



Who knew reading could Be so much fun?

As part of the "One Book, One School" program, students pre-k through seven are learning the joys of a shared reading experience. The program encourages and enables students and family members to read together at home by providing them with a book that everyone can read at the same time and then enjoy group discussions and activities related to the story.

WWW.HCS.STIER.ORG



A message from the superintendent

Dear residents,

I hope the last month has proven to be an outstanding one for you; it certainly has been for the Harpursville Hornets. I am pleased to share a couple of the successes experienced by our students and our school district, both of which are important examples of the work that we do.

Once again, our Odyssey of the Mind students had one of their teams qualify for the state tournament. The impressive performance of our students is the culmination of months of hard work by the Odyssey team. Watching these students perform is awesome – they are creative, theatrical, imaginative, smart, funny, artistic, brave and demonstrate tremendous teamwork, just to name a few of the characteristics it takes to perform well. There is a healthy spirit of competition

among the various teams that perform, too. Knowing our students, it should be no surprise to anyone that they are able to perform in the top tier of the teams in our region year after year. Please join me in congratulating our Odyssey students, their coaches and their parents

for the success and all of the hard work this year. We are proud of them!

Proudly, on a different note, and one that is critical to what we do on a daily basis, the Harpursville School District was recently recognized by Utica National Insurance for school safety. The “2019 School Safety Excellence Award” was presented to the district “in recognition of the school district’s outstanding efforts to create a safer school environment, and as a direct result of the district’s diligence and adherence to safety principles prescribed to safety group members.”

There is certainly nothing more important to all of us day in and day out than working to create a safe and secure school environment. This recognition indicates that the steps we have taken in the recent past were the right steps. As pleased as we are to receive this award, we will not be complacent when it comes to the safety of our students and staff; thus, we are committed to continuing

our efforts to improve and enhance our safety measures as evidenced by our plan to upgrade the safety features in our schools through our recently approved capital project. You will recall that safety and security are major components of our project.

As I stated last month, we are certainly interested in hearing from our stakeholders about the various components

of the project. As we begin to discuss the design plans in the coming months, please consider being a part of



Michael Rullo,
superintendent

the process so that we can be certain to gather all respective input prior to adopting final designs.

Finally, our board of education will be finalizing the budget plan for the 2019-2020 school year in the coming weeks. We remain confident that our proposed budget will continue to

reflect the responsible, accurate budgets of the past several years and, moreover, it will continue to provide outstanding academic and extracurricular programs for our students. Rest assured, our students will always come first in everything we do and the budget will continue to reflect that priority.

Best wishes for a great month ahead and many successes as the school year continues. As always, please do not hesitate to contact me with any questions, concerns or good news.

Yours in education,

Michael J. Rullo

Go Hornets!





School board seat up for election in May, petitions available

District voters this May will fill two seats on the Harpursville Central School District Board of Education: A five-year term ending June 30, 2019, currently held by Stephanie Quick; and a five-year term ending June 30, 2019, currently held by Russell Weist.

Those interested in seeking the position can obtain petitions at the Harpursville Central School District office. Petitions must be returned to the school district's clerk's office by 3 p.m. on April 19, 2019. Candidates must be at least 18 years old, a citizen of the United States, and a resident of

the Harpursville Central School District for at least one year preceding the election.

To learn more about the school board member experience, visit available resources at www.nyssba.org or go to our district webpage and click the link. The school budget and board member election date is **May 21, 2019**.

Please use the far elementary gym entrance to cast your vote from 1:30-8 p.m. on May 21.

District communication guidelines

Frequently, parents and other community members request help in knowing the best way to communicate with the school. The chart below will serve as a helpful resource. By contacting the following people in the prescribed order, you can be assured that your questions will be answered.

For questions about	1 st contact	2 nd contact	3 rd contact	4 th contact
Academics	Teacher	Guidance Counselor	Building Principal	Superintendent
Athletics	Coach	Athletic Director	Jr./Sr. Principal	Superintendent
Behavior	Teacher	Assistant Building Principal	Building Principal	Superintendent
BOE policies	District Clerk	Superintendent	Board of Education	
Budget	Business Official	Superintendent		
Building Use	Administrative Assistant	Building Principal	Superintendent	
Cafeteria	Director of Food Services	Business Official	Superintendent	
Classroom Procedures	Teacher	Assistant Building Principal	Building Principal	Superintendent
Bus Behavior	Bus Driver	Head Bus Driver	Asst. Principal/Principal	Superintendent
Co-Curricular	Advisor	Building Principal	Superintendent	
Facilities	Director of Facilities	Business Official	Superintendent	
Health Office	Building Nursing Office	Grade Level Principal	Superintendent	
Scheduling	Guidance Office	Jr./Sr. Principal	Superintendent	
Special Education	Teacher	Grade Level Principal (academics)	CSE/CPSE Chairperson	Superintendent
Transportation	Head Bus Driver	Business Official	Superintendent	

Harpursville Central School District directory

District Office693-8112

Board of Education
Michael Rullo, Superintendent
Tabaitha Rhodes, Admin. Asst./District Clerk

Business Office693-8120

Joseph McLaughlin, Business Official
Cheryl Hamilton, Payroll

Special Education693-8104

Joshua Quick, CSE/CPSE Chairperson
Audrey Warner, Admin. Assistant

Athletics693-8133

Joshua Quick, Athletic Director

Jr./Sr. High School693-8105

Kristine Conrow, Principal
Amanda Loihle, Admin. Assistant

Guidance Office693-8108

Karen Slesinsky, Jr/Sr HS Counselor
Kristina Irons, Jr/Sr HS Counselor
Ashley Bianchi, Elementary Counselor
Jill Andrews, Secretary/Attendance Clerk

W.A. Olmsted Elementary693-8115

Jim DiMaria, Principal
Katie Ives, Admin. Assistant

Health Offices

Brigitte MacNaught (Jr Sr HS) 693-8118
Shaina Hinman(Elm) 693-8119

Food Services693-8126

Norene Tasber, Director of Food Services

Transportation693-8100

Danielle Maxim, Head Bus Driver
Joseph McLaughlin, Business Official

Buildings & Grounds693-8121

David Johnson, Director of Facilities



Harpursville fields strong voices at All-County music festival.

By Nicole Cole, music instructor

During the weekend of January 25, we took 12 students to Afton Central School to perform at the ACAMT Winter All-County Music Festival. The ACAMT is a combination of Chenango Area Music schools including- Afton, Bainbridge-Guilford, Greene, Harpursville, Norwich, Oxford, Sherburne-Earlville, Sidney and Unadilla.

Our senior chorus participants included Annamarie Goosley, Dylan Faiella and Zach Turck. These students were chosen for the ensemble by audition in November against other interested students in the fall.

Our junior chorus participants were Liam Quick, Gracie Bomboy, Frankie Peretore, Addison Lawrence, Sophia Wright, Autumn Bolster, Savannah DeVaul, and Alex Lamoree.

During the weekend of March 15-16, Mrs. Cole took eight students to Sidney Central School to perform at the ACAMT Spring All-County Music Festival. The swing choir, selected by audition, includes the top 24 vocalists from all of the districts. Harpursville was proud to have Zach Turck representing our school as a bass in this ensemble. The elementary chorus participants were Leigha Wolbert, Madison Stevens, Emily Gillette, Lily Barriger, Abby Afify, Emily LaClair and Jeanette Steele.

Congratulations to all of the students chosen for All-County this year. We are so proud of you.



Pictured left: The Swing Choir with Zach Turck in the middle of the front row, purple shirt on the left.

Pictured (l-r): Elementary choir members Jeanette Steele, Lily Barriger, Emily LaClair, Abby Afify (in back), Emily Gillette (in front), Leigha Wolbert, and Madison Stevens.





Kindergartners put their heart into learning about science, technology, engineering and math (STEM)

Kindergarten students have been learning while having fun with STEM challenges. One challenge was “Who has the heaviest heart?” Students could choose from small blue hearts worth a hundred points, medium yellow hearts worth 20 points, and large pink hearts worth five points. Each student took a strategic approach to fill their hearts. We added each of their points together and in the end Emma Colsten had the heaviest heart. Students enjoyed creating puppets, lady bugs and Valentines cookie creations.



Pictured (l-r): Cameron Landucci and Gunner Beers at French Fun Night



Pictured: Cameron Landucci works on his magnetic shape building



Pictured: Cameron Landucci works on his Valentine creation



Pictured: Jaden Deleon with his Lego building challenge



Pictured (l-r): Parker Hunter and Jayden Deleon with their paper bag puppet challenge



Pictured (l-r): Alexis Abbott, Jayden Deleon and Parker Hunter with their love bug creations



Pictured: Cameron Landucci gets a new look



Kindergarten love bug creations



Jr. Sr. High School February student of the month

Student	Name
Majesti Brown.....	Career & Financial Management
Alana Nannery	Computers 8
Colton Sakowsky	Health
Maryjane Kappauf	Microeconomics
Sara Williams.....	MS Office
Morgan Rutherford	Jr. Chorus
Abigail Lyon	Sr. Chorus
Michael Pavlisak.....	Piano
Gracie Bomboy	Life Science 7
Hanna Whitman.....	Life Science 8
Alana Nannery	Biology
Garrett Lancaster.....	Social Studies 7
Autumn Bolster.....	Social Studies 8
Joshua Wolbert	Global II
Rachael Snow	Foundations of Geometry
Brendan Pike.....	Math 7
Cayden Brown	Algebra 1
Jack McCormack.....	Algebra 1A
Dawson Williams	Algebra 1B
Lorynna Thomas.....	Art 7
Allena Rowe	Art 8
Ghia Medovich	Ceramics
Sarah Peterson	CL Ceramics
Mackinze Meisner	Creative Crafts
Destinee Thompson.....	Painting
Kyle Colsten.....	DDP
Kayleigh Paff	Technology 7
Noah Fletcher	Materials Processing
Noah Fletcher	World of Technology

Student	Name
Chelsea Merrill.....	Global Studies 9
Mackenzie Robertson.....	Participation in Government
Maryjane Kappauf	CL Calculus II
Justin Fargo	Geometry
Matthew Lyon	Precalculus
Anickin Sprague	Robotics
Cody Terkowski	French I
Danielle Grausgruber	French II
Karina Seeley	French III
Maryjane Kappauf	CL French V
Camaron Smith	Colesville History
Megan Sculley.....	CL US History
Bradley Bennett.....	Social Studies 7
Alexander Bomboy.....	US History & Government
Abbey Dudek.....	Health
Sara Brown.....	Chemistry
Caillou Olsen.....	Sr. High PE
Dominik Franklyn.....	Jr. High PE
Madeline Liddle.....	Gourmet & Cultural Foods
Lillian Taylor.....	Home & Careers 7
Edward Barber, Jr.....	Life Skills
Kailee Tyler.....	Physics
Zzakary Rolston	Real World Science
Hailey Lancaster	Earth Science
Sarah Peterson	Approaches to Literature
Abigail Lyon	ELA 9
Victoria Whidden.....	ELA 10
Hunter Sakowsky	Mythology
Lane Snow	ELA 8

CONGRATULATIONS!

Guidance News

Congratulations to the following seniors on their college acceptances:

Dylan Apgar – SUNY Broome

Christopher Dattoria – SUNY Broome

Vanessa Groover – SUNY Delhi

Robert Ayers – SUNY Morrisville

Derek Mann – SUNY Broome

Dominick Stock – SUNY Broome





Community school initiative off to a good start *By Stephanie Davy, community schools coordinator*

It has been such an incredible year. I know I begin many of my newsletter submissions like this, but it's true. I feel that the community school's initiative is really taking off and we are moving in the right direction.

We supported the Fall Festival, hosted a UPK – 2nd grade and 3rd-6th grade family fun nights, supported the development and execution of the Substance Use Awareness Night, are partnering with staff for the One School One Book initiative, and we are not done.

After a year of learning the needs of the community, we have big plans for the future. That being said, as with

every great year, some things do come to an end. Our amazing interns will be finishing their internships in May. Some will be graduating and others will have one more year of their master's program. We also have been fortunate enough to have undergraduate interns support our programming as well. They have had many conversations with the students and teachers who they support in preparing them for moving on, but it will be tough to see them go. I know that I will miss them dearly. Watching them all grow into strong professionals has been an utter joy. We will be getting different interns in the upcoming school year so the support

will continue.

As always, if you need anything, please contact me at Sdavy@hcs.stier.org or call/text at 607-644-8956. You can also find me on Facebook under the name Stephanie Davy.



Stephanie Davy

Good coordination is key to 'rock, paper, scissors, hoop' contest

By Caitlin Giblin, foreign language teacher

Students tested their speed and agility while competing against each other in the "rock, paper, scissors, hoop" activity during the after-school program.

Fourth-graders were split into two groups and worked to make it from one side of the gym to the other. Each time they met a competitor, a rapid game of rock, paper, scissors would ensue. The trick came as the last person had to beat the person still standing in line. Students were able to work on



coordination while learning the patterns that their opponents started with in each game.



Pictured (l-r): Ian Colsten and Scarlett Taylor



Pictured (l-r): Jacob Rueffer and Christian Loihle



Pictured (l-r) Mason Baker and Allyssa Rowe



Creativity is in the air at Harpursville

There is a “wave of creativity” here in Harpursville. Annamarie Goosley, senior and president of the National Art Honor Society, at the request of Principal Kristine Conrow, designed and painted a mural for the wall outside the home and careers room.

Mrs. Conrow wanted to display some of the fabulous artwork created by our talented young artists. Annamarie used the ocean as inspiration to create the “Wave of Creativity” wall. This will be a rotating showcase of works from artists in grades 7 -12. Take some time to study the exceptional work produced by our budding artists.



Pictured (l-r): Addison Williams, Kasydhe Peterson



Pictured (l-r): Alivia Landucci, Kaitlyn Cogdon and Kelsey Brewster



Students show off their mardi gras masks in preparation for French is Fun Night

Art teacher Ann McDonald’s painting class is studying color and how it relates to emotion. They viewed and discussed works by abstract expressionist painters. Using those works as inspiration, the students used the canvas, color, brush strokes and texture to portray their feelings and emotions.

Their color theory study continued with sky scenes with silhouettes.



Makenna Lowe



Paige Reynolds



Destinee Thompson



Chelsea Merrill



Logan Nichols



Emma Kelley



Lexi Hosmer



Mackenna Lowe



Autumn Boening



Learning to control stress through yoga and meditation

By Richard Rutherford, science teacher

In health class, we explored how guided meditation and yoga affects stress. Here are some of the students' responses:

Joshua Wolbert - I personally did not like the meditation because I did not know what we were doing. At the end of the meditation, I was more relaxed and was not stressed out. When we did yoga I also did not like it at first mostly because we were going fast and Mrs. Giblin's body was bending all weird. But again, at the end I felt more relaxed, and we started to slow down with the yoga.



Cross Brown - Doing yoga and meditation made me much more relaxed and had very little on my mind. It was a good feeling to have even though it lasted only shortly. I did not think about any of my stress for a few hours after doing each of these activities. This was worth it and I may try it again in the future. I recommend doing these activities as a way to reduce stress and be happier.

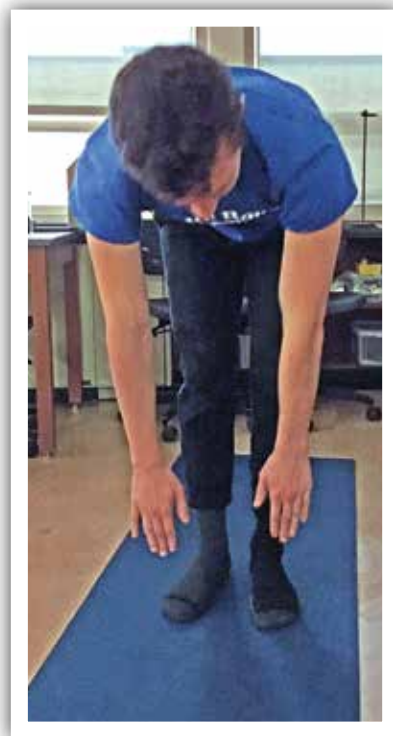
Eddie Barber Jr. - I liked the meditation that we did it helps you when you need to relax. Meditation is good because you listen to meditation music and feel

relaxed and your body feels relaxed within itself. I didn't like yoga as much because it was hard for me to do most of the yoga exercises. In yoga we did a warrior pose, downward dog, upward dog and tree pose. Yoga was okay for me but not for me but some people might like yoga.

Alex Hoyt - We did a meditation exercise and some yoga. These two activities are a little awkward at first, but as you get the hang of the exercise it becomes something that is fun and relaxing. During yoga we did poses like the warrior, the upward and downward dog, tree pose, airplane, half lift and bow. The meditation is a calm relaxing way to forget about your stress.

Abby Dudek - Yoga really helps with stress because you have to focus on your breath and balancing or the workout part of yoga. There is no time to think about your problems. Yoga is really good mentally and physically. It's one of the healthier ways to cope and I think my classmates may think about doing it again. I know I am!

Ashlyn Link - I believe the meditation was very helpful; doing meditation in class was honestly great. Walking in to the room, I was anxious, stressed and tense, but meditating helped calm me down and get more in touch with what was happening at that very moment, such as my breathing, the sensations in my fingers and toes, the feeling of deep relaxation at that point in time. It helped me realize that I was so stressed about what was happening in the future, and that I didn't need to worry. I could just focus on the little things about myself for those 35 minutes and not overthink or panic about everything else that was causing me distress. It sounds cheesy, but it felt like a weight had been lifted off of my shoulders, at least for that



class period, which is better than having the constant weight and not getting a break once in a while.

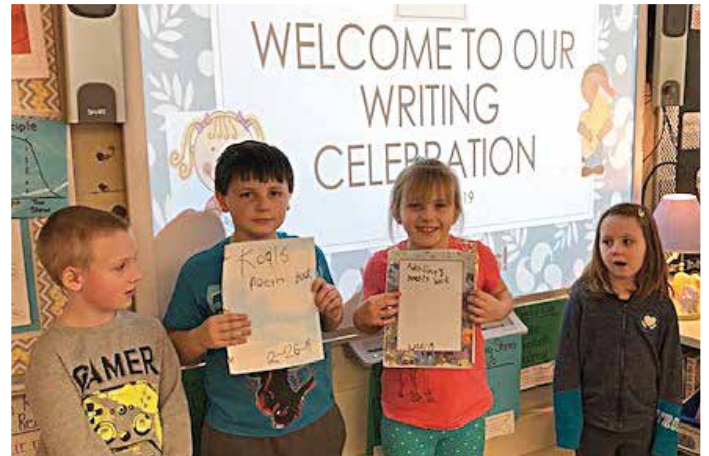
Doing yoga, on the other hand, was a little more difficult, for lack of a better term. I don't think it helped or hurt my level of stress. In all honesty, I thought maybe it would be paced a little slower or we wouldn't be repeating so many things over and over again, but I understand that people can cope healthily with stress in many different ways but not everyone's brains and bodies work the same. Maybe one of my classmates felt more relaxed after all of the balancing and stretching, and that's okay. Personally, meditation helped me a lot more because it forced me to focus on the here and now, but then again, I'm sure yoga could have the same effect. Overall, I think exploring these methods of stress relief did aid my classmates as well as myself in finding a productive way to deal with their stressors.



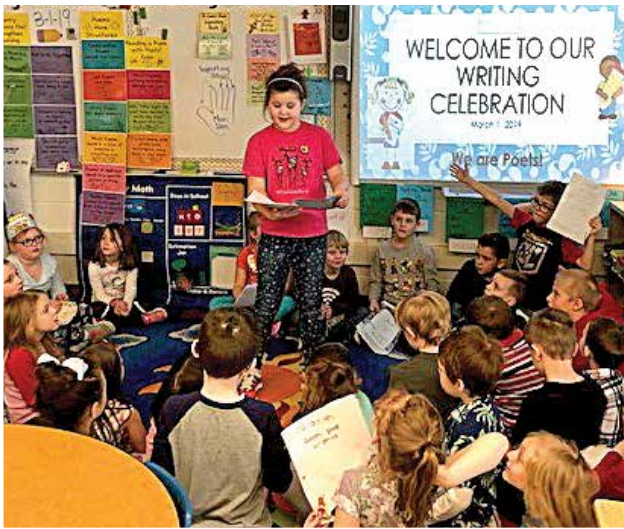
Student poets enjoy writing celebration in multi-age class

The second- and third-graders in Erika Strano's multi-age class recently got a chance to show off their poetry writing skills to their fellow multi-agers in Adrienne Colsten's K-1 class.

The older students performed their poems while the younger students listened and learned about seeing with "poets' eyes." The second- and third-grade poets used line breaks and different structures to make their poems come to life. They also shared recordings of their poems that were produced on their iPads. The students really felt like published authors after sharing their work with an audience.



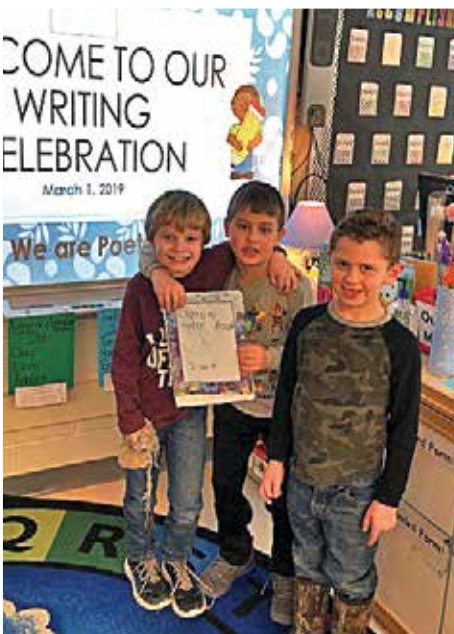
Pictured (l-r): JJ Tarvin, Koal Warrent, Adaline Warren, Lyla Carpenter



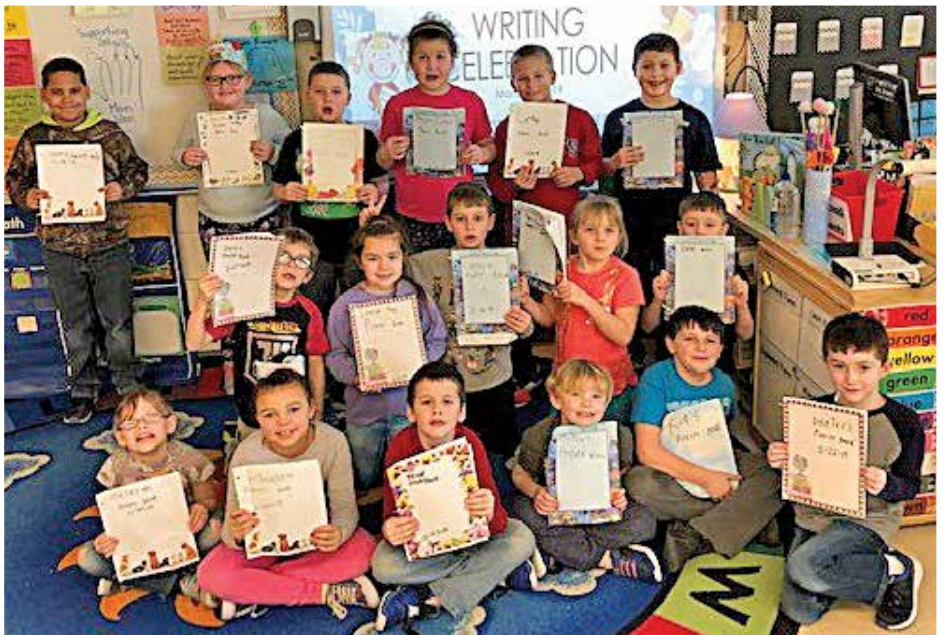
Pictured: Reader Megan Cole



Pictured: Reader Clayton Ives



Pictured (l-r): Aiden Oleniacz, Clayton Ives, Kolby DeMarmles





A message from the elementary school principal

Happy spring, W.A. Olmsted families,

A few weeks ago we rolled out the One School, One Book program to our students in grades pre-K through seven.

Each student received a copy of the book *"The One and Only Ivan"* by Katherine Applegate and got to attend a book revealing celebration hosted by Animal Adventure Park owner Jordan Patch, who outlined the wonderful work being done right here in Harpursville and zoos across the country to preserve many species of animals.



Animal Adventure Park owner Jordan Patch

Our students then participated in book-related activities to enrich their reading experience. Pam Horton, director of instruction, teachers Terese Moriarty and Debra Parker, and

other staff members were instrumental in planning this initiative. According to the One School, One Book website,

"The benefits of reading aloud are remarkable. Studies have shown that reading to children helps them to listen better and longer, to build bigger vocabularies, to understand concepts better, to feel positive about both books and learning – and much more. When an entire school reads the same book, the buzz and excitement around the book augments these benefits. Reading a book together brings the added joy of building and expanding a sense of community among students, parents, teachers, and staff – and beyond."



Jim DiMaria,
elementary principal

Later that morning, all students participated in engaging activities related to the book. Currently, all grade levels are participating in a reading-based competition focused on questions from the book.

On March 21, families came together for a community activity evening wearing their reading pajamas. Activities were based on *"The One and Only Ivan."* Both parents and students were excited to talk about the details of the story that "everyone is reading."

On April 11, a "One and Only Ivan" trivia night will take place at W.A. Olmsted Elementary School for pre-K through seventh-graders and their families.



April 2019 MS/HS menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>Mini Pancakes</i> <i>Assorted Fruit</i> <i>Low Fat Milk</i> Popcorn Chicken Oven Baked Potato Wedges Baby Carrots w/Hummus & Dip Fresh Apple Low Fat Milk	2 Choice of two: <i>Cinn. Bun, Cereal or Yogurt</i> <i>Assorted Fruit</i> <i>Low Fat Milk</i> Tacos on a Shell w/Assorted Toppings Seasoned Rice Corn Chilled Applesauce Low Fat Milk	3 <i>Breakfast Pizza</i> <i>Assorted Fruit</i> <i>Low Fat Milk</i> Marinated Chicken Sandwich w/Lettuce & Tomato Sweet Potato Cross Trax Green Beans Fresh Orange Low Fat Milk	4 <i>French Toast Sticks w/Syrp</i> <i>Assorted Fruit</i> <i>Low Fat Milk</i> Breaded Mozzarella Sticks w/Dipping Sauce Side of Pasta w/Sauce Garden Salad w/Chickpeas Chilled Peaches Low Fat Milk	5 <i>Hornet Muffin</i> <i>Assorted Fruit</i> <i>Low Fat Milk</i> Nardone's Cheese or Pepperoni Wedge Pizza Garden Salad w/Chickpeas Assorted Fresh Fruit Low Fat Milk
8 <i>Frudel</i> <i>Assorted Fruit</i> <i>Low Fat Milk</i> Chicken Filet on a Kaiser Bun Sweet Potato Crinkle Fries Green Beans Fresh Apple Low Fat Milk	9 Choice of two: <i>Cinn. Bun, Cereal or Yogurt</i> <i>Assorted Fruit</i> <i>Low Fat Milk</i> Wild Mike's Mozzarella Bites Side of Pasta w/Sauce Wheat Dinner Roll Garden Salad w/Chickpeas Chilled Pears Low Fat Milk	10 <i>Bagel Breakfast Pizza</i> <i>Assorted Fruit</i> <i>Low Fat Milk</i> Brunch at lunch! French Toast Sticks Sausage Patty Potato Puffs Fresh Orange Low Fat Milk	11 <i>Mini Cinnis</i> <i>Assorted Fruit</i> <i>Low Fat Milk</i> NY Thursday! Pasta w/Meat Sauce Garlic Bread Stick Garden Salad w/Chickpeas Fresh Apple Low Fat Milk	12 <i>Hornet Muffin</i> <i>Assorted Fruit</i> <i>Low Fat Milk</i> Homemade Pizza Cheese, Pepperoni or Garlic Assorted Vegetables Assorted Fresh Fruit Low Fat Milk
15 16 17 18 19 				
22 NO SCHOOL	23 <i>Mini Pancakes</i> <i>Assorted Fruit</i> <i>Low Fat Milk</i> Cheeseburger on a Bun w/Lettuce & Tomato Oven baked seasoned Fries Glazed Carrots Chilled Applesauce Low Fat Milk	24 <i>Bagel Breakfast Pizza</i> <i>Assorted Fruit</i> <i>Low Fat Milk</i> Lupo's Chicken Spiedie Sub Oven Roasted Potatoes Fresh Broccoli w/Dip Fresh Apple Low Fat Milk	25 <i>French Toast Sticks w/syr</i> <i>Assorted Fruit</i> <i>Low Fat Milk Lunch</i> Cheese Lasagna Garlic Breadstick Harvest Apple Kale Salad Baby Carrots w/Hummus & Dip Chilled Mixed Fruit Low Fat Milk	26 <i>Hornet Muffin</i> <i>Assorted Fruit</i> <i>Low Fat Milk</i> Stuffed Crust Pizza Garden Salad w/Chickpeas Assorted Fresh Fruit Low Fat Milk
29 <i>Frudel</i> <i>Assorted Fruit</i> <i>Low Fat Milk</i> Chicken Nuggets w/Dipping Sauce Seasoned Brown Rice Glazed Carrots Fresh Apple Low Fat Milk	30 Choice of two: <i>Cinn. Bun, Cereal or Yogurt</i> <i>Assorted Fruit</i> <i>Low Fat Milk</i> Rib-B-Que on a Kaiser Roll Seasoned Potato Wedges Green Beans Chilled Peaches Low Fat Milk	Sandwich choices: Mon: Turkey/Cheese Tue: Ham/Cheese Wed: Turkey/Cheese Thurs: Ham/Cheese Fri: Turkey/Cheese <i>P.B. & jelly offered daily</i>	Lunch prices K-6 - \$2.10 / 7-12 - \$2.30 Breakfast K-6 FREE 7-12 - \$1.30 <i>Cereal & fruit offered daily</i> Menu subject to change.	Served daily: PB & J Sandwich Yogurt Meal w/Cheese Stick M,T & W—Pretzel Thurs—UBR Fri—Granola All meals served with 1% or less milk. Cereal is available daily for breakfast.



A message from the high school principal

Hello, everyone.

Can you believe spring began two days ago (as this was written?) Me neither! Especially since there is currently snow on the ground and school was closed (March 22) due to inclement weather. Given this, I am inclined to disagree with the calendar.



Over the past month, the school has hosted several entertaining and exciting events. On February 21 we held the annual "French

is Fun Night." This tradition is becoming more and more popular. Organized predominantly by the French Club with a lot of assistance from their advisor, Mrs. Ramsden, this event has really grown. This year we had more participants than ever. Numerous clubs and groups were represented. Attendees were provided a variety of activities that centered around the French culture.

Then on February 28, the JSHS, along with our SRO and Community Schools group, hosted a "Substance Use Awareness" night. Starting at 5 p.m., numerous agencies and organizations were on-site to provide our community with a wealth of information regarding the drug epidemic. Afterward, Truth Pharm and District Attorney Steve Cornwell presented some very informative and beneficial information on the topic. This event was well attended and the attendees were able to take away an abundance of helpful advice and support.



March 1 brought opening night for the annual school play. There were three showings. I attended Friday night and was so impressed. Under Kara Webster's guidance,



Kristine Conrow,
high school principal

with assistance from Mr. Peterson and Mrs. Bump-Fortner, the play, including

the performers, the set, and the lighting, was amazing. Our theatre department is excellent.

As you can see, February and March were busy months. In April we will begin our NYS testing (please see the dates listed below.)

Letters were recently sent home to our middle-school students. If you have any questions, please call the school at 693-8100 or visit the following website - <http://www.p12.nysed.gov/assessment/ei/eigen.html> - where an abundance of information is posted.



	DAY 1	DAY 2	MAKE-UP DATES
ELA 7 & 8	Tuesday, April 2	Wednesday, April 3	Friday, April 5 – Tuesday, April 9
Math 7 & 8	Wednesday, May 1	Thursday, May 2	Monday, May 6 – Thursday, May 16
Science 8 Performance	Wednesday, May 22 – Friday, May 31		Within testing window
Science 8 Written	Monday, June 3		Tuesday, June 4 – Thursday June 7

A big thank you to everyone who came out and supported our students and staff at any of our recent events. Your participation and attendance are sincerely appreciated.

Don't forget, spring recess starts on April 15 and goes through April 22.



Swimming is not only fun exercise, it's good for your heart as well

By Andrew Senseney, instructor

At the time of writing this, we are on our last week of swim with the fifth- and sixth-grade group. After having mastered skills all the way up to diving - including seated dives, kneeling dives and standing dives - we have begun to further develop conditioning. This is basically having students build up their strength and endurance through completing successively longer laps throughout their time in the ASEP swim program. Working on this component is what people would typically describe as cardio, which goes hand-in-hand with building stamina and endurance. While this doesn't concern students, did you know that throughout 2018 the number one leading cause of death in America is heart disease? Typically, people in society today are terrified of getting cancer, but cancer is only the number two leading cause of death in America.

I'm going to give you some quick information from heartline.com to help you hopefully live longer. Research has shown that heart disease is more common in:

- Men
- People who smoke
- People who are overweight or obese
- People with a family history of heart disease or heart attack
- People over age 55

Heart disease is caused by:

- Heart arrhythmias (irregular heartbeats)
- Coronary artery disease (blocked arteries)
- Heart defects

Lifestyle changes can prevent many cases of heart disease, such as:

- Quit smoking (there are apps to help you)
- Eat a healthier diet.
- Exercise at least 30 minutes per day, five days a week – even if you're simply walking
- Maintain a healthy weight.

All in all, if you exercise more you significantly reduce your chances and predisposition toward developing heart disease. This doesn't have to mean "hitting the gym." Go for a walk. Go for a hike or bike ride. Do something, people. The hardest part of anything is starting. So, if you're intimidated by walking for 30 minutes, take baby steps - go for a five-minute walk.

While watching TV, try doing a couple sit-ups or pushups or walk around your house during commercials. Again, do something!

P.S. If you're afraid of diving, like I used to be up until last year in this ASEP program, work your way up from "seated dives." YouTube this and don't be afraid to ask your lifeguard for tips (where I'm positive you'll be practicing this safely).



Pictured (l-r): Brayden Osborne, Thakir Whitaker, Cyrick Brown, Summer Rutherford, Sommer Gillette, Emily Gillette and BellaJoy Brown



Pictured (l-r): Brayden Osborne, Summer Rutherford, Emily Gillette, Cyrick Brown, Sommer Gillette, Thakir Whitaker and BellaJoy Brown



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Generous donations provide district with beautiful prom gowns galore

By Chrissy Gates, library media specialist

Going to the prom? Need a dress? Stop in and see Mrs. Gates in the Jr. Sr. High School library. We have received donations of more than 200 beautiful dresses. Some have been worn just once, some are brand new.

I'd like to send a special thanks out to the many residents who donated items, as well as Binghamton High School, and Ever After Bridal for their generous contributions. We also have jewelry to go with many of the gowns and even some shoes.

If you are someone in need of a gown or know someone who needs one, please send them to see me or Mrs. Hendrickson in the library. You may also contact by email or phone: cgates@hcs.stier.org or 607-693-8150 ext. 2155.

Happy shopping!

