



LaFayette

GREEN SHEET – School District News

CENTRAL SCHOOLS

December 2015

FEATURES:

DISTRICT

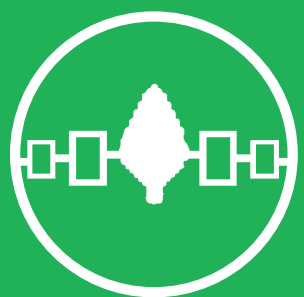
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SUNY ESF Students Have Been on the Go

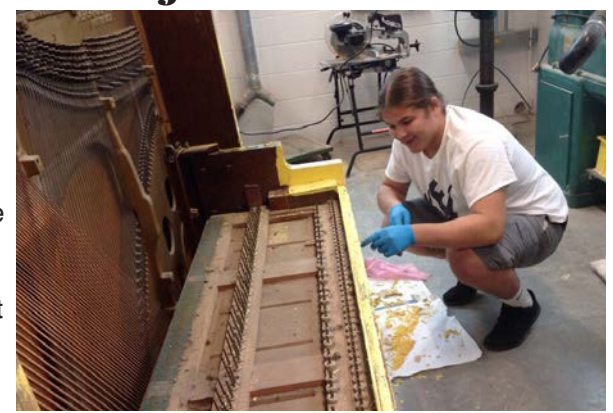


In the first half of October, students visited the ESF campus to tour the facilities, met ESF High School students from other area schools, worked with Dr. Rick Beal creating systems diagrams, and investigating possible career options in paper processing technology and bio-processing.

Later in October, students went on Seneca Lake collecting research data for Hobart and William Smith Colleges aboard the William Scandling, a 65-foot research vessel. Students examined sediment dredged from the lake bottom to assess relative populations of Zebra and Quagga mussels, took secchi disk readings to evaluate the productivity of the lake, and ran plankton tows to obtain specimens for microscopic examination in the on-board laboratory. Great work by all the students involved!

Big Picture Restores a Vintage Piano

Mr. Keech acquired a piano that was no longer being used by the Music Department. It had been painted yellow and is slightly out of tune. It used to belong to longtime LCSD teacher Betty Knapp who donated it to the school district. Some Big Picture students were interested in restoring it.



As we dug deeper into the piano's past, we learned *Ivers and Pond* made it in 1909. The piano originally belonged to Frank Schilling, who was a professor of music in Oswego in the late 1800s through the early 1900s. Schilling was born in Germany in 1842 and was also a bandleader for the Union Army during the American Civil War.

Even after the paint is stripped, it will require significant sanding before the wood can be stained, treated and brought back to its original finish. This project, like so many, is turning out to be more difficult than we imagined. We will work to overcome our obstacles and hopefully, over the next few months, we'll get this piano back to its original state of beauty.

From the Earth Arts & Craft Festival

Saturday, December 12th
10am to 5pm
Onondaga Nation School

Junior/Senior High School Winter Concert

Monday, December 14
7pm
Onondaga Central High School Aud.

District News ♦ District News ♦ District News

FROM THE DESK OF THE SCHOOL BOARD PRESIDENT

The holiday season is here.

Thanksgiving has passed and now we are in the middle of the Christmas rush. Many hours of decorating and preparing the house, hanging the lights, the garland and the wreaths. The family trip to get the Christmas tree and finding the perfect one to finalize the decorations.

Planning the meals and who is coming for company. Organizing which family member is bringing which dish so that all the family favorites are on the table.

And the children, traveling at warp speed because every day adds just a little bit more excitement to the previous day. Trying to see Santa, writing their wish lists and trying to convince all involved that they have behaved all year.

Please remember to enjoy the moment. Our lives travel at such a fast pace with so much to do everyday at times we can forget to enjoy. Take a moment to look around and remember all that you see and all that you know. This is a very special time of the year and all of the memories absorbed today will last a lifetime.

Thank you, Matthew Dodge

STAFF SPOTLIGHT: Jennifer Lockwood

Jennifer enjoys listening to country music, playing the piano, and helping her students solve problems.

Meet LaFayette Junior/Senior High School math teacher Jennifer Lockwood.

Mrs. Lockwood, a LaFayette resident, started working for LaFayette Central School District this year after a comprehensive selection process. The process included teaching a lesson to several of our students, all of whom heartily endorsed Mrs. Lockwood. She teaches 7th and 12th grade math.

"I enjoy helping students," Mrs. Lockwood says. "It's the best thing about what I do."

A former Syracuse City School District educator, Mrs. Lockwood says her goal each day is to challenge students and help them to learn something new.

"I want students to feel successful," she says.

Mrs. Lockwood grew up in Cazenovia and earned her bachelor's and master's degrees from State University of New York (SUNY) Fredonia.

In her spare time, she enjoys hanging out with her family, reading, going on camping trips, and watching her favorite television shows which include Walking Dead, Gotham and Blindspot.

Each month, Staff Spotlight will highlight a LaFayette Central School District employee.



Water Quality Testing

Samples from the District wells were taken on October 20, 2015 and sent to Microbac Laboratories.

The reports indicate that the water supplies were of a satisfactory, sanitary quality for all locations. However, C. Grant Grimshaw school water supplies tested slightly higher than 20mg/l of sodium. Although there is not a set maximum level for sodium, it is recommended by the county that people on severely restricted sodium diets be made aware.

Therefore, for those on a sodium restricted diet, it is recommended that caution be used when consuming the water from the Grimshaw School and the District Office.

Curriculum Family Workshops

Led by Karen Ocque, Director of Instruction and Pupil Services

Introduction to Response to Intervention Part I	Thursday, November 5, 2015 6-7pm, ONS Library
Introduction to Response to Intervention Part II	Thursday, November 12, 2015 6-7pm, JrSr Library
Section 504 Part I	Thursday, December 3, 2015 6-7pm, GS Library
Section 504 Part II	Thursday, December 10, 2015 6-7pm, ONS Library
Introduction to Committee for Preschool Special Education Part II	Thursday, February 4, 2016 6-7pm, JrSr Library
Introduction to Committee for Preschool Special Education Part II	Thursday, March 3, 2016 6-7pm, ONS Library
Introduction to Committee for Special Education Part I	Thursday, March 17, 2016 6-7pm, GS Library
Introduction to Committee for Special Education Part II	Thursday, April 14, 2016 6-7pm, JrSr Library
Introduction to Committee for Special Education Part III	Thursday, May 12, 2016 6-7pm, GS Library
Introduction to Committee for Special Education Part IV	Thursday, May 26, 2016 6-7pm, ONS Library

January Newsletter Deadline

The deadline for the December Newsletter is Friday, **December 11**. The LaFayette News (Green Sheet) is published eleven times per year and is available online at www.lafayetteschools.org. All material is subject to editing. Information should be sent to: ehayes@lafayetteschools.org.

It is requested that all articles be emailed in Word format whenever possible. Pictures should be emailed in JPG format at 300 dpi. Thank you.

♦ Junior/Senior High School News ♦

Need Math Help?

It's available for grades 9-12. The 21st Century Grant enables us to have two mathematics teachers available for tutoring every Thursday afternoon from 3:15-4pm with a bus at 4pm to transport you home!

So....if your grades aren't what you would like them to be, or you just need a little extra help, please join us in Mrs. Lockwood's room, 217, any Thursday. Come once..... Come every Thursday....Come when you need to!



HALO: Escape with Colors

The HALO (Helping and Leading Others) Class is a high school elective course taught by Heather Amidon, Bill O'Leary, and Kristeen Cool, helping to create a more positive culture in the Junior High School. The program has been running for the last five years, and this year's class is made up of Lucas Frigon (12), Elizabeth Pierce (12), Jake LeBlanc (12), Emily Haines (9), Robby Bender (12), Mallory Edwards (12), Jack Ramie (12), and Megan Skinner (12).

The HALO Class, after learning techniques in facilitation, classroom management, and debriefing, recently developed and led a program for 7th grade students called Escape With Colors. Seventh grade students in period 8 Gateway, Home and Careers, Resource, and Art classes each spent three days with the HALO students participating in the programs. Activities and icebreakers, designed by HALO stu-

dents, focused on the importance of appreciating our uniqueness and how to handle stress in healthy ways. Discussions about individual differences, types of stress and coping strategies provided skills and knowledge that will help students now, as well as in the future. A short skit, also developed by the HALO students, showed 7th grade students examples of both uniqueness and stress reducing activities. The three day program culminated with students making their own stress balls, and receiving a bookmark designed by Mallory Edwards and signed by the HALO class, to remind them of the skills and ideas presented in Escape With Colors.

Thank you to Mallory Charpentier, Bernie O'Donnell, Danielle Robinson, and Liz Sopchak for allowing their students to participate in the program. Students who are interested in changing the culture at LaFayette Jr./Sr. High School, making a positive difference, and learning leadership skills are encouraged to sign up for the HALO course next fall.

GUIDANCE/COUNSELING DEPARTMENT NEWS

COLLEGE ACCEPTANCES

Congratulations to the following students who have been accepted to colleges for the upcoming 2016-2017 school year:

Samantha Claffey	Gardner-Webb University (NC) University of New Haven (CT) Belmont University (TN)
Rachel Coulter	Shenandoah University (VA) Roberts Wesleyan College
Katelyn Tiller	Cazenovia College

FINANCIAL AID NIGHT

The School Counseling Department's annual Financial Aid Night will take place on Wednesday, December 9th in the High School Chorus Room at 6:30 PM. Professionals in the financial aid field from SUNY ESF will be with us to present information and answer questions you may have. Parents of juniors and seniors are strongly encouraged to attend. Everyone is welcome.

SCHOLARSHIPS

There is a scholarship box set up in the college/career area of the School Counseling Office. However, most scholarships are assessed online. Any scholarship that comes in can be viewed on Naviance. The link to Naviance is on the guidance webpage. Periodically, as new scholarships come in, an announcement is made to remind students to check Naviance.

SENIORS: MID-YEAR GRADES

All mid-year grades will be sent for seniors who applied to any four-year colleges. Seniors are reminded to do well this first semester for their mid-year grades can ultimately decide whether or not they are admitted to a college.

Additionally, all applications to four-year colleges should be out prior to Thanksgiving break. The applications must be out prior to Christmas break.

SOPHOMORES AND JUNIORS: PSAT SCORE REPORTS

With the change in the PSAT this fall, we anticipate receiving the score reports much later. It will be in early January that Mr. O'Leary will meet with each student to review their scores. Please ask your child to review their score report with you.

All juniors went on to Naviance to begin their resume. The resume will be updated each year. Students, however, can access this site anytime they wish to update their resume. The resume will/can be used for college and job applications.

◆ The BIG PICTURE School News ◆



FROM THE PRINCIPAL'S DESK

Lenny Oppedisano had a great opportunity to attend the Green Chemistry workshop put on by the NYDEC and Beyond Benign and hosted by Ithaca College. The day-long workshop was filled with great information about the Green Chemistry movement. Lenny learned about the philosophy, applications in industry and the curriculum available to schools. Teachers from Boston MA, Toronto, ON and many places in between, worked through actual Green Chemistry labs. With access to the curriculum and easy to obtain materials, he will be running many of these labs with his students.

David Stablein and Ken Keech led a SMART (Specific, Measureable, Action-Based, Realistic, and Timely) goal-setting workshop for the entire school on a recent Friday. The concept was new to some and a much needed review for others. After the workshop, which involved a game of "SMART or not SMART," the kids got to work. Using Google Classroom as a tool, we set half-hourly goals for ourselves, with public follow-ups where students provided evidence of meeting their goals. Ken was able to comment on whether each student had set a SMART goal as well as give advice on progress to meet the goal. It was an awesome day. Ken had the chance to work in breaks and regroupings between the work sessions. We played music to gather our whole school, and even made a little competition to see which advisory could meet their goals most consistently. (Surprisingly, our newest students, the 101s, won!) Overall, 299 goals were set on Google Classroom over the course of the day, with personalized response and check-in with each goal. It was hard work, but a nice push of productivity as we head into our final stretch towards our first round of exhibitions.

April Palmer and the 101s went to the VA Hospital in Syracuse and volunteered during their recreation program for veterans. 101's spent the week prior, planning and preparing for the day. When we arrived at the VA students were well prepared to run activities that would allow them to interact with the veterans. April was very proud of the work they did. Three students were asked to go to the acute inpatient psychiatric floor and work with some veterans there. They were a bit nervous at first and asked me to go with them. They were amazing as they served, interacted with, and engaged in a game of Pictionary with the younger veterans who are recovering from complications such as PTSD. They enjoyed the work they did so much the three of them all said when we go back to the VA they want to work on that floor again. One student is considering volunteering there on our internship days. He really was exceptional at the VA Hospital. When the four of us returned to the 8th floor the rest of the 101's were actively engaged with the elder veterans, showing them explosion art, and coloring with them, as well as playing board games and tossing balloons around. The 101's represented our school extremely well, and Suzanne the Director of Recreation for the hospital said we were the best school group they have ever had, well prepared and engaging. Suzanne said she hopes we return soon! From the VA we went to Clear Path for Veterans to tour the facility and discuss how we can volunteer with them. It is a fantastic organization that offers varied programs, free of charge, to veterans. It is housed in a former country club that was purchased by two sisters who wanted to give back, and they are doing that in immeasurable ways in a stunningly beautiful facility! We look forward to building an on going relationship with these two organizations that service veterans so we can build real, and lasting, relationships with the men and women who serve/d our country. The day was packed full, the 101s worked beyond what I could imagine, I am thankful we had the opportunity to serve and I am so very, very proud of the 101's!

STEP Students on the Move

Students through Morrisville STEP visited SUNY ESF on Friday, November 13th. Students shadowed ESF CSTEP students, going to their classes, and experiencing the ESF campus. Students learned about the environmental research being done at SUNY ESF.

On November 14th, Morrisville STEP took students to visit SUNY Morrisville's Open House. Students had the opportunity to visit the different departments and learn more about the degrees offered at SUNY Morrisville such as Agriculture Mechanics, Diesel Equipment Technology, and Environmental & Natural Resources Conservation.

◆ Onondaga Nation School News ◆

From the Earth Arts & Craft Festival

From the Earth Arts & Crafts Festival will be held at ONS on Saturday, December 12th, from 10am to 5pm.

We always have an enjoyable time. There will be traditional as well as other food vendors. There will be over 45 vendors representing all Haudenosaunee Nations as well as a couple of Navajo Friends. We will have silver jewelry, precious stone jewelry, beaded jewelry, dream catchers, oil paintings, pottery, leather work, and woodwork. Extra parking will be available in the Health Center parking lot.

From the Earth Arts & Crafts Festival benefits our ONS PTS which contributes to field trips, as well as helps our students with necessities when needed. All are welcome.

Ten Tips For Backpack Safety

Posted by Jesse Torres on October 27, 2015

These tips are intended to protect students from the injuries that can result from improper backpack usage.



1. Ensure the backpack comes with wide, padded shoulder straps. Backpacks are no longer just about utility. Backpacks today are also considered apparel. In keeping with fashion expectations some backpack straps are thin and unpadded. Avoid these backpacks for everyday school use as they can hurt and damage skin.

2. Ensure the backpack comes with a padded back.

Books and other contents have sharp and/or hard edges. A padded back protects against pain associated with continuous contact against hard edges.

3. Pack light, with the backpack weighing no more than 10% – 20% of body weight. Medical professionals advise against packing more than 20% of the child's body weight to avoid strain on the back.
4. Organize the contents with the heaviest items closest to the back. Contents should be arranged to ensure that the heaviest items are placed closest to the back. This keeps

the weight from pulling the child backwards and prevents back strain.

5. Use both straps. While hanging the backpack on only one shoulder may be convenient or look "cool," it can cause back pain as the spine is forced to cope with uneven distribution of weight.
6. Keep the straps snug. Snug straps keep the load of the backpack close to the back and reduce backward pull against the body.
7. Pick up backpack bending both knees. Any time something is being lifted, regardless of weight, proper form is essential. Both knees should be bent when picking up a backpack to prevent strain on the back.
8. Ensure bottom of backpack rests in the curve of the lower back when being worn. The back and shoulders should carry the load. The higher position reduces strain.
9. If the weight exceeds 20% carry an item in hand to reduce weight in backpack. When possible carry an item outside the backpack in order to keep the contents lighter.
10. Keep pens, pencils and other sharp objects in hard plastic cases to prevent them from poking through backpack and harming your child. Sharp items roaming loose may harm your child or someone brushing up against the backpack.

Torres, Jesse. 'News'. BOLDFACE. N.p., 2015. Web. 30 Nov. 2015.

◆ ATHLETIC NEWS ◆

Calling All Former Tennis Players

The high school team is celebrating thirty years of tennis at LaFayette.

We are planning to honor this throughout the 2016 spring season. For our biggest event, we are inviting all former players to join us for a team picnic and celebration at Stafford Park on June 11th (Time: TBA). To find out more, please contact Joseph Fox (jfox@lafayetteschools.org).



◆ Grimshaw School News ◆

PRINCIPAL INPUT

Wow, how time flies, we have already completed the first 10 weeks of the school year and are entering the snowy season. With the seasons changing so dramatically, we need to remind the students to come to school dressed appropriately for the colder weather. Students should be wearing coats, hats and gloves to school, because you never know when we may need to go outside. Also, as a reminder please tune in to your local television and radio stations for all updated school closings and delays.

Each year, the Tully Rotary and Pompey Lions Club provides free dictionaries to all of the area third graders. Our thanks go out to them for their continued support and providing us with this great learning tool.

We would also like to take a moment to thank LaFayette M & T for helping make our Halloween parade extra sweet. This year as we paraded thru town the K-6 students were given a small treat. It made our chilly parade well worth it.

Please remember that we continue to collect loose change, in order to reach our goal of ONE MILLION PENNIES for the Golisano Children's Hospital.

Thank you again for the continued support that our school receives from the community. I know that our students, faculty and staff truly appreciate everything.

Jennifer Blosssey, Grimshaw Principal

P.E. Corner

During Christmas break we will again be sending home our vacation fitness packet. Our students will record their daily physical activity for 10 days. Upon returning their completed, signed packet, they will be displayed on our wall of fame in the gym lobby and mentioned on the announcements. As an added bonus, the class that has the most number of student participants will earn a free, open gym day. Parents are more than welcome to join your children and share fitness activities with them.

We successfully completed our virtual school run to New Orleans, Louisiana, a distance of 1378 miles, in our cross country unit. The children recorded their class mileage after each session. They also measured and learned about their resting and activity heart rates, fitness components, and the importance of lifetime physical fitness. We have also completed units on Project Adventure (cooperative games) in grades K-4, and archery in grades 5 & 6. We will be starting our basketball and volleyball units.

Lastly, please continue to return your Capri Sun pouches to the cafeteria. Again, if you have any questions or concerns, feel free to contact us.

Yours in the joys of fitness! Happy Holidays!

Mr. LaRose and Mrs. Polinsky

Paula Bush, Grimshaw Nurse
Phone: 677-5501

Health Office News

Fax: 677-3154
pbush@lafayetteschools.org

Dear Parents,

I hope everyone had a wonderful and healthy Thanksgiving holiday break.

We had a fairly healthy November here at school but we did see some respiratory viral illnesses and some cases of strep throat, conjunctivitis and croup. We also had a stomach bug that hit quite a few students. Please continue to keep your children home after any illness until they are fever-free for a period of 24 hours without the aid of medication. Following this rule of thumb helps tremendously in containing the spread of viral illnesses. The 24 hour rule should also be followed after vomiting or starting on antibiotics. I appreciate all of your cooperation as we try to keep our school healthy. I know many of your children have received flu shots which will also help to keep us all healthy. Please consider getting your child a flu shot if you haven't already done so as well as yourself!

Please remember to call the school if your child will be absent for any reason. Please try to call by 8:30 am if possible. You may also leave a message before school or the night before or send an e-mail if that's more convenient for you. Even if you notify the teacher please notify me as well.

Most 2nd and 4th grade and new students have now had their physicals and handed in the paperwork – thank you!

We have some students scheduled for private exams who still need to have their exam and/or hand in the paperwork. Please get this information in to me as soon as possible after your child has had their exam. If your child has an appointment scheduled please notify me of the date if you haven't already done so.

All 6th grade students are required to have a Tdap vaccine when entering 6th grade or when they turn 11 years old. If your child was not 11 when school started they will need to have the vaccine as soon as possible after turning 11. Please notify me of the date your child is scheduled to have the vaccine and turn in the documentation as soon as completed. Parents of 5th graders should keep in mind the Tdap vaccination will be required for their child next year and plan ahead for this. It can be given as soon as your child turns 11. Most students have received 2 Varicella(chickenpox)vaccines before 6th grade but if they haven't they will need a 2nd one for 6th grade under the new regulations.

Please remember all medicine given at school must have a prescription or written note from a physician. This includes all over-the-counter meds also such as Motrin, Tylenol, cough syrup, antacids and even cough drops. If your child needs a rescue inhaler or Benadryl or EpiPen at school please be sure we have them available here.

◆ Grimshaw School News ◆

Grimshaw Elementary's Role Models Team up with Second Graders



6th Grade ELA Enrichment students in Mrs. Drexler, Mrs. Prentice and Mr. Priest's room are using their reading skills to help out 2nd grade students in Miss Jean, Mrs. Kolbeck and Mrs. McMahon's rooms. The 6th graders are helping the 2nd graders with their reading fluency and comprehension skills. The two grades hope to also work together on several projects throughout the school year.



COMMUNITY COUNCIL NEWS

Community Council Meeting: December 10th, 7pm at town offices. Beginning January 1st, LCC programs will revert back to being volunteer run, so it's time to get involved.

LaFayette Tree Lighting: Dec 6th, 4-5pm at Mahar Plaza. Lighting at 4:45pm. Come and visit us at the LCC refreshment table! Gather at plaza anytime after 4pm, enjoy live holiday music courtesy of HS band, sing carols, hear the Christmas story, and visit Santa.

Song Mtn. Ski Program: Did you want to ski but missed signups? Register by Dec 15th to be able to ski over break. Final due date is Dec 26th to join program. Forms are located at the town office. Complete and mail to: PO Box 98, LaFayette, NY 13084, or drop sealed envelope to Regina's mailbox in the town office. Great season's pass prices include Lab and Song! Or sign up for our usual Friday pass at Song.

Hallwalking: Grimshaw is now open for LCC walking. Please enter by the cafeteria and sign in the book. Bring dry shoes! Hours: M-F, 5-8pm, Nov-March

Volleyball: Held in Nov and finishing up now. We are doing a split season again this school year, so watch for notices for the March practices!

Basketball: Early signups were held, but notices will go home for each program's start date. 5th/6th will begin this month to prepare for league games in Jan.

Wrestling: Sign up now! Use the flyer that's coming home from school and return it immediately. We want you signed up and ready to start Jan 5th, 6-7:30, HS.

Adult programs: In session until Christmas break and resume the week of Jan 3rd, except yoga, which starts up one week later. January issue will have updated dates/times. Be advised there are some dates in early December the cafeteria is being used so exercise classes will need to move...smaller space is still better than no class.

Exercise Equipment at the Park: Did you get to try it? It's up and working, thanks to the Onon. Co. Community Development grant the town received, the Highway Dept. and the Optimist Club. Be sure to use it in the spring. We want LaFayette healthy!

LaFayette CENTRAL SCHOOLS

5955 Route 20, West
LaFayette, NY 13084

Non-Profit Organization
CAR-RT Presort
US Postage Paid
PERMIT NO. 3
LaFayette, NY 13084

OCCUPANT
Rural Route/Boxholder
LaFayette, NY 13084

NYS Income Tax Code: 325

Laura Lavine, Title IX Compliance Officer, LaFayette Central School, 5955 Route 20, West, LaFayette, New York 13084

The LaFayette Central School District does not discriminate on the basis of age, color, creed, national origin, race, sex, or handicapping conditions in its employment practices or educational programs.

December IMPORTANT DATES TO REMEMBER

Please check your LaFayette Central School District Directory/Calendar for the many activities going on in the month of December, 2015. Particular dates to note are:

Monday,	December 7
Tuesday,	December 8
Wednesday,	December 9
Friday,	December 11
Monday,	December 14
Tuesday,	December 15
Wednesday,	December 16
Thursday,	December 17
Friday,	December 18
Wednesday,	December 23

December 24- January 1

GAPS Meeting, 6:30pm
GS Holiday Concert, 7pm
Financial Aid Night, 6:30pm

HALF DAY (ALL BUILDINGS)

Jr/Sr High Winter Concert 7pm at **Onondaga Central High School**

*National Honor Society Induction Ceremony, 7pm *(Please note date change from original district calendar)

ONS Winter Concert, 6pm

BOE Meeting

End of 15-week Marking Period

HS & ONS Day of Giving

Progress Reports Mailed

NO SCHOOL (ALL BUILDINGS)

Holiday Recess