

# LaFayette Big Picture TGIF

2019

NOVEMBER 1

## We are PRESENT, POSITIVE and PASSIONATE!



Thank you to my students and staff that played along with my dream to have a school full of puppies! While I did not do any physical damage to any of them and I hope I did not commit any other types of damage, I did reverse trick or treating by delivering some sugar to advisories!

Halloween was a super fun day! Students were invited to join in. As you can see, many did. We took the opportunity to visit Mr. Ryan by cramming into his office to deliver a set of puppy ears so he would have a costume too! We had some additional characters as well. We will start planning for next year!

I had another chance to celebrate this week with some of the classroom walkthroughs. I saw specific learning targets posted in classrooms, referenced during the lessons and students engaged in learning. YEAH!!!!



## TGIF from Greg

This week the 201s were busy with their learning plans, internships, and finding time for a *ton* of fun! In their English Language Arts class they are learning about different types of poetry. Walt and Scotty showed them what a Haiku is. The students took turns sharing with each other trying to figure out the meanings of individual Haiku's. Tuesday and Thursday the majority of the students were busy with internships and shadow days. Devyn and Austin are getting accustomed to their new in-house internship with Hollis, making delicious "Mummy Dogs" on Thursday for Halloween. Devyn is also working hard to learn the Onondaga



Language, explaining that he's learned introduction words this past week and this week. Thursday the photography students took their chances with the rain and hiked around Tinker Falls, taking some beautiful photographs and getting most of them uploaded and ready to show in their exhibitions. Aiden has been doing great at his internship at Grimshaw Elementary with Mr. LaRose teaching Physical Education. Morgan is plugging away at OCC taking her college courses while Claire is fresh off a trip at Lockheed Martin. Evan continues learn valuable metalworking skills. The coffee shop boys which include JJ and Adam introduced a new pumpkin spice type coffee. Austin was one of our leaders at the Halloween movie night. It was a good week!

## Did you know...

...there is a direct connection between electronics use and a child's mood, attention, anxiety, hyperactivity, behavior, and physical issues? According to Dr. Nicole Beurkens, clinical psychologist, board certified nutritionist, and former special education teacher, electronics use can affect all of these areas.

Research shows that overexposure to electronics and digital media can result in many problems. Numerous mental and physical health issues can happen to children, teens, and young adults who spend too much time on devices and not enough time engaged with people and activities.

According to Dr. Beurkens, many areas of a child's wellbeing are impacted by increased screen time. Sleep issues from blue lights can arise in people who have excessive screen time. Mental health problems, such as depression, anxiety, ADHD, mood disorders, and suicidality also increases. Physical issues such as obesity, poor muscle development, and high blood sugar can also manifest, due to being sedentary. Vision problems may also arise in children who have increased screen time. As little as two hours of screen time a day can contribute significantly to these issues. Additionally, children can become addicted to their electronic devices, adding to the problems.

Other areas thought to be affected by increased screen time include poor relationships, communication problems, and social disconnection; cognitive skills development; academic problems and learning challenges; and memory issues caused by exposure to electromagnetic fields, as cited by Beurkens.

Beurkens offers the following suggestions to reduce these mental, physical and social problems:

- Reduce electronics before bedtime
- Avoid electronics in kids' bedrooms
- Spend less time overall on devices
- Take movement breaks periodically to avoid sitting for too long
- Monitor your child's Internet use and social media account
- Avoid holding devices close to the head for long periods of time
- Make sure that kids have other interests and activities beyond screen time
- Incorporate developmentally appropriate activities, such as socializing with friends and doing outdoor activities



## TGIF from Lenny

As I reflect on the past week, what comes to mind is how many truly unique things our school is involved in. Whether it's our programming, opportunities or destinations, each week offers something that serves to enrich our student's school experience. Here's a look at last week.

On Mondays due to the shortened schedule, each staff member meets with a small group of students called our lunch bunch during exploratory time. My group has been having some nice conversations and engaging in guided meditation. I particularly enjoy the meditation because it serves as a mental reset that we all need but rarely make the time for.

In ER on Monday we took advantage of the beautiful weather and worked in the garden space to clean things up. We mowed, weeded and started tilling to get the ground ready for the garlic crop. Now we just need another day without rain or snow to get the garlic in the ground. On Wednesday in ER we started to

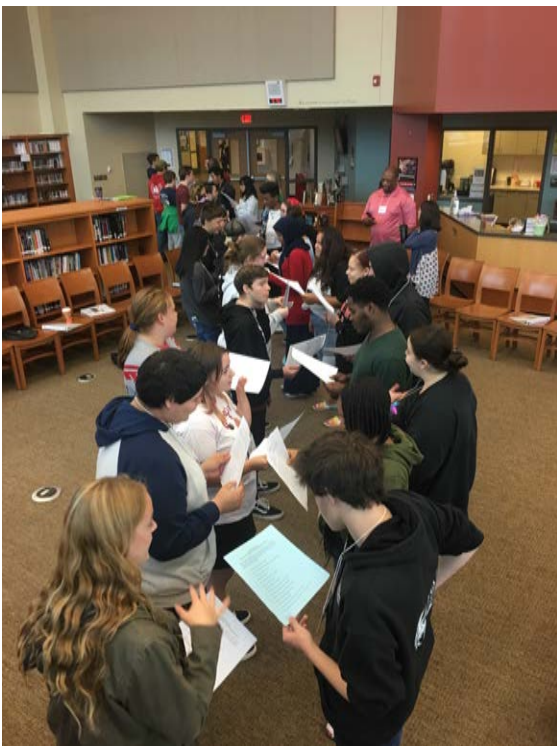


explore the history of Onondaga Lake. I try to ensure that this local and sacred lake is part of my curriculum each year to keep our students aware of the damage that was done and the status of clean up efforts.

One of the highlights of the week was on Wednesday when 18 Big Picture students traveled to PSLA at Fowler for our first school exchange. Students and staff from PSLA as well as Andrea and Reggie from Interfaith Works greeted us. We spent the day getting to know each other, exploring various topics and finding our voice. It was a great first day of the exchange and our students are very excited to host our counterparts in a couple weeks.

On Friday we traveled to SUNY Morrisville for a day of fitness. I ran the soccer games as usual and it was a blast. We had about 14 players for each 7v7 game and our last match up was the most intense. It was a one-point game in the end, but I won't say who won. During

advisory the 401s read the next chapter in our book and had some great discussion on topics such as gun control and different ways to mourn a loss. Although we didn't always agree, we tried to keep with theme from the school exchange, dialogue not debate.





## TGIF from Jessica

The highlight of my week was participating in our student run Halloween Movie Night. Tete, Randy, and Austin as the student council, vice-president, president, and secretary respectively, designed and hosted our very own Big Picture Halloween Movie Night on Wednesday. They worked together to develop the idea and plans, they incorporated the feedback of several adults, they used surveys to generate and evaluate student interest, and they adjusted their plans along the way to accommodate the feedback they received. The idea started as a spooky movie and pizza night. As time went on, the idea developed into a spooky movie with food, snacks, and coffee, along with activities. The council decided on playing *Scary Stories to Tell in the Dark*. Riley shared the idea of inviting Hazel to come make scoondogs, they were delicious! Kaia came and ran the coffee cart, offering pumpkin spiced lattes, hot chocolate, and apple cider. Hollis made homemade chocolate chip cookies. Walt showed Tete how to make caramel apples and blooming apples which were enjoyed along with various snacks, drinks, and popcorn. Tete and Randy worked with Christine to design and set up a photoBOOth. Several staff and students helped make props for the photo booth and set it up.



They also printed Halloween adult coloring sheets for students to enjoy while watching the movie. Tete made, with the help of Riley, Tierra, and Kylee, two spider paper mache pinatas for after the movie. She then painted the pinatas, filled them, and decorated them to be like spooky spiders. The students enjoyed taking a whack at them to close out the night. We had 34 students in attendance and 9 adults. Everything went very well, the students had a good time, and Tete, Randy, and Austin showed great leadership and initiative.



The beauty of it all, was watching a few students start with an idea that rolls into the school community coming together to support that idea and make it a reality! It's a wonder the possibilities people can create when they have the support and belief of those around them.



## TGIF from April

A couple of weeks ago Ms. LaRocca visited Big Picture to talk to the 101's about the OCC Advantage Program; a college and career readiness program offered to all LaFayette freshmen. This years 101s who successfully complete the OCC Advantage program during their time in high school, will be eligible for a first semester full-tuition scholarship. After the first semester at OCC, they can be eligible for three more semesters of scholarship. The program includes career exploration and strategies for success in college or career. This is a tremendous opportunity to earn free college tuition for our 101s in the future! By NO means are the 101s permanently committed to OCC, this is simply an opportunity for students to discover and learn about themselves while in high school and possibly earn a tuition free college education. Parents/guardians PLEASE ask your 101 student for the paperwork they were given during Ms. LaRocca's visit sign it and return it to school so they do not miss this exciting opportunity!

We are finishing up our learning plans and students are getting really excited about learning through their interests now that their Who Am I projects are complete. On Tuesday we returned to the Rescue Mission Warehouse for more service learning.



The 101s are working toward a successful year in algebra by staying for the wonderful tutoring opportunity provided by STEP each Tuesday. Thank you to David for preparing



dinner for the students during the algebra tutorial sessions.

In USH workshop the students did academic research and used proper citations while learning how to make a historically accurate brochure.

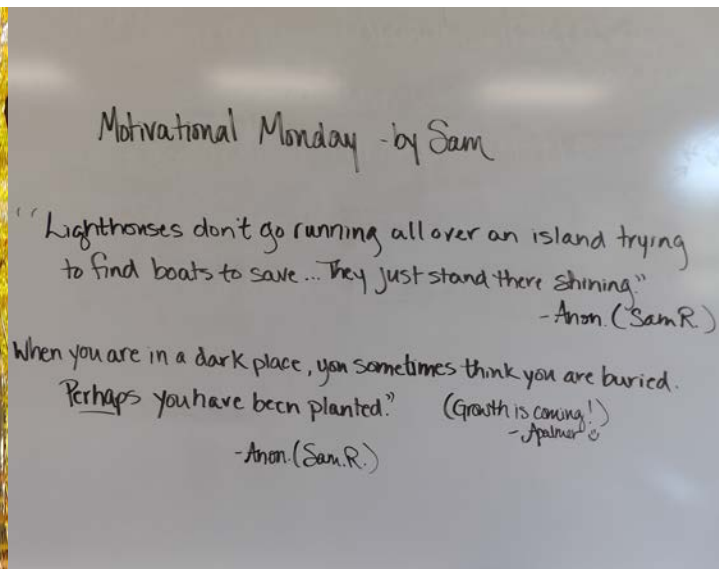
My Lunch bunch group wanted to enjoy the nice weather on Monday and go into the woods to take photographs. I love the montage of time lapsed photos I have of Devyn, Phoenix, Sam and Kaia throwing beautiful yellow foliage into the air! During our lunch bunch, Phoenix is teaching one of his passions- chess, Devyn plays guitar always in the background of what



ever we are doing and Sam has taken on the role of finding "Motivational Monday" Quotes.

Sra. Romeau brought Spanish II students, which include Olivia and Kara, down to our classroom to celebrate day of the dead. Of course Thursday was Halloween, staff and students enjoyed a day of costumes, largely in part due to the efforts of our fearless leader Susan, who provided shirts to anyone who wanted to put their own spots on them and Dalmatian ears. Susan then delivered treats to each advisory-Thank you Susan!

We ended the week with our Friday Fitness time at SUNY Morrisville. Students really enjoy the time at the field house doing physical education. I am enjoying my yoga group-they are doing a really nice job of learning to calm the mind as they stretch their muscles. Namaste.



## TGIF from David

Halloween can be scary and this year had scary rain and wind. I only had trick or treaters for about an hour due to the hurricane like rain and wind. My Halloween week started much scarier as the stomach bug and a terrible head and chest cold swept through my house. My son brought in the stomach bug which had me down and out for two days. Then, a cold overtook my body. It was a rough week that kept me at home for two days. I missed our first school exchange, which makes me sad. But, there was no way I could make it on Wednesday. My body had just collapsed on the couch.

Even when I am not at the school, the show must go on. Our STEP after school math prep has been going very well. On Wednesday, STEP started hosting eSports once again, and began providing project development and completion assistance after school. Hopefully soon, STEP after school on Thursdays will assist with science prep. Our three after school STEP days will be full of assisting students to help them with Regents and their project work.

Since my week was short, I haven't got much to talk about in my TGIF. Next week, knock on wood that everyone in my house avoids any colds or other illnesses.