

Horseheads Middle School

March, 2021



Spring Edition

Contact Us!

607-739-6357 • <http://Horseheadsdistrict.com/HHMS.cfm>

What's Happening at HMS

3/4/21

Budget Workshop, 6:00pm

Livestreamed; See Pg. 2

3/9/21 & 3/11/21

Progress Reports Issued

Cohort A & B distributed at school

100% Remote Students will be mailed

3/14/21

Daylight Saving Time Begins

Turn clocks AHEAD one hour

3/20/21

First Day of Spring

3/23/21 & 3/25/21

School Picture Retakes

7:30am - 3:00pm

Remote Students are welcome either day

4/2/21 - 4/9/21

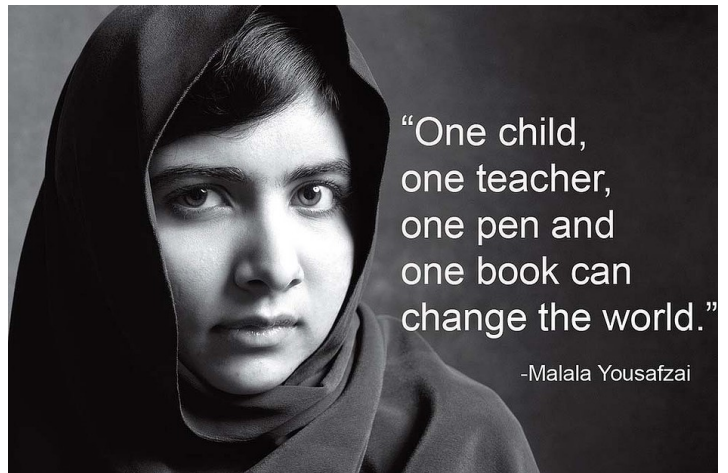
Spring Break

WOMEN'S
20 HISTORY 21

New Form for School Physicals

Physicals are required for 7th grade students and new entrants to the district.

See page 3 for the new form.





Horseheads 2021-22 Budget Development



The Board of Education and district are currently developing the proposed 2021-22 School Budget. The global pandemic, now nearing a year, has led to a challenging time for budgets in our district, nation, state and homes. The board will continue budget development at their next several meetings until the final adoption of the budget to be offered to voters May 18. All meetings begin at 6pm and are held via zoom with live streaming. Here is the schedule:



Thursday, March 4	Budget Workshop
Thursday, March 18	Board of Education Regular Meeting
Thursday, April 15	Budget Workshop
Thursday, May 5	Tentative Board Candidates' Forum
Thursday, May 6	Public Hearing on 2021-22 Budget
Tuesday, May 18	Budget Vote/Board of Education Election, High School South Gym, 7 a.m. - 9 p.m.

All meetings are live streamed (at <http://ideas.gstboces.org/hhds/>), recorded, and posted to the district website. As reported prior to the January meeting, public comment is allowed via zoom at the meeting's designated location. For more information on the process, schedule, and locations click here: [HCSD Board of Education](#).

Questions about the budget or voting? Email the district at hcsdinfo@horseheadsdistrict.com or call (607) 739-5601, x4295.

Beginning with the January 21, 2021 meeting, the Board will allow live comments during the question and comment section of the meeting, following a strict procedure to adhere to safety precautions. Following is the procedure for those who wish to comment live:

1. Please arrive at 5:50 pm at the designated location for the board meeting.
2. Check in, complete health screening, and follow all school safety protocols
3. Use the established socially distanced, remote computer connection to participate. Follow [Board of Education Policy 2370 for Public Participation at Board Meetings](#)
4. Adhere to participation time limits.
5. Please check out and leave the premises upon commenting so that others may comment and the meeting may continue.

**Speak
Up!**



A Reminder Regarding Stay Well Reminders

Parents, are you receiving the Stay Well email reminder for one of your children but not all? If your student has a gmail account, it may be because gmail is grouping all of the messages into one as a “conversation.” Here’s how to change that setting:

Click the settings wheel at the top right next to their name, scroll to the very bottom, and you will likely see the “Conversation view” box checked. Uncheck that box, and it shouldn’t happen again.


This same thing happens with the Outlook app if you use that to view your district email on your phone/device.


Don’t forget to check your spam/junk/clutter folders and search for “no-reply@gstboces.org” as the sender. This is for all email providers.

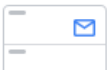



Quick settings ×


[See all settings](#)

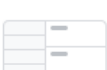
☒ Default 
[Customize](#)

☐ Important first 


☐ Unread first 


☐ Starred first 

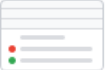
☐ Priority Inbox 
[Customize](#)

☐ Multiple Inboxes 
[Customize](#)


READING PANE

☒ No split 

☐ Right of inbox 

☐ Below inbox 

EMAIL THREADING

☒ Conversation view 



School Notes

Progress Reports / Report Cards

Parents are informed of student progress in two ways. Progress reports are sent home with students at the five-week point of each marking period. A report card is sent home with students at the end of the ten-week marking period. We encourage parents to sign-up for Parent Portal to help keep track of your student's progress between the reporting periods.

Distinguished High Honor Roll	95-100
High Honor Roll	90-94.99
Honor Roll	85-89.99
Failing Grade	64.0 or lower in any course

March Progress Reports will be available to view online beginning March 9 through your Parent Portal account. Copies will be sent home with students. Progress Reports for 100% remote students will be mailed.

PARENT PORTAL

Don't have Parent Portal? Please visit our website. In the "QuickLinks" section in the middle, near the bottom, hover over "Parent Portal". You will be directed to complete a short form online. If you have questions, please call Karen McLain at 739-5601, x4251 or email kmclain@horseheadsdistrict.com.

Checking your student's grades on Parent Portal? The URL for a computer browser is:

<https://schooltool.horseheadsdistrict.com>

The URL for the mobile app is:

<https://schooltool.horseheadsdistrict.com/sthhweb>



School Picture Retakes:

March 23 & 25

7:00am - 3:00pm

**Remote students
are welcome either day.**

YEARBOOK SALE

To order your 2020-2021 Middle School yearbook go to the following website: ybpay.lifetouch.com.

Enter the Yearbook ID code 11056521 and then follow the easy on- screen ordering instructions.

The cost is \$ 20.00 and all major credit cards are accepted. The Middle School will not be handling any yearbook payments.

If you need further information or details, please call 1-800-453-9764. All yearbooks must be ordered online. The deadline for ordering is March 31st. School Yearbooks will be distributed in June.



Raider Sports News

Modified Sports



Upcoming sports:

Modified sports start date: 3/8/21

Sports registration opens: 2/6/21

modified Football

modified Girls Soccer

modified Boys Soccer

modified Boys & Girls Cross Country

modified Volleyball

modified Girls Swimming

Spring season:

Spring modified sports start date: 4/26/21

Spring sports registration opens: 3/27/21

Click here for online registration: [FamilyID](#)

Due to COVID-19, NYS Guidelines for sports physicals have been changed. You may now use a sports physical from the last two years (dated 2018-19 or newer). If you have any questions, click on the link: bconklin@horseheadsdistrict.com or call the Athletic Department at (607) 739-5601, x4254.

Character Trait of the Month

R-e-s-p-e-c-t !

Be courteous and polite. Judge all people on their merits and abilities. Be tolerant, appreciative and accepting of individual differences. Don't abuse, demean or mistreat anyone. Don't use, manipulate, exploit or take advantage of others.



Horseheads School Health Exam Form - from the School Nurse

Effective February 1, 2021, this new universal NYS school physical exam form will be the only form acceptable; any other form will be non-valid. **Parents, please make sure you have the correct form.**

REQUIRED NYS SCHOOL HEALTH EXAMINATION FORM TO BE COMPLETED BY PRIVATE HEALTH CARE PROVIDER OR SCHOOL MEDICAL DIRECTOR IF AN AREA IS NOT ASSESSED INDICATE NOT DONE					
Note: NYSED requires a physical exam for new entrants and students in Grades Pre-K or K, 1, 3, 5, 7, 9 & 11; annually for interscholastic sports; and working papers as needed; or as required by the Committee on Special Education (CSE) or Committee on Pre-School Special education (CPSE).					
STUDENT INFORMATION					
Name				Sex: <input type="checkbox"/> M <input type="checkbox"/> F	DOB:
School:				Grade:	Exam Date:
HEALTH HISTORY					
Allergies <input type="checkbox"/> No <input type="checkbox"/> Yes, indicate type		Type: <input type="checkbox"/> Medication/Treatment Order Attached <input type="checkbox"/> Anaphylaxis Care Plan Attached			
Asthma <input type="checkbox"/> No <input type="checkbox"/> Yes, indicate type		<input type="checkbox"/> Intermittent <input type="checkbox"/> Persistent <input type="checkbox"/> Other : <input type="checkbox"/> Medication/Treatment Order Attached <input type="checkbox"/> Asthma Care Plan Attached			
Seizures <input type="checkbox"/> No <input type="checkbox"/> Yes, indicate type		Type: <input type="checkbox"/> Medication/Treatment Order Attached		Date of last seizure: <input type="checkbox"/> Seizure Care Plan Attached	
Diabetes <input type="checkbox"/> No <input type="checkbox"/> Yes, indicate type		Type: <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> Medication/Treatment Order Attached <input type="checkbox"/> Diabetes Medical Mgmt. Plan Attached			
Risk Factors for Diabetes or Pre-Diabetes: Consider screening for T2DM if BMI% > 85% and has 2 or more risk factors: Family Hx T2DM, Ethnicity, Sx Insulin Resistance, Gestational Hx of Mother, and/or pre-diabetes.					
BMI _____ kg/m2					
Percentile (Weight Status Category): <input type="checkbox"/> <5 th <input type="checkbox"/> 5 th -49 th <input type="checkbox"/> 50 th -84 th <input type="checkbox"/> 85 th -94 th <input type="checkbox"/> 95 th -98 th <input type="checkbox"/> 99 th and>					
Hyperlipidemia: <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> Not Done			Hypertension: <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> Not Done		
PHYSICAL EXAMINATION/ASSESSMENT					
Height:		Weight:		BP:	
				Pulse:	
				Respirations:	
Laboratory Testing	Positive	Negative	Date	List Other Pertinent Medical Concerns (e.g. concussion, mental health, one functioning organ)	
TB- PRN	<input type="checkbox"/>	<input type="checkbox"/>			
Sickle Cell Screen-PRN	<input type="checkbox"/>	<input type="checkbox"/>			
Lead Level Required Grades Pre- K & K			Date		
<input type="checkbox"/> Test Done <input type="checkbox"/> Lead Elevated ≥ 5 $\mu\text{g/dL}$					
<input type="checkbox"/> System Review and Abnormal Findings Listed Below					
<input type="checkbox"/> HEENT	<input type="checkbox"/> Lymph nodes	<input type="checkbox"/> Abdomen		<input type="checkbox"/> Extremities	<input type="checkbox"/> Speech
<input type="checkbox"/> Dental	<input type="checkbox"/> Cardiovascular	<input type="checkbox"/> Back/Spine		<input type="checkbox"/> Skin	<input type="checkbox"/> Social Emotional
<input type="checkbox"/> Neck	<input type="checkbox"/> Lungs	<input type="checkbox"/> Genitourinary		<input type="checkbox"/> Neurological	<input type="checkbox"/> Musculoskeletal
<input type="checkbox"/> Assessment/Abnormalities Noted/Recommendations:				Diagnoses/Problems (list) ICD-10 Code*	
<input type="checkbox"/> Additional Information Attached				*Required only for students with an IEP receiving Medicaid	

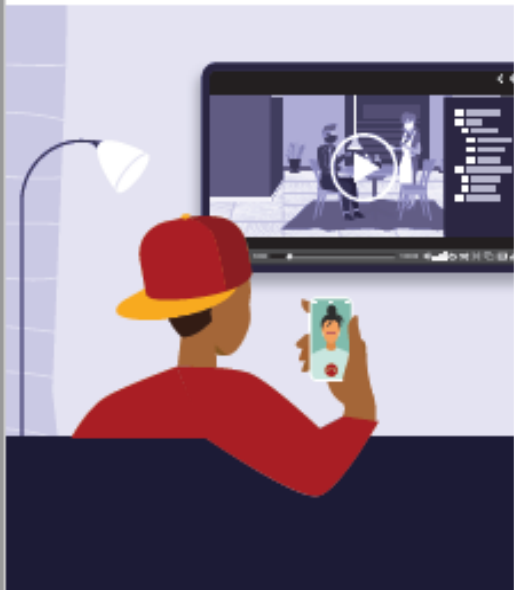


Horseheads School Health Exam Form - from the School Nurse

Page two

Name:				DOB:	
SCREENINGS					
Vision (w/correction if prescribed)	Right	Left	Referral	Not Done	
Distance Acuity	20/	20/	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/>	
Near Vision Acuity	20/	20/		<input type="checkbox"/>	
Color Perception Screening <input type="checkbox"/> Pass <input type="checkbox"/> Fail				<input type="checkbox"/>	
Notes					
Hearing Passing indicates student can hear 20dB at all frequencies: 500, 1000, 2000, 3000, 4000 Hz; for grades 7 & 11 also test at 6000 & 8000 Hz.				Not Done	
Pure Tone Screening	Right <input type="checkbox"/> Pass <input type="checkbox"/> Fail	Left <input type="checkbox"/> Pass <input type="checkbox"/> Fail	Referral <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/>	
Notes					
Scoliosis Screen Boys in grade 9, and Girls in grades 5 & 7	Negative <input type="checkbox"/>	Positive <input type="checkbox"/>	Referral <input type="checkbox"/> Yes <input type="checkbox"/> No	Not Done <input type="checkbox"/>	
RECOMMENDATIONS FOR PARTICIPATION IN PHYSICAL EDUCATION/SPORTS/PLAYGROUND/WORK					
<input type="checkbox"/> Student may participate in all activities without restrictions. <input type="checkbox"/> Student is restricted from participation in: <input type="checkbox"/> Contact Sports: Basketball, Competitive Cheerleading, Diving, Downhill Skiing, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, and Wrestling. <input type="checkbox"/> Limited Contact Sports: Baseball, Fencing, Softball, and Volleyball. <input type="checkbox"/> Non-Contact Sports: Archery, Badminton, Bowling, Cross-Country, Golf, Riflery, Swimming, Tennis, and Track & Field. <input type="checkbox"/> Other Restrictions:					
Developmental Stage for Athletic Placement Process <u>ONLY</u> required for students in Grades 7 & 8 who wish to play at the high school interscholastic sports level OR Grades 9-12 who wish to play at the modified interscholastic sports level. Tanner Stage: <input type="checkbox"/> I <input type="checkbox"/> II <input type="checkbox"/> III <input type="checkbox"/> IV <input type="checkbox"/> V Age of First Menses (if applicable) : _____					
<input type="checkbox"/> Other Accommodations*: (e.g. Brace, orthotics, insulin pump, prosthetic, sports goggle, etc.) Use additional space below to explain. *Check with athletic governing body if prior approval/form completion required for use of device at athletic competitions.					
MEDICATIONS					
<input type="checkbox"/> Order Form for Medication(s) Needed at School Attached					
IMMUNIZATIONS					
<input type="checkbox"/> Record Attached			<input type="checkbox"/> Reported in NYSIIS		
HEALTH CARE PROVIDER					
Medical Provider Signature:					
Provider Name: <i>(please print)</i>					
Provider Address:					
Phone:			Fax:		
Please Return This Form To Your Child's School When Completed.					

Students: Care for yourself one small way each day

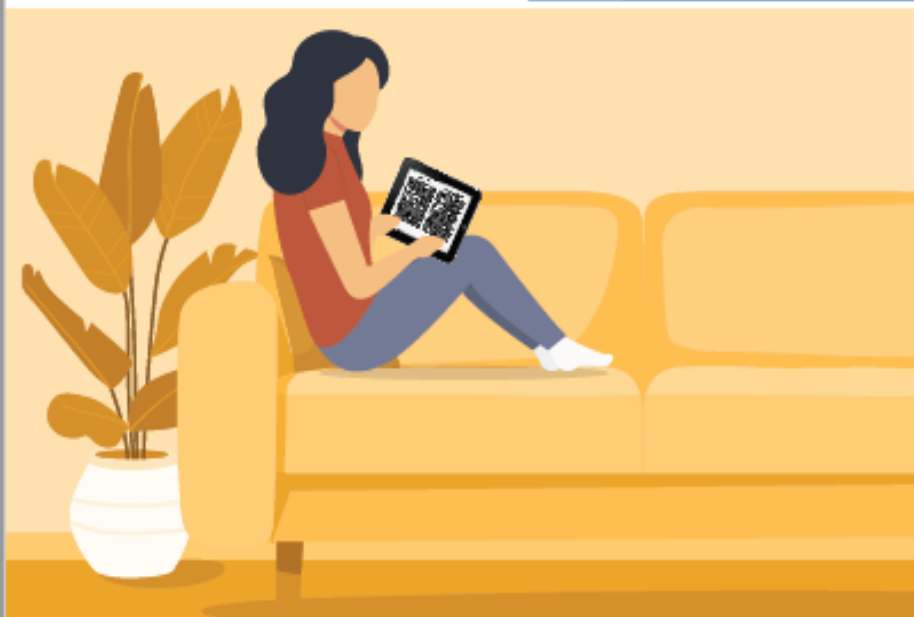


Find creative ways to spend time safely with friends, like virtual movie parties

Do something you enjoy outside, like going to the park or for a run



Treat yourself to healthy snacks and get enough sleep



Make time to relax by reading, listening to music, or exploring a new hobby

Remember, you're not alone



Talk to someone you trust if you or a friend feels bad



Substance Abuse and Mental Health Services Administration
Disaster Distress Hotline: call or text 1-800-985-5990

320352-C

cdc.gov/coronavirus



HMS Virtual Talent Show

To be aired on Thursday, April 1st

All acts must be no more than 5 minutes in length.

Submissions are due by March 24th.

All acts must be school appropriate. Clean, edited versions of songs should be used.

Be creative!!

Contact Ms. Leland or Mrs. Stratton with any questions.

Submissions should be sent into the Its Learning assignment. Please include the names of all people in the video as well as the name of the song if one is used.



In the Stacks

with Ms. Heidrich, MS Librarian



New Research Club Forming

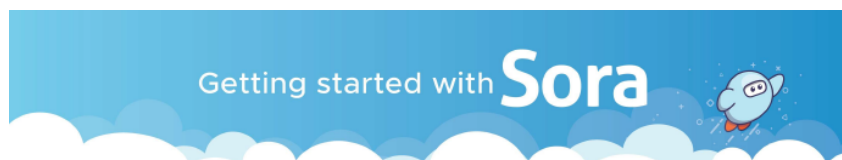
Do you have a penchant for learning? Do you find yourself always asking 'why'? Ever answered 'I don't know' to a question? Maybe the Library Research Club is for you!

Club members hope to be corresponding online with students in our Sister City, Nakagawa, Japan, when school begins there in April. The club is currently researching Koalas and are adopting one virtually through the World Wildlife Foundation. Club members will choose their own topics to research.

The group will meet via zoom on Wednesday afternoons from 3:00-4:00pm. Contact Mrs. Heidrich in the Library or by email to join.



Stay Curious!



With Sora, you can get free eBooks and audiobooks from our schools.

1

Install the Sora app from the Apple App Store or Google Play Store, or go to soraapp.com.



2

In Sora, find the **Greater Southern Tier BOCES Shared Digital Collection**.

Choose from the "Sign in to your school" dropdown:

Horseheads CSD

Log in to Sora the same way you log on to a school computer.

4

Choose from hundreds of titles. Let your librarian know if you have special titles you would like to see!

MS cafeteria



National School
Breakfast Week
March 8-12



Stay *Raider* strong with a healthy breakfast!

Visit the cafeteria for a delicious selection of breakfast treats to fuel your day!

IN THE CONFRONTATION BETWEEN THE STREAM AND
THE ROCK, THE STREAM ALWAYS WINS...NOT THROUGH
STRENGTH, BUT THROUGH PERSISTENCE.

PERSISTENCE

Safety Protocols

Our top priorities are the health, safety, wellbeing, and education of all our students. While we must follow the requirements of health and education agencies, we also have our own protocols we have instituted in order to guard the health and safety of our students and staff.

Monitor your child's health

On the days students attend school, parents/guardians are required to check the student's temperature and monitor for symptoms of COVID-19. Please be mindful of your child's overall health when screening your child in the morning. If your child has a temperature of 100 degrees or higher and/or exhibits other symptoms (including but not limited to cough, shortness of breath/difficulty breathing, fatigue, muscle aches, loss of taste/smell, etc.), please keep your child home. If our screening determines your child has a temperature of 100 degrees or higher and/or symptoms of COVID-19, you will be notified and required to immediately pick up your child.

Please remember to complete the Stay Well survey using the link sent to you each morning on the days your child attends school. The Stay Well survey links are sent to both parents/guardians as listed in our database. If you are not getting these emails or you have questions, please contact your child's school.

Masks

All staff and students are required to wear masks while in school, on the playground, and on buses. Students will be allowed mask breaks when eating and when at least six feet of social distancing is consistently maintained. It is very important that masks are worn correctly; this means covering the nose and below the chin. [Click here for the district mask procedure.](#)

Hand Washing

One of the most effective ways to stop the spread of viruses is washing hands properly and often. Click here for a video on [How to Wash Your Hands.](#)

Returning to school in COVID-19 health-related situations

Please note: This information has been updated using newly-released guidance from the New York State Health Department.

Please also note: The district must follow requirements of the New York State Health Department, the Chemung County Health Department, and the New York State Education Department in regard to safety protocols. The district also has its own additional safety protocols to guard the health and safety of students and staff.

If a student tests positive for COVID-19, here are the requirements to return to school:

1. Release from quarantine by the Health Department:
 - If symptomatic, the student must complete at least ten days of isolation from the onset of symptoms
 - If asymptomatic (no symptoms), the student must complete ten days of quarantine after the positive test

If a student has symptoms of COVID 19, one of the following is required to return to school:

A

1. COVID-19 diagnostic test with negative result,
and
2. Improvement of symptoms with child being fever-free without medication for at least 24 hours

OR

B

1. Alternate diagnosis from the child's health care provider

OR

C

1. At least ten days have passed since the date of first symptoms,
and
2. Improvement of symptoms,
and
3. The child is fever-free without medication for at least 72 hours

If a student is in direct contact with a person who tests positive for COVID-19, the following are required to return to school:

1. Release from quarantine by the Health Department (generally 10 days, but if the direct contact lives with the COVID-19 positive person then the quarantine period starts after the positive person is cleared by the Health Department.)

Testing locations

Below is a list of testing locations within Chemung County as listed with the NYS COVID-19 Resource Center:

Arnot Ogden Medical Center – Horseheads
Appointment and Physician order required
100 John Roemmelt Drive, Suite 301
Horseheads, NY 14845
(607) 737-4100

Elmira VA Clinic
Appointment and Physician order required
1316 College Avenue
Elmira, NY 14901
(607) 664-4640

Arnot Ogden Medical Center - Big Flats
Appointment and Physician order required
31 Arnot Road
Big Flats, NY 14845
(607) 795-5100

Wellnow Urgent Care - Big Flats
Walk-in
830 County Road 64
Big Flats, NY 14903
(607) 846-2030

Arnot Ogden Medical Center - Hospital and Drive-through
Appointment and Physician order required
600 Roe Avenue
Elmira, NY 14905
(800) 952-2662

Smith Allergy & Asthma Associates
Appointment required
2977 Westinghouse Road
Horseheads, NY 14845
(607) 684-6115

Visitors to Schools

Click this link for our [District Protocol on Visitors to Schools](#).

Questions? Contact your school office or email hcsdinfo@horseheadsdistrict.com.

January 2021

Student Screening Informational Form

Student: _____ Grade: _____ Date: _____

Your child is: ☐ not being allowed to enter school today ☐ is being sent home

with the following symptoms that have been identified as COVID-19 Related:

- ☐ Fever of _____ ☐ Cough ☐ Shortness of breath or difficulty breathing ☐ Fatigue/Tired ☐ Muscle/Body Aches
☐ Headache ☐ New loss of taste or smell ☐ Sore throat ☐ Congestion or runny nose ☐ Nausea/vomiting/Diarrhea
☐ Other: _____

Returning to School after Illness

Schools must follow CDC, NYDOH and Local Health Departments for guidance allowing a student to return to school after being diagnosed with COVID-19 or exhibiting symptoms consistent with possible COVID-19. Your child may return to school when one of the following is met.

MUST MEET ALL CRITERIA IN ONE BOX TO RETURN:

☐ STUDENT HAS SYMPTOMS OF POSSIBLE COVID-19 ILLNESS, BUT IS DETERMINED NOT TO HAVE COVID-19 BASED ON A NEGATIVE COVID TEST. CAN RETURN TO SCHOOL WHEN... (all 3 conditions must be met and paperwork provided to the health office)

- Student has been diagnosed with another condition (not COVID-19) and has a note written/signed by a health care provider (MD, NP, Physician Assistant) note stating they are clear to return to school; AND
- Documentation of a negative COVID-19 test is provided to the health office; AND
- There is no fever, without the use of fever reducing medicines, for at least 72 hours (without using fever reducing medicine);

OR

☐ STUDENT HAS BEEN DIAGNOSED WITH COVID-19 BASED ON A POSITIVE TEST. THEY SHOULD NOT BE AT SCHOOL AND SHOULD STAY HOME UNTIL:

- Student has been cleared by the Chemung County Department of Health and provides documentation of this; AND
- It has been at least THREE days since the student has had a fever or symptoms (without using fever reducing medicine);

It is recommended by the Horseheads School District and School Nurse that the parent/guardian of any student being sent home for the above illness reach out to the Students Health Care Provider as soon as possible for Guidance and if any symptoms worsen or any concerns, they should contact 911.

Student Screening Informational Form, *continued*

Your child may return to school when you have documentation from a health care provider following an evaluation, negative COVID-19 diagnostic test result, and symptom resolution.

Below is a list of testing locations within Chemung County per the COVID-19 Resource Center:

AOMC – Horseheads

Appointment and Physician order required

100 John Roemmelt Drive, Suite 301, Horseheads, NY 14845

(607) 737-4100

AOMC - Big Flats

Appointment and Physician order required

31 Arnot Road, Big Flats, NY 14845

(607) 795-5100

Elmira VA Clinic

Appointment and Physician order required

1316 College Avenue, Elmira, NY 14901

(607) 664-4640

Arnot Ogden Medical Center

Hospital and Drive-thru

Appointment and Physician order required

600 Roe Ave., Elmira, NY 14905

(800) 952-2662

Wellnow Urgent Care - Big Flats

Walk-in

830 County Road 64, Big Flats, NY 14903

(607) 846-2030

Smith Allergy & Asthma-Corning, Ithaca and Cortland locations; Starting 10/1/2020-Horseheads location

Call 607-684-6115 to schedule an appointment

If you have any questions about requirements for school reentry, please contact your school building nurse.



Digital Citizen News

March 2021

MARCH IS WOMEN'S HISTORY MONTH

Volume 4 : Issue 7 - March 2021

This month we focus on Digital Reputation

This month our main topic is **Digital Reputation**.

This is important for **Good Digital Citizens** to consider and is closely related to the topics of **Digital Privacy** and **Digital Security**.

So what is your **Digital Reputation**? It is **all of the information** that someone can find if they were to search for **your name online**.

Is it easy to find **personal information** about you like where you live, what school you go to, or where you work? Can someone find **what you ate last night**? Or **where you are** shopping right now?

Have others posted things about you on **social media**? Are they **positive** messages? Or do they put you in a **bad light**?

(Continue reading about digital reputation on page 3.)

#ChooseToChallenge

International Women's Day March 8th, 2021

MISSION: To celebrate digital advancement and champion the women forging innovation through technology

"Technology is way too important for women to be excluded from its development and use."

Int'l Women's Day site - <http://go.gstric.org/407-IWD>

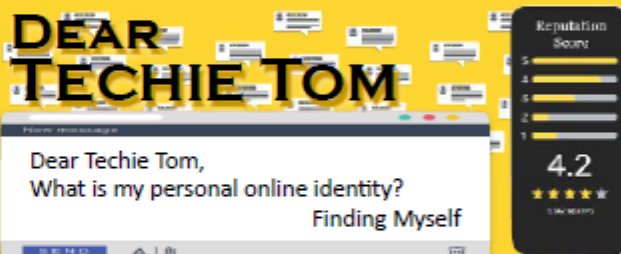
Selfie Card Activity - <http://go.gstric.org/407-selfies>

WOMEN IN HISTORY - WHO ARE THEY?



WHO ARE THESE WOMEN? WHAT ARE THEIR ACCOMPLISHMENTS?

Use your Digital Citizenship Detective Skills to identify these women. We've included their initials in the bottom right corner of each image to help you on your way. Let us know what you learn. Visit <http://dc.gstboces.org>



Dear Finding Myself,

Your personal online identity is anything you put online. You need to be careful with this data because it could be stolen or sold to do harm to your digital reputation. Things you can do to keep yourself safe is to never use your home address or phone number when signing up for something, being mindful that anything you put on the internet is always on the internet even after you delete it and check your privacy settings on any accounts you may have. You should also always read the privacy statements for any accounts you may have. Even if they say they are safe and secure often they are using data in some way. Remember free accounts are free for a reason! Stay Safe!

Techie Tom



"ROOMERS" AND "ZOOMERS" LEARNING TOGETHER



Elmira City
School District

Investing in Relationships and Experiencing How to Interact in an Online Environment

In our current pandemic world, many districts are moving toward a model referred to as concurrent teaching. This method of teaching is bringing our virtual and in-person learners together, allowing them to connect, collaborate and learn together in real time!

For this month's Digital Citizenship Spotlight, we will highlight Shelley MacPherson, a third grade teacher at Hendy Avenue Elementary School in Elmira, NY. Mrs. MacPherson, who describes herself as "the least techie person", considers why she and her students are so successful with this model of Roomers and Zoomers learning together. See four of her insights below.



By having clear expectations on how to interact in a respectful and positive way online, Mrs. MacPherson and many more amazing and hard-working teachers are setting the stage for these students to understand and build a positive Digital Reputation.

Time has been invested in checking in on student social and emotional health.

Mrs. MacPherson and her student teacher, Mrs. Romeo, who is a Zoomer spend their Morning Meeting time having ALL students share how they are feeling based on the emoji icons shared on the teacher's screen.

Clear protocols are in place and time has been invested in classroom management!

A "Roomer" was rewarded immediately with a silent cheer from Zoomers when she shared her happy feeling about the act of kindness she did that morning (which was giving everyone in-person a picture to color). The zoomers reaction was part of the regular classroom protocol.

An amazing team of teachers working together with no fear of asking questions!

Mrs. MacPherson is not afraid to ask technical questions to build on her understanding of technology, and credits her amazing team of teachers with helping to build her confidence with technology.

Nurturing Positive Relationships are

HUGE!

Mrs. MacPherson has had the benefit of these students looping with her for multiple years. "No matter what is thrown our way, including COVID and quarantining, you have to have positive relationships for student success and growth."





Your Digital Footprint, which we have written about many times, is all of the little bits of information that you leave behind as you use browsers, apps, and digital devices.

What does your Digital Footprint or Digital Reputation say about you?

Does it represent you in a fair way? Is it something that you would be proud of? Would you be embarrassed by anything that you have posted? Are there any images that don't reflect your current intellectual, or maturity level?

Has anyone deliberately posted something to try to make you look bad?

If a future employer did research on you, what would they find? Would they hire you?

Do you judge other people by the information that you see posted about them online? Or do you keep an open mind about people until you have gotten to know them?

Finally, would someone be able to track you by following all of the little pieces of information that you give freely online?

Try to manage what is available in your digital footprint. Use privacy settings, delete items and close old social media accounts if they don't show you in a positive light.

Tips for protecting your digital footprint <http://go.gstric.org/407-footprint>

KEEP IT SAFE AND KEEP IT POSITIVE

**New York State Education Law
Section 2-d & What it Means for You**

Last month's issue had a short article introducing NYS Ed Law 2-d. We follow up this month by providing a few more details about this important addition to education law in New York State.

Digital data is everywhere and is being created at a dizzying pace. It is important as an employee of an Educational Institution **that you know and understand your responsibility for protecting data** and adhering to State and Federal laws.

In 2014 New York State implemented Education Law Section 2-D which addresses the **unauthorized release of personally identifiable information**. In January 2020 section §121.7, Training for Educational Agency Employees, was approved as part of the NYS Education Law Section 2-D law. It states that **"All staff must receive annual training on Data Privacy and Security Awareness."**

GST BOCES provides a self-paced online interactive training, including audio narration, to meet this new requirement. This training offers an opportunity to learn about State and Federal **laws protecting personally identifiable information**, and **what districts and employees must do to comply with such laws**. Part 2 introduces the concepts of **Phishing, Business Email Compromise and other malicious attempts** to gain your network credentials. Part 3 **outlines Best Practices and offers privacy and data security tips** for use not only at school but home as well. Your district decides which of the three parts are required and the training will track your progress.

Links about NYS Education Law Section 2-d

GST BOCES Data Privacy and Security Training site - <http://go.gstric.org/407-gst-dps>

NYS State Education Law site on NY Senate website - <http://go.gstric.org/407-edlaw2d>

NYSED site with details of Part 121 of the Education Law - <http://go.gstric.org/407-part121>

NYSED site with details of Parent's Bill of Rights regarding Data Privacy - <http://go.gstric.org/407-billofrights>





Professor URL's

Free Lesson Today

Understanding Locations on the World Wide Web

Most of us use an internet browser program to navigate the World Wide Web every day. Near the top of the browser is the location box, or as some call it, the address bar. Often we see a location that looks something like this one:

(This just happens to be the address of the training for the article above.)

<https://www.gstric.org/training/dps/index.cfm>

protocol

host and domain name

the path to the

page content

The first part of the URL (Uniform Resource Locator - because it is uniform it can be used to address any piece of content on the web; a page, an image, a video, etc.) is the **protocol**. In this case it is **http://** (the hypertext) protocol, but you might see other protocols like **ftp://** (file transfer), or **rtsp://** (for streaming media). The next part of the URL is the host name and domain name of the server that you will be connecting to. The part up to the first dot, **www**, is a host server in our domain **gstric.org**. (We also have another domain name that we use **gstbores.org**).

The next part of the URL is the path to where the content is located on the host server. Usually it is a list of words separated by / ("forward" slashes - note: all of the slashes in a URL are forward slashes). These words represent directories on the server. You could think of the directories like folders on your computer. This piece of content is in a directory called "dps", which is inside a directory called "training", which is at the top level of that server. The path tells the where to find the content that you want. The final part of the URL is the content itself. Usually it is a filename followed by a dot and a file extension like **index.htm**. Files ending in **.htm**, **.cfm**, **.aspx** are types of web pages, **.gif** and **.jpg** are image files, **.mp4** or **.mov** are video files. Sometimes a URL may end with a forward slash (/). In this case the web server will look for an "index" file like **index.htm**, **index.cfm**, or **index.aspx**.

Sites can include more than just the address in the URL.

https://www.google.com/search?ei=tYIqYOq&q=url+location&gs_lcp=Cgdnd3Mtd...

the query string

You may see a ? (question mark) in a URL. Everything after the question mark is called "the query string". Each piece of information in the query is separated by an ampersand (&). The **&q=** shows the string searched for at Google ("url location").

The TLD (Top-Level Domain) or "End Domain" - in the lesson above we learned about the domain name of a web site but we didn't mention the top-level domain. Common TLDs are **.com** (commercial), **.edu** (higher education), **.gov** (government), **.org** (non-profit organizations), etc. Google has their own TLD **.google**. Try these domain names below.

about.google design.google safety.google teachfromanywhere.google and wellbeing.google

STAYING SAFE IN A DIGITAL WORLD

MARCH 2021 POSTER

- Keep personal information secret – your phone number, your email address, your home or school address, or the name of your school. • • Avoid using flirty or suggestive usernames. • • Use privacy settings to limit viewing of your information and enhance your cybersafety. • • Ensure all online communication is respectful. • • Only post comments you would be happy to receive yourself. • • Make sure emotions are expressed appropriately. • • Avoid posting photos which may identify any personal information like schools, or sporting teams. • • Be very aware of the risks involved of sexting. • • Understand the concept of digital archives – once an image or information is in a digital format and is live through technology, it is there for a long time. • • It's public! It is possible that many other people across the world could be watching. • • Think twice before you post – your parents, future employers (and perhaps your children) may end up seeing what you have posted. • • If you wouldn't say it face to face, then you shouldn't write it in a digital environment. • • Think before posting photos of others without their permission – you never know if it will hurt, humiliate or offend them. • • Free offers are usually too good to be true – just say no. • • Delete junk mails immediately and forget about them. • • Use strong passwords for all your accounts. • • Before you believe everything you read – make sure it comes from a reliable source. • • Do not allow anyone else to access your mobile phone. What they do might be attributed to you. • • If someone sends you a nasty, bullying message that makes you feel uncomfortable tell an adult (parents or someone you trust). • • Only Accept friend requests from people you know. • • Do not access sites that contain personal or sensitive information from public computers. •

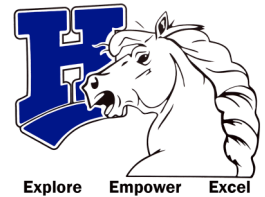
Research tells us that cyberbullying stops within 10 seconds of peer intervention. Students who are defended online by a peer recover far more quickly from the actions of the bully. If students are aware of cyberbullying they must have the courage to take the appropriate action to ensure the safety and welfare of others.



GST BOCES Digital Citizenship Initiative
Staying Safe in a Digital World - March 2021



From a page at BEACONHILLS COLLEGE, MELBOURNE, AUSTRALIA • <http://go.gstric.org/407-staying-safe>



HMS is Proud to Present our 2nd Marking Period Distinguished Honor Roll Students!

7th Grade

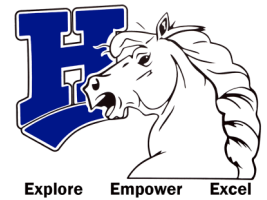
Yossif Ahmad
Owen Amey
Brayden Andrews
Mackenzie Baker
Zachary Balland
Erica Bancroft
Briley Beach
Andrea Benjamin
Zachary Bennett
Ojas Bhushan
Haley Blake
Isabel Blitz
Alexus Borek
Kaitlyn Carpenter
Mia Carro
Sophia Christmas
Annabelle Cleary
Grace Cronin
Lucas Dordoni
Gavin Dyer
Hunter Earl
Madelyn Ellis
Bryce Ensign
Madden Foster
Brianna Giblin
Sadie Gustin
Emma Guzylak

Aubrey Howe
Mattisen Johnston
Genevive Jones
Joseph Juan
Aaron Kaiser
Thomas Klee
Ava Klesh
Lauren Kozemko
Karina Lapierre
Alexa Lese
Isabella Liddle
Dominick Marino
Justin Mauter
Jacqueline Mayotte
Paityn McAllister
Kaelyn McCarthy
Kasidy McCracken
Lucie McKenzie
Mark Mendez
Catherine Miley
Kegan Monahan
Mishal Osman
Gabrielle Owusu
Cheryl Peng
Amelia Pronti
Kayla Rathbun
Daniel Robinson
William Roe

Gabrielle Romig
Kate Rought
Delaney Ruhmel
Olivia Schwab
Caden Skinner
Grace Stratton
Maggie Sullivan
Abby Sumner
Aylen Torrey
Breanna Van Gorden
Thomas White
Grace Wilson
Caitlin Yearick

Certificates will be distributed at school.
Remote students may pick theirs up in the
Main Office.





HMS is Proud to Present our 2nd Marking Period High Honor Roll Students!

7th Grade

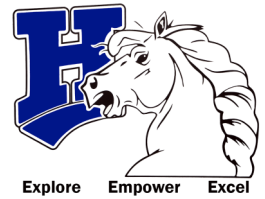
Rayyan Abdeen
Zane Alexander
Levi Audinwood
Elly Bachert
Victoria Burden
Peyton Butts
Joseph Cain
Genevieve Carro
Dmitri Charlanow
Gene Clark III
Eliana Clark
Emelia Clark
Andrew Fedele
Ellie French
Logan Furney
Rhianna Gable
Pranav Ganesh
Liliana Hall
Addison Halm
Garren Harer
Margaret Hartman
Olivia Hornsby

Rebecca Hunter
Alyssa Ketter
Aiden Kiser
Joshua Knapp
Nicholas Kowal
Patrick Laney
Seamus Lynch
Grady Matteson
Kalle May
Heather Mayo
Kailey McCormick
James McKee
Alexandria Mosher
Susan Perry
Amellia Pryor
Quinn Redder
Lily Rivers
Gabriel Rodriguez
Gabriella Romanick
Zachary Schrage
Eliza Sedlak
CarLynn Sindlinger
Tiffany Staight

Ian Stantz
Tristan Stantz
Paige Stevens
Tobias Tremba
Austin Walpole
Allen Wetmore
Derrick Wilcox
Cameron Woodward
Trent Woodward
Atticus Worrey
Keagan Zeller
Kole Zufall

Certificates will be distributed at school.
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Main Office.





HMS is Proud to Present our 2nd Marking Period Honor Roll Students!

7th Grade

Carter Benway
Charlie Bourgeois
Ella Brady
Andrew Brechner
Blake Carman
Madeline Corso
Alexander Cranmer
Mallory Crum
Isabella Custred
Miley Darmstadt
Gabriella DeMuth
Krislynn Dubuque
Makennah Evans
Kaden Farrell
Jacob Finlayson
Aziz Gafsi
McKenzie Jane Hart
Megan Hawley
Rebecka Hutcheson
Tanner Knapp
Isabella LoVecchio
Santiago Lozada
Hunter Matkosky
Gabriel Merrill
George Navarro
Jeffrey Orbin
Allyson Perry

Justin Posten
Anastasia Rodriguez
Mikaelie Stedge
Carter VanPatten
Benjamin Vischansky
Max Williams

Certificates will be distributed at school.
Remote students may pick theirs up in the
Main Office.





HMS is Proud to Present our 2nd Marking Period Distinguished Honor Roll Students!

8th Grade

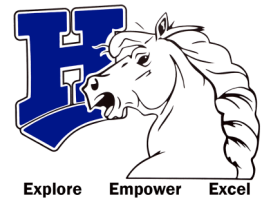
Karis Adams
Adrian Bacon
Ian Balster
Jack Benton
Chauntel Berry
Joseph Biviano
Mikiera Breedlove
Riley Bronson
Connor Carpenter
Benjamin Church
Carlo Cipolla
Michael Colon
Victoria Cortright
Cecilia Cowen
Garrett Cunningham
Kirsten Davis
Corinne DeFilippo
Hannah DeWert
Ellia Diezhandino
Ethan Dziennik
Noah Edson
Amelia Ellison
Gem Fazzary
Sequoia Fazzary
Elijah Friend
Patrick Gallagher
Olivia Gavin

Sienna Gibson
MacKenzie Grover
Mickenzie Gryska
Noelle Harpster
Arthur Heath Jr
Gabrielle Janeski
Nathan Johnson
Anika Kamaraju
Lainey Knapp
Meleah Kohberger
Marloe Laughlin
Elise Levantovich
Natalie Lockette
Mari Mayo
Santiago Moreira
Cayden Mosher
Nikolas Narsiff
Emma O'Harra
Avi Patel
Lily Patelunas
Chloe Perritt
Greydon Pulvino
Mia Ruggiero
Allison Ruhmel
Annalee Ruhmel
Chase Schermerhorn
Joel Scibek
Leah Scott

Gracie Sherman
Caitlyn Slavin
Griffin Stevens
Raegan Stevens
Joshua Stout
Ian Suh
Braelyn Switala
Joanne Tiberia
Lauren Tournour
Thai Tran
Miles Twomey
Brady Utter
Natalie Williams
Megan Wolf
Logan Woodrow
Braden Woodworth

Certificates will be distributed at school.
Remote students may pick theirs up in the
Main Office.





HMS is Proud to Present our 2nd Marking Period High Honor Roll Students!

8th Grade

Maycie Bennett

Jenna Blitz

Hailee Bly

Michael Brink

Julia Busch

Adrianna Calbi

Dominic Cardinale

Alyssa Carlson

Hayden Chatlani

Ryan Colvin

Haley Comfort

Calvin Cragle

Nikolas Darr

Alexandra Drake

Patrick Dunn

Jack Fesetch

Arianna Fuksman

Rebecca Fullmer

Zachary Giammichele

Gavin Gilbert

Olivia Haberstroh

Lauren Hall

Tori Harley

Karleigh Hays

Christian Headley

Samuel Heffner

Darius Jividen

Carter Jones

Mariam Kamal

Zachery Kathan

Goran Krajnik

Luke L'Amoreaux

Avery Leljedal

Alexander Lotocky

Anna Lowe

Sibby Lowe

Jordyn Lunger

Alexa Malay

Dylan Mattoon

Morgan McCooey

Finnegan McNerney

Gavin McNerney

Amanda McLaughlin

Ayden Mekos

Danika Morehouse

Madison Mustico

Adam Nielsen

Narayani Niraula

Laken Niver

Lexie Ostrander

Emma Overdorff

Coleton Owen

Drew Parsons

Trevor Reidy

Mia Richardson

Elena Ruffer

Jordan Sheehan

Chace Sherwood

MayAnna Sindlinger

Lilian Snowburg

Devin Sullivan

Lucas Teets

Connor Trimmer

Madelyn Weigand

Serenity Welch

Britney Wheeler

Maeve Wheeler

Miles Woodhouse

Certificates will be distributed at school.
Remote students may pick theirs up in the
Main Office.





HMS is Proud to Present our 2nd Marking Period Honor Roll Students!

8th Grade

Kirafiki Alsworth

Adam Bailey

Laikyn Brown

Ryan Burns

Joseph Caracci

Lilia Chaffee

Zhi Chen

Virginia Curione

Drake Ernst

Gianna Ferraro

Wilson Foster

Hunter Francisco

Jalen Fulwood

Samuel Furney

Casey Golden

Jordyn Gross

Tristan Harrer

Andrew Hollenbeck

Dominic Hugg

Nicole Kailbourne

Emma Kamas

Reilly Kelly

Kegan Kent

Alivia Lunger

Nathan Machadapally

Rylee McGann

Tabitha Oakes

Emily Overly

Liam Paddock

Jeffrey Pfeiffer

Caleb Remchuk

Michael Rennells

Thomas Spencer

Hunter Stratton

Ethan Tineo

Lillian Walton

James Waters IV

Kendra Wida

Kaylee Williams

Alexis Zimmer

Certificates will be distributed at school.
Remote students may pick theirs up in the
Main Office.





One of the earliest spring wildflowers to emerge in this area is Coltsfoot *Tussilago farfara*. This dandelion-like flower, once used for medicinal purposes, can be found along roadsides and open, disturbed areas. After the blooms fade, the horse-hoof shaped leaves appear, giving rise to the name Coltsfoot.

Information about Emergency School Closings and Delays

Schools are closed when the weather makes it impossible to have reasonable attendance or when the schools or vehicles would not be able to operate safely. The school day is delayed when inclement weather conditions improve by early morning. Inclement weather may include snow, ice and freezing temperatures. If the school day is delayed, buses will run and schools will open two hours later than the usual time.

If it is necessary to close or delay schools, the information will be posted on the district's website at www.horseheadsdistrict.com, the district's Facebook pages, Twitter and the local television and radio stations. Horseheads schools now uses SchoolMessenger to alert you of school closings or emergencies. Opt-In from your mobile phone: Just send "Y" or "YES" to 67587.

Please be aware that the superintendent may call a remote-learning day, rather than a snow day.

The Horseheads Central School District partners with



The Trusted Platform
for School Community Engagement

Parents and Guardians

You can now take advantage of our Text Messaging Service

Horseheads schools will soon use the SchoolMessenger system to deliver **text messages**, straight to your mobile phone with important information about school closings, safety alerts and more.*

You can participate in this free service* just by sending “Y” or “Yes” by text to our school’s short code number, **67587**.

You can also opt out of these messages at any time by simply replying to one of our messages with “Stop”.



SchoolMessenger is compliant with the [Student Privacy Pledge™](#), so you can rest assured that your information is safe and will never be given or sold to anyone.

Opt-In from
your mobile
phone now!



Just send
“Y” or “Yes”
to 67587

Information on SMS text messaging and Short Codes:

SMS stands for Short Message Service and is commonly referred to as a “text message”. Most cell phones support this type of text messaging. Our notification provider, SchoolMessenger, uses a true SMS protocol developed by the telecommunications industry specifically for mass text messaging, referred to as “short code” texting. This method is fast, secure and highly reliable because it is strictly regulated by the wireless carriers and only allows access to approved providers. If you’ve ever sent a text vote for a TV show to a number like 46999, you have used short code texting.

*Terms and Conditions – Message frequency varies. Standard message and data rates may apply. Reply HELP for help. Text STOP to cancel. Mobile carriers are not liable for delayed or undelivered messages. See schoolmessenger.com/tx for more info.



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Please note that our system allows us to text to cell phone numbers that are in our student database for parents/guardians and staff only. If your cell number is not in our student database, texting will not work for your phone. If you are receiving our autocalles, your number is in our database. You can also check by looking at your student’s information on the Parent Portal (SchoolTool-horseheadsdistrict.com or https://schooltool.horseheadsdistrict.com/sthhWeb/default.aspx).

Join the Horseheads Central School District as a School Bus Driver

UPDATE: Rate is now \$16.40/hour; on July 1, rate increases to \$19.40/hour (\$15/hr for drivers in training)



- **Paid training**
- **Benefits package including health insurance**
- **No weekends, holidays, summers**

To apply, call (607) 739-6338 or pick up an application at our Transportation Department, 601 Sayre Street Extension, weekdays from 7:30am to 4:30pm. Our application may also be found at www.horseheadsdistrict.com/employment. (Both district application and supplemental transportation application are required.)

Applicants must be at least 21 years old.
Fingerprint/background check and drug testing are required.

Questions?

Call (607) 739-6338 or email hcsdinfo@horseheadsdistrict.com.





Many thanks to our Foreign Language Department teachers!

Mme Ringer, Sra Nicolae, Sra Grund, Sra Arnold, Srta Licht

Gracias!

Merci!



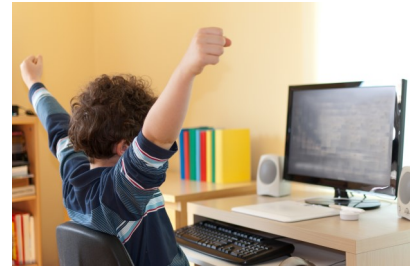
Picture Me...Remotely!

Ms. Kamas, Library Clerk

I like to take pictures throughout the year of what is going on at the Middle School, so we can have an awesome end of the year slideshow in June. Believe it or not, remote learning is very challenging for teachers and staff!

I have pics of what school looks like from staff's and teachers' points of view, but I really don't know what remote learning looks like from the STUDENTS' point of view. I am looking for pictures of what remote learning looks like for YOU, if you are willing to submit pictures to me. What does your workspace look like? Do your pets join you while you're 'in school?' What do you get to have for lunch? What do you like to do for physical activity/gym class? What are you doing to have FUN? I really miss seeing your smiling faces!!!

I would love to see your pictures! You can email them to me at kkamas@horseheadsdistrict.com, and then you may see them in the end of the year slideshow.



Community Dog Food Pantry

Rainbow of Hope Animal Rescue is offering a no judgement, Community Dog Food Pantry with a variety of dog food, from grocery store brands to select name brand foods.

This food is available to those in need at NO cost. Available for pickup only, no delivery.

Please call Lynnette at (607) 331-8113 for more information.



Handwashing at Home, at Play, and Out and About



Germes are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.

How can washing your hands keep you healthy?

Germes can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

Handwashing helps prevent infections for these reasons:



People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.



Germes from unwashed hands may get into foods and drinks when people prepare or consume them. Germes can grow in some types of foods or drinks and make people sick.



Germes from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.



What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.



Centers for Disease
Control and Prevention
National Center for Emerging and
Zoonotic Infectious Diseases



District Dignity Act Coordinator

The Dignity Act Coordinator (DAC) for the Horseheads Central School District is Caitlin DeFilippo, director of Human Resources. If there is a complaint regarding discrimination, harassment or bullying of any student, the complaint should be filed with Caitlin DeFilippo, at One Raider Lane, Horseheads, NY 14845; 607-739-5601 x 4211 or at cdefilippo@horseheadsdistrict.com.

Middle School Dignity Act Coordinator

The Dignity Act Coordinator (DAC) for the Horseheads Middle School is Ron Holloway, building principal. If there is a complaint regarding discrimination, harassment or bullying of any student, the complaint should be filed with Mr. Holloway at 950 Sing Sing Rd., Horseheads, NY 14845; 739-6357 x 3640 or at rholloway@horseheadsdistrict.com.

Notice

The Horseheads Central School District offers educational programs without regard to race, color, national origin, creed, religion, marital status, military status, sex, sexual orientation, age, gender identity, predisposing genetic characteristic, or disability, and provides equal access to applicable groups under the Boy Scouts of America Equal Access Act. Inquiries regarding this policy may be made to Caitlin DeFilippo, Title IX/DASA Coordinator, and Co-Civil Rights Compliance Officer; Anthony Gill, Co-Civil Rights Compliance Officer; or Kelly Squires, Section 504 Coordinator, Horseheads Central School District, One Raider Lane, Horseheads, NY 14845, (607) 739-5601.

This policy of non-discrimination includes access by students to educational programs, counseling services, course offerings, and activities, as well as recruitment and appointment of employees and employment pay, benefits, advancement and/or termination.

Horseheads Middle School:



Home of the Raider Way