblings in the building remain with their classes during these celebrations so they can be part of their class's end of year learning experiences and celebrations.

Lost and Found:

Our lost and found bin is full. Are you missing your child's lunch pal, clothes, toys or more? Check out the lost and found tables during May and June events at school. Also feel free to look through the bin located as you enter the building.

Are you Moving?

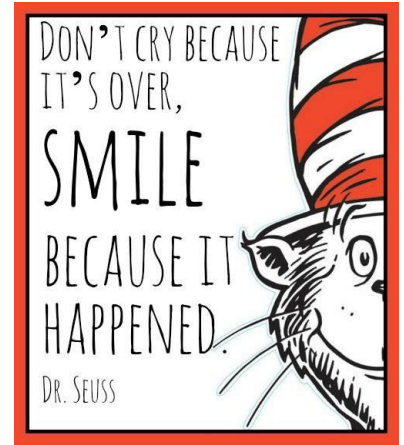
If you are moving to a new school next year, please notify the office as soon as possible and talk to our attendance clerk, Mrs. Wright. Please contact your child's new school as soon as possible so that they can request records from us. Additionally, this will help us make accurate class lists for next school year. Thank you!

Update from Mrs. Hinman:

The end of the school year is quickly approaching! New York State regulations require all medication left at school at the end of the school year be discarded. This includes inhalers and Epi-pens. Unless your child has current permission to self-carry their medication, the school is not able to allow your child to bring the medication home themselves. If you need to make special arrangements to pick up medication, please call to make arrangements. **Medications not picked up, will be disposed of Wednesday, June 20th @ 11:30 am.**

Special Education Services:

Chapter 434 of the New York State Education Law requires school districts to notify parents or persons in parental relation of their rights regarding the referral and evaluation of their child for the purposes of special education services or programs. This information can be found on our district website (www.horseheadsdistrict.com) or on the New York State Education Department website (www.nysed.gov) in "A Parent's Guide to Special Education." If you have further questions, please contact Kim Williams, Director of Student Services, at 607-739-5601, x4300.



read in a tent READ A BOOK ABOUT WILD ANIMALS read at breakfast
read a book about a city far away
read at the park READ A BOOK WITH CHAPTERS read a book about bugs
read a book then act it out
read a book to a pet read at dinner READ A BIOGRAPHY
READ IN THE BATH READ A MAGAZINE
read a book that makes you laugh
read in a blanket fort read an ebook read a book you wrote
read a book about space READ A BOOK ABOUT FRIENDSHIP
READ UNDER A TREE READ ON VIDEO read by flashlight
READ A BOOK WITHOUT WORDS read a book about your country
READ A BOOK AS A FAMILY
read an alphabet book READ A COMIC BOOK
read a book in a funny accent read a pop up book
read at the beach READ A BOOK ABOUT ART
READ ALL SUMMER LONG

Character Education Summer of 2018!



Character education learning is a year round learning event for our students in Horseheads. Below are tips for the summer months. Be on the lookout for our character education connections in our community.

Fairness-July

- Discuss why games have rules
- Talk about taking turns while choosing things to do on vacation
- Discuss with your child why fair is not always equal
- Show good sportsmanship

Trustworthiness -August

- Have a family game night
- Model honesty in your everyday life
- Point out characters in books, movies, TV shows who display trustworthiness and why
- Focus on the "fun" of something instead of winning
- Honesty starts at home



May Snapshots:



"We Succeed Because The Stars Lead!"



Character Education Corner:

Throughout the year, students have earned golden tickets when they are being respectful, responsible, caring, trustworthy, fair and a good citizen. We finish out the school year with caring. I am so proud of our school as I see students displaying character so positively throughout the school each and every day.

June's Character Trait is:

Character Education

Caring

- Think about how your actions will affect others
- Be sensitive to people's feelings
- Help people in need
Treat people with kindness and generosity
- Do not be mean or hurtful

Character Matters
Horseheads Central School District

Horseheads Central School District's Mission & Vision:

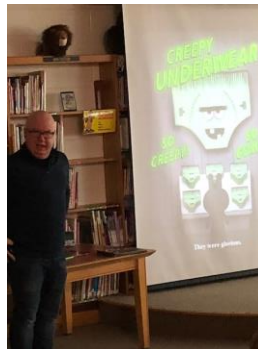
Horseheads Central School District sets the standard of educational excellence by fostering innovative thinking, curiosity, and a passion for learning to maximize the potential of each individual. We engage with our local and global communities to provide a student-centered, nurturing environment.



Explore Empower Excel

Thank you Aaron Reynolds!

Our students laughed, learned and truly enjoyed meeting author Aaron Reynolds this past month. Thank you to Mrs. Herforth for coordinating such a great event for our Golden Stars. Be sure to check out all of his books as you read throughout the summer!



Substitutes Needed:

The Horseheads Central School District is seeking applications for substitute teachers, bus drivers, nurses and substitute teaching assistants. For information, please visit: <http://www.horseheadsdistrict.com/subteach.html>
Human Resources Office: 739-5601, x4211 e-mail: hcsdinfo@horseheadsdistrict.com

To report child abuse or neglect call toll free:

1-800-342-3720

or go to <https://ocfs.ny.gov/main/cps/>



The Horseheads Central School District offers educational programs without regard to gender, race, color, national origin, or disability. Inquiries regarding this policy may be made to Megan Collins, Title IX/DASA Coordinator and Co-Civil Rights Compliance Officer; Anthony Gill, Co-Civil Rights Compliance Officer; or Kim Williams, Section 504 Coordinator, Horseheads Central School District, One Raider Lane, Horseheads, NY 14845, (607) 739-5601.

The Dignity Act Coordinator (DAC) for Gardner Road Elementary is Patrick Patterson. Complaints regarding discrimination, harassment, or bullying of any student should be referred to Patrick Patterson at (607) 739 – 6347. 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, 607-739-5601, x4211.



Thanks for a great Spring Fling GRPTO!

Report to PARENTS

Exercise Kids' Minds During the Summer

If students laze away the days of summer without using their minds, they can lose up to a month of learning—especially in reading and math. Stem the summer slide and keep your child engaged with these fun, brain-friendly activities.

Devise a plan. Tell your child that reading and learning activities will be an important part of their summer. Assure them that they'll still have lots of time for play.

Teach mini-lessons. Transform everyday activities into learning opportunities. Children can count change, read directions for a trip, write a shopping list, or calculate a recipe's measurements.

Gather activity books. Give children their own activity book with crossword puzzles or number games customized for their specific age group. Set a "due date" to keep them on track, but let them work at their own pace.

Initiate a writing project. Have your child keep a summer journal, write letters to family members or friends, or craft a play to perform with siblings or neighbors. Or, start a family cookbook with your favorite recipes, instructions, and shopping lists.

Strategize screen time. Educational computer games or apps can engage students' minds, but make sure your child is spending enough time away from the screen. Assign a daily block of time for family members to turn off phones, computers, and the TV, and instead play a board game or read together.

Designate daily reading blocks. Set aside at least 15 minutes a day for your entire family to read. (That means parents, too!) Find reading recommendations by grade level on the American Library Association's book lists (see Web Resources). Organize a summer read-a-thon with goals for each family member, or sign your child up for your library's summer book club.

Go global. Set aside several nights during the summer to have an international evening. Together, cook a meal with recipes from a different nation. Learn basic words in that country's language. Find the country on a map, and together examine a book or article with information on what life is like there.



Sneak learning into family trips. If your family is able to take a vacation during the summer, include stops at zoos, children's museums, or historic sites. Have your child help you plot out the journey using maps and keep a journal along the way. Older children can tally up miles, keep track of expenses, or compute gas mileage.

Get moving. Build physical activity into your child's summer days. Even if he or she can't participate in a local sports league or community-based team, encourage activities such as jumping rope, playing catch, and taking family walks.

For more resources, look to your child's school and your local library or community center for ideas to keep kids' brains buzzing during the dog days of summer.

Web Resources

The **American Library Association** compiles grade-level book lists.

www.ala.org/alsc/publications-resources/book-lists

The **National Summer Learning Association** offers activities, tools, and links.

www.summerlearning.org/?page=activity_resource



#KeepKidsLearning

SUMMER LEARNING IDEAS AT HOME AND IN YOUR COMMUNITY

All kids need to keep learning over the summer. If they don't, they lose what they've learned during the school year, and those losses add up year after year. Following are some ways you can help your child learn during the summer months and send them back ready for the new school year.



Read at home every day.

Help your child pick books that interest them, set reading goals, and reward their efforts. Start a family book club. Read a book, watch the movie, and talk about the differences with your child.



Visit a library.

Libraries have more than just books. Your child can experience technology, create new things, and often get a healthy meal at some local libraries. Sign you and your child up for your library's free summer programs so you can explore and learn new skills together.



Keep a summer journal.

Have your child keep a journal about the books they are reading, their favorite summer events or activities, and the new friends they've made.



Look for free or low-cost activities near you.

Take trips to your local museum, aquarium, zoo, park, or nature center. Encourage kids to write about their trip and what they thought about it in their summer journal.



Plant a garden.

Start simple with a tomato container garden or fresh herbs grown on your kitchen window sill. It's a great way to encourage healthy eating with your child.



Use counting skills in daily activities or errands.

Baking a cake? Let your child help count out the ingredients or minutes to mix the batter. Turn a grocery trip into a math lesson. Use coupons and help your child determine the discount.



Volunteer together.

Volunteering builds life skills and compassion. Help spruce up a school or local park, collect supplies for a shelter, or serve food at a soup kitchen.



Be active.

Get outside with your child. Visit a park for a nature walk, ride bikes, or check out your community's parks and recreation programs that may offer many fun options.



Get creative.

Let your child's imagination soar. Turn everyday household items like cardboard tubes into rockets or old socks into hand puppets. Let them make up their own songs or dances.



Summer Learning Day is a national advocacy day recognized to spread awareness about the importance of summer learning for our nation's youth in helping close the achievement gap and support healthy development in communities all across the country. Find an event or program near you at www.summerlearning.org!



This Issue we focus on:

DIGITAL WELLNESS

CARPAL TUNNEL SYNDROME HEADACHES TENDONITIS
 "MOUSE SHOULDER" REPETITIVE STRAIN INJURY (RSI)
 BLURRED VISION READING DEFICIENCIES
 DIZZINESS INTERNET ADDICTION
 DIFFICULTY CONCENTRATING
 TENNIS ELBOW NECK PAIN

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.



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>



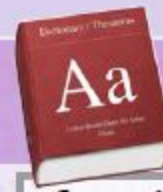
STUDENTS:
Are you a gamer?

<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 March/April Day weekend challenge yourself to unplug from digital technology for at least one day, for a few hours, for an hour, or for the whole weekend. Get down to it on March 30/31st.

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

- HAVE A BOARD GAME NIGHT - what would you play?
- CREATE A FUN ESCORT - what can you do with 1000000 steps or unplug events?
- HAVE A PAPER AIRPLANE CONTEST - how many feet or how long?
- MAKE A CAKE - who can you do with 1000000 steps and a glass of milk?
- CREATE A SCRAMBLER - 10,000 - make your neighborhood in a 10 min.
- GO CAMPING WITH YOUR FAMILY - who gets the tent?
- PLAY THE PAPERNOISE GAME - 1000000 or 1000000 of things on an online card on your forehead and ask you or the questions to identify it.
- ORGANIZE A VOLUNTEER CLEAN UP - identify your school, or your library.
- COOK A MEAL TOGETHER - where is your favorite food or one with friends and family.
- HAVE A DISOPPTED LINDY NIGHT or PLAY GAMES.
- 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 GREEN TIME - MORE PEOPLE TIME
GST BOCES DIGITAL CITIZENSHIP INITIATIVE <http://dc.gstbooces.org> #IAMADIGITALCITIZEN

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

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





Gardner Road Elementary School



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Character Education Connection—Caring:</u> --Discuss how characters in a book show caring. --Help a neighbor --Discuss with your kids what/who they care about and why --Consider donating your time or items to your favorite charity --Help your child make a card/letter of caring to a friend or relative --Model random acts of kindness</p>				
<p>4 Day 4</p> <p>NYS Science Written Exam 4th Grade</p> <p>Chemung River Project Art Gallery—Arnot Art Museum 5:00</p>	<p>5 Day 5</p> <p>Senior Graduation Walk 1:30</p> <p>Principal Chat 5:30 Library GRPTO 6:00 Library</p>	<p>6 Day 6</p> <p><u>Evacuation Drill</u></p> <p>9:20—10:20</p>	<p>7 Day 1</p>	<p>1 Day 3</p>
<p>11 Day 3</p> <p>K to Tanglewood</p> <p>6:00 Behind School</p>	<p>12 Day 4</p> <p>Grade 3 Mobile Lab</p>	<p>13 Day 5</p> <p>3rd -Instrument Recruitment</p>	<p>14 Day 6</p> <p>End of MP 4</p> <p>Jared Campbell Concert</p>	<p>8 Day 2</p> <p>9:00 - Cafeteria</p>
<p>18 Day 2</p> <p>4th Grade Celebration</p>	<p>19 Day 3</p> <p>Fun in the sun!</p> <p>Beginner Instrument Family Night 7pm HS</p>	<p>20 Day 4</p> <p>PK Celebration 9:30 Cafeteria PK Dismiss @ 10:40</p> <p>Dismiss at 11:00</p>	<p>21 Day 5</p> <p>Report Cards Home</p> <p>PK Dismiss @ 10:40 Dismiss at 11:00 22</p>	<p>15 NO SCHOOL</p>