



Goosehill Primary School

Weekly Notes- November 4, 2016



Dear Parents,

Thank you for attending our Halloween Festivities! The children had a wonderful time singing for you and parading in their costumes. Thank you to the GPFA for purchasing the pumpkins for the children and all of the parents who helped decorate them and who organized crafts for the children. Thank you to Mrs. Kotzky for a fun-filled sing-along!

As you know, Tuesday is Election Day. We will be holding Parent-Teacher Conferences all day. (No school for students.) Our social studies curriculum involves teaching children about community, laws, and the basics of government. Election Day gives us an opportunity to teach children about the important act of voting. The children will have a chance to cast their own secret ballot on a very important referendum on Monday: Should we have a *Pajama Day* OR a *Backwards/Inside-Out Day* on Thursday, November 10th? We will let you know the winner via eBlast.



Parent-teacher conferences are a wonderful opportunity to strengthen the home-school connection. When teachers and parents work together, children benefit in countless ways. Please consider the following ideas to help you make the most of the upcoming conference with your child's teacher:

- Think about **what you would like the teacher to know about your child**. What are his/her interests? What does s/he love about school? How are homework routines going? What impresses you the most about your child's learning? What concerns do you have?
- Think about **what you would like to know about how your child performs in school**. Is s/he excited about learning? Does s/he tend to try to avoid any type of activity? How are his/her skills developing? How are his/her work habits developing? How does s/he interact socially?
- **All learners develop at different rates and in different ways**. Your child's teacher will help you know the areas in which your child is performing comfortably and the areas in which s/he needs some support at this time. Please remember that if your child needs support in an area, it is okay. The teacher will let you know what she is doing to address your child's needs and what you can do to support your child at home. We may offer AIS (Academic Intervention Services) for a period of 4-8 weeks to give your child a "boost."
- Your child's performance in *all* areas, including **art, music, and physical education**, is important. If you would like to schedule an appointment with Mrs. Beneville (art), Mrs. Kotzky (music), or Mr. Malone (physical education), please call the Main Office.
- The best way to support your child's growth and confidence as a learner is to **celebrate and encourage effort and perseverance**. Let your child know how proud you are of how hard s/he works in school to be the very best student s/he can be.

As you visit the building on your conference day, please take a moment to look over the tables of *Lost & Found* items to see if your child left something behind at school.

Have a wonderful weekend. Enjoy the extra hour!

Lynn Herschlein



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

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Important Dates

November 4th- SEPTA Taste of the Town Event

November 6th- SEPTA Family Movie Event—Trolls movie

November 7th- **Parents' Night Out at Honu—hope to see you there!**

November 8th- School Closed. Election Day. Parent-Teacher Conferences

November 9th-GPFA Meeting @ 9:30 am

November 11th- School Closed. Veterans' Day

November 15th- School Open (Parent-Teacher Conferences. K classes have substitute teachers.)

November 17th – School Open (Parent-Teacher Conferences. 1st grade classes have substitute teachers.)
- SEPTA meeting - Topic: Nutrition and your child

Board of Education

The Cold Spring Harbor School District Board of Education will hold its regular meeting on Tuesday, November 8th at 8:00 p.m. at the District Office. All are welcome to attend.

Thank You!

Thank you to all of our parents who continue to work so hard to support our school, including the math committee, bulletin board committee, class parents, lunch-recess coordinators, and beautification team!

Outerwear

Please be sure your child comes to school wearing a warm coat or jacket every day. Please label everything!

First Grade Turtle Program- In collaboration with the Cold Spring Harbor Fish Hatchery and Aquarium, our students raise baby turtles and release them back into the “wild” in June. This week our students learned about the tanks and equipment the turtles need, how to care for them, and about the features of turtles and other members of the reptile family. The teachers engage the children throughout the year in investigations related to the turtle’s habitat, life cycle, and adaptations. Each class names their turtle and assumes responsibility for caring for him/her every day. Our students love science!

GPFA Updates

Parents Night Out—MONDAY! Please join us for Goosehill's Annual Parents' Night Out on **Monday, November 7th** at Honu. We encourage all parents to attend! It's a fun night out, a great way to meet other families and most importantly it's our school's biggest fundraiser of the year. The GPFA uses the money raised from this night to sponsor and support Goosehill events. We hope to see everyone!

• If you have not yet bought your tickets, you can still purchase them with a check sent in your child’s backpack on Monday or drop your check off at school on Monday or purchase them online at <https://www.paypal.me/gpfapno/75>

SEPTA Family Movie Event Get your tickets to see a private showing of the TROLLS movie at Elwood Cinemas on Sunday, **November 6th** @ 10:00 am. \$15 per ticket (includes popcorn and a drink). Get your tickets now at paypal [@paypal.me/CSHSepta](https://www.paypal.me/CSHSepta) OR you can check payable to CSH SEPTA (see SEPTA flyer). For questions contact cshsepta@yahoo.com

GPFA Meeting The next GPFA meeting will be held on Wednesday, **November 9th** @ 9:30am at Goosehill. Mrs. Herschlein will be speaking about Goosehill’s Social Emotional Learning program and our approach to discipline. We encourage all parents to attend.

FOCUS Workshop- Tips for Parents

Last week, FOCUS sponsored a workshop with Dr. Jen Hartstein titled "Stress Management Techniques for You and Your Children". The workshop was well attended and very informative. In case you missed it, see the attached sheet (in the electronic version of these notes) for some helpful tips/”take-aways” from the workshop. Thank you to Kristine Jacobson for preparing it for us.

Helpful Tips from Dr. Hartstein's Stress Management Presentation

- **First things first...Start with you!** You cannot help your child if you're not taking care of yourself...self-care is essential!
- **Self-care tips:** Practice a healthy lifestyle, get physical, find support, make time for fun, identify your source of stress, learn how to cope with the stressors
- **Think of stress like taffy, you have to pull it apart.** Don't think so broad like, "My new puppy is stressing me out!" Break it down to more specifics like, "My new puppy is chewing on all of my furniture and destroying my house!"
- **Once you identify the specific stressor, you can focus on solutions.** "I can restrict the area my puppy has with a gate or crate when I can't be with him."
- **Our stressors overlap our childrens', yet they have their own unique stressors.** Seek to understand and validate...don't be so quick to problem solve...our intentions may be good, however, we all talk too much...listen first with undivided attention, no distractions...cell phones down!
- **There are various signs of stress to look for in yourself and your children.** Their developmental age plays a part in those signs, however, you know your child best so trust your gut when things seem off...some examples are withdrawal/ isolation, irritability, sleeping more or less, eating more or less, acting out impulsively or in anger, physical symptoms; especially headaches and stomachaches, not caring about friends, school and other interests.
- **Strategies to help your family:** Teach your children how to listen to their bodies, share observations about what you see; skip the judgments, don't overschedule, make time for fun with family and friends, insure adequate sleep and exercise, practice simple breathing..."smell the flowers...blow out the candles", ask what can be changed, problem solve together, don't get stuck on things that can't be controlled, listen more, talk less and just be there!
- **Participants shared:** Tips on practicing gratitude...share things that you are thankful for, pray for others, volunteer to help those less fortunate, (even though this is something else to add to your schedule, don't stress! It helps put your life in perspective and will decrease your stress) Make time for at least one family meal a day together, share about your day...ask open-ended questions to help children to share more specifically, rather than answering, "Yes", "No", and other one word answers. Play "roses, buds and thorns" game...start with a thorn...something negative or challenging, then a bud...something new and a rose...the best thing! It's more meaningful when everyone participates.
- **Next Steps...**Accept that stress is going to happen, and there is good stress...the more mindful and skillful you are in managing it, the better you will be. Remember that creating new habits takes practice and attention...persevere and don't give up!
- **Seeking professional help...**if you feel you have implemented all the strategies you know and you or your child are still not able to cope and manage stressors effectively, talk to your primary care physician or pediatrician...share your concerns, ask for referrals to a cognitive behavioral therapist, and/or reach out to your child's school counselor.
- **Highly recommended book...**
The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed
 by Jessica Lahey

HHHYBL-SUMMER

Summer 2017 Youth Basketball Program

20th YEAR

REMINDER

WEEKDAY, EVENINGS ONLY, INTRAMURAL PROGRAM
JUNE -- AUGUST, 2017

Mixed Boys/Girls Evening Intramural Leagues
Instructional • Private Training

BASKETBALL IN HOUSE REGISTRATION

@ West Hollow Middle School, 250 Old East Neck Road, Melville

Tuesday	April 4, 2017	6 PM – 9 PM
Wednesday	April 5, 2017	6 PM – 9 PM

Open to students entering grades K-12th & beyond in September, 2017.

Also, the highly successful, adult leagues
where players compete at higher levels (A/B or C).

DON'T GET SHUT OUT OR DELAY, REGISTER NOW!!

Fees: Registration: (10/1/16 thru 4/30/17 postmarked): No Exceptions
1st child: \$225; each add'l child \$200
Late Registration: (after 4/30/17 postmarked)
1st child: \$250; each add'l child \$225
Late/late Registration (after May 31, 2017 postmarked)
Each application \$275; no second child discount

If your child participated in the 2016 summer program, he/she has already been rated. If not, please have them, and their friends, dress in proper athletic attire. If you can not attend registration and wish to avoid a late fee, please send a completed registration form on or before April 30, 2017, with applicable fee, to HHHYBL, P.O. Box 227, Huntington Station, N.Y. 11746. New registrants will be evaluated later. If you require additional information on the youth basketball program, the new adult men's league (different levels), e-mail Dennis: @ cmish11746@gmail.com. Website: www.hillsbasketball.com

"This notice is distributed to students solely as a community service by the school district. This distribution should not be considered an endorsement or approval by the district of either the sponsor or the activity".

Please make checks payable to "HHHYBL" (a nonprofit 501C3 entity)

www.hillsbasketball.com (application on reverse) Dennis 258 7604

HHHYBL - SUMMER

Summer 2017
Youth Basketball Program

Application

All applications must be accompanied by payment in full based on the following:

Registration: Thru April 30, 2017, \$225 1st child, additional children: \$200.

After April 30, 2017, \$250 1st child, additional children \$225. After May 31, 2017 \$275 each applicant No refunds. No exceptions!!

Please make all checks payable to "HHHYBL" Send to:HHHYBL, P.O. Box 227, Huntington Station, N.Y. 11746

Print clearly[illegible]

D.O.B. _____ **Sex:** **M** **F** **E-Mail address:** _____

Address : _____

House No.	Street	City	Apt.	Zip

Telephone No.()

Name of Mother: _____ **Father:** _____ **Play Last Summer? Y** _____ **N** _____

Guardian's Work Phone:() _____ **Where did you get application?** _____

Mother Cell Phone: () **Father Cell Phone:** ()

Mother's Occupation _____ Father's Occupation _____

Emergency Contact No: () _____ **School attending in 9/17? _____**

Planned Vacation Dates: _____ ALL PLAYERS 9-12 GRADE MUST CARRY ID

Volunteers are needed: I am interested in serving as: **Coach Y N Ass't Coach Y N**

Children entering kindergarten, first or second grade in Sept. 2017 will play in an instructional program, unless moved up. All children entering the third grade or higher will participate in league play & must be rated, if not rated in prior year. All children may request placement with friends, subject to availability. If your child has a friend he or she wishes to be placed with, please indicate their name(s) here:

Friend(s): _____

I, the undersigned, give my child permission to participate in the HHHYBL program. I certify that my child is physically fit to participate in strenuous athletic activity and I have obtained clearance from a physician before permitting my child to participate. I agree to hold HHHYBL, its' employees and agents harmless for any liability resulting from injury or illness. I hereby authorize HHHYBL to act for me according to their best judgment in in any emergency requiring medical attention. I understand that I am solely responsible for the payment of any such medical expenses.

Signature of Parent or Legal Guardian: _____ **Date:** _____

Insurance company providing coverage for your child:_____ **Policy Number:** _____

For Office Use Only: Ratings

Player Number _____					payment Method <u>ck</u> <u>cash</u> <u>other</u>		Check No. _____		Amt _____		Date _____			
Dribbling	A	B	C	D	Lay-ups	A	B	C	D	Foul Shots	A	B	C	D
Shooting	A	B	C	D	Rebounding	A	B	C	D	Defense	A	B	C	D
Aggressive	A	B	C	D	Size _____									

Overall Rating

(Over)

Nassau Athletic and Activity Programs, Inc. (NAAP)

A 501©3 Non-Profit Organization

Fall/Winter 2016-2017 Registration for All Programs!

(Ages 3-5 & Grades K-9)



Self Defense (Grades K-5)

Location: Zanshin Self Defense

334 Jackson Avenue, Syosset, NY 11791

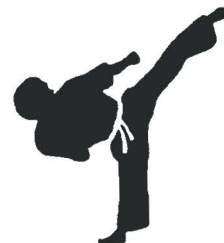
Saturdays: 2:30pm-3:15pm

Session 2: Nov 19; Dec 3, 10, 17; Jan 7, 14, 21, 28

Session 3: Feb 4, 11, 18; March 4, 11, 18, 25; April 1

No Uniform Needed!

\$140 for 8 (45) minute group lessons



Tennis Lessons (Grades K-3 and 4-9)

Location: Jericho-Westbury Indoor Tennis

44 Jericho Turnpike, Jericho, NY 11753

Thursdays: Session 2: Nov 10, 17; Dec 1, 8, 15, 22

Session 3: Jan 5, 12, 19, 26; Feb 2, 9

(K-3rd: 3pm-4pm)

Fridays: Session 2: Nov 4, 11, 18; Dec 2, 9, 16

Session 3: Jan 6, 13, 20, 27; Feb 3, 10

(Ages 3-5 & K-9 are all 7pm-8pm)

Saturdays: Session 2: Nov 5, 12, 19; Dec 3, 10, 17

Session 3: Jan 7, 14, 21, 28; Feb 4, 11

(Ages 3-5: 12pm-1pm; K-3rd: 1pm-2pm, 2pm-3pm, 3pm-4pm; 4th-9th: 3pm-4pm, 4pm-5pm)

Sundays: Session 2: Nov 6, 13, 20; Dec 4, 11, 18

Session 3: Jan 8, 15, 22, 29; Feb 5, 12

(K-3rd: 3pm-4pm, 4pm-5pm 4th-9th: 3pm-4pm, 4pm-5pm)

\$160 for 6 (1) hour Group Lessons. Please sign up early, and bring your own racquet!



Intermediate Tennis Lessons

Location: Jericho-Westbury Indoor Tennis

44 Jericho Turnpike, Jericho, NY 11753

Session 2: Nov 13, 20; Dec 4, 11, 18; Jan 8

Session 3: Jan 15, 22, 29; Feb 5, 12, 19

(K-3rd: 5pm-6pm) (4th-9th: 5pm-6pm)

\$250 for 6 (1) hour group lessons (must have 3 and only 3 students)

Or

\$225 for 6 (1) hour group lessons (must have 4 and only 4 students)



Tennis Lessons (K-3rd & 4th-9th)

Location: Glen Head Racquet Club
95 Glen Head Road, Glen Head, NY 11545
5:00pm-6:00pm

Saturdays: Session 2: Nov 12, 19; Dec 3, 10, 17; Jan 7

Session 3: Jan 14, 21, 28; Feb 4, 11, 18

Sundays: Session 2: Nov 13, 20; Dec 4, 11, 18; Jan 8

Session 3: Jan 15, 22, 29; Feb 5, 12, 19

\$160 for 6 (1) hour Group Lessons. Please sign up early, and bring your own racquet!

**Tennis Lessons (K-3rd & 4th-9th)**

Location: Bethpage Park Tennis Center
99 Quaker Meeting House Road, Farmingdale, NY 11735

Saturdays: Session 2: Nov 5, 12, 19; Dec 3, 10, 17

Session 3: Jan 7, 14, 21, 28; Feb 4, 11

(K-3rd: 1pm-2pm) (4th-9th: 1pm-2pm)

Sundays: Session 2: Nov 6, 13, 20; Dec 4, 11, 18

Session 3: Jan 8, 15, 22, 29; Feb 5, 12

(K-3rd: 4:30pm-5:30pm) (4th-9th: 4:30pm-5:30pm)

\$160 for 6 (1) hour Group Lessons. Please sign up early, and bring your own racquet!

**Register at one of the Following Locations and Dates:****Jericho-Westbury Indoor Tennis**

44 Jericho Turnpike, Jericho, NY 11753

October 24, 26, 27, 28 & November 3, 4 from 6:30pm-7:30pm

October 22, 29 from 12pm-2pm

Glen Head Racquet Club

95 Glen Head Road, Glen Head, NY 11545

October 25 & November 1 from 6:30pm-7:30pm

For Further Information, Contact Jim Collins at (516) 384-5751

No Credit Cards Accepted

All Programs Continue Through the Entire School Year, and into the Summer Months!!!



Please visit us on Facebook: www.Facebook.com/NAAPInc

This flyer is being shared for your information only, and in no way implies any connection with, or endorsement by Cold Spring Harbor School District.

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

TURKEY WALL HANGER

Tuesday, November 8,
2:00 p.m.

For children in grades K-6
Transform a straw hat into
a turkey.

Registration required.



Afternoon Art

Friday, November 11,
3:00 pm
For children of all ages

Little Scientists

Thursday, November 10,
2:00 pm

For children in preschool

Explore the wonderful
world of science with
books, games, and hands-
on activities.

Registration Required



Lego Club

Saturday, November 11,
11:00 am
For children of all ages

TEEN & IN BETWEEN

FOR STUDENTS IN GRADES 5-12

Mario Mondays

For Kids in grades 5-12
Monday, November 7
7:00 pm

Writers Workshop

For kids in grades 5-12.

Wednesdays, 7:00 p.m.
November 2, November 9,
& November 16

Stuck on writing ideas? Want to write
your own stories? Come and explore
creative writing with your fellow teens.
Brainstorm and discuss ideas, and
participate in writing exercises to
expand your writing practice.

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

Programs and Services from the Information Services Department

**Turn on.
Log in.
Get Smart.
@ Home.**


lynda.com

Become a...

- Music Producer
- Small Business Owner
- Architecture CAD Tech
- Graphic Designer
- Network Admin
- Digital Marketer
- Photographer
- IT Technician
- Programmer
- Digital Painter
- Project Manager
- Songwriter
- Web Designer
- Film Producer

Looking for a new career and eager to hit the ground running?
With Learning Paths from Lynda.com you can develop
your career to have the freedom that you want!
www.cshlibrary.org

Lynda.com
Any time, any where

Looking for a new career and eager to hit the ground running?

Learn a new skill online, on your time

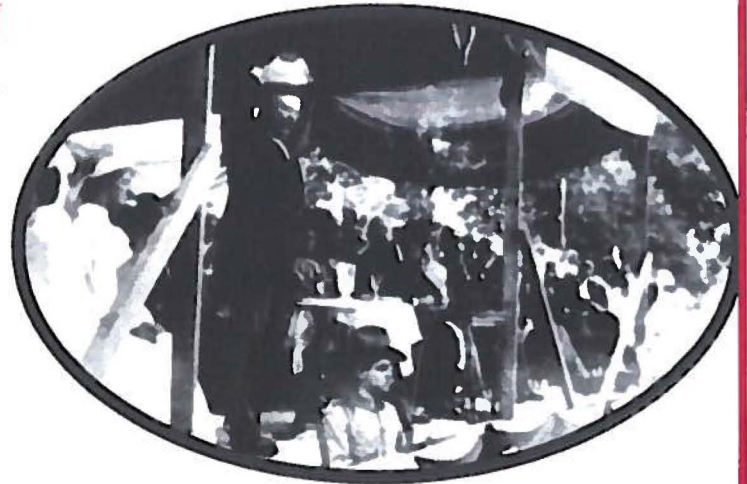
Over 4000 courses in Business, Technology and Creative
Skills, taught by industry experts

Log in with your barcode at the CSHLibrary.org website.

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



HUNTINGTON
HISTORICAL
SOCIETY
PRESENTS:



ELECTION DAY FUN FOR ALL!!

Need some time to get out and vote?
Drop the kids off with us for a few hours
so you can do your civic duty (or just go
relax!)

Have your children join us for a two and a half hour program. We will be marching for the vote with Suffragists, and enjoying President Theodore Roosevelt's visit to Huntington while he was in office!! Related crafts and games will be played, and a light snack will be provided.



WHEN: Tuesday, November 8th, 10am-
12:30pm,

WHERE: Conklin Barn, 2 High Street,
Huntington

PRICE: \$30.00 members/\$35.00 non-
members

Please contact (631) 427-7045 ext. 404 or email: Wandersen@huntingtonhistoricalsociety.org.

****This is not a Cold Spring Harbor School District endorsed or sponsored activity****

Huntington Historical Society is not for profit 501C-3 organization.