



# *West Side School*

## Friday Notes

October 18, 2013

---

### Principal's Corner

This week at West Side was very special. On Tuesday, New York State Senator Carl Marcellino visited our school. Our extended morning assembly was kicked off by Student Council Vice President, Allie McCauley. Next, our Jazz Band and members of our orchestra, Sophia Stearn and Timothy Louie, performed musical numbers for Senator Marcellino. In addition, some of our fifth graders shared poems about our school. Thank you to JP Rush, Sam Reichbach, Jake Zemsky, Alex Cover, William Buonfiglio, Sophia Ketterer, Kayla Zahtila, and Isabelle Weiss. Also, thank you to Blue Ribbon Spirit Committee members, Matthew Maggiore, Ryan Mullen, Sam Schneider, and Philip Vattes, for the welcome video you prepared for the Senator. Finally, Student Council President, Robert Shammah, introduced Senator Marcellino, who then spoke to our students and faculty, and presented West Side School with a proclamation for our achievement.

On Wednesday, we had another successful photo day. Thank you to Mrs. Farkash and committee members for a wonderful day. For the first time, our class photos were taken outside. Also, thank you to Mrs. Lynch who worked with our students to make posters during recess to support the West Side Kids Care Coat Drive. Sarah Lynch spoke at morning assembly on Wednesday to introduce the coat drive. Great job, Sarah! On Thursday, parents of our fifth graders came to school to support our writers as they celebrated the end of their first writing unit and shared their work with their parents.

Looking forward to seeing everyone at the West Side Win tonight!

### Friday Notes Going Digital

Beginning next week, our Friday Notes will be available online only. Please see the steps below to find out how to retrieve this information. There are two options:

**Option 1:** Go to our **district's homepage** [www.csh.k12.ny.us](http://www.csh.k12.ny.us) and click on the **Our Schools** tab then the **West Side School** tab. On the left hand side, click on the **Weekly Notes** tab. Then click on the link that says **District Calendar for Weekly Notes**. This will bring you to the district calendar where you will be able to select and print any Weekly Notes you need. On the calendar (under Friday) there is a **WS Weekly Notes** link to click.

**Option 2:** Go to our **district's homepage** [www.csh.k12.ny.us](http://www.csh.k12.ny.us) and click on the **For Parents** tab. Then click the **E-mail Signup** tab. You will then need to **fill in your personal information** and **click next to West Side School** to begin receiving e-mails of our Friday Notes. Each Friday you will receive an e-mail of our Friday Notes and attachments.

### Book Fair

The book fair is coming! West Side's annual book fair will be on Thursday, October 24th from 9:00-3:00, with a family time from 3:00-5:00, and Friday, October 25th from 9:00-2:00. Come shop with your children for a selection of the latest book releases. You can even pre-order the new Diary of a Wimpy Kid book! A schedule of class times will be sent home soon. If you would like to help out with the fair, contact Nicole Pultz ([pultz3@optonline.net](mailto:pultz3@optonline.net)) or Jill Demarco ([jed1273@me.com](mailto:jed1273@me.com)).

### **Spirit Shirts**

This year's West Side spirit shirts are now on sale until the end of next week. Thank you to Brianna Rose for your incredible design. Checks for the t-shirts should be made out to cash or to the WSS-PTG in the amount of \$7.00. Lacrosse shorts and socks are on sale as well. Forms are going home with our students today.

### **Halloween**

The Halloween Dance is scheduled for Friday, November 1<sup>st</sup> from 5:30 – 7:00 PM at West Side. It promises to be a great time. No drop offs please.

### **Sheltering Drill**

On Friday, November 8<sup>th</sup> we will perform our annual drill for Emergency Sheltering and Early Dismissal. Early Dismissal will occur 10 minutes prior to regular dismissal.

### **Parent-Conferences**

Please check the District calendar for the dates of our Parent-Teacher conferences which begin next week. If you have not set up an appointment, please contact your child's teacher.

### **Fall Musical**

For information regarding this year's school musical, *The Wizard of Oz*, please visit WSSA's website [www.wssta.org](http://www.wssta.org).

### **Recess Volunteer Program**

If you would like to volunteer at recess during the 2013/2014 school year, please contact Laurel Moynihan at [laurelmoynihan@verizon.net](mailto:laurelmoynihan@verizon.net).

### **Important WSS Dates**

**Cultural Arts Meeting:** Thursday, October 23<sup>rd</sup> at 9:30 AM in the cafeteria

**Book Fair:** October 24<sup>th</sup> and 25<sup>th</sup> (Family Time scheduled for October 24<sup>th</sup> from 3:00-5:00 PM)

**Parent Teacher Conferences – Grade 2:** Thursday, October 24<sup>th</sup>

**Parent Teacher Conferences – Grade 3:** Friday, October 25<sup>th</sup>

**Parent Teacher Conferences – Grade 4:** Monday, October 28<sup>th</sup>

**Parent Teacher Conferences – Grade 5:** Tuesday, October 29<sup>th</sup>

**Parent Teacher Conferences – Grade 6:** Wednesday, October 30<sup>th</sup>

**West Side Wednesday:** October 30<sup>th</sup> – Wear your West Side clothing!

**Halloween Dance:** Friday, November 1<sup>st</sup> – 5:30-7:00 PM at West Side

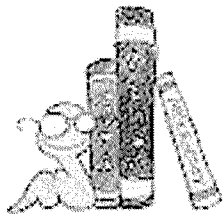
**Parent Teacher Conferences – Grade 2:** Friday, November 1<sup>st</sup>

**Parent Teacher Conferences – Grade 3:** Monday, November 4<sup>th</sup>

**Election Day:** Tuesday November 5<sup>th</sup> – School is open!

### **Attachments from the School**

Page 3	Book Fair Schedule	Page 7	Board of Ed
Pages 4-5	Health Guide	Page 8	CSH Public Library
Page 6	Traveling Map	Page 9	CSH Fire Department Open House



# *West Side School*

## Book Fair Schedule

Fall 2013

---

### Thursday, October 24th

9:05-9:45	2Ryan
9:50-10:30	6DeRosa
10:35-11:15	5Arloff
11:20-12:00	4Dopico
12:05-12:45	3Dawkins
12:50-1:30	OPEN
1:35-2:15	2Santoro
2:20-3:00	3Farmer
3:00-5:00	Family Time

### Friday, October 25th

9:05-9:45	3Manning
9:50-10:30	6Gerver
10:35-11:15	OPEN
11:20-12:00	4Dudek
12:05-12:45	OPEN
12:50-1:30	5Baratta
1:35-2:15	6Agnello
2:20-3:00	OPEN



# The Flu:

## A Guide For Parents

### FLU INFORMATION

#### What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. They cause illness, hospital stays and deaths in the United States each year.

The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

#### How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental

conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication. Children with these conditions and children who are receiving long-term aspirin therapy can have more severe illness from the flu.

#### How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

#### What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with the flu will not have a fever.

#### How long can a sick person spread the flu to others?

People with the flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed virus for longer, and might be still contagious past 5 to 7 days of being sick, especially if they still have symptoms.

### PROTECT YOUR CHILD

#### How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

- ▶ Vaccination is recommended for everyone 6 months and older.
- ▶ It's especially important that young children and children with long term health conditions get vaccinated. (See list of conditions under "How Serious is the Flu?")
- ▶ Caregivers of children with health conditions or of children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.)
- ▶ Another way to protect babies is to vaccinate pregnant women because research shows that this gives some protection to the baby both while the woman is pregnant and for a few months after the baby is born.

A new flu vaccine is made each year to protect against the flu viruses that research indicates are most likely to cause illness during the next flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the United States with a very good safety record.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

## Is there a medicine to treat the flu?

Antiviral drugs can treat flu illness. They can make people feel better and get better sooner and may prevent serious flu complications, like pneumonia, for example, that can lead to hospitalization and even death. These drugs are different from antibiotics, but they also need to be prescribed by a doctor. They work best when started during the first 2 days of illness. It's very important that antiviral drugs be used early to treat the flu in people who are very sick (for example people who are in the hospital) or people who are at greater risk of having serious flu complications. Other people with flu illness may also benefit from taking antiviral drugs. These drugs can be given to children and pregnant women.

## What are some of the other ways I can protect my child against the flu?

In addition to getting vaccinated, take – and encourage your child to take – everyday steps that can help prevent the spread of germs.

This includes:

- ▶ Stay away from people who are sick.
- ▶ If your child is sick with flu-like illness, try to keep him or her in a separate room from others in the household, if possible.
- ▶ CDC recommends that your sick child stay home for at least 24 hours after his or her fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- ▶ Cover coughs and sneezes with a tissue. Throw the tissue in the trash after it has been used.
- ▶ Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ▶ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ▶ Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.



These everyday steps are a good way to reduce your chances of getting all sorts of illnesses, but a yearly flu vaccine is always the best way to specifically prevent the flu.

## IF YOUR CHILD IS SICK

### What can I do if my child gets sick?

**Talk to your doctor early if you are worried about your child's illness.**

If your child is 5 years and older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed and make sure your child gets plenty of rest and drinks enough fluids.

If your child is younger than 5 years (and especially younger than 2 years) or of any age with a long term health condition (like asthma, a neurological condition, or diabetes, for example) and develops flu-like symptoms, they are at risk for serious complications from the flu. Ask a doctor if your child should be examined.

### What if my child seems very sick?

Even children who have always been healthy before or had the flu before can get very sick from the flu.

Call for emergency care or take your child to a doctor right away if your child of any age has any of the warning or emergency signs below:

- ▶ Fast breathing or trouble breathing
- ▶ Bluish or gray skin color
- ▶ Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- ▶ Severe or persistent vomiting
- ▶ Not waking up or not interacting
- ▶ Being so irritable that the child does not want to be held
- ▶ Flu-like symptoms improve but then return with fever and worse cough
- ▶ Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

### Can my child go to school, day care or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

### When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

**For more information, visit [www.cdc.gov/flu](http://www.cdc.gov/flu) or [www.flu.gov](http://www.flu.gov) or call 800-CDC-INFO**

## GIANT NATIONAL GEOGRAPHIC TRAVELING MAP OF NORTH AMERICA COMING TO WEST SIDE

Students will soon be exploring North America in a big way — with one of the world's largest maps of the continent. The map, measuring 35 feet by 26 feet gives student explorers a fun, interactive experience through rich content and exciting activities that enliven the study of geography. It will be at West Side for the next three weeks as part of National Geographic's Giant Traveling Maps program, organized by *National Geographic Live*, the public programming division of the National Geographic Society.

The brightly colored, smooth vinyl surface of the map accurately illustrates North America's oceans, seas, rivers, mountains, countries and capitals. The map, designed for grades K-8, comes with a trunk full of accessories, including interactive games, geography adventures, atlases and books that teach students about the physical characteristics of the continent as well as its rich history and varied cultures. One of the activities included is "A Tale of Twenty Cities," in which students explore the physical and economic reasons behind the locations of North American cities.

"Experiencing a map of this size can really awaken a student to the power of maps and the limitless depth of geography," said Dan Beaupré, National Geographic's director of education partnerships for *National Geographic Live*. "Whether they are using the map to learn place names or to compare state-to-state CO<sub>2</sub> emissions, students are physically involved in a hands- and feet-on way that makes geography into an event."

National Geographic's Giant Traveling Maps program was introduced in 2006 with a map of Africa, and has since expanded to include maps of North America, Asia, South America, Europe, and the Pacific Ocean. The maps measure approximately 26 feet by 35 feet and are loaned to schools and other hosts with an assortment of activities. In the 2013-2014 school year hundreds of thousands students will interact with these maps.

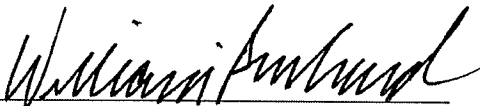
To learn more about the Giant Traveling Map project, for borrowing information, or to download map activities, visit [www.nationalgeographic.com/giantmaps](http://www.nationalgeographic.com/giantmaps).

**COLD SPRING HARBOR CENTRAL SCHOOL DISTRICT**  
*75 Goose Hill Road, Cold Spring Harbor, NY 11724*

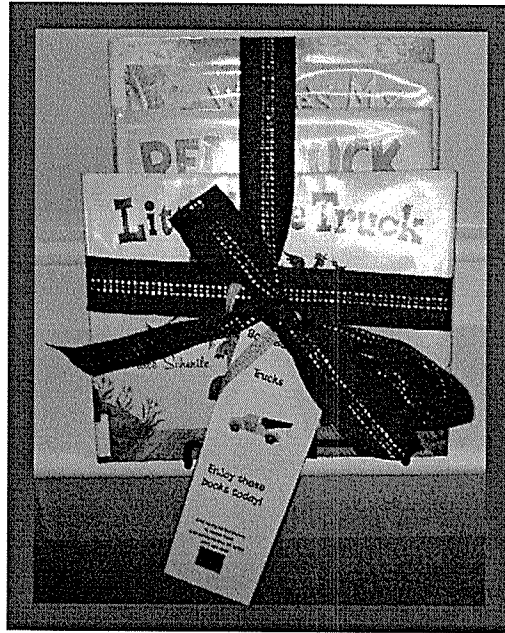
\*\* **PLEASE POST** \*\*

Please be advised that a special meeting of the Board of Education will take place on October 29, 2013, at 6:00 p.m. at the Francis Roberts Community Center, at which time the Board of Education may consider a motion to adjourn to Executive Session to discuss matters appropriate for Executive Session. If no such motion is adopted, the meeting will recess until 7:30 p.m.

At 7:30 p.m. the Board of Education will reconvene its public meeting and workshop to discuss Board Agenda items appropriate for Public Session, pursuant to the Open Meetings Law.

  
\_\_\_\_\_  
William Bernhard, District Clerk

# *CHECK OUT OUR NEW BOOK BUNDLES!*



Book Bundles are preselected titles on fun and exciting topics for your preschooler to enjoy.

The bookmark is yours to keep!

Cold Spring Harbor Library  
95 Harbor Road  
Cold Spring Harbor, NY 11724  
[www.cshlibrary.org](http://www.cshlibrary.org) 631-692-6820





# Open House

**Cold Spring Harbor Fire Department**

**When: Sunday, October 20, 2013**

**Where: The park across from the firehouse**

**Time: 10:00 am—1:00 pm**

Learn about fire safety

Check out the fire trucks

Watch a “Jaws of Life” demonstration!

Grab some popcorn!!