



THINK Edition

### **Contact Us!**

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

### What's Happening at HMS

5/19/21

aimswebPlus Testing
See Page Two

5/5/21

Board Candidates' Forum
6:00pm, Livestreamed; See Pg. 5

5/6/21

Public Hearing on 2021-22 Budget 6:00pm, Livestreamed; See Pg. 5

5/18/21

Budget Vote / BOE Election
H\$ \$ Gym, 7:00am - 9:00pm

5/26/21

Progress Reports Issued
Hybrid distributed at school
100% Remote Students will be mailed

5/31/21 - 6/1/21

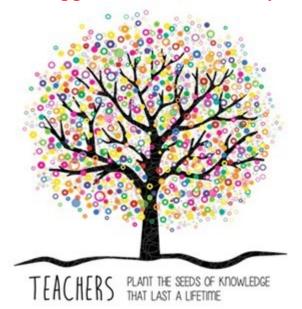
Memorial Day
No School

6/7/21

State Assessment - Science 8th grade only See Page Two



Teacher Appreciation Week May 3-7





Science State Testing - 8th Graders - June 7th

### 8th Graders Only

New York State will not allow students to take the Science Assessment at home. However, remote students wanting to take the Science Assessment may do so at school. The Science Assessment is optional for our 100% remote learners.

# aimswebPlus Testing May 19th - All Students

Students will complete testing from home. We will send more information home with hybrid students on May 17th and will email to remote students.

### **Showing Respect for our Flag**

Hanging the Flag this Memorial Day? Some tips for you...

### **U.S. flag etiquette**

Proper display and care of the American flag honors the nation and the men and women who sacrificed to preserve it.

#### How to display the flag outdoors

- The flag should be displayed with the field of stars at the top of the flag staff or pole.
- Never display another flag (state, organization or corporate) above or to the right of the American flag.
- When displayed with the flags of other nations, never display the U.S. flag at a lower height than the other flags.
- When displaying the flag above a street, the field of stars should be at the top of the flag and face north or east.

### How to display the flag indoors

- ■The flag should be displayed in a place of honor, to the right side of the stage. Other flags should be on the left side of the stage.
- ■When displayed flat against a wall, the field of stars should be in the upper left corner of the flag, whether the flag is displayed vertically or horizontally.
- The American flag should be displayed in the center and at the highest point when grouped with state or organization flags.



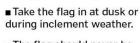


### Do not do this to a flag

■ The flag should never be used as an advertisement or as clothing, bedding or draperies.

Never hang the flag upside down, except as a distress signal.

■ Don't display tattered, faded or worn flags. They should be destroyed with dignity.



Caring for the flag

■ The flag should never be thrown into the trash, but burned in a proper ceremony. Contact the American Legion or Boy Scouts.

■ Clean and mend the flag, as needed.

cleveland.com/ pdgraphics for a graphic on how to properly fold the American flag.

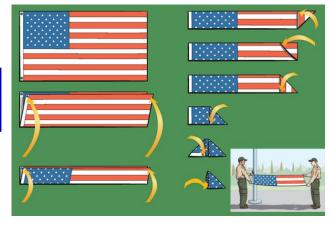




SOURCE: www.usflag.org

KEN MARSHALL | THE PLAIN DEALER

How to properly fold the flag, courtesy of the Boy Scouts of America.





### A Reminder Regarding Stay Well Reminders

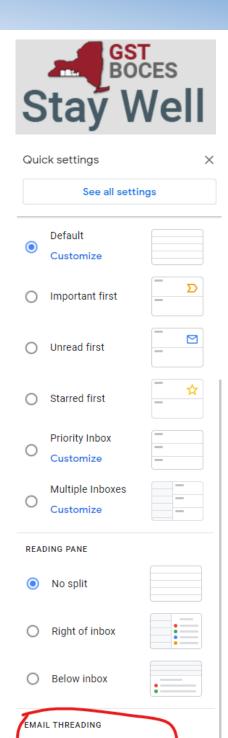
### Parents/Guardians,

If you are not receiving the email reminder to your inbox each school day, please check your clutter/spam/junk folders, or search for no-reply@gstboces.org as the sender.

If you are viewing your email on your smartphone or other mobile device and you have more than one child in school, the messages may be being combined into one in what is called "conversation view." To change that setting, click the settings wheel at the top right next to your name and scroll to the very bottom. If the "Conversation view" box is checked, uncheck that box, and you should receive separate emails in the future.

If you still do not see them, please contact your school office or email <a href="https://horseheadsdistrict.com">horseheadsdistrict.com</a>.





Conversation view ?



### **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, May 5

Board Candidates' Forum, 6pm, High School Auditorium

Thursday, May 6

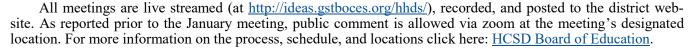
Public Hearing on 2021-22 Budget, 6pm, High School

Auditorium

Tuesday, May 18

Budget Vote/Board of Education Election, High School South Gym,

7 a.m. - 9 p.m.



Questions about the budget or voting? Email the district at <a href="https://hcsdinfo@horseheadsdistrict.com">hcsdinfo@horseheadsdistrict.com</a> 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.





### Science Olympiad Team STATE RESULTS

The Blue Raiders finished 26th in a field of 52 teams at the recent state-wide Science Olympiad competition! Individually, the team of Nathan Johnson & Santiago Moreira finished in 6th place in the category of Crime Busters. Congratulations!

The Raiders reached the state competition after sweeping 15 gold medals in all 15 events, and 14 out of 15 silver medals at the Science Olympiad Regional competition. Congratulations to coaches Mr. Steele and Mr. Johnson.

Members of the team are:





Way to Go Raiders!

Santiago Moreira Dylan Nguyen Grace Stratton Ian Suh Clara Thompson Thai Tran Connor Trimber

Nathan Zhou



### Important Contact Information

Safe Schools Hotline - 607-795-2044

Middle School Phone Number - 607-739-6357

Middle School Website - http://www.horseheadsdistrict.com/HHMS.cfm

Horseheads District Phone Number - 607-739-5601

Horseheads District Website - http://www.horseheadsdistrict.com/index.cfm

Athletic Office Phone Number - 607-739-5601 x4254

Athletic Office Website - http://www.horseheadsdistrict.com/athletics.cfm





### **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

Note: A failing grade in any course will result in elimination from any Honor Roll consideration.

Progress Reports will be available to view online beginning May 26 through your Parent Portal account. Copies will be sent home with students. Report Cards for 100% remote students will be mailed.

### **NJHS Students to Offer Peer Tutoring**

The National Junior Honor Society (NJHS) will be offering online tutoring sessions every Wednesday from 11:30-12:30. Interested students simply need to fill out the form posted in the Student Council itslearning page before the Wednesday they plan to attend. They will receive a Zoom link for that week's tutoring session in their email.

Students may attend one session or many sessions - whatever best suits their schedules and their needs. Tutoring sessions will continue through the end of the school year, so students are welcome to sign up and drop in whenever they need help.

Thanks to Ms. Kelly and Ms. Leland, NJHS Advisors

### **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







### Youth Bureau Plans for the Summer

Voice your Opinion and Choose Activities you'll Love!

The Chemung County Youth Bureau is in the process of planning for this coming summer. One of the programs they operate is a county-wide SPOT Summer Program, a FREE drop-in recreational events/program for teens (12-15 years of age) in the community. The Youth Bureau is looking for *student feedback* on activities to offer through a brief, three question survey linked below. Please call the Youth Bureau with any questions: (607) 739-3517.



Click here to take the survey: https://www.surveymonkey.com/r/FYQGLPL

### NJHS

Approved candidates were mailed an invitation and application on May 5th. Please fill it out electronically, or return the paper form to Ms. Leland or Ms. Kelly by May 18.

If you think you have met the criteria for the NJHS, please contact Ms. Leland or Ms. Kelly.



Be sure to stop by the
Library and check out the
"Best Self Bookshelf",
A newly created special space
for students to read, reflect
and express themselves.
The pressures of this pandemic year can wear on us
all, so take a little time to
decompress and reflect.





### Horseheads Central School District Student Photo Release

Throughout the year, the school district may photograph, videotape, and/or interview students for its publications or broadcasts, which include both school and district newsletters and videos. Additionally, local newspapers, TV stations, and other community partners sometimes attend school events and photograph, videotape, or interview students about events and issues.

Please note that the district and media may use the photos and videos taken at school events on their websites and on social media (Facebook, Twitter, Instagram, etc.).

The district will still publish student pictures and images in school yearbooks.

Please complete the following and return the form to the Main Office if you DO NOT wish your child to be photographed or videotaped for school publications or by the media.

Child's Name	 	Date
Parent/Guardian signature _	 	
	 	1 1 1

Please return completed form to the Main Office; email to hcsdinfo@horseheadsdistrict.com; or mail to Horseheads Middle School, 950 Sing Sing Rd., Horseheads, NY 14845.



### When Transporting District Devices...

- Make sure your device is fully charged when bringing it to school
- Do not remove any protective cases that the district device is currently in
- Do not use any foods and/or liquids near the district device
- Do not spray the device with cleaning sprays or water
- Use a lightly dampened microfiber cloth to wipe down the machine
- Do not leave a laptop on bedding, furniture, or carpeting; this can lead to overheating
- Transport device in a backpack or other school bag that can help protect the device



## Raider Sports News



### **Modified Sports**

Current season:

Lacrosse

**Tennis** 

Golf

**Outdoor Track** 

Softball

Baseball

FamilyID

GOOD LUCK RAIDERS!

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 Citizenship

- Play by the rules
- Obey laws
- Do your share
- Respect authority
- Stay informed
- Help your school by volunteering service



Lost your lunch box?
Misplaced your math book? Come to the
Main Office and check the blue bins underneath the table.

# Mational Murse's Day

# May 6

We our so thankful and appreciative of our Middle School Nurse!

Ms. Coll

Ms. Cobb has been at the forefront of the COVID-19 pandemic in our school, working hard to keep our students and staff healthy. She has kept up with the myriad of changes in policy from the state, county and district.

We are lucky to have such a dedicated, caring person as our School Nurse.

THANK YOU MS. COBB!



# National Teacher's Week



May 3-7
We love our teachers!





### In the Stacks

### with Ms. Heidrich, MS Librarian





### STORIES SO GREAT, YOU'LL WANT SECONDS!

Join us this summer with OverDrive's annual reading program. Sora Sweet Reads is designed for schools in the United States and Canada (for our global program, click here) to encourage students to keep reading all year long. We're offering a collection of free and simultaneous use juvenile and young adult ebooks (and select audiobooks). These titles will be available to participating schools and prominently displayed in Sora so it's easy for students to find their next sweet read.

And if your students read them all, they can always check out more books from their public library without ever leaving Sora.



### Get Sora and start reading today!

Download the app for free from your app store, or go to https://soraapp.com.





Brought to you by your school, and built with " by OverDrive.

### In the Stacks

### with Ms. Heidrich, MS Librarian



### Research Club News

Our Library Research Club would like to share information they have researched about saving Koalas. We are also grateful to the PTO for sponsoring a koala adoption through the World Wildlife Foundation, who protect species and animal habitats around the world. If you are interested in learning more, you can do so through the following website, where you can also donate to protect wildlife.



### Species | Protecting Wildlife | World Wildlife Fund

The Research Club will be sharing more about endangered koalas in the next Library News.



### Your Best Self Bookshelf!

Our Library has a new section called "Being Your Best Self Bookshelf" The bookshelf contains current books focused on a wide range of social emotional themes to help students navigate through the world

we live in – to be their best selves. Our students are dealing with many things, especially during the pandemic, and the bookshelf is part of our work to address this need. Through a mini-grant from



the Community Foundation of Elmira-Corning and the Finger Lakes, we can now expand our collection. Thank you to the Community Foundation for funding the expansion of this project. Thanks to our **School Store** for a donation they made toward the Bookshelf Project.

### ebooks

The Library always has ebooks and book promotions available in the Sora app. A link for downloading and using Sora is below.

https://gstbocessscta-my.sharepoint.com/:b:/g/personal/eheidric\_gstboces\_org/Edx-ziLjETZMvKWGG9PT\_YMBFLQnV0QtpyHY6zq\_isT2tg?e=cQj6Cu



### **Sweet Reads**

Sweet Reads is a collection of fun and educational titles that will be available on Sora beginning May 5th through August 20th. These ebooks will be unlimited access between those dates so students can read the same book at the same time.

https://resources.overdrive.com/sora-sweet-reads/



### Horseheads School Health Exam Form - health-exam-form.pdf

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

			IF AN A	AREA IS NO	I ASSESSED IN	DICATE NOT	DONE	
	_							, 7, 9 & 11; annually for
interscholast	iic spoi	rts; and v				red by the Con I education (CF		cial Education (CSE) or
					ENT INFORM			
Name	Sex: □M □F DOB:						F DOB:	
School: Grade: Exam Date:						Exam Date:		
				Н	EALTH HISTO	RY		
Allergies □ No		Туре:						
☐ Yes, indicate ty	pe	□Med	☐ Medication/Treatment Order Attached ☐ Anaphylaxis Care Plan Attached					
Asthma □ No	□ No □ Intermittent □ Persistent □ Other:							
☐ Yes, indicate ty	pe	De ☐ Medication/Treatment Order Attached ☐ Asthma Care Plan Attached						
Seizures □ No		Type: Date of last seizure:						
☐ Yes, indicate ty	pe	☐ Medication/Treatment Order Attached ☐ Seizure Care Plan Attached						
Diabetes ☐ No	etes 🗆 No Type: 🗆 1 🗆 2							
☐ Yes, indicate ty	pe	□Med	ication/Tre	eatment Ord	der Attached	☐ Diabet	tes Medical M	gmt. 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.  BMIkg/m2								
Percentile (Weight Status Category): □ <5 <sup>th</sup> □ 5 <sup>th</sup> -49 <sup>th</sup> □ 50 <sup>th</sup> -84 <sup>th</sup> □ 85 <sup>th</sup> -94 <sup>th</sup> □ 95 <sup>th</sup> -98 <sup>th</sup> □ 99 <sup>th</sup> and>								
Hyperlipidemia: ☐ No ☐ Yes ☐ Not Done Hypertension: ☐ No ☐ Yes ☐ Not Done								
PHYSICAL EXAMINATION/ASSESSMENT								
Height:		Weight	:	BP:		Pulse:		Respirations:
Laboratory Testin	ng	Positive	Negative	Date	List Other Pertinent Medical Concerns (e.g. concussion, mental health, one functioning organ)			
TB- PRN								
Sickle Cell Screen-PR								
Lead Level Required Grades Pre- K & K Date								
□ Test Done □ Lead Elevated ≥5 μg/dL □ System Review and Abnormal Findings Listed Below								
☐ HEENT		mph node			☐ Extremities		☐ Speech	
☐ Dental		rdiovascu		☐ Back/Spine		Skin	1	Social Emotional
□ Neck				☐ Genitourinary			Neurological	
□ Neck    □ Lungs    □ Genitourinary     □ Assessment/Abnormalities Noted/Recommendations:			illary					
						ICD-10 Code*		
☐ Additional Information Attached			*Required only for students with an IEP receiving Medicaid					



### Horseheads School Health Exam Form - Page two

Name:					DOB:		
SCREENINGS							
Vision (w/correction if prescribed)			Right	Left		Referral	Not Done
Distance Acuity		20/		20/		☐ Yes ☐ No	
Near Vision Acuity		20/		20/			
Color Perception Screening	g 🗆 Pass 🗆 Fai	il					
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 □ Pass □ F	ail			Referr	al 🗆 Yes 🗆 No	
Notes							
Scoliosis Screen Boys in	grade 9, and Girls in		Negative	Positi	ive	Referral	Not Done
grades 5 & 7						☐ Yes ☐ No	
RECOMMENDA	TIONS FOR PARTICI	PATI	ION IN PHYSIC	CAL EDUCA	TION/S	PORTS/PLAYGRO	UND/WORK
□ Student is restricted from participation in: □ Contact Sports: Basketball, Competitive Cheerleading, Diving, Downhill Skiing, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, and Wrestling. □ Limited Contact Sports: Baseball, Fencing, Softball, and Volleyball. □ Non-Contact Sports: Archery, Badminton, Bowling, Cross-Country, Golf, Riflery, Swimming, Tennis, and Track & Field. □ Other Restrictions:  Developmental Stage for Athletic Placement Process ONLY 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: □ I □ II □ III □ IV □ V Age of First Menses (if applicable): □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □							
MEDICATIONS							
□ Order Form for Medication(s) Needed at School Attached							
IMMUNIZATIONS							
☐ Record Attached ☐ Reported in NYSIIS							
		Н	EALTH CARE	PROVIDER			
Medical Provider Signature:							
Provider Name: (please print)							
Provider Address:							
Phone: Fax:							
	Please Return This	s For	m To Your Ch	ild's Schoo	ol When	Completed.	

# 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:

- 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

January 2021

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

 $\boldsymbol{A}$ 

 COVID-19 diagnostic test with negative result, and
 Improvement of

2. Improvement of symptoms with child being fever-free without medication for at least 24 hours

OR

В

 Alternate diagnosis from the child's health care provider C

 At least ten days have passed since the date of first symptoms,

and

Improvement of symptoms,

OR

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:

 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:

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

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

Arnot Ogden Medical Center - Hospital and Drive-through Appointment and Physician order required 600 Roe Avenue Elmira, NY 14905 (800) 952-2662 Elmira VA Clinic Appointment and Physician order required 1316 College Avenue Elmira, NY 14901 (607) 664-4640

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

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

### Visitors to Schools

Click this link for our <u>District Protocol on Visitors to Schools</u>.

Questions? Contact your school office or email <a href="https://horseheadsdistrict.com">hcsdinfo@horseheadsdistrict.com</a>.

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:
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:
<ul> <li>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 me met and paperwork provided to the health office)</li> <li>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</li> <li>Documentation of a negative COVID-19 test is provided to the health office; AND</li> </ul>
<ul> <li>There is no fever, without the use of fever reducing medicines, for at least 72 hours (without using fever reducing medicine);</li> </ul>
OR
<ul> <li>STUDENT HAS BEEN DIAGNOSED WITH COVID-19 BASED ON A POSITIVE TEST. THEY SHOULD NOT BE AT SCHOOL AND SHOULD STAY HOME UNTIL:</li> <li>Student has been cleared by the Chemung County Department of Health a provides documentation of this; AND</li> <li>It has been at least THREE days since the student has had a fever or symptoms (without using fever reducing medicine);</li> </ul>

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.







# HMS is Proud to Present our 3rd Marking Period Distinguished Honor Roll Students!

7th Grade	Brianna Giblin	Kegan Monahan
Yossif Ahmad	Sadie Gustin	Mishal Osman

Zane Alexander Emma Guzylak Gabrielle Owusu

Owen Amey Liliana Hall Cheryl Peng

Brayden Andrews Margaret Hartman Amelia Pronti

Mackenzie Baker Aubrey Howe Kayla Rathbun

Zachary Balland Mattisen Johnston Quinn Redder

Erica Bancroft Genevive Jones Lily Rivers

Briley Beach Joseph Juan Daniel Robinson

Andrea Benjamin Aaron Kaiser William Roe

Zachary Bennett Alyssa Ketter Gabrielle Romig

Ojas Bhushan Thomas Klee Kate Rought

Haley Blake Ava Klesh Delaney Ruhmel

Isabel Blitz Lauren Kozemko Zachary Schrage

Alexus Borek Alexa Lese Olivia Schwab

Kaitlyn Carpenter Dominick Marino Paige Stevens

Mia Carro Grady Matteson Grace Stratton

Sophia Christmas Justin Mauter Maggie Sullivan

Annabelle Cleary Jacqueline Mayotte Abby Sumner

Grace Cronin Paityn McAllister Aylen Torrey

Lucas Dordoni Kaelyn McCarthy Breanna Van Gorden

Gavin Dyer Kailey McCormick Thomas White

Madelyn Ellis Kasidy McCracken Grace Wilson

Bryce Ensign Lucie McKenzie Trent Woodward

Madden Foster Mark Mendez Atticus Worrey

Pranav Ganesh Catherine Miley Caitlin Yearick







# HMS is Proud to Present our 3rd Marking Period High Honor Roll Students!

7th Grade Olivia Hornsby Abigail Wood

Levi Audinwood Rebecka Hutcheson Cameron Woodward

Charlie Bourgeois Aiden Kiser Keagan Zeller

Sally Brown Joshua Knapp Kole Zufall

Victoria Burden Tanner Knapp

Madyson Burns Nicholas Kowal

Peyton Butts Patrick Laney

Joseph Cain Karina Lapierre

Genevieve Carro Santiago Lozada

Jairus Caleb Cepillo Hunter Matkosky

Dmitri Charlanow Kalle May

Eliana Clark Heather Mayo

Emelia Clark James McKee

Quintin Crandall Eliza Sedlak

Alexander Cranmer Caden Skinner

Hunter Earl Tiffany Staight

Andrew Fedele Ian Stantz

Jacob Finlayson Tristan Stantz

Ellie French Tobias Tremba

Rhianna Gable Austin Walpole

Aziz Gafsi Allen Wetmore

McKenzie Jane Hart Derrick Wilcox









# HMS is Proud to Present our 3rd Marking Period Honor Roll Students!

7th Grade Joshua Lewis

Elly Bachert Isabella Liddle

Carson Bell Chase Luangsuwan

Carter Benway Anthony Lynch

Andrew Brechner Essanna Marks

Gene Clark III George Navarro

Miley Darmstadt Jeffrey Orbin

Gabriella DeMuth Allyson Perry

Tristan Erhard Susan Perry

Makennah Evans Anna Powell

Morgan Evans Gabriel Rodriguez

Logan Furney Gabriella Romanick

Addison Halm Teagan Sullivan

Garren Harer Max Williams

Megan Hawley Emelia Wright





Maycie Bennett





**Ioshua Stout** 

### HMS is Proud to Present our 3rd Marking Period Distinguished Honor Roll Students!

8th Grade Olivia Gavin Gracie Sherman Karis Adams MacKenzie Grover Caitlyn Slavin Mickenzie Gryska Ian Balster Griffin Stevens

Ian Suh Jack Benton Noelle Harpster

Tori Harley

Chauntel Berry Christian Headley Ioanne Tiberia

Mikiera Breedlove Gabrielle Janeski Lauren Tournour

Nathan Johnson Riley Bronson Thai Tran

Alyssa Carlson Mariam Kamal Miles Twomey

Connor Carpenter Anika Kamaraju Brady Utter

Nina Chen Zachery Kathan Madelyn Weigand

Benjamin Church Lainey Knapp Serenity Welch

Meleah Kohberger Natalie Williams Carlo Cipolla

Michael Colon Marloe Laughlin Megan Wolf

Avi Patel

Elise Levantovich Braden Woodworth Garrett Cunningham

Kirsten Davis Natalie Luckette

Hannah DeWert Mari Mayo

Ellia Diezhandino Santiago Moreira Ethan Dziennik Nikolas Narsiff Noah Edson **Drew Parsons** 

Amelia Ellison

Chloe Perritt Gem Fazzary

Mia Ruggiero Seguoia Fazzary

Allison Ruhmel Jack Fesetch

Chase Schermerhorn Elijah Friend

Leah Scott Patrick Gallagher









# HMS is Proud to Present our 3rd Marking Period High Honor Roll Students!

8th Grade Sibby Lowe Lilian Snowburg

Adrian Bacon Isabelle Lucas Raegan Stevens

Cameron Bennett Alexa Malay Devin Sullivan

Joseph Biviano Dylan Mattoon Braelyn Switala

Julia Busch Morgan McCooey Lucas Teets

Adrianna Calbi Emmett McGann Sofia Toribio

Dominic Cardinale Finnegan McInerney Connor Trimber

Haley Comfort Amanda McLaughlin Maeve Wheeler

Victoria Cortright Danika Morehouse Kendra Wida

Cecilia Cowen Cayden Mosher Logan Woodrow

Calvin Cragle Adam Nielsen Alexis Zimmer

Corinne DeFilippo Narayani Niraula

Patrick Dunn Laken Niver

Zachary Giammichele Emma O'Harra

Gavin Gilbert Coleton Owen

Olivia Haberstroh Lily Patelunas

Karleigh Hays Greydon Pulvino

Arthur Heath Jr Trevor Reidy

Darius Jividen Mia Richardson

Liam Kane Elena Ruffer

Goran Krajnik Annalee Ruhmel

Avery Leljedal Joel Scibek

Alexander Lotocky Chace Sherwood









# HMS is Proud to Present our 3rd Marking Period Honor Roll Students!

8th Grade Luke L'Amoreaux

Kirafiki Alsworth Anna Lowe

Sofia Andrus Alivia Lunger

Jenna Blitz Jordyn Lunger

Hailee Bly Nathan Machadapally

Michael Brink Zoey McClelland

Ryan Burns Ayden Mekos

Lilia Chaffee Madison Mustico

Ryan Colvin Tabitha Oakes

Alexandra Drake Lexie Ostrander

Drake Ernst Michael Rennells

Arianna Fuksman Makenna Rounds

Jalen Fulwood John Savash-Acuna

Casey Golden Jordan Sheehan

Jordyn Gross Thomas Spencer

Micah Hays Hunter Stratton

Samuel Heffner James Waters IV

Carter Jones Lincoln Watson

Emma Kamas Kaylee Williams

Kegan Kent Miles Woodhouse



### **Pesticide Application**

New York State Education Law Section 409-H, effective July 1, 2001, requires all public and nonpublic elementary and secondary schools to provide written notification to all persons in parental relation, faculty and staff, regarding the potential use of pesticides periodically throughout the school year.

The Horseheads School District is required to maintain a registry of persons in parental relation, faculty and staff who wish to receive 48-hour prior written notification of certain pesticide applications. The following pesticide applications are <u>not</u> subject to prior notification requirements:

- A school remains unoccupied for a continuous 72 hours following an application
- Anti-microbial products
- Nonvolatile rodenticides in tamper resistant bait stations in areas inaccessible to children
- Nonvolatile insecticidal baits in tamper resistant bait stations in areas inaccessible to children
- Boric acid and di-sodium octaborate tetrahydrate
- The application of EPA designated biopesticides
- The application of EPA designated exempt materials under Title 40, Code of Federal Regulations (CFR) Part 152.25

The use of aerosol products with a directed spray in containers of 18 fluid ounces or less when used to protect individuals from an imminent threat from stinging and biting insects, including venomous spiders, bees, wasps and hornets. In the event of an emergency application necessary to protect against an imminent threat to human health, a good-faith effort will be made to supply written notification to those on the 48-hour prior notification registry.

If you would like to receive 48-hour prior notification of pesticide applications that are scheduled to occur in your school, please complete the attached form and return it to Tony Stager, the Horseheads School District pesticide representative at: Horseheads School District, Facilities Services, 507 Fletcher Street, Horseheads, NY 14845. You may also fax this form to (607)795-2595.

Please note: Four times per year via newsletter or equivalent, a written announcement concerning impending pesticide applications, pesticide use, "emergency" applications and any other associated pesticide use will be provided. This will occur at the beginning of the school year, at the end of the winter recess, the end of the spring recess and the end of the school year. Please feel free to contact Tony Stager at the District Safety Office at 739-5601 ext. 4270 if you have any questions or require further information concerning these requirements.

#### Forty-eight Hour Pesticide Application Prior Notification Form

#### Is email an appropriate method for notifying you of an impending pesticide application? Yes/No

If not, you will receive a brief notification letter 48 hours prior to an impending pesticide application. Every effort will be made to ensure the notification reaches you 48 hours (or more) in advance of the pesticide application. This time may vary slightly due to postal conditions beyond the control of the district.

### **Horseheads School District Request for Pesticide Application Notification**

chool Building (or field)
our Name & Address
thone or Cell Phone
mail Address

Return to the Main Office, or mail to Horseheads Middle School, 950 Sing Sing Road, Horseheads, NY 14845.



### **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 <u>Student Privacy Pledge™</u>, 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 <a href="mailto:schoolmessenger.com/bx">schoolmessenger.com/bx</a> for more info.

West

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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 autocalls, 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.



# **Digital Citizen News**

May 2021

Volume 4: Issue 9 - May 2021

This month we focus on Digital Security

OUR BITCOIN



Digital Security is a big topic for Digital Citizens to understand and put into practice. We have devoted many articles in previous issues to security techniques and best practices. Take a few minutes to review those issues.

These are some of our favorite security practices.

### Smart Password Management



Probably one of the most important things. Learn how to create secure passwords, when and where to use them, and when to change them.

### Good Email Handling



Email can take a lot of time. Weed out suspicious emails and spam. Deal with email as efficiently as you can and if possible only handle it once.

#### Share with Care



Learn what to share and what to keep to yourself on social media, and in other digital communications. Not everyone needs to know everything in all detail.

#### Keep Personal Information Private



When deciding what to share, keep some things private. Don't allow others access to information that could be used against you, or to steal from you.

### Savvy Browsing and Downloading



Learn how to quickly judge whether a site is sketchy or whether it has reliable information. Avoid sites that don't seem right and don't load bogus files.

#### Relax and Be Secure



Trust yourself and your opinions and take your time. Don't let someone worry you into to making a rash or bad decision as spammers and scammers often do.

### TURN THE PAGE FOR THE WINNERS OF OUR CALENDAR ART CONTEST

### Securing Your Child's Identity - First Steps -



As adults we take steps to secure our identity and safeguard our sensitive information such as social security number, date of birth or other personal information that can be used to steal our identity. What about minor children, under the age of 16, what can be done to protect their identity?

The Federal Trade Commission has a website dedicated to child identity theft which offers the following protection steps:

- Find a safe location for all paper and electronic records that show your child's personal information.
- Don't share your child's Social Security number unless you know and trust the other party. Ask why it's necessary and how it will be protected.
- Shred all documents that show your child's personal information before throwing them away.
- Contact each of the three major credit reporting bureaus to freeze your minor child's credit.

EXPERIAN 1-888-397-3742 http://go.gstric.org/409-experian

TRANSUNION 1-888-909-8872 http://go.gstric.org/409-transunion

EQUIFAX 1-800-685-1111 http://go.gstric.org/409-equifax

Visit the FTC's Child Identity Theft site

at <a href="http://go.gstric.org/409-id-theft">http://go.gstric.org/409-id-theft</a> or IdentityTheft.gov at <a href="http://go.gstric.org/409-theft-gov">http://go.gstric.org/409-id-theft</a> or IdentityTheft.gov



PROTECTING PERSONAL INFORMATION SHOULD BE A HIGH PRIORITY FOR EVERYONE!!

Send comments, suggestions, and questions to <u>dc@gstboces.org</u>
Visit <u>http://dc.gstboces.org</u>
Volume 4: Issue 9 - May 2021 - page 1 of 4



### ANNOUNCING THE WINNERS OF OUR 3RD ANNUAL CALENDAR ART CONTEST

Each student has won the privilege of having their art published in our yearly calendar. The suggested topics for this year were remote and hybrid learning.

JULY 2021

OCTOBER 2021



Stay Motivated
Artist: Sydney Grade: 12
Spencer-Van Etten High



Basically Everything Sucks Artist: Rowie Grade: 10 Spencer-Van Etten High



The Real Truth
Artist: Taylor Grade: 9
Spencer-Van Etten High



Stay Connected While Being Safe Artist: Lillyana Grade: 8 Campbell-Savona Jr/Sr High

AUGUST 2021



Stressful Situations
Artist: Hailey Grade: 12
Spencer-Van Etten High



Working Hard or Hardly Working Artist: Lucy Grade: 9 Spencer-Van Etten High



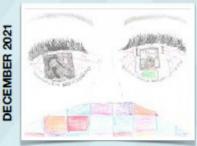
Online Learning Makes Schooling Hard ...
Artist: Allana Grade: 8
Campbell-Savona Jr/Sr High



Stay Connected
Artist: Emma Grade: 7
Campbell-Savona Jr/Sr High

Constitute Constitute

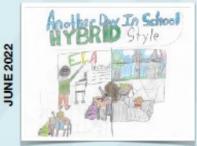
2020 The Lost School Year Artist: Hannah Grade: 10 Spencer-Van Etten High



Under The Mask
Artist: Raegan Grade: 9
Spencer-Van Etten High



Don't Drown in the Comments Artist: Lauren Grade: 8 Campbell-Savona Jr/Sr High



Another Day In School: Hybrid Style
Artist: Jackie Grade: 7
HHDS Middle School



APRIL 2022

This Newsletter prepared for RIC ONE Data Privacy and Security
Volume 4 : Issue 9 - May 2021 - page 2 of 4

### DEAR TECHIE TAMMY

TECHIE TAMMY DID SUCH A GREAT JOB LAST MONTH THAT SHE WILL CONTINUE ON WITH THIS MONTH'S ANSWER!

New message

Dear Techie Tammy,

Can I use my school email account to sign up for subscriptions, contests and buying things? Since it's my account, I should be able to do what I want to with it, right?

Need your advice, Deliberate Darla

SEND

AID

亩

Whoa There Deliberate Darla,

The answer is No. Your school assigned email address feels like it belongs to you but it is the property of the school. It can be monitored at any time for misuse and disabled if necessary.

You should treat your school email account the same way you would use an email assigned to you from a future employer, college or university and use good email etiquette. Use your school email account for school business, for collaborations with fellow students and teachers, and to submit assignments.

School email is also a tool to receive official school communication from the Principal, your Teachers and the Superintendent. It can be used to apply to colleges and universities as it is easily recognized as a school email address. Remember you will lose your school email when you graduate or leave your school district.

There are lots of places that you can set up your own, personal, "home" email account including your ISP or cell phone provider. Make sure to read about any provider's privacy policies before signing up.

Personal email accounts are used to sign up for personal subscriptions, to email your friends for personal matters, and for buying and selling items. It is important to keep your personal and school (professional) email accounts separate as they are used for very different and deliberate purposes.



As always with any account, be careful when opening up email attachments or clicking links if you don't know the sender in both your school and home email accounts. Email is the number one way that malware is delivered.

Stay Safe and Best Wishes, Techie Tammy LAST MONTH WE LOOKED AT HOW TO DETECT FAKE NEWS AND NOW WE EXPLORE ...

# Deep Fakes

WHAT ARE THEY? HOW ARE THEY MADE? CAN WE SEE SOME EXAMPLES? ARE THEY A GOOD THING OR A BAD THING?

A "Deep fake" (also deepfake) generally refers to video in which the face and/or voice of a person, usually a public figure, has been manipulated using artificial intelligence software in a way that makes the altered video look authentic.

Deepfakes are considered a source of concern because they are often used to be intentionally misleading. SOURCE: <u>DICTIONARY.COM</u> http://go.gstric.org/409-deepfake-def

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#### Here's how it works:

To create a "deep fake", two computer systems are set up with Artificial Intelligence software to do "machine learning" (also called "deep learning"). Each system is trained to recognize characteristics of a specific person. The computer "views" hundreds videos of the person to pick up how they move, how they speak, their facial expressions, and typical things that they do. The computer can also "listen" to audio files to pick up speech patterns, vocabulary, and pronunciation cues. The computer learns to judge what things the person is likely to do, or what they are not likely to do.

Once the computers have built up their library of expert observations on a person, a programmer can ask the one system to create a new video using what it has learned. The second computer system "views" the newly generated video and judges how closely the video matches the subject and makes suggestions on what to improve. The two systems go back and forth refining their product until they have a video that acts and sounds like the original person.



SEE HOW COMPUTER ARTISTS HAVE CREATED A DEEP FAKE TO INTERACT WITH PATRONS AT THE DALÍ MUSEUM IN FLORIDA.

A deep fake Salvador Dalí talks to visitors and can even take a selfie with them. View this cool video about how they created this technology.

http://go.gstric.org/409-DALI



This Newsletter prepared for RIC ONE Data Privacy and Security

Volume 4: Issue 8 - April 2021 - page 3 of 4



### ARE YOU A GLOBAL COMMUNICATOR?

Did you know that **Microsoft Translator for Education** allows you to have conversations in real time in multiple languages? It provides live captioned translation in real time in 71 different languages. It is also a great tool students with hearing impairments. There is an app for iOS and Android devices and it can be used in Microsoft team meetings. Check out the many ways to use these tools in your classroom at the **Microsoft Translator for Education** website.

http://go.gstric.org/409-ms-translator

## DIGITAL LITERACY STUDENT INTERVIEW:

# A STUDENT PERSPECTIVE ON DIGITAL CITIZENSHIP

Our special student contributor this month is **Dylan Maynard** who is a senior at **Horseheads High School**. He also attends the **GST BOCES Early Childhood Program** and is the vice-president of **SkillsUSA**, the BOCES student organization.

Outside school, he is a Life Scout working toward the rank of Eagle Scout in his Boy Scout troop, and in his free time (does he have much?) he works at McDonalds and is on the praise team at his church.

Over the past year, we have all experienced a lot of change. Our digital lives and having technology skills to work and communicate online have never been so important. Our personal relationships have changed, and school has definitely changed with online learning. Even my Early Childhood internship with a class at Center Street School looks much different than I had expected.

My experience as a digital student citizen has been challenging. Online, we all seem to need a lot of explanation, and it's easier to engage in person versus on the screen. It's especially difficult for hands-on learners. Before the pandemic, I was a student who would get my homework done, but I might sometimes procrastinate. I wasn't as likely to advocate for myself.

Since the move to more online learning using technology, I am much less likely to procrastinate. I know that time management is really important. I've had to develop my self-confidence because there were times I couldn't rely on someone else for help. I've become more independent.

I've learned that literacy is basically learning language and communicating. Digital literacy is communicating online. Online, it's easy to miss cues while communicating. This affects our social lives, and it can be challenging. Being a good digital citizen means pushing through tough times, meeting deadlines, behaving as you would in-person. My teacher always urges us to be professional. She says to "show your face, and don't hide through the screen." I remember it's important to engage. People want to know you!

I know that soon I'll be a digital citizen in the "real world." I remind myself that I need to get through difficult times, and I remember to self-motivate. I think being a good digital citizen, it's important to help others get through their day, and to be kind to others, too.

Amy Warner, Dylan's Early Childhood instructor says, "Dylan has more perseverance than any other student I've met. He overcomes obstacles, has a positive attitude and never seems to become frustrated or flustered. Dylan is a great example of a true digital citizen who has met challenges and blossomed versus opting out."



This Newsletter prepared for RIC ONE Data Privacy and Security

Volume 4 : Issue 9 - May 2021 - page 4 of 4

### Don't Make these 8 Password Mistakes

Mistake #8: Sharing Passwords Good Password management is extremely important in the online world. Know what NOT to do! Everyone knows not to share your password with anyone.





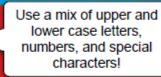
You should know that using public WIFI is not as safe as your work, school, or ISP's network!

Mistake #7: Not being aware of your network

Mistake #6: Not using password manager software



Use an app to help you remember long and complex passwords!



Mistake #5: Using passwords that are not complex



No birthdays, pet names, or other easily guessable information! Mistake # 4: Using personal details in passwords

Mistake #3: Using passwords that are too short



The length of the password makes it tougher to break - Use at least 10 characters!

Multi-factor authentication gives you more protection!



Mistake #2: Not using multi-factor authentication



If you reuse passwords and a hacker gets your password ...

and Mistake # 1: Reusing Passwords the hacker has all of your passwords!



**GST BOCES** Digital Citizenship Initiative Don't Make these 8 Password Mistakes - May 2021

### 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 <u>kkamas@horseheadsdistrict.com</u>, 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.



### Notes from the Nurse

# Handwashing at Home, at Play, and Out and About



Germs 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?

Germs 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.





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



Germs 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?

- Wet your hands with clean running water (warm or cold) and apply soap.
- 2. Lather your hands by rubbing them together with the soap.
- 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.
- Rinse your hands under clean, running water.
- Dry your hands using a clean towel or air dry them.

CS 280522A



#### **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 <a href="mailto:rholloway@horseheadsdistrict.com">rholloway@horseheadsdistrict.com</a>.

#### **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