

# SOUTH LEWIS CENTRAL SCHOOL DISTRICT



## NEWSLETTER



Featuring  
Glenfield and  
Port Leyden  
Elementary and  
the Music and  
Fine Arts  
Departments



Dear Parents, Residents, and Community Members:

Once again, the year is moving quickly past us. I am sure many of you are looking forward to Spring as much as I am.

Recently, we have been busy with the launching of our new technology district initiatives such as FamilyID, Peachjar and the South Lewis CSD App. I have received great feedback on these initiatives. We will continue to try and make them as helpful and useful as possible.

With Spring comes New York State Testing in both ELA and Math for grades 3-8. This year all of our testing will be done on-line or as a computer-based model. The State is quickly moving towards making State testing mandatory for Districts to be done on-line. When that happens, we will have already made the transition.

Spring also brings another budget cycle/season. We are again working hard to put forth a budget for the 2019-20 year that improves our school district, while also being fiscally responsible to our taxpayers. Over the last seven years our average tax levy increase has been 1.59%. For the 2019-20 school year we are working to keep our tax increase no greater than 2%.

As many of you are aware, the voters of South Lewis CSD approved a Capital Improvement Project this past October. Since that time we have been working very hard on plan details and design. On Wednesday, March 27<sup>th</sup> @ 6:30 PM in the MS/HS Auditorium, we are planning a Public Information Session to update everyone on the project. We hope you will be able to attend.

We are excited about the Spring and the end of year that is before us. Should you have any comments, questions, or concerns, please feel free to contact me at any time. Your involvement and feedback is valued and appreciated.

Respectfully,



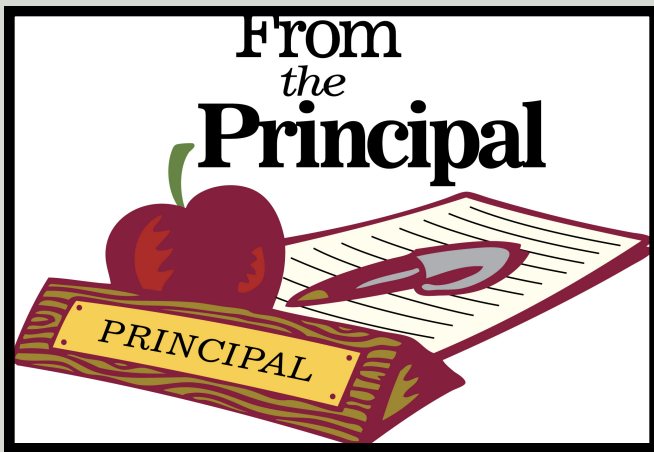
Douglas Premo  
Superintendent of Schools

**One District – One Building – One Family**

**Capital Improvement Project  
Public Information Session  
Wednesday, March 27, 2019  
MS/HS Auditorium  
6:30 PM**

Come learn about the planning and design work that has been done since the voters approved the single-campus project last October.





## GLENFIELD ELEMENTARY PRINCIPAL'S NOTES BY MS. CHRISTINE FLANSBURG

The 2018-2019 school year has been an exciting one at Glenfield Elementary! Lots of learning and growing has taken place here since school started in September. Grade level teams have worked hard to make learning as fun and engaging as possible. Students are given many opportunities to move around throughout their days, learn with different groups, and work with various adults. Our days seem to go by very quickly, and we can't believe that Spring is almost upon us!

In January, we participated in our One District, One Book program along with everyone at Port Leyden Elementary. This year, we read *The Adirondack Kids: Rescue on Bald Mountain*. This is the second book in a series, but we read it because all of our fourth graders climb Bald Mountain in the Fall. As part of our program, students won prizes for answering trivia questions correctly; the authors came and talked to our third and fourth graders about writing; we had a sports team day, a throwback day, a pajama day, and a silly sock day, and each student received their own autographed copy of the book. Thank you to our Glenfield and Port Leyden PTOs for their donations that made this all possible!

In February, students in grades K-4 all went tubing at Maple Ridge. That was a fun day, enjoyed by both students and adults! Thanks again to our PTO for supporting that activity as well!

March has also brought about another reading challenge for our students. Students have all been invited to participate in the Enchanted Forest Water Safari Reading Safari. Any child that reads for a total of six or more hours outside of school during March (and returns their signed reading log by the end) will receive a free child's ticket for Enchanted Forest!

In addition to all of these special events, fourth grade students are also invited to participate in Jr. Lego League (third graders too), Odyssey of the Mind, and Archery. Each of these activities have competitions that our teams have the opportunities to participate in. Our students always impress us with their knowledge and behavior at these events! Congratulations to all who participate!

Coming up, our third and fourth graders will show us what they know on the NYS Math and ELA assessments. All of our students will be taking those on their iPads and ChromeBooks. Students and teachers have been hard at work sharpening all of the skills that students will need to be successful on these assessments. Parents and guardians can help their children be successful on those by promoting positive attitudes, making sure children get a good night of rest, and providing healthy dinners the night before. Fourth graders will also show off their Science knowledge on the NYS Science Assessment.

Before you know it, the end of the school year will be upon us! We look forward to all of our fun end-of-the-year activities, like field trips, picnic day, the Science Fair, and Moving Up Day. Each year seems to go by faster and faster. We are thankful for the time that we have with all of our students and grateful for the support that their families offer us.



## Elementary School Counseling Office with Mrs. Whalen

We have been very busy in the Elementary School Counseling office this year! We had a brand-new experience for our group of KidsKampers from the summer program, as we were invited back to Hamilton College by President David Wippman and Coach Dave Murray to watch their football team play a home

game and have a meet and greet with the football players. In August, there is an opportunity for our current 4th grade students to attend KidsKamp, and our upcoming 8th grade students to attend Challenge Week. The programs focus on overcoming obstacles and challenges and goal setting. During the week-long programs we have guest speakers, a college visit, and a trip to Beaver Camp.

Character Education is going strong in our schools, as we have already focused on three of the Six Pillars of character this year: Responsibility, Respect, and Caring. Random Acts of Kindness Week will be celebrated at our elementary schools during Valentines week, as we celebrate the Character Counts character trait of Caring. RAK week is planned in hopes that we can continue to inspire our students to do kind things for others in their homes, school, and community. Leading up to this event we have had “Secret Agent” students spreading kindness and cheer around our buildings. A new development in the counseling department this year is the afterschool AIS program that ran during the months of December and January. The afterschool program focused on leadership, teamwork, and friendship skills and was a great success!

Every month we have a Falcon Friends meeting at our school where High School student mentors “Bigs” come to our elementary schools to have lunch with their “Littles” where they read books and participate in fun activities together. One of the after-school events we had with our Falcon Friends was dinner (pizza) and a show (Willy Wonka Jr. Middle School Play) in November, and we will be having another dinner and show with our Falcon Friends in March for a preview of the High School Musical.

We have many upcoming events planned for the year. We will continue our focus on Character Education and the remaining Pillars for the year of Trustworthiness, Citizenship, and Fairness. Red Ribbon Week, a nationally celebrated week to raise awareness of the dangers of alcohol, tobacco, drugs, and violence, will be celebrated in April. Plan Your Future Day, a day where our 4th grade students will spend the day at the Middle School, will be in May. The NED show will be coming to our schools in May for a Character Education Assembly on perseverance, resilience, and growth mindset. The NED message is to Never Give Up, Encourage Others, and Do Your Best.

Another great addition to our program this year is our new School Counseling Facebook page. If you want to keep up-to-date on the happenings in our department, please consider liking our Facebook page by simply searching, “South Lewis Elementary School Counseling.”





## Occupational Therapy Tina Sullivan, OTR/L

Why is an Occupational Therapist at our school? In general an Occupational Therapist helps people to do their 'job' to the best of their ability. At school a student's job is to LEARN. I take pride in helping the students develop the foundational skills needed for academic success. I work with the staff and

teachers to problem solve and give suggestions for students that are struggling academically, behaviorally, or emotionally. I teach all kindergarten and first grade students at Port Leyden Elementary foundational exercises and activities that are important for whole body learning. These exercises help the child grow physically, socially, and emotionally. They are building blocks for success in writing, math, and reading. One of the milestones that I work on is for all children to be skipping by Christmas. Skipping is a bilateral activity that uses the right and left sides of the brain. This is important for reading and writing. A second milestone is for them to develop their postural muscles via prone extension (superman) and supine flexion (meatball). You can find some of the exercises on the South Lewis website. (Go to southlewis.org home page. CHOOSE Old Website. Go to teacher pages. Select Tina Sullivan. Select Occupational Therapy Exercise Video.) These exercises work the pathways of the brain. 'Exercising the brain' at home can build emotional health and help your child with social skills, reading comprehension, math skills, and writing. If you have any questions feel free to contact me at [tsullivan@southlewis.org](mailto:tsullivan@southlewis.org).

## FROM MRS. HERRING'S CLASS

The year has started off wonderfully. We dove right into instruction and have already covered so much. We have enjoyed learning about being good citizens, animals in different habitats, ways of travel along with maps and signs, the different December holidays, our five senses, matter and the three phases, and important people from our history. This year we still have many topics to cover including energy from the sun and other natural resources, money for buying and selling, different tools for different jobs, life cycles, and Earth and space. We work hard to accomplish our monthly unit along with working each day to achieve our own personal goals. All of the students have been working hard to get all this done.

With all the academic gains we have made throughout the year, we have also managed to squeeze in some fun! We have enjoyed celebrating different holidays throughout the year with a range of activities and maybe even a party. The students have also done well wearing their red for School Spirit day and we have had the pleasure of having Humphrey, the school pet, stay with us in our classroom from time to time. With all the fun we have already had this year, we cannot wait for the remainder of the year! What a great 2018-2019 school year so far!





## Glenfield Elementary Pre-Kindergarten With Mrs. Baxter and Mrs. Loomis

We have had a busy and exciting school year so far! From the beginning of the year, when we were meeting new friends, to now when we are gaining independence and able to do many things on our own, we have learned many new things.

This year we are using ClassDojo. ClassDojo is an internet-based platform that allows the parents to “see” within our classroom. We post videos and pictures of our daily learning. This really helps the parents know what is happening at school. I have 100% participation, Thank you Parents, and I know I enjoy the connection between home and school that ClassDojo helps with.

Our days are short, but we accomplish so much. Through hands-on learning, discovery, play, technology, and teacher-student interaction, the UPK are prepared and ready to move into Kindergarten.

Thank you for sharing your children with me and allowing me the opportunity to be their first experience at school.



Discussing Animal Slide Show That was created using Google Classroom and Google Slides.



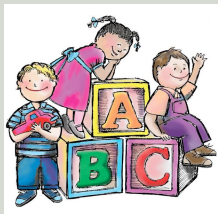
Introduction to Handwriting and letters using Playdough.



Signing into class using the Smartboard. This is September, using their picture. Now, they are writing their names.



Field Trip: September: The Wild



Sensory Play with Shaving Cream



Science Discovery: How much water is in snow?







## WITH MRS BROWN AND MRS. BERNARD

The Kindergarten classes at Glenfield have been very busy so far this year both in and out of the classroom. We start each day with OT bins to work on our fine motor skills. The development of fine motor skills help our students to complete important tasks such as writing, coloring, cutting, fastening buttons and zipping zippers. We then move on to foundational exercises. These exercises strengthen core muscles. They also help with coordination, balance, and the ability to cross the midline. We have also been learning our letters, letter sounds, numbers, and we are beginning to read and write independently. On top of that, we have enjoyed a visit to Colwell's Farm Market. While there, we took a wagon ride to the pumpkin patch, navigated the corn maze, and of course sampled fresh, homemade donuts. In December, we made a visit to the nursing home at Lewis County General Hospital where we spread some holiday cheer by singing Christmas Carols and sharing a snack with the residents. In January, we enjoyed a visit from the Lewis County Dairy Princess and Ambassadors. They taught us about different dairy products and their health benefits. The Dairy Princess shared a healthy dairy snack with us. In the spring we look forward to our field trip to Old McDonald's Farm in Sackets Harbor where we can learn more about the dairy industry.



# Glenfield Elementary 1<sup>st</sup> Grade

## Mrs. Bradish, Mrs. O'Dell, and Ms. Barber



We can't believe how quickly the year is going! We have learned so much this year and have lots more to learn too! In Guided Reading, students were given the Observation Survey and Fountas & Pinnell Benchmark assessments. We group students homogenously into groups so that each child is being given daily reading instruction on their own level. Students read aloud daily working on phrasing, fluency and comprehension. We also focus on word work and phonics skills. Students are flexibly grouped and move groups throughout the year based on their individual growth. Due to more rigorous curriculum, you will notice we have increased the expectation in Guided Reading levels each quarter. See below for the South Lewis expectations

|                          | 1 <sup>st</sup> Quarter | 2 <sup>nd</sup> Quarter | 3 <sup>rd</sup> Quarter | 4 <sup>th</sup> Quarter |
|--------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| South Lewis Expectations | <b>E</b>                | <b>G</b>                | <b>I</b>                | <b>J</b>                |

This year we continue teaching the domains from the Common Core Curriculum. So far we have learned all about Fables and Stories, Early World & American Civilizations, The Human Body, Different Lands, Similar Stories, Astronomy, as well as The History of the Earth. Students participate in daily discussion and listening comprehension. Students have really impressed us with their higher level thinking. Students seem to be excited about the new topics we are learning about. Remember to ask them to share some fun facts they have learned!

We continue to teach the Common Core Math Modules in 1<sup>st</sup> grade. We have completed Math Modules 1, 2 & 3 so far this year. These modules have focused mostly on addition and subtraction strategies as well as measurement. Students have been introduced to new math strategies such as: number bonds, counting on, making and taking from ten and drawing a math picture. We continue working on word problems daily. Students work hard on the RDW method, where they Read, Draw, & Write (a number sentence & statement) to solve the problem. We have also tried a new math approach to daily instruction similar to Guided Reading where students benefit from whole group and small group instruction based on needs. Our students continue to exceed our expectations and are doing more advanced math earlier in the year. Thank you for your continued cooperation and support at home.

The Skills Strand is our phonics program that was designed by the New York State Education Department. So far, we have completed the first four Skills Units and have begun Unit 5. Unit 1 introduces students to vowel sounds, capital and lower case letters, nouns, digraphs and double consonant sounds. In Unit 2 we work on tricky words, many vowel digraphs and continue with nouns and proper nouns. Unit 3 introduces verbs, various vowel combinations and then moves into past and present tense vowel work. Students began our spelling program through Skills. Each five days students get a new group of words based on previously taught spelling patterns, rules & skills. Unit 4 covered r-controlled vowels, verbs, adjectives & syllables.

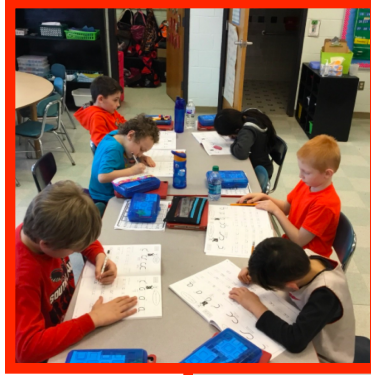
With the 1:1 Technology initiative, students have had all sorts of opportunities to integrate technology into our daily learning. Students are learning important skills for the future! Another program that we are utilizing this year is Class Dojo. The first grade students AND teachers LOVE IT!!!! It has been a great way to communicate with parents about upcoming class events, curriculum and assignments. Parents are also able to see pictures and videos of the kids and our various activities. We have really enjoyed working with our classes so far this year and look forward to more growth as the year progresses!



Glenfield's second grade classrooms are having so much fun learning!  
Our students would like to share some of their favorite things with you!

Silly socks  
Skiing in p  
math C enters  
Ms. R O y  
Readi N g new books  
Go Noo D le

Mrs. G erow  
Holiday pa R ties  
Cursive h A ndwriting  
Ms. Bra D ish  
Being ind E pendent



## DR. ZORBA'S corner

### Children are playing

30% less today than they did a decade earlier. Recent research published in the *Journal of Pediatrics* shows that children are playing less (for fun and enjoyment) with their friends and their parents. Screen time is taking away from interaction time, which is critical to a child's development. We know that we should read to our kids, but we should also play more with our kids. Hit the off button on that phone and play more — that's the bottom line. — Zorba Paster, MD



## 3rd Grade at Glenfield Elementary



Glenfield third graders have been hard at work this 2018-2019 school year!

We have explored information from all over the world! First we traveled to different places in English Language Arts and Social Studies to learn how students live and gained the power of knowledge in Thailand, Kenya, Finland, Afghanistan, Chad, and Japan. Following this, we were even able to explore our imagination through an adventure with Peter Pan and Captain Hook in Neverland!

### HELPFUL TIPS FOR PARENTS (Encourage your child to...)

#### Math

- create dances, songs, or chants to help memorize math facts
- say "3 groups of 6" NOT "3 times 6" for  $3 \times 6$
- label the parts and whole in word problems and determine what still needs to be found
- draw a picture to help understand math problems
- practice using the RDWW (read, draw, write a number sentence, write a word sentence) strategy when solving word problems

#### Reading

- read every night
- draw a picture of what happened in a specific chapter or paragraph
- make inferences (think beyond what the text says) about WHY a character might have reacted or felt a certain way
- find clues/evidence (a sentence or two) in the text to support their inferences
- figure out the problem and resolution in a story
- make inferences about character traits based on a character's FAST (Feelings, Actions, Sayings, and Thoughts)

#### Writing

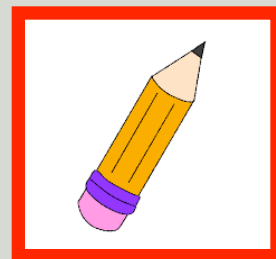
- write creative stories or poems
- write an organized paragraph in the following order:
  - topic sentence
  - detail #1
  - explanation of detail #1
  - detail #2
  - explanation of detail #2
  - concluding sentence
    - use challenging words instead of sad (depressed, miserable), mad (furious, perturbed), and happy (delighted, ecstatic)

### In the world of math and science...

We were able to discover both the metric and the english system of measurement along with fractions and multiplication. We have also incorporated STEM (Science, Technology, Engineering and Mathematics) projects such as the "bone bridge", "marshmallow igloo" and catapults into the curriculum.







**Mrs. Leichty, Mrs. Paulsen, Ms. Lehman, Mrs. Carvel,  
Mrs. Compo, Ms. McHugh**

Fourth grade has been busy so far this year. Some of the many things that we have learned about are plants and animal classifications, crayfish, ecosystems, matter, simple machines, Native Americans, and colonial America. In math, we've worked on place value, multiplication and division, and geometry. The next module we will be working on is fractions. We are using all of these skills to solve multi-step, real life problems. We had the opportunity to run a cross country race and climb Bald Mountain in September! In October, we went to The Wild in Chittenango. We created longhouses in November to go along with our Native American unit.

# THE IMPORTANCE OF RESILIENCY IN CHILDREN

BY REBECCA MARINO

*It's too hard.*

*I can't do it.*

*I'll never be able to do it.*

As teachers and parents we have heard some of these phrases before, either at school or at home from children and teens. This makes the teaching of resiliency to kids at both school and home so important.

The word '**resilience**' is used to describe the capacity people have to cope, learn and thrive in the face of change, challenge or adversity. Resilience is not something we are born with. It is something that is learned. Children who develop resilience are better able to face disappointment, learn from failure, cope with loss, and adapt to change. We recognize resilience in children when we observe their determination, grit, and perseverance to tackle problems and cope with the emotional challenges of school and life. Resiliency teaches kids to be problem solvers in the face of tough situations and it helps them solve problems independently. Parents are their children's best model to learn resiliency.

## ***Tips for parents to help their children be resilient:***

### **1) Be a supportive role model**

Model resilient behaviors. Be calm and consistent. Admit your own mistakes and talk about how you will do better next time.

### **2) Let them make mistakes**

Let them see the consequences of their actions. They will learn how to bounce back from their mistakes and do better next time.

### **3) Praise the right way**

Give "process praise" by focusing on **strategies, process, and effort**.

### **4) Teach to manage emotions**

Teach that all emotions are okay. Teach them the best way to express, handle, and solve the problem.

### **5) Teach them to problem solve**

Don't rush to solve problems for them or tell them the solution. Brainstorm solutions to address the challenge.



## **Here are some resilient people who didn't give up:**

**JK Rowling's:** first manuscript for **Harry Potter** was rejected 12 times before a publisher took a chance on her.

**Michael Jordan:** was cut from his high school basketball team.

**Albert Einstein:** was told by his teachers that he would not amount to much.

**Walt Disney:** was fired from his job at a newspaper for not having enough imagination.

**Stephen King's:** first book was rejected 30 times before being published.

**Bill Gates:** his first company he started was a failure.



***"You never fail until you stop trying" – Albert Einstein***



## Resource Room at Glenfield Elementary Laurie Winslow

Hello, I cannot believe how quickly the school year is going by! During resource class my students focus on a variety of skills. One of my major goals this year is to encourage students to have a growth mindset. In order to accomplish this, I introduced the picture book “Bubble Gum Brain” by Julia Cook. The story centers around two

characters. Bubble Gum Brain likes to chew and bend and stretch his brain to expand the way he thinks. He makes great mistakes that help him learn new skills. The other character is Brick Brain. With him, things are the way they are...and they’re probably not going to change much. The two kids demonstrate VERY different mindsets. Bubble Gum Brain likes to have fun adventures, learn new things, and doesn’t worry about making great mistakes. Brick Brain is convinced that things are just fine the way they are and there’s not much he can do to change them, so why try? When Bubble Gum Brain shows Brick Brain how to peel off his wrapper, Brick Brain begins to realize just how much more fun school...and life... can be! This creative story teaches children and adults the valuable lesson that “becoming is better than being,” which can open the door to a whole new world of possibilities!

This picture book has helped to remind my students how important it is for all of us to be open-minded to make mistakes and try our best. Each day we try to peel off the wrapper and learn something new. When we practice skills during resource we are stretching our brains, and that is helping us to learn. Parents can assist their children by practicing reading skills at home and talking about the characters in books. What lessons are the characters trying to teach us and how can we learn from them? Make reading fun and remember to expand the way you think by taking off that wrapper! It’s okay to make mistakes, just keep trying your personal best and learn new skills.

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## 7<sup>th</sup> Grade General Music with Mr. Muller

Seventh Grade General Music is held 7<sup>th</sup> period in the Music Suite. Each 10-week class has two focuses.

The first focus is the basics of snare drumming. This is the area of the class that the students receive their main grades. Students use drum sticks and practice pads that easily assimilate playing on actual snare drums. The students learn the proper way to hold the stick and strike the drum head. Students work with keeping a steady beat, reading notes and rests, rotating their sticks from note to note, and a special set of sticking called rudiments. While there are many rudiments that drummers in Band learn, the one that these students experience is called “the paradiddle” and how it works. Students are given periodic playing tests and a couple of written tests throughout the marking period. They are also graded each week on their participation effort and how they keep to proper playing practices as they have been taught.

The second subject area of 7<sup>th</sup> Grade General Music is exploring the history of Rock and Pop Music in America. This area is presented to the students on the Smartboard using power point and the popular styles of music then, through the beginnings of rock in the 50s, the 60s and all the changes of that decade, the 70s with bigger developments in sound and technology, the 80s with the dawn of MTV and the bigger “music industry”, and as much to the present as time permits (before the end of



# Port Leyden Elementary Principal Notes

## Mr. Villiere



Hello South Lewis!! Once again, in what seems like the blink of an eye, we find ourselves in the closing months of another school year. It has been a great year full of learning, exploration, experiences, and opportunities. I believe that our district strives to provide our students with the best education possible.

As many of you know, Port Leyden and Glenfield Elementary will become one building and join our Middle/High School campus in the 2021-2022 school year. I believe that with this change will come greater efficiency in the overall education provided to our students. Before this change occurs, there will be a great deal of planning, preparation, and work. I can assure you that this process is well underway.

Through my involvement in this process, I find that my excitement level continues to build. I find it very exciting to think about working with all of our students, staff, and parents across the district. As an educator, I take great pride in thinking about all of the students, staff, and parents that I have had the privilege of working with throughout my career thus far. Our consolidation of our two Elementary Buildings is going to allow that opportunity to grow significantly. I anticipate this to be a time of great collaboration and teamwork for students, staff, and parents alike.

As we continue to move toward our target year of 2021-2022 for our consolidation of our two buildings to become one, it is important to think about what we can all do to make the transition as smooth as possible. Here are just a couple of simple suggestions that I believe will help a great deal. The first would be to stay informed. Take advantage of any information provided in a newsletter, school messenger call, or public hearing by the district that would detail the progress of the project at that particular time. My second suggestion would be to change our mind-set if we have not done so yet to “We are South Lewis”, not we are Port Leyden Elementary or Glenfield Elementary, and encourage that transformation in our children as well if they have not done so yet.

As I have said, this is an exciting time at South Lewis. I know that both myself and our Glenfield Principal, Ms. Flansburg, are very excited to work with all of our families as one. Until then, we will continue to work with our students, staff, and parents in an attempt to provide the best possible education for our students. Thank you to the parents of South Lewis for giving us the opportunity to educate your children!



## Port Leyden Elementary Kindergarten Classes Mrs. Dolan & Ms. Battles



Kindergarteners at Port Leyden Elementary have been hard at work this year!

We have been enjoying our Listening and Learning Domains. Topics covered up to this point include: Nursery Rhymes and Fables, The Five Senses, Stories, Plants, Farms, Native Americans, Kings & Queens, and Seasons & Weather. Students are asked comprehension questions and do vocabulary activities to go along with the lessons. We also use the topics/lessons to guide students' journal illustrations and written responses.

In Skills Strand, we have been very busy learning the letters, sounds, proper letter formation and how to blend sounds in order to read and write words.

In our first Math Module, students learned to order, count and write numbers up to 10. In our second Math Module, we worked with flat and solid shapes. In our third Math Module, we compared weight and length of objects, while continuing numbers to 10.

The Kindergartners are fortunate enough to have access to their very own iPads through our 1:1 initiative. Students use their iPads interactively, during lessons, throughout the day.

We are looking forward to the rest of the school year. We would like to thank parents for your continued support!





## Port Leyden Physical Education With Mr. Abone

I just wanted to start off by saying how honored I am to be at Port Leyden this school year. It has been a tremendous start to the school year and all the staff, students and parents have made the transition such an easy one for me to come in and get going. The students have been great and I have already made so many amazing connections with all of them. It has been a great start of the school year.

We had the privilege to go on a hike at Bald Mountain in the beginning of the year with our 4<sup>th</sup> graders. It was a fun-filled day that everyone was very excited for and it was a great time. A lot of students had an amazing time being outside hiking and the weather was beautiful! The leaves changing colors, the great hike, and finally the views from the top were breathtaking. We had tremendous help from not only staff, but also many of the parents that joined us on this great day!

We are currently finishing up our floor hockey unit and beginning with our Jump Roping for heart unit. Every day when the students come into class, we either start or finish the class with 15 minutes of jumping rope to help promote physical activity and good strong healthy hearts. The students have been loving this and every day I am seeing students so excited about new records they are reaching with their jump roping skills! We will also start beginning prep for the PE show coming up later this month. Once we are back from February break, we will be moving into our fitness unit, along with various games.

Please encourage your children to be prepared for physical education class every day. It has been an amazing start to the year, and I am looking forward to finishing the 2<sup>nd</sup> half even stronger!





# Ms. Roy's Room - Elementary Literacy Coach

“What’s This About?”

Reading for Meaning with Your Child

Adapted From: Reading Rockets; Parents Tips for Growing Strong Readers and Writers

Reading with comprehension means understanding what’s been read. It takes practice, time, and patience to develop reading comprehension skills. Families can play an important role in helping a child learn to read for understanding.

While reading to your child, comprehension skills can be developed using a before-during-after approach. Below are a few suggestions that will help build comprehension skills.

## Before

Your goal is to help your child build an understanding of and purpose for what they’re about to read. Look at the book’s cover. Ask, “What do you think this book might be about? Why? Can you make some predictions?” Guide your child through the pages, discuss the pictures, and brainstorm what might happen in the story. Talk about any personal experiences your child may have that relate to the story.

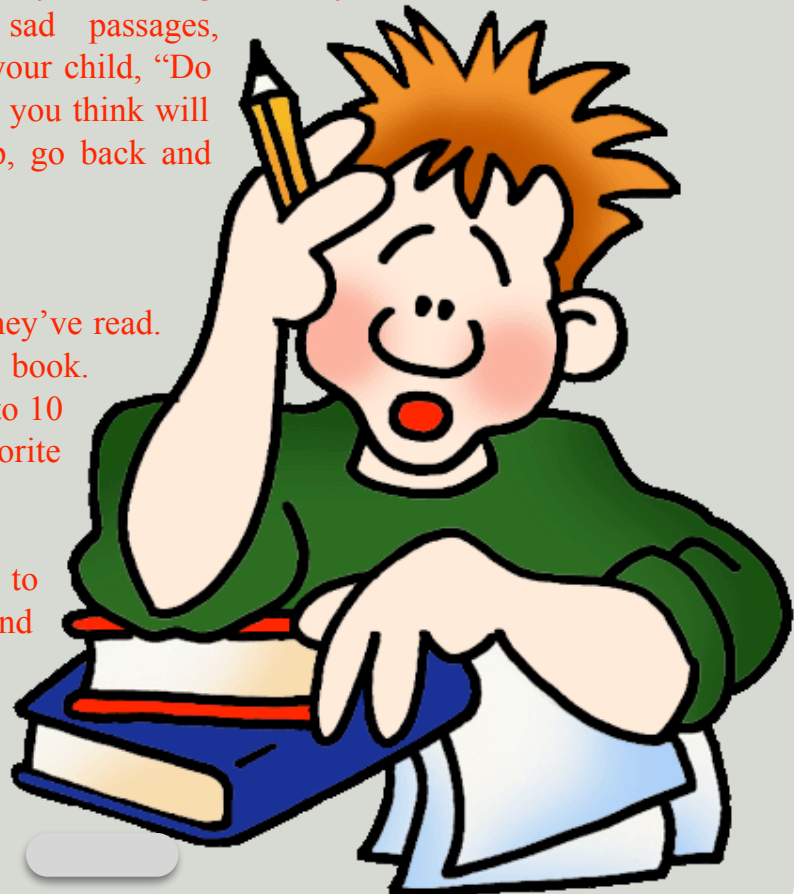
## During

Your goal is to help your child be an active reader. Read together and talk about what’s happening as they’re reading. Stop and discuss any interesting or tricky vocabulary words. Talk about any surprising or sad passages, and help them visualize parts of the story. Ask your child, “Do you understand what’s happening here? What do you think will happen next?” If your child seems unsure, stop, go back and reread if necessary. Discuss any confusing parts.

## After

Your goal is to help your child reflect on what they’ve read. Summarize and share your favorite part of the book. Have your child rate the book on a scale from 1 to 10 and say why. Have your child reread their favorite part or act it out.

Take the extra time before and during reading to read with your child this way. You’ll soon find yourself reading with a child who is motivated to comprehend and learn from everything they read.





Mrs. Maurer & Mrs. Petrus & Mrs. Smith

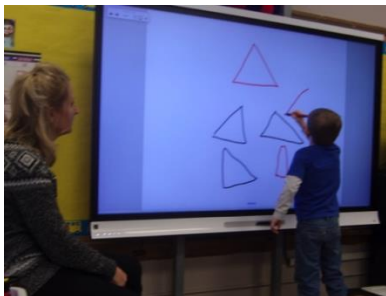
We are having another wonderful year in Pre K! The students are working hard and making lifelong friends. The year is going so fast and we are having a super time learning new things. The rest of the year we will continue learning through interactive centers, songs, technology, and many stories to prepare us for the academic years to come. In Pre K, our goal is to do our best to give the students the foundational skills needed to be successful and build great character. Thanks again for sharing your children with us.



Holiday Fun!



Technology



Making Friends







# Center Time



# Gym Time





# 1ST GRADE

**Port Leyden 1st  
Grade News  
Mrs. Arrigo, Mrs.  
Cornish, and Ms.  
Finley**

The first graders in Port Leyden have been very busy this year. The students have learned many new things, participated in a lot of activities, and completed numerous projects.

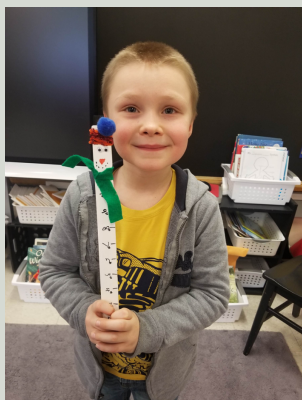


**Mrs. Arrigo's Class**



**Mrs. Cornish's Class**

Our recent math unit was measurement. Students compared objects and measured them using centimeter cubes and paperclips. We also made snow measuring sticks. Sherwin-Williams donated the paint sticks for our project. The students painted the sticks and added inch marks to them. Hopefully the snow measuring sticks came in handy this winter, because we certainly have had enough snow to measure!



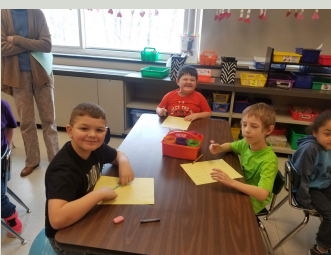
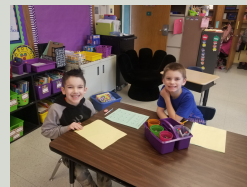


In recognition of Groundhog's Day the students made hats and predicted whether or not Punxsutawney Phil would see his shadow. The majority of first grade predicted the groundhog would not see his shadow, and they were correct. Here comes spring!

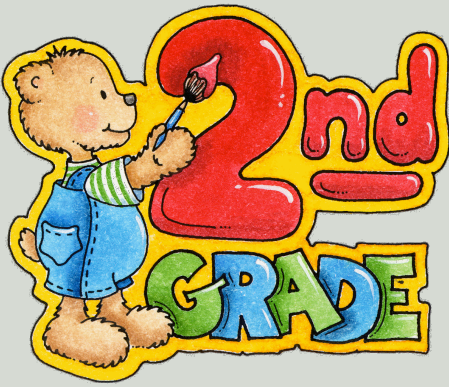


The first grade students enjoyed reading Rescue on Bald Mountain from The Adirondack Kids book series. This was the book that the elementary schools choose for the One District One Book program. The students really enjoyed participating in all of the activities: pajama day, silly sock day, and sports team day. For our ODOB finale we sang "A Camping We Will Go" for the whole school. We were also able to meet the authors on that day. Did you know that the authors of the Adirondack Kids series live in Camden, NY?

## First Grade Fun!







## PORT LEYDEN SECOND GRADE MRS. KEMPNEY, MRS. ROCKWOOD AND MRS. SMITH - AIS READING

Second grade is off to a great start this year! We have 36 bright, eager students that are learning the ropes of a new grade. Our days are spent improving reading, writing and math skills.

In math, the students reviewed basic addition and subtraction facts and are now learning "tricks" to use when working with bigger numbers. It is very exciting to be able to add numbers into the thousands!

The second graders have already completed several writing pieces in the short time we've had together. This year we are going to be pen pals with two classes at Lowville Academy. This will help us become better writers and readers. Hopefully, we will also get the chance to meet our pen pals in the spring!

Reading is the area encompassing the majority of our day. While learning to read more challenging books, they are also learning to read so that they sound interesting to a listener. During the month of January Port Leyden participated in "One District One Book". This year we read The Adirondack Kids: Rescue on Bald Mountain. One of the fun days to go along with this book was pajama day. What a great way to read in a comfy pair of pajamas!

We started cursive also in January! The students have been absolutely thrilled to be learning how to write and read cursive words!

In closing, we'd like to thank everyone for all they have done to make the beginning of our year go so smoothly. We look forward to working with your children throughout the rest of the year.

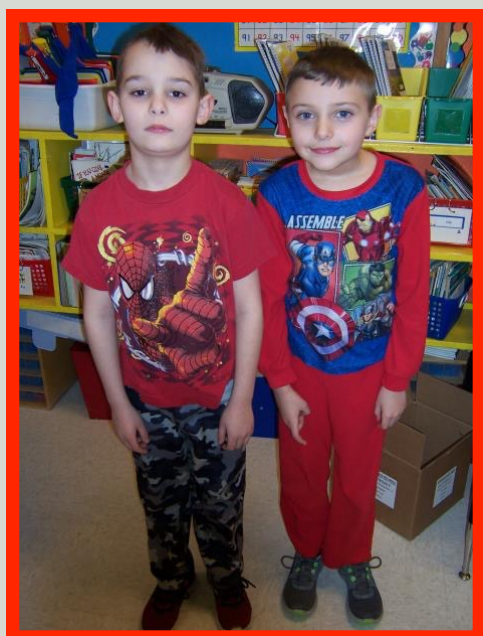


Mrs. Kempney's Class



Mrs. Rockwood's Class







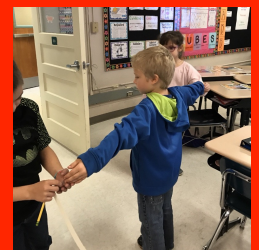
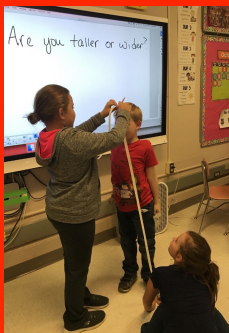
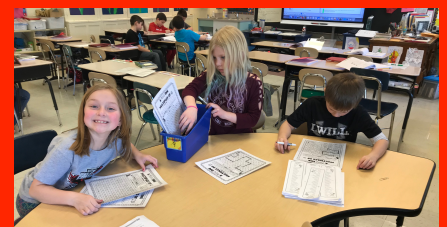
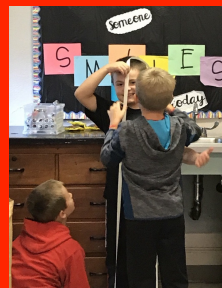
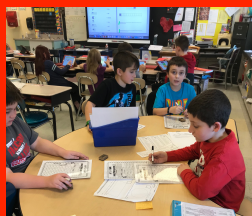
# Third Grade News

MRS. MARKHAM AND  
MRS. ARTHUR  
AT PORT LEYDEN

The 3<sup>rd</sup> grade team at Port Leyden has had a busy but exciting school year so far. Students have really enjoyed traveling to Mexico and China to learn about different cultures. To extend our culture unit, students researched a country of their choice and created a scrapbook. We've also explored some really freaky frogs and their adaptations! Did you know that some frogs have horns? The Amazon Horned frog uses its horns to provide camouflage on the forest floor. But animals beware because this frog is a carnivore and will eat you in one giant gulp. Another freaky frog we learned about is the colorful Poison Dart frog. This frog is as small as your pinky but it is toxic to humans. These are just a couple of the amazing frogs we learned about.

Our Math exploration began with multiplication and division with a focus on word problems and has moved into learning about fractions. The skills we focus on in 3<sup>rd</sup> grade are important building blocks for many life skills. Our new Guided Math lessons are interactive and keep students engaged! Every day students begin Guided Math learning a new skill or concept. Then they break into groups and move through fun and engaging Math centers. One center involves working with their teacher to discuss their mathematical thinking and provides the opportunity to reteach any difficult concepts. Our students are really enjoying this new way of learning math!

The holiday season is behind us, however, the students still remember helping families from our community. Our 3<sup>rd</sup> graders helped the Knights of Columbus fill holiday meal boxes for local families for Thanksgiving and Christmas. This was a wonderful way to teach our kids the importance of giving back to the community and to end the year.



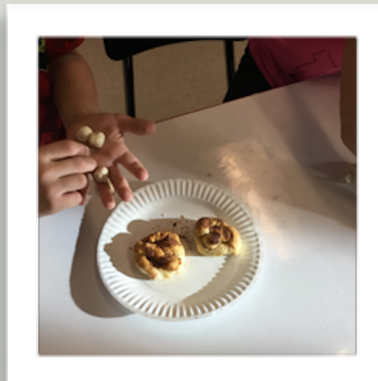
# AIS in Third Grade at Port Leyden Elementary with Mrs. Abrial

The third grade team at Port Leyden Elementary collaboratively works to meet the needs of all our students. Mrs. Abrial works with all students to give extra support in ELA, Math, Science, and Social Studies. She works with small groups of students to improve their English Language Arts skills. AIS is provided in small groups, as well as in the whole group setting using a co-teaching model.

In small groups, students work with the ELA curriculum following a student centered approach. The students are given opportunities to move around within the classroom and interact with their materials and peers.

Skills that students use in their regular classroom are practiced and/or re-taught in the AIS classroom. Every teacher works together to assess and monitor skills that most challenge our students. Based on the needs of our students, we work to achieve common goals.

Below are some photos with students learning to make pretzels.



The students learned to make pretzel balls and had the opportunity to watch an instructional video to teach them to make a soft pretzel with the twist. Their favorite part - eating them!



# *In the Elementary Art Room with Ms. Murrock!*

Students have been on a roll learning and creating this year in the art room! Students have already participated in an art show this year, and have three more coming up. In the fall of 2018, 15 elementary students' art works were selected to be shown at the Harvest of the Arts festival located at the beautiful Maple Ridge Wind Farm. Congratulations to the students who had their artwork sent. We had a show located at the B. Elizabeth Strong Memorial Library in Turin during the month of February. The students will also be participating in the Dodge Pratt Student Art Show and Tri-County as well. We have a busy and exciting year planned!

Students are continuing creating art works with an art history background. Some master artists that we have touched on this year so far are Pablo Picasso-Cubism, Vincent Van Gogh-Expressionism, Claude Monet-Impressionism, Eric Carle-Children's book author and illustrator, and Georgia O'Keeffe-Abstraction. Fourth graders have been diligently working on pencil sketches of their self-portraits, and I can respectfully say how impressed I am of their talents! In their drawings they have been demonstrating their knowledge of shading and value.

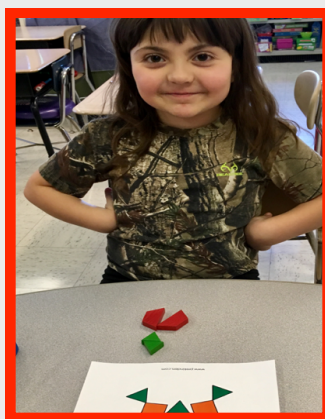
During the year I will be displaying student art throughout the school, so be sure to stop by as the artwork will change frequently. Always feel free to visit your child's art class. Our door is always open! It is going to be a fantastic year in the art room and I am looking forward to the many creations we make!

**"The purpose of art is washing the dust of daily life off our souls." Pablo Picasso**



## Resource Room Port Leyden Elementary Mrs. Boucher

At Port Leyden Elementary, the Resource Room is a classroom for the student who qualifies for regular class placement, but needs some special instruction in an individualized or small group setting for a portion of the day where learning strategies are provided. Individual needs are supported in resource rooms as defined by the Individual Education Plan (IEP). The IEP is a specialized plan developed by both the special education team and parents to identify a student's academic goals and the tools and actions needed to help achieve those goals. The child receiving this type of support will spend some time in the resource room but most of the time in the regular classroom with modifications and/or accommodations.



### Here are Some Tips to Help Your Child be Successful in School

- 1. Ask your child how their day went.**
  - For example, "What did you do in the resource room today?" "What was the funniest thing that happened?" "What was the hardest thing?"
- 2. Read to your child. This is beneficial in several ways:**
  - Ask them questions as you read to build their comprehension skills
  - Build memories together
  - Inspire them to enjoy reading adventures
- 3. Practice what they are learning in the resource room.**
  - Ask for activities that you could do at home with your child
  - Complete practice exercises that are sent home
- 4. Support them with homework.**
  - Do homework with them to make sure they are doing it correctly and to monitor their study habits
  - Make sure they have a quiet space with good lighting
  - Remember, it is their homework, not yours. They need to practice it, not you.
- 5. Listen to your child read aloud. Have them reread the same story over and over to increase their fluency.**
  - Ask them what books they are reading for fun and learn what they are interested in
- 6. Be involved.**
  - Review progress reports, review work sent home with your child, and communicate with the special education teacher

Feel free to contact me any time with questions regarding your child's needs and educational program at [oboucher@southlewis.org](mailto:oboucher@southlewis.org)





# Music Notes From Ms. Chamberlain

Congratulations to all of the students that participated in the Winter/Holiday music showcases at Port Leyden and Glenfield Elementary schools in December. The students did an outstanding job performing holiday and winter selections for their classmates and families. I would like to thank all community members that came to these performances to support our students!

The following is an update of what all students are doing in music classes right now.

Kindergarten students are learning about the difference between fast and slow, loud and soft, and high and low. Students have been practicing line compositions where they follow the contour of a line drawn on the board to demonstrate going higher with their voices and lower with their voices. We have been doing movement activities to work on feeling and keeping a steady beat.

First grade students have been learning how to count and play rhythms that use quarter notes and eighth notes. We have even written our own rhythms using quarter notes and eighth notes as a class. They have been doing such a good job that they will be learning how to read pitches soon as we start learning how to play bells and metalophones!

Second grade students have been practicing rhythms that include quarter note rests with their rhythm sticks. They also had a chance to create and perform their own rhythms that we composed together as a class. We will be playing these rhythms on metalophones and bells soon. This will help us get ready to play recorders next year.

Third grade students have been doing an outstanding job learning how to play recorders this year. Recorders will be going home with students soon. Students should be practicing their recorders at home, making sure that they are covering the holes completely. They should not be playing overly loud, because overblowing does not produce a pleasant sound. Recorders should be stored in student backpacks so they always have them on music days. Students should not share recorders as this is a good way to spread germs around!

Fourth grade students are also continuing to learn new music reading skills by practicing their recorders. Most students have learned B A G C and D. They have learned about repeat signs, first and second endings, tempo markings, dynamic markings and rhythms including quarter, half, whole and eighth notes and rests. Students have been given music to practice at home from our Music Express Recorder Mission series. Ask your fourth grade student to play for you some time!

Many fourth grade students have elected to participate in band and chorus. In chorus we have been getting introduced to our new selections for the spring concert. Band students are continuing to practice materials in their lesson books. Students should be practicing at least four to five times each week. A good goal for band students is to try to practice as close to everyday as possible. We are starting band rehearsals and each student is depending on the others to prepare their parts in order to have the best group possible. If students are finding it difficult to complete their practicing, sometimes creating a schedule can help. Remember that practicing should come before television and video games!

I have been doing more with my webpage this year. Students can find video recordings of past concerts, links to interesting websites, and recordings to help them practice their music. Students can access my webpage by going to the school website [www.southlewis.org](http://www.southlewis.org), selecting either Glenfield or Port Leyden in the schools tab, then selecting classrooms followed by selecting Chamberlain.

The following is my schedule and contact information: I am at Port Leyden school on days 1, 2, and 4 and at Glenfield school on days 3, 5, and 6. Since I am not in each building each day, sometimes the best way to contact me is via e-mail. [schamberlain@southlewis.org](mailto:schamberlain@southlewis.org) Please feel free to contact me with questions or concerns!

# Congratulations to Winter Bi-County Band and Chorus Students!!



Unfortunately, this year's Winter Jefferson/Lewis Bi-County Music Festival scheduled for Saturday, January 26<sup>th</sup> at Watertown High School, had to be cancelled due to heavy snowfall in and around Watertown. The Winter Festival annually includes 5/6 Band and High School Chorus, as well as Runner-Up in the annual Senior Soloist Competition. Not only did the festival day itself produce weather issues, but the pre-festival rehearsal days for Band (on Tuesday the 22<sup>nd</sup>) and the Chorus (Friday the 25<sup>th</sup>) were also cancelled due to extensive area bad weather.

*Regardless of the weather, it was a great honor for the students to be selected.*

Chosen for the South Lewis 5/6 Band were Clarinetist Preslei Lewis, Flutist Alexis Egnew, and Trombonists Lucas Smith and Isaac Edick.

Chosen for South Lewis in the High School Chorus were Soprano Isa Liendecker and Alto Katie Vito.

While the students were not able to actually participate in this year's performances, we still say CONGRATULATIONS MIDDLE AND HIGH SCHOOL FALCONS!!





*A message from the Nurse's Office,*

*Hello families and friends!*

*We have made it to the halfway point of the 2018-2019 school year....time flies when we are having fun learning. First of all, thank you for keeping our students healthy. We truly appreciate working with you to keep everyone healthy and happy. This year the nurse's office has been busy. We started the year with the SBHC staff coming into the nurse's office to give flu shots for those students with consent. Then our friends from the North Country Dental Clinic were here cleaning teeth for those students enrolled. If at anytime you would like to enroll your child(ren) with either of these great services, feel free to call your child's School Nurse's Office.*

*We would like to take this time to remind our families that this year the guidelines for physicals (Health Examinations) have changed for students in Pre-K, Kdg, 1st, 3rd, 5th, 7th, 9th and 11th grades. A Health Examination must be on file for the students in these grades and any new enrollments to our district. If you are in need of the new form, please contact us any time to get one.*

*As spring approaches our hopes are to finish the school year as healthy as we can. The following are some helpful tips:*

- \* Wash hands frequently.....keep the germs away*
- \* Helmet Safety.....always wear your helmet (bicycle, snow mobile, skiing)*
- \* Get plenty of sleep.....at least 8 hours...our brains need rest*
- \*Make healthy choices for snacks (raisins, fruit, veggies, cheese, pretzels)*
- \*Drink plenty of water*
- \*Exercise (daily for at least 30 minutes)*
- \*As the days get longer watch less TV and less time with our devices!*

*Happy Spring from the South Lewis Central School Nurse's Office!!!*

*DeyLynne Farr, RN  
Port Leyden....315-348-2665  
Heather LeVan, RN  
Glenfield...315-348-2625  
Kelly Mear,RN  
HS/MS.....315-348-2525*

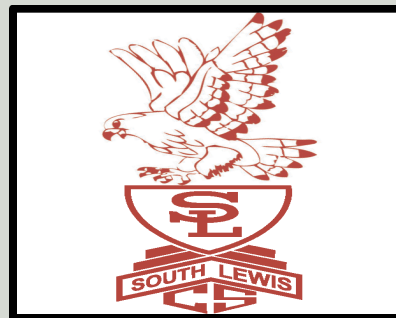


# South Lewis Central Schools

## District Newsletter Request Form

If you would like a hard copy of each issue of the South Lewis Central School District newsletter mailed to you please complete this form and return it to the address below. You can also call the District Office at 315-348-2500 and provide the needed information.

South Lewis Central Schools  
ATTN: Douglas Premo  
4264 East Road  
PO BOX 10  
Turin, NY 13473



DATE: \_\_\_\_\_

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Thank You!**

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### Port Leyden PTO

The Port Leyden Elementary PTO has been very busy since the beginning of the school year. We have wonderful parent involvement at our sponsored activities. Each year, many traditions take place at the Port Leyden building. One of these traditions is the PTO hosting our Open House for students, parents, and teachers. It's amazing how many people fill the halls that night. We had a tremendous amount of cookies and punch sent in by parents, and we thank you! Another yearly tradition is our grades 3 and 4 Halloween Spooktacular. This takes place in our gym and cafeteria. The students enjoyed popcorn, punch and many fun-filled activities. The PTO allocates money to our cafeteria program. Under the direction of Mrs. Petrus, Mrs. Millard, and Mrs. McManus, the students participate in various activities after they finish their lunch. These fun activities include: playing board games, coloring, playing bingo, singing songs, reading special stories, arts and crafts, and dancing. Our archery program at Port Leyden is one of our best accomplishments. Through the leadership of Mr. Villiere, the PTO was happy to donate funding to offer this wonderful opportunity. Recently, we voted to donate funds to help start an archery program in the middle school. At the elementary level, our students are able to learn archery in 3<sup>rd</sup> and 4<sup>th</sup> grade. Students are exited and look forward to this unit in PhysEd and then joining the Archery Club. With much needed funding for a middle school program, the Port Leyden PTO knew that this would be a great way to offer our support. Ultimately, all students within the district will benefit from this.

Remember to send in your Box Tops for Education. This is an easy source of revenue to help us fund many PTO sponsored activities, such as: bowling, One District One Book, classroom-based activities, school picnic, and purchasing a year book for all 4<sup>th</sup> grade students. Thank you parents, friends and community members who send these in. We really appreciate it!

If you have any new exciting ideas and would like to share them with the PTO, write a note and send it in with your child. We have a mailbox in the school office that is always open to suggestions.

**The PTO officers this year are: Nancy Domagala, President; DeyLynne Farr, Vice-President; Lydia Huntress, Secretary; and Sue Millard, Treasurer.**





Save the Date!

*The 4th Annual Lewis  
County Job Fair*

April 10, 2019

At The Lowville Elks Lodge

10am- 2pm





## HIGH SCHOOL ART WITH MRS. PANELLA

What inspires people to draw, paint, and create? Something in the human soul has the desire to put human experiences into a visual picture from the beginning of time. Whether is it a stick drawing in the sand, fingers pinching clay together or simply a paint brush flowing over the surface. The next question would be how to keep that inspiration flowing and productive. Some artists have more ideas than they could ever put to paper while others struggle. Keeping a notebook or a journal is one of the easiest ways to catalog possible inspirations. In the fast paced moment of today, people can capture almost anything on their phone. It is important to find out what inspires you as an artist and record your ideas and thoughts because that is what makes your art unique.



We have been drawing using the grid system to help us enlarge a picture. We never trace anything in art unless it is our own original drawing that we are repeating. Learning to really see by looking and observing is a skill developed over time. Our sources for the first grid drawing were Gustav Klimt and Picasso. We worked on an enlarged painting of Lincoln for the month of February. Sculpture class has been busy moving in many directions including printmaking, paper folding, the fabulous pottery wheel, hand building with clay and working with wire. We are just starting a small carving in balsa foam. A few students created spooky trees using a paper and glue method that was fantastic. Lidded containers made of clay are being created by a few students and they are really special.

If you are looking, inspiration is at your finger tips. Some students just finished helping plant amaryllis bulbs which are in a glass show case and when they start to bloom in several weeks, they will be our inspiration. As artists we will try to capture them in a drawing or painting, setting that moment in time permanently on paper. Life is full of ideas and experiences so be alive and get inspired! There was an art show at the Turin Library during the month of February. There will be a closing reception on March 1st. Hope to see you there.





# Keyboarding/Computer Applications

Glenfield & Port Leyden with Mrs. Zehr



K-4 students continue to work hard in the computer lab staying abreast of the ever-changing technology. Here are some of the things students are learning and becoming more proficient in:

- Keyboarding - using home row to become more proficient and increase speed and accuracy.
- Coding - Computer code is a set of **rules** or **instructions**. It is made up of words and numbers and when put in the right order, it will tell the computer what you want it to do. You can program lots of things with code. Students use several tools and resources to code including: code.org, kodable.com, Bee Bots, ozobots, Dash the robot, and Sphero.
- Google Docs and Google Slides - becoming familiar with each program and the many tools they can use to create projects.
- Animation - using the Stop Animation App on iPads and Google Slides to create animation.
- Makerspace/STEAM - students get a chance to explore and use their creativity, imagination, and problem-solving skills. They use Little Bits, Legos, Magna Tiles, K-Nex, and arts and crafts supplies to solve problems and create things.





## South Lewis Proudly Presents: *Freaky Friday*

When an overworked mother and her teenage daughter magically swap bodies, they have just one day to put things right again. *Freaky Friday*, a new musical based on the celebrated novel by Mary Rodgers and the hit Disney films, is a heartfelt, comedic, and unexpectedly emotional update on an American classic.

Ellie Blake (Sophia Sabatini) is having a rough day. She wants to participate in some high school-wide game called "The Hunt," but her mom, Katherine (Katie Vito) won't let her. Katherine is under pressure: Her wedding day is approaching and she is in charge of both the ceremony and reception. A fashion magazine wants to do a spread on her preparations. In a pitched argument, both Ellie and mom grab on to a magical hourglass her father had left Ellie before his death, and they instantly switch bodies. With only one day to try to correct things before a wedding, mother and daughter must work together to reverse the magic that has the teen living the chaotic life of a controlling, working mother, and the mom trying to make her way in the crazy world that is high school.

As Ellie heads into school, she is met with the typical mean girl, Savannah (Grace Mear), the heartthrob, Adam (Elijah Lohr) and her best friends (Alexis Payne, Meghan Brown). Ellie has to learn how to navigate through high school all over again. Meanwhile, at home, Katherine is busy avoiding her fiancé, Mike (Garrett Patterson), delegating wedding duties to her assistant Torrey (Shaylagh Randall), and parenting the younger brother, Fletcher (Kyle Lawrence).

By spending a day in each other's shoes, Katherine and Ellie come to appreciate one another's struggles, learn self-acceptance, and realize the immeasurable love and mutual respect that bond a mother and daughter together.

*Freaky Friday* will be in the South Lewis Auditorium March 21, 22, 23 at 7:00 pm. Tickets are \$6 for adults and \$5 for students and senior citizens. The **Switcheroo Pass** is available for all three performances at the cost of \$15 for adults and \$12 for students and senior citizens. Pre-sale tickets are available through the South Lewis Middle School by contacting Jane Luther (348-2570) beginning March 4<sup>th</sup>.



# **HIGH SCHOOL GUIDANCE INFORMATION**

## **JUNIORS**

Take College Entrance Exams: College-bound Juniors are encouraged to take the ACT this spring. To register for the ACT, go to [www.actstudent.org](http://www.actstudent.org). The registration site for the SAT is [www.collegeboard.org](http://www.collegeboard.org). South Lewis' school code number is 335653. Fee waivers are available for students who meet the criteria. See Mrs. Bronson in the School Counseling Office for help with fee waivers. All juniors have access to Method Test Prep to practice for these exams. Practice the test by taking sample versions. Get plenty of sleep and eat a well-balanced breakfast before your test. Be sure to read the directions and test questions carefully. Pace yourself so you have time to review your work.

### **SAT Test Date: May 4th**

Registration Deadline: April 5<sup>th</sup>

Cost: \$47.50 (no writing)

\$64.50 (with writing)

### **ACT Test Date: June 8<sup>th</sup>**

Registration Deadline: May 3<sup>rd</sup>

Cost: \$50.50 (no writing)

\$64.50 (with writing)

Find the college that is right for you. Ask your school counselor for help. Complete a FastWeb College Search ([www.fastweb.com](http://www.fastweb.com)). Try a program search on [www.suny.edu](http://www.suny.edu). Learn more about schools via their websites, campus visits, and college fairs. Choices Online: South Lewis has a web-based career and college research and plan program. To access "Choices Planner" online, please follow the directions below:

Go to [www.bridges.com](http://www.bridges.com) Enter the following numbers: Site ID: 0100987 Password: N8c9m2R4

You will need to create a portfolio. Be sure to write down your login information for the next time.

Visit Colleges: Juniors should be visiting a variety of colleges this spring and summer with their parents. Contact the college online or by phone to set up an appointment for a college visit. Please contact the School Counseling Office for assistance.

## **SOPHOMORES**

It is not too early to start researching careers and colleges. Try visiting the following college search websites:

[www.SUNY.edu](http://www.SUNY.edu), [www.petersons.com](http://www.petersons.com),

[www.fastweb.com](http://www.fastweb.com) (they also offer a good scholarship search) [www.nycolleges.org](http://www.nycolleges.org).

If you want career information/descriptions, try: NYS Department of Labor website

[www.careerZone.org](http://www.careerZone.org), [www.bls.gov/oco](http://www.bls.gov/oco), [www.planstudent.org](http://www.planstudent.org), [www.mappingyourfuture.org](http://www.mappingyourfuture.org) (Look at the "Career Ship" section).

If you haven't done so already, you should meet with your school counselor to discuss career and college plans and select your classes for next year. Make an appointment today.

## **FRESHMEN**

Remember that lab requirements must be completed in Earth Science and Living Environment before you can take the Regents. Talk to your teacher if you have questions about your lab work. Please use activity period if you need extra help. Your class record is important for preparing for college and your future career. Choose challenging courses for your schedule and keep an eye on your GPA (Grade Point Average).

Scheduling for 2019-2020 is in progress.

Junior student course requests were completed in January. Sophomore and Freshman course requests should be completed by the end of March. Please review the course selections made by your child. Please call Mrs. Birmingham or Ms. Green at 315-348-2530 if you have questions or concerns regarding your child's course requests for next year.

# **SOUTH LEWIS SENIOR HIGH SCHOOL**

## **SCHOLARSHIP BULLETIN**

### **March/April 2019**

**NORBERT GAZIN SCHOLARSHIP** is open to students who were born in Lewis County (living in Lewis County at the time of their birth), have been a resident of the County for at least five years, will graduate from a Lewis County school and have no felony convictions. Priority will be given to students entering the fields of Engineering, Ag, and Forestry with at least a 70 average. As in the past, any student planning on attending college may apply for this scholarship regardless of major if they have at least an 80 average. Alumni may also apply if they have a 2.5 cumulative GPA. If you are planning on attending college, apply for this!

Deadline: March 27th

**ELIZABETH B. BUSH SCHOLARSHIP** is open to Lewis County students in the top 15% of their class. South Lewis is guaranteed at least one \$1,000.00 winner and we have had several in the past.

Deadline: March 27th

**LEWIS COUNTY GENERAL HOSPITAL AUXILIARY SCHOLARSHIPS** are available to seniors who are planning on entering the health field. Applications are available in the School Counseling Office.

Deadline: April 1st

**NORTHERN NEW YORK COMMUNITY FOUNDATION SCHOLARSHIPS** are open only to residents of Jefferson and Lewis County who will be full-time students during the 2019-2020 school year. Freshman Scholarships are based upon academic achievement and personal data. The scholarship selection is based on class rank, average, ACT/SAT scores, Regents scores, personal data, essay and applicant appraisal. Scholarship amounts are based upon unmet financial need as determined by the student's college. ***ALL STUDENTS PLANNING TO ATTEND COLLEGE SHOULD COMPLETE THIS APPLICATION.*** Students attending any type of college, including technical schools, are eligible. This is a one-year award. Give as much information as you can on your application. Provide specific details in the work experience, school & community activities, and describe any unusual hardships or special family or personal circumstances. (Tell your story.) Promote yourself by telling them what you want to study and why. Describe your career goals and aspirations. What makes you, you? You will be required to complete the **online** application, write an essay, have two appraisal forms completed and submitted, and submit your official transcript. Start now; it takes some time to complete all of this.

Deadline: April 15th.

**DEKIN EDUCATIONAL TRUST 2019 SCHOLARSHIP** is open only to Lewis County graduates who need financial assistance and are majoring in Engineering, Nursing, Physical Therapy, Pre-Med or Pre-Dental. This is a \$1,500 scholarship that a student did win last year from South Lewis. Interested students must request an application from the Trustee. The School Counseling Office has more information on this scholarship and how to get the application.

Deadline: March 9th.

Any senior who is not going to college in the fall should be building his/her resume and job experience. Please see Ms. Green or Mrs. Birmingham for assistance.

#### **Scholarship Update**

Seniors should continue to check the scholarship bulletin that is updated and handed out in Economics every month. The scholarship bulletin is also emailed to students and parents. Please take the time to apply for any scholarships that you are eligible for. Watch deadlines carefully. Updated bulletins are available in the School Counseling Office. Please contact the college financial office to ask about college-specific scholarships. Continue working hard in your courses. Remember that there are many school-sponsored scholarships available and it is important to maintain your grades and work ethic throughout the rest of your senior year. Good luck with scholarships!



# SOUTH LEWIS ATHLETE OF THE MONTH

The South Lewis Varsity Club and Girls' Athletic Association is once again sponsoring the Athlete of the Month Program at the South Lewis High School. Varsity coaches are given the opportunity to submit an athlete's name with a brief description of the excellent things that the athlete has accomplished. Each month, deserving athletes from each team are recognized on the school bulletin board and are given an Athlete of the Month shirt.

The following athletes are the South Lewis Athletes of the Month for the Fall Season:

Senior, Andrew Hoffman is a third-year varsity football player. Andrew opened the season with 10 carries for 383 yards and seven touchdowns. In the second game against Oriskany, he ran for 52 yards and one score. Andrew has been a leader for the team all season.

As a captain, he has worked very hard to lead the team on offense and defense. Andrew is the son of Brad Hoffman, Port Leyden.

Sophomore, Brenna Kenyon is a second-year varsity soccer player. Brenna has made huge developments in her soccer skills over the past few years. This year, she has specifically delivered a great deal of intensity to the program. Brenna offers defensive and offensive support to her teammates playing center midfield, which is a position that controls the tempo. She wants the best for her team and is looking to become a better player individually. Brenna is the daughter of Frank and Jennifer Kenyon, Constableville.

Senior, John Molnar is a second-year varsity soccer player. John's energy is infectious. He has the dedication and effort that every coach wants and he would literally run through a wall for his teammates and coach. John has become the varsity goalie this year, and has averaged less than a goal given up per game. John continues to improve and is eager to get better between the pipes. John is the son of Amanda Patrick and John Molnar Sr., Port Leyden.

Junior, Sophia Burd is a first-year varsity swimmer. New to swimming, Sophia has established herself as an outstanding diver and breastroker, qualifying for sectionals in both events. She is a diver who is not afraid to do what she is asked. At the time of selection, Sophia had already learned two reverse dives, which are considered the most difficult, and was one dive short of the 11 needed for post season competition. In the breaststroke, Sophia had become a powerful force in the Frontier League and was ranked 15th in Section III Class C schools.

Sophia has been a welcome addition to the team. Sophia is the daughter of Sonia Wendt, Constableville and Kenny Burd, Richland.

Sophomore, Hannah Ielfield is a third-year varsity cross country runner. Hannah led the Falcons in the first three races of the season. At the time of selection, her team was ranked #1 in New York State Class D and Hannah was ranked #2 as an individual in the state. Hannah is the daughter of Greg and Julia Ielfield, Glenfield.

Sophomore, Shane Sweredoski is a second-year varsity cross country runner. Shane is a leader and positive role model through his work ethic on the boys' cross country team. At the time of selection, Shane was running his personal best of the year. Shane is the son of Tim and Rebecca Sweredoski, Constableville.

Junior, Kathryn Reid is a second-year varsity soccer player. Kathryn has contributed to the success of the program on many different levels. Not only is Kathryn an exceptional athlete on the field, she is also an extraordinary student in the classroom. Kathryn has been a leader to her fellow athletes, as well as an inspiration to the coaching staff. She is a very coachable competitor. Kathryn has had most of her success in a defensive role for the Lady Falcons. She brings a great amount of intensity to the defensive line, stepping up and supporting when needed or falling back and following other teammates' leads. It has been a great pleasure to have Kathryn involved in the soccer program and we look forward to her continued growth as an athlete. Kathryn is the daughter of Andrew and Kristine Reid, Boonville.

Junior, Brady Vosburgh is a third-year varsity football player. Brady was a leader on and off the field. He finished the season with 147 carries for 1,125 yards and 11 touchdowns. He was instrumental in the wins against New York Mills and Tupper Lake. Brady was in the top 10 in Section 3 for carries on the season and he ended the season with 21 tackles. Brady played his best game defensively in the final contest against Weedsport. Brady is the son of Chucky and Nicole Kraeger, Port Leyden.

Junior, Elijah Lohr is a second-year varsity soccer player. Elijah is a two-year varsity starter, who was one of the anchors to the squad defensively. He is very physical and plays without fear. Elijah's speed allows him to make up for any mistakes or to cover for his teammates. Elijah has played year-round soccer for the last three years and will continue to improve as he prepares for his senior year. Elijah is the son of John and Tammy Lohr, Constableville.

Freshman, Patience Rivers is a first-year varsity swimmer. Patience worked hard and improved her times throughout the season, and qualified for the Section 3 Class C swim meet in both the 50-yard freestyle and the 100-yard backstroke. In the Frontier League swim championships, Patience finished 6th in the backstroke and 12th on the 50 freestyle. Patience really stepped up and filled some very important spots on the team. Patience is the daughter of Heather Rounds, Port Leyden.

Freshman, Lexi Bernard is a third-year varsity cross country runner. Lexi was key in the success of the girls' cross country team this year. In the post season, Lexi finished an impressive 2nd at the New York State Cross Country Championships, and 18th at the Nike New York Championship Race. Continue to look for excellence from Lexi, as she is only halfway through her high school cross country running career. Lexi is the daughter of Jack and Lori Bernard, Boonville.



Andrew Hoffman



Brenna Kenyon



John Molnar



Sophia Burd



Hannah Ielfield



Shane Sweredoski



Kathryn Reid



Brady Vosburgh



Elijah Lohr



Patience Rivers



Lexi Bernard





**Breakfast: \$1.25****March 2019****Lunch: \$2.75**

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
|   |   |   |   | <b>1</b>   |
|   |   |   |   | <b>BREAKFAST</b><br>Assorted Mini Whole Grain Donuts<br><br><b>LUNCH</b><br>Buffalo Chicken Tenders, Buttered Noodles, Seasoned Corn, Celery Sticks with Low Fat Dip, Fresh Fruit or Fruit Choices                 |
| <b>4</b>  | <b>5</b>  | <b>6</b>  | <b>7</b>  | <b>8</b>   |
| <b>BREAKFAST</b><br>Breakfast Break<br><br><b>LUNCH</b><br>Hot Dog or Chili Dog with Cheese, Seasoned Baked Beans, Pickle Chips, Seasoned Potato Wedges, Fresh Fruit, Fruit Choices   | <b>BREAKFAST</b><br>Sausage, Egg, and Cheese Sandwich<br><br><b>LUNCH</b><br>Turkey and Gravy, Mashed Potatoes, Seasoned Corn, Cranberry Sauce, Dinner Roll, Peach Cobbler with Toppings, Fruit Juice | <b>BREAKFAST</b><br>French Toast Sticks with Syrup<br><br><b>LUNCH</b><br>Ziti with Meatless Sauce and Melted Mozzarella, Garlic Bread Sticks, Seasoned Green Beans, Fresh Spinach and Strawberry Salad, Fresh Fruit, Fruit Choices | <b>BREAKFAST</b><br>Bacon and Cheese Sandwich<br><br><b>LUNCH</b><br>BBQ Rib on Bun, Buttered Noodles, Seasoned Broccoli and Cauliflower, Coleslaw, Oatmeal and Raisin Cookie, Fruit Choices  | <b>BREAKFAST</b><br>Bagels with Cream Cheese<br><br><b>LUNCH</b><br>Dunkers with Marinara Sauce, Greens and Beans, Fresh Veggie Cups with Low Fat Dip, Homemade Cook's Choice Soup, Fruit Juice, Fresh Fruit       |
| <b>11</b>   | <b>12</b>   | <b>13</b>   | <b>14</b>   | <b>15</b>  |
| <b>BREAKFAST</b><br>Breakfast Break<br><br><b>LUNCH</b><br>Soft Beef Tacos, Shredded Lettuce and Cheese, Diced Tomatoes, Salsa, Sour Cream, Beef Flavored Seasoned Rice, Refried Beans, Fresh Fruit, Chocolate Chip Cookies | <b>BREAKFAST</b><br>Egg and Cheese Muffin<br><br><b>LUNCH</b><br>Fried Chicken, Mashed Potatoes, Brussel Sprout Bake, Seasoned Spinach, Fruit Juice, Fruit Choices                                    | <b>BREAKFAST</b><br>Assorted Oatmeal<br><br><b>LUNCH</b><br>Hamburger or Cheeseburger on Roll, Tator Tots, Carrot and Raisin Slaw, Baked Beans, Fresh Fruit, Fruit Choices  | <b>BREAKFAST</b><br>Bacon, Egg, and Cheese Muffin<br><br><b>LUNCH</b><br>Chicken Nuggets with Dipping Sauce, Buttered Noodles, Celery Sticks with Peanut Butter, Cook's Choice Veggies, Fruit Juice, Fruit Choices                                | <b>BREAKFAST</b><br>Bagel with Cream Cheese<br><br><b>LUNCH</b><br>Homemade Macaroni and Cheese, Stewed Tomatoes, Seasoned Peas and Carrots, Vegetarian Vegetable Soup, Warm Cinnamon Applesauce, Assorted Muffins |
| <b>18</b>   | <b>19</b>   | <b>20</b>   | <b>21</b>   | <b>22</b>  |
| <b>BREAKFAST</b><br>Assorted Mini Whole Donuts<br><br><b>LUNCH</b><br>South Lewis Pizza, Tossed Salad with Fresh Veggies, Seasoned Beets, Cook's Choice Soup with Crackers, Fresh Fruit, Fruit Choices                      | <b>BREAKFAST</b><br>Egg and Cheese Muffin<br><br><b>LUNCH</b><br>Beef Pattie in Gravy, Mashed Potatoes, Coleslaw, Dinner Rolls, Seasoned Zucchini, Fruit Juice, Fruit Choices                         | <b>BREAKFAST</b><br>Bagel with Cream Cheese<br><br><b>LUNCH</b><br>Chicken Fajita on Soft Shells, Shredded Lettuce and Cheese, Salsa, Sour Cream, Seasoned Rice, Buttery Corn, No Bake Cookies, Fresh Fruit                         | <b>BREAKFAST</b><br>Sausage and Cheese Muffin<br><br><b>LUNCH</b><br>Loaded Fries or Encrustables, Crumbled Bacon, Scallions, Cheese Sauce, Sour Cream, Seasoned Broccoli and Cauliflower, Garlic Roasted Green Beans, Fruit Juice, Fruit Choices | <b>BREAKFAST</b><br>French Toast Sticks with Syrup<br><br><b>LUNCH</b><br>Grilled Cheese Sandwich, Tomato Soup with Crackers, Pickle Chips, Potato Chips, Veggie Cups with Dip, Fruit Juice, Fruit Choices         |
| <b>25</b>   | <b>26</b>   | <b>27</b>   | <b>28</b>   | <b>29</b>  |
| <b>BREAKFAST</b><br>Assorted Mini Whole Grain Donuts<br><br><b>LUNCH</b><br>Chicken Pattie on Rolls, Shredded Lettuce, Tri-Roasted Veggies, Carrot Sticks with Dip, Fresh Fruit, Fruit Choices                              | <b>BREAKFAST</b><br>Sausage and Cheese Muffin<br><br><b>LUNCH</b><br>Open Face Hot Turkey Sandwich, Mashed Potatoes, Cranberry Sauce, Roasted Chickpeas, Brussel Sprouts, Fruit Juice, Fruit Choices  | <b>BREAKFAST</b><br>Assorted Bagels with Cream Cheese<br><br><b>LUNCH</b><br>Italian Sausage with Onions and Peppers on Roll, Macaroni Salad, Baked Beans, Jell-O with Topping, Fresh Fruit   | <b>BREAKFAST</b><br>Mini Pancakes with Syrup<br><br><b>LUNCH</b><br>Lucky Plate Day, Baker's Surprise, Fruit Choices  | <b>BREAKFAST</b><br>Bacon, Egg, and Cheese Muffins<br><br><b>LUNCH</b><br>Fish Triangle, Macaroni and Cheese, Seasoned Broccoli, Cole Slaw, Fresh Fruit, Fruit Choices   |

**DAILY ENTREES: MIDDLE/HIGH SCHOOL**

Large & Small Café—Choice 1—Daily Menu Choice  
 Salad Plate  
 Yogurt Parfait  
 Large & Small Café—Monday, Wednesday, and Friday—Subs

**DAILY ENTREES: ELEMENTARY SCHOOLS**

Monday, Tuesday, Thursday, and Friday  
 Choice 1—Daily Menu Choice  
 Choice 2—PBJ  
 Choice 3—Tuna Sandwich