

Healthy Habits

Goosehill Primary School
Weekly Notes- January 16, 2015



Dear Parents,

Healthy Habits Day was a terrific success! Thank you to all of our SIT (School Improvement Team) members for planning the day and helping to arrange for the presenters. The children enjoyed learning about a variety of topics. Your child is wearing a button prompting you to **ask about his/her Healthy Habits!** I hope you'll hear about:

Sun Safety- Thank you to Drs. Kaufman (Christian Schrock's mother) and Jones (Justin's father) for their informative presentation on the importance of protecting our skin from the sun.



Bone Health- Thank you to Dr. Foresto (Matthew Lesser's uncle) for his presentation on what happens when a bone breaks, what x-rays look like, and how to promote healthy bones.

Tae Kwon Do- Thank you to Master Choi of **Young's Martial Arts Center** (Woodbury), who donated his time to lead all of our students in a Tae Kwon Do session. (Finn Moriarity and Angus Walton's teacher) If you would like more information about the center, visit: www.YoungsTaeKwonDo.com.



Healthy Foods- Thank you to Ms. Ventura (Zara's mom) for her presentation on choosing foods that help our bodies be strong (fruits and vegetables) and balancing the foods we eat.

Community Helpers: Thank you to Suffolk County Deputy Sheriff Gross and EMTs Mrs. Gurtowski, Kyle Bossico, and Natalia Camarotta for teaching the students about their jobs, staying safe, and for letting the children see the inside of an ambulance.



Art, Music, Physical Education: Thank you to Mrs. Johnson, Mrs. Kotzky, and Mr. Malone for their special sessions on healthy habits. The children enjoyed creating a mural for our school, singing songs, and learning about heart health.

We appreciate having parents and members of our community share their expertise with our children. Thank you again to all who gave of their time today!

School will be closed on Monday for Martin Luther King, Jr. Day. The children have been learning about him in their classrooms and we will celebrate his life's work at our Spirit Day Assembly on Wednesday, January 21st.

Enjoy the three-day weekend!

Warm regards,

Lynn Herschlein



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(notices you can access at our website and read/print from home)

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Kindergarten Registration

If your preschool child will be 5 years old on or before December 1, 2015, s/he is eligible for kindergarten in September 2015. Please contact the District Registrar, **Gloria Albert (631-367-5910)** to ensure that your child's name appears on the District census. Families whose child's name is on the census received a registration packet from the Superintendent this week. If you have not received a letter from Dr. Wilansky, Superintendent of CSH School District, please contact Gloria Albert as soon as possible. Registration begins in February.

Author Visit

If you would like to order a book by Laurence Pringle, please submit the order form and check made out to the GPFA by Wednesday, January 21st.

DATES TO REMEMBER

- **January 19th**- Martin Luther King, Jr. Day- No school for students
- **January 21st**- Spirit Day – wear school apparel or school colors.
- **January 30th**- Sports Jersey Day (more info to follow)
- **February 5th** – Kindergarten Family Fun Night (more info to follow)
- **February 10th**- Author, Laurence Pringle, visits Goosehill
- **February 12th**- First Grade Family Fun Night (more info to follow)

Notes from the GPFA

Save the Date: Goosehill Family Fun Nights

Feb. 5th: Kindergarten, Bubblemania, \$10 per family, 6:00PM

Feb.12th: First Grade, Ellis the Funnyman, \$10 per family, 6:00PM

For more information on these fantastic shows: <http://www.thefunnyman.org/> or <https://www.facebook.com/Funnyellis> and <http://www.bubblemania.com/>.

The 2015-2016 Cold Spring Harbor Schools District calendar has been adopted. It can be found on the CSH district website homepage at <http://www.csh.k12.ny.us/>.

Attention Holiday Bakers: Several Holiday baking containers are in the community room to be claimed. Please stop by to pick up your items. Thank you again for everyone who volunteered and baked.

**Cold Spring Harbor Central School District
School/Office Calendar
2015-2016**

JULY 2015

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

July 4 Independence Day

AUGUST 2015

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
{31}				

(1)
August 31 Supt. Conference Day

SEPTEMBER 2015

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

(18)
September 1 First Day of School
7 Labor Day
14-15 Rosh Hashanah
23 Yom Kippur

OCTOBER 2015

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

(21)
October 12 Columbus Day

NOVEMBER 2015

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

(17)
November 11 Veterans Day
25-27 Thanksgiving Recess

DECEMBER 2015

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

(17)
December 24-31 Winter Recess
25 Christmas

JANUARY 2016

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

(19)
January 1 Winter Recess
18 Martin L. King Day

FEBRUARY 2016

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29				

(16)
February 15-19 Presidents' Day
(Mid-Winter Recess)

MARCH 2016

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

(20)
March 25 Good Friday
27 Easter

APRIL 2016

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

(15)
April 23-24 Passover
April 22-29 Spring Recess

MAY 2016

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

(21)
May 30 Memorial Day

JUNE 2016

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	{24}
27	28	29	30	31

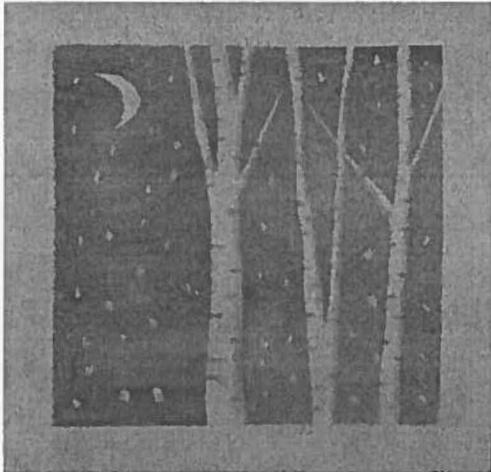
(18)
June 23 Last Day-Students
24 Supt Conf. Day

For Kids & Teens! *Programs from Cold Spring Harbor Library's Youth Services Department. Registration Required!*

Winter Birch Trees

Monday, January 19, 2:00 p.m.

For children in grades K-6



ADVENTURES IN ART: POP ART

Tuesday, January 20, 4:30 p.m.

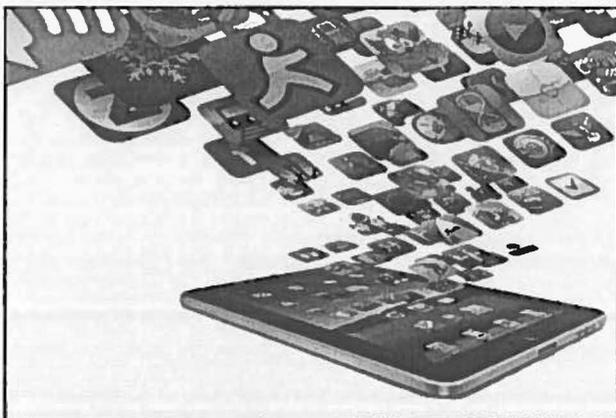
For children in grades K-6



Learn about famous artist Roy Lichtenstein and create your own work of Pop Art. Registration required.

For more information about any Kids or Teen Programs or for program registration, contact a Youth Services Librarian at the Cold Spring Harbor Library - 631-692-6820

For Adults! *Programs and Services from Cold Spring Harbor Library's Information Services Department*



**Dazzling iPad Apps
Thursday, January 22, 2pm**

A SeniorNet lecturer will guide you through some wonderful iPad apps. Q&A follows.

Advance registration is appreciated.

For more information about any Adult Program, contact Information Services at the Cold Spring Harbor Library at 631-692-6820.



Syosset Baseball Association

Our Programs.....

BLASTBALL: Ages 3&4 / \$60

- DOB: 12/01/10 to 11/30/12
- Friend requests welcome
- Games Saturday only, 1 hour @ 10AM

TEE BALL 1: Age 5 / \$130

- DOB: 12/01/09 to 11/30/10
- Friend requests welcome
- Games Saturday only

TEE BALL 2: Age 6 / \$130

- DOB: 12/01/08 to 11/30/09
- Friend requests welcome
- Games Saturday only

FARM LEAGUE: Age 7 / \$155

- DOB: 12/01/07 to 11/30/08
- Friend requests welcome
- Weeknight and Saturday games

ROOKIE LEAGUE: Age 8 / \$155

- DOB: 12/01/06 to 11/30/07
- Friend requests welcome
- Weeknight and Saturday games

A DIVISION: Age 9 / \$180

- DOB: 12/01/05 to 11/30/06
- Weeknight and Saturday games
- Standings kept with playoffs & championship

AA DIVISION: Age 10 / \$180

- DOB: 12/01/04 to 11/30/05
- Weeknight and Saturday games
- Standings kept with playoffs & championship

AAA DIVISION: Age 11 / \$180

- DOB: 12/01/03 to 11/30/04
- Weeknight and Saturday games
- Standings kept with playoffs & championship

MAJORS DIVISION: Age 12&13/\$195

- DOB: 12/01/01 to 11/30/03
- All 12 yr. old players, and 13 yr. old players who choose to play in this division
- Played at 75 foot base paths
- Weeknight and Saturday games
- Standings kept with playoffs & championship

SENIORS DIVISION: Age 13-18/\$195

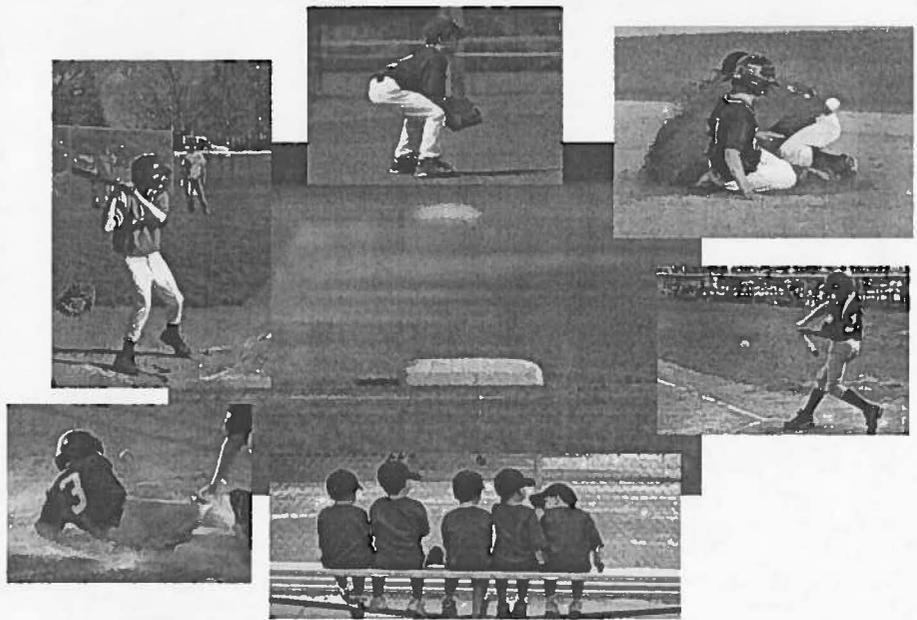
- DOB: 12/01/96 to 11/30/02
- All players 14-18, and 13 yr. old players who choose to play in this division
- Played at 90 foot base paths
- Sunday games weekly
- Standings kept with playoffs & championship

SYOSSET BASEBALL ASSOCIATION

PO Box 302
Syosset, New York
11791

www.syossetbaseball.org

Register for the 2015 Season



Registration is now open for the Spring 2015 Intramural Season at

www.syossetbaseball.org

Both on-line and mail in registration are available to new and returning players.

- Syosset Baseball Association offers programs for all players ages 3 to 18.
 - All players, all abilities welcome—this is an intramural program.
 - Great way for players to meet new friends.
 - Registration fee includes: uniform, equipment, umpires, & facilities.
 - Baseball season for Farm League through Majors begins March 28.
 - BlastBall and Tee Ball begin April 18.
 - Senior Division begins April 19.
 - Registration closes February 15, 2015.

Questions?

Email: info@syossetbaseball.org

Mail in Registration Form is on the following page

SYOSSET BASEBALL ASSOCIATION MAIL IN REGISTRATION FORM

Complete one form per player. Please complete all requested information and print clearly and legibly. Players new to Syosset Baseball Association (SBA) need to include a copy of their birth certificate.

Please cut form as indicated; attach check made payable to Syosset Baseball Association; and mail to

Syosset Baseball Association

PO Box 302

Syosset, NY 11791

Questions? Email registration@syossetbaseball.org

PLAYER NAME: _____
(Last) (First)

DATE OF BIRTH: _____ SCHOOL: _____
Please provide name of school your child will be attending during the upcoming season (March 2015 - June 2015). This helps in team formation.

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ CELL PHONE: _____

EMAIL ADDRESS: _____ CHECK # _____
Please provide only one email address and print clearly. SBA communicates extensively via email.

FRIEND REQUESTS: (#1) _____ (#2) _____
Friend requests are available only to players in BlastBall, Tee Ball, Farm League (7 yr. old) and Rookie League (8 yr. old). SBA will make every effort to meet requests but cannot guarantee requests. Only two requests will be recorded, please do not make more than two requests as only the first two will be recorded.

I VOLUNTEER TO: **Manager** **Coach** The Team Manager has overall responsibility for the team and is the point person between the team, Division Commissioner and SBA. The Coach assists the Manager with team activities such as games and practices.

PARENT NAME: _____ PARENT SIGNATURE: _____
(Printed Name) I have read and agree to the Waiver of Liability below; and Parent Code of Conduct available at www.syossetbaseball.org In Around the Bases.

Please circle the program for which you are registering:

BLASTBALL	TEEBALL	FARM (7 YR.)	ROOKIE (8 YR.)	A DIVISION	AA DIVISION	AAA DIVISION	MAJORS	SENIORS
DOB: 12/1/10-11/30/12	DOB: 12/1/08-11/30/10	DOB: 12/1/07-11/30/08	DOB: 12/1/06-11/30/07	DOB: 12/1/05-11/30/06	DOB: 12/1/04-11/30/05	DOB: 12/1/03-11/30/04	DOB: 12/1/01-11/30/03	DOB: 12/1/96-11/30/02
\$80	\$130	\$155	\$155	\$180	\$180	\$180	\$195	\$195

Refund Policy: Refund requests will be honored prior to February 15, 2015. Requests made after February 15, 2015 will be granted less a uniform allowance (uniform allowances vary by age). No refunds will be granted after opening day unless medically necessary. All refund requests must be made in writing to the appropriate division commissioner.

TEAM SPONSORSHIP REGISTRATION

Please complete this section if you are interested in sponsoring a team. Questions? Email fundraising@syossetbaseball.org

PLAYER NAME: _____ SPONSOR NAME: _____
(Please Print) (Please Print)

SPONSOR WEBSITE: _____

SPONSOR ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

SPONSOR CONTACT NAME: _____ EMAIL: _____ PHONE: _____

CORPORATE SPONSOR \$275 GOLD SPONSOR \$500 DIAMOND SPONSOR \$1500

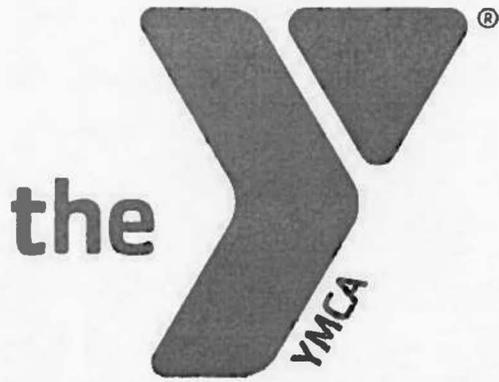
Please provide a separate check for sponsorships made payable to Syosset Baseball Association
Questions? Email fundraising@syossetbaseball.org

CUT HERE

The Waiver of Liability:

Recognizing the possibility of injury or damage to property associated with practicing or playing baseball or engaging in other Syosset Baseball Association ("SBA") activities, and in consideration for SBA accepting registration for my child's participation in SBA's program and activities, I hereby waive, release and discharge SBA, Syosset Baseball District, Town of Oyster Bay, sponsors, affiliated organizations, their respective employees, volunteers, supervisors, coordinators, board members, and any other personnel involved in any manner with SBA programs, practices, games or activities and any other person, body, entity, public or private, associated with SBA programs, practices, games or activities (including without limitation the owners, lessees, licensees, or administrators of fields and facilities utilized by SBA programs, practices, games, and/or other activities), and hereby indemnify SBA, from and against any and all claims, actions, losses, liabilities, fees or expenses in connection with registrant's participation in SBA programs, practices, games, and/or other activities, including without limitation, injury or property damage to the registrant, family members, spectators or any other person accompanying such registrant ("Participant") except and only to the extent that any medical coverage then carried by SBA determines that any medical expenses of such registrant are covered due to such injury and only to the extent of the amount determined to be payable by such carrier with respect to such injury. Nothing in the foregoing shall require SBA to carry any medical insurances or coverage for any registrant or any other person or party.

WARNING: During all batting practices, fielding practices, warm-ups and the course of the game, baseballs and bats and fragments thereof may be thrown or hit off the field into the seating of spectator areas. For the safety of every Participant, all Participants must stay alert and be aware of their surroundings at all times. The signed parent and natural guardian on the registration form does hereby represent that he/she, is in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all parties referred to in The Waiver of Liability above from all liability, loss, cost, claim, or damage, whatsoever, which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents of legal guardian. The signed parent represents that the Parents (and/or guardian) of the player has read above Waiver of Liability and is bound thereby.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**DON'T MISS
OUT!!**



SPRING YOUTH SOCCER

- * Join us at the Huntington YMCA for 8 weeks of intramural soccer.
 - * Registration is available for children grades Pre-K to 4th.
 - * Season starts April 11th - Games are held on Saturday mornings.
- * Soccer is a great way for your children to stay active and meet new friends!
 - * Will help improve soccer skills, teamwork, and sportsmanship.
 - * Participation trophy is given to each child at the end of the year.
 - * Spring 2015 season is \$78 per child plus membership fee

Registration ends March 15th!!!

Any questions or concerns? Contact Michael Capobianco, Sports Coordinator
Email: Mike.Capobianco@ymcali.org Phone: 631-421-4242 ext. 145