

## THE FRIDAY NOTES





**QUOTE OF THE WEEK:** "Success is the sum of small efforts, repeated day in and day out." ~by Robert Collier SEL WORD OF THE MONTH: "Frustrated"

**UPCOMING LHTV REPORTERS:** Emma Bechand and Stevie Sullivan (2Co)

\$CHOOL \$TORE EMPLOYEES: Hannah Stark (45) and Patrick Haskell (45)

LHTV MUSICIAN: Lindsay Stimpfl (6B)

BUS CALLERS: Lexie Johnson (6C), Jessica Wang (60'D)

Monday 2/1	French Club Visit
Tuesday 2/2	Book Fair
Wednesday 2/3	Book Fair
Thursday 2/4	
Friday 2/5	Wear Red Day - American Heart Association Little Shelter

#### TABLE OF CONTENTS

CSH February Menu	Р3
Bricks For Sale	
Seahawks Booster Club Membership	
CSH CFA Harlem Wizards	P7
CSH Library	P8
Nassau-Suffolk Hockey	
Oyster Bay Polar Plunge	
Huntington Historical Society	



February is Heart Healthy Month (Brought to you by SIT)

start taking care of your heart with exercise and a healthy diet. To celebrate Heart

Healthy Month in the cafe, you will be seeing a lot of healthy RED foods. Our Feature Items of the Month are:

- Tomato Sauce: A cup of tomato sauce provides your body with a significant amount of Vitamin A (good for your skin, bones and eyes), Vitamin C (good for building your bones and soft tissues) and Lycopene (which has been shown to protect your heart from atherosclerosis - the hardening of your arteries that can damage your heart). Fun Fact: Raw tomatoes are good for you, but tomato sauce has even MORE lycopene.
- Beets These usually red colored root vegetables are sweet and tasty. Research has shown that beets can lower blood pressure, which helps your heart by reducing its workload. In addition to being delicious, beets are often used to color foods red and to due clothes. Fun Fact: If you eat a lot of beets, you might notice a change when you go to the bathroom...!
- Red Grapes This delicious fruit has been eaten for its health benefits since ancient times! Red grapes contain a lot of Vitamin C, Vitamin K (which helps your blood to clot when you get a cut) potassium (which helps control your blood pressure) and polyphenols (an antioxidant that can protect your heart from atherosclerosis). Fun Fact: Did you know that grapes are actually a berry?
- Cranberries. These tart, red berries are grown in bogs or marshes that are flooded during harvest in the fall. Cranberries protect your heart by reducing your bad cholesterol (LDL) and increasing your good cholesterol (HDL). Bad cholesterol can clog your arteries, which leads to heart damage. Fun Fact: Cranberries were named by Dutch and German settlers in North America who called them "crane berries" because the flower that grows on the cranberry vine looks like a crane.

The Lloyd Harbor February menu is attached. Feature items are identified with a heart. We hope you enjoy!

#### **ARTIST'S CORNER**

Students in 3rd and 4th grade enjoyed "A Day in Clay" with artist in residence, Cilff Mendelson. Each student created a ceramic Native American vessel using coil techniques and spiral designs. Many different tools and found objects were used to create low relief designs and patterns on the surface of their vessels. After a lengthy drying process, paint will be used to enhance the authenticity of the designs. Fun was had by all!



#### SPECIAL ANNOUNCEMENTS

The week of February 1<sup>st</sup> is National Kindness week. Please stop by and see Kindness, the snowman, located outside the LHTV newsroom. The snowman consists of snowballs depicting random acts of kindness. If you would like to add a snowball, please put it in Ms. Danielski's or Ms. Coniglio's mailbox. Thank you for your support of the LHS Student Council!

#### KINDERGARTEN REGISTRATION

If your preschool child will be 5 years old on or before December 1, 2016, he/she is eligible for kindergarten in September 2016. Please contact the District Registrar, Gloria Albert, (631 367-5910) to ensure that your child's name appears on the District census. Only those families whose child's name appears on the census will receive a registration packet from the Superintendent. Registration begins in February.

#### **BOARD OF EDUCATION**

The next regular Board of Education meeting will be held on Tuesday, February 9th, at the DO.

#### FROM THE LHS/PTG

#### **6th Grade Event At Bounce**

Thank you to all who attended and helped out on that snowy Sunday! Everyone had a blast!

#### Brick Sale

The LHS\*PTG is conducting a Brick Sale to support the maintenance of our many beautiful courtyards and gardens at the school. An order form will come home in your child's backpack this week. Engraved bricks can display messages, special dates, accolades or memorials where everyone can read and enjoy them. Don't miss out on this opportunity to honor your children for years to come! Deadline is February 12th!

Questions: contact Kelly DeGennaro at kellydeg@optonline.net

#### **Book Fair**

We are getting excited about the upcoming Scholastic Book Fair on February 2nd and 3rd, so please mark your calendars for this special event! There are books for the whole family and you can contribute to your child's classroom library. Questions? Please contact Angela Engel or Amy Howell.

#### **Family Fun Event**

Harlem Wizards v. C\$H - Family Fun Event, March 6th at 1pm The Cold Spring Harbor CFA is proud to present a community event designed to bring families together for a day of fun. The Harlem Wizards are bringing a fantastic roster of basketball talent and they'll take on a C\$H team comprised of teachers, staff and coaches on \$unday, March 6th, 1-3PM at the High School Field House. Come root them on and watch the amazing basketball skills that will be on display. Tickets are \$10 (plus a .99 cent service fee) and are available online at <a href="http://www.harlemwizards.com/schedule-tickets/">http://www.harlemwizards.com/schedule-tickets/</a>.

#### Lost & Found

Please remember to label all items. If you are missing anything, please check the Lost and Found located in the cafeteria. Anything left in the Lost and Found without a name will be donated to the TriCYA on the 1st Thursday of each month. The next collection is 2/4/16.

#### Philanthropy

The next volunteer spots at the TriCYA are <u>February 1st</u>, <u>2nd and 4th</u>. The TriCYA is also in need of book cases. Please think of them if you have one to donate.

#### Box Tops

We are collecting Box Tops! Please bring in your box tops and deposit them in the plastic container outside of the LHTV Newsroom (Room 107) to help us meet this year's goal

#### **Booster Club**

The Booster Club is looking for new members! Through their fundraising efforts, the Booster Club has been able to purchase numerous items to enhance the existing athletic program and to allow CSH athletes to compete at the highest level. In addition, the Booster Club runs clinics and camps for grades K-12. Please consider joining the Booster Club and help keep it

## **COLD SPRING HARBOR ELEMENTARY SCHOOLS FEBRUARY 2016**

#### **AVAILABLE DAILY: \$ 2.75** SERVED AS COMPLETE MEALS

BAGEL LUNCH W/ CHEESE OR YOGURT CHEESE SANDWICH **IELLY SANDWICH** PIZZA SLICE SALAD PLATE

**MONDAY - TURKEY ON A ROLL** TUESDAY - HAM & CHEESE ON A ROLL WEDNESDAY - TURKEY WRAP THURSDAY - BEEF BOLOGNA & CHEESE FRIDAY - TUNA SALAD WRAP ALL COLD CUTS BOAR'S HEAD BRAND

2

#### BREAKFAST SERVED DAILY 8:30 - 8:45am \$1.75 INCLUDES MILK, JUICE AND FRUIT

AVAILABLE DAILY - BAGELS AND CEREAL MONDAY & WEDNESDAY - FRENCH TOAST STICKS TUESDAY & THURSDAY - PANCAKES FRIDAYS - EGG & CHEESE BAGEL BREAKFAST IS AN IMPORTANT START TO EVERY DAY





#### **SERVED DAILY**

MILK CHOICES: 80z WHITE SKIM or 1%. **FAT FREE CHOCOLATE** 100% FRUIT JUICE - 4oz APPLE OR ORANGE FRESH FRUIT BOWL CHILLED CUPPED FRUIT FRESH BABY CARROTS **HUMMUS CUP** WE OFFER WHOLE **GRAIN BREADS** 

MONDAY TUESDAY WEDNESDAY **THURSDAY FRIDAY** 

1 **CHICKEN TENDERS DIPPING SAUCE** MACARONI SALAD ROASTED BROCCOLI SLICED PEARS MILK CHOICE

SOUP & PRETZEL TOMATO ORZO BAKED SOFT PRETZEL **BABY CARROTS** FRESH APPLES MILK CHOICE

**QUESADILLA DAY** CHICKEN AND CHEESE SPANISH RICE **RED BEANS ORANGE SMILES** MILK CHOICE

**BRONCO BURGERS** ALL BEEF BURGERS **PANTHER POTATO PUFFS** FRESH FRUIT BOWL MILK CHOICE

WHITE PIZZA TOMATO BASIL **DIPPING SAUCE** BAKED ZUCCHINI CAESAR SALAD SLICED PEACHED MILK CHOICE

12

**CHICKEN FRITTERS** ALL WHITE MEAT

RICE PILAF MIXED VEGETABLES SLICED CUCUMBERS **RED GRAPES** MILK CHOICE

MINI DAY MINI CORN DOGS MINI PEROGIES SWEET BABY PEAS FRUIT COCKTAIL MILK CHOICE

**PASTA LOVERS** CHEESE TORTELLINI **HEART HEALTHY** MARINARA SAUCE **GARDEN SALAD** CHILLED APPLESAUCE

MILK CHOICE

STIR FRY (V) MIXED VEGETABLES FRIED RICE PINEAPPLE BITS FORTUNE COOKIE MILK CHOICE

T.G.I.F. PIZZA STUFFED CRUST PIZZA WEDGE CAESAR SALAD **ORANGE SLICES** MILK CHOICE HEART COOKIE





22

**CHICKEN MELT GRILLED CHICKEN GARLIC ROLL** MOZZARELLA CHEESE SAUTEED SPINACH FRESH FRUIT BOWL MILK CHOICE

23 **BREAKFAST BISCUIT** SAUSAGE (T), EGG AND CHEESE **SWEET POTATO TOTS** TANGY CRANBERRIES **ORANGE JUICE** MILK CHOICE

24 **TEX MEX PASTA** 

BAKED ROTINI WITH CHICKEN, **BLACK BEANS & CHEESE** APPLE SLICES MILK CHOICE

25 WRAP IT UP

**TURKEY AND CHEESE** TOASTED WRAP CUP OF SOUP **CUCUMBER SLICES** MIXED FRUIT CUP MILK CHOICE

26 PIZZA PARTY SUPREME, REGULAR **BUFFALO CHICKEN** CAULIFLOWER HEARTZEL PRETZELS CHILLED PEARS



29

**CHICKEN NUGGETS** TEMPURA STYLE MASHED POTATOES SWEET RED BEETS FRESH FRUIT MILK CHOICE

**GROUND HOG DAY** 



FEBRUARY 2ND 6 MORE WEEKS OF WINTER??

BEEF (B) TURKEY (T) PORK (P) CHICKEN (C) OFFICE OF FOOD AND NUTRITION **GERRI TIGER** SCHOOL LUNCH MGR 367-6970



LOOK FOR HIGHLIGHTED **HEART HEALTHY RED FOODS** 



#### SEAHAWKS BOOSTER CLUB MEMBERSHIP - WHAT WE ARE ALL ABOUT

The athletic program at Cold Spring Harbor High School is one of the finest and most successful anywhere. Our student's participation in athletics is extremely high. Since its inception, over 18 years ago, The Seahawks Booster Cub exisits for the benefit of **ALL SPORTS**. Through our fundraising efforts and your geneorsity, we have been able to purchase numerous items to enhance the existing athletic program and to allow our athletes to compete at the highest level. Three of the newest contributions that came from the Booster Club are:

Path to Seahawk Field \* New Community Message Board

Trainers & AD Golf Carts \* Tennis Court Wind Screen

Ongoing, every year, we support activities, events & state of affairs such as:

Senior Field Day \* 7th Grade Orientation \* Wall Plaques
Scoreboard Maintenance \* Message Board Maintenance \* Retired Jersey Banners
Stipend Athletes Travel Expenses All County & Athletes Travel Expenses All State
Assistance to Families of Students Athletes in Need of Help to Purchase Athletic Wear

Sports Booster is your organization!
Without the financial support from <u>ALL OF YOU</u> none of this would be possible!!
Additional Athletic Contributions <u>THE SEAHAWKS BOOSTER CLUB</u> has made are:

Baseball/Softball Dugouts \* Track - Pole Vault
Replacement & Refurbishing of Championship Banners
Automatic Electronic Defibrillators \* Concession Stand Kitchen Equipment
Ball Stop Safety System for Seahawk Field \* Baseball and Softball Field Enhancements
Fitness Equipment for the Weight Room \* Diving Coach Stipend \* Tennis Court Beautification
Breakaway Outfield Fencing \* Crew Team Coaches Boat and Motor \* Travel Expenses for Teams
Storage Shed for Track Equipment \* Sign Boards for Track and Field and Swimming School Records
Senior Field Day Lunch and Refreshments \* Concession Stand Beverage Cooler and BBQ Dugout Cover
Digital Message Board Wireless Digital Scoreboards for Baseball, Soccer, Softball, Girls Lacrosse, Field
Hockey, Basketball, Volleyball and Wrestling

WE ASK OF YOU TO PLEASE JOIN US IN OUR ONGOING EFFORTS TO KEEP THE SEAHAWKS BOOSTER CLUB GOING STRONG FOR MANY YEARS TO COME WE THANK YOU IN ADVANCE FOR YOUR SUPPORT!!

PLEASE CHECK OUT OUR WEBSITE FOR IMPORTANT NEWS & UPDATES

http://coldspringharbor.powermediallc.org/



#### SEAHAWKS BOOSTER CLUB MEMBERSHIP APPLICATION

2015-2016

With your participation and support we will continue to provide the best for our student athletes and their teams!

Name						
Phone						
Address						
E-mail						
	Idren (circle all): Elementary 7 8 9 10 11 12  T PARENT/STUDENT BOOSTER CLUB HELPERS ARE NEEDED*					
Please consider this most rewarding position for our student athletes!!						
	family wants to be BOOSTER CLUB HELPERS.  ate the best way(s) you can be contacted					
\$50 - Membe	rship Fee					
Please make checks payable to: Seahawks Booster Club						
Mail to: Seahawks Booster Club						

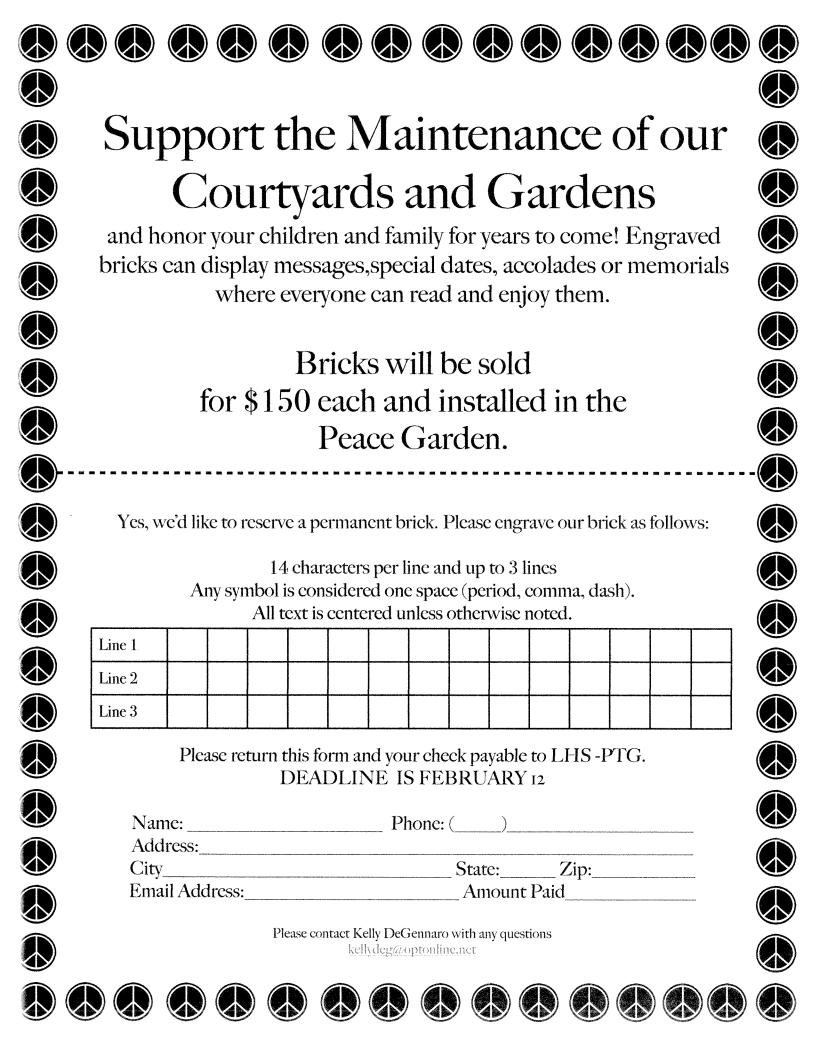
C/O Karen Walters, 3 Pegs Court, Cold Spring Harbor NY 11724

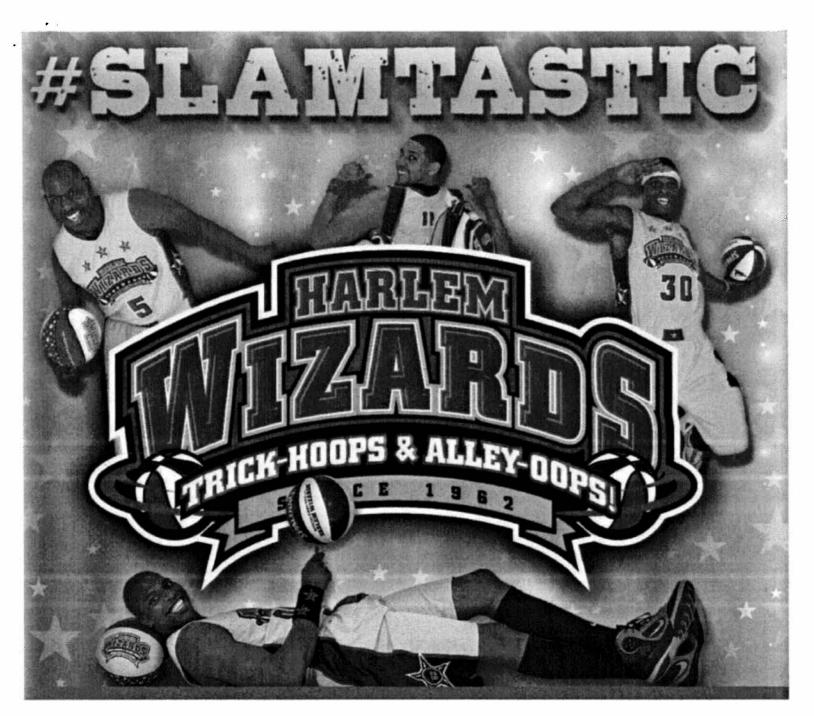
WE ASK OF YOU TO PLEASE JOIN US IN OUR ONGOING EFFORTS TO KEEP THE SEAHAWKS BOOSTER CLUB GOING STRONG FOR MANY YEARS TO COME

WE THANK YOU IN ADVANCE FOR YOUR SUPPORT!!!

PLEASE CHECK OUT OUR WEBSITE FOR IMPORTANT NEWS & UPDATES

http://coldspringharbor.powermediallc.org/





## COLD SPRING HARBOR CFA



VS



SUNDAY, MARCH 6, 2016 • 1:00-3:00pm

**Cold Spring Harbor High School Field House** 

TICKETS ON SALE: \$10 + service charge

http://www.harlemwizards.com/schedule-tickets/

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

#### For Families!

## Sunday, January 31, 2016 @ 3 pm

## Cinderella

Performed by Plaza Theatrical

The most classic of all fairy tales springs to life in this fast-paced musical production! Featuring a professional cast and live music, all the ingredients that have made the story a perennial favorite are here - ragged Cinderella, her cruel stepmother and selfish stepsisters, the ball, the handsome prince looking for a bride, the fairy godmother, the glass slipper, the search for the foot that fits it, and the happily-ever-after ending! This musical will delight the young and the 'young at heart.'



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

#### WHAT IS DEKHOCKEY? NO SKATES!

It's like street hockey -- but without the traffict Dekhockey is a running game similar to ice hockey. played on a large rink with a low-impact plastic surface. NO BODY CHECKING ALLOWED.

Ten-game season and team shirt for only \$150 Schedules and player stats on nsdekhockey.com Hour-long games - Sat or Sun.(w/ occasional Fri) Sat/Sun start times from 9 am-5 pm Season runs from Feb thru early April

Required equipment: Leg pads, elbow pads, gloves and hockey helmet with cage or a full shield Discounted equipment packages available for \$150 if preordered Registration for ages 5-7, 8-10 & 11-13 now through Sunday, January 31



#### PAL KIDS DEKHOCKEY LEAGU



(1 mile south of Adventureland off Route 110) Leagues also available for 14-17, Adult Men and Women!

#### REGISTER TODAY!



(631)249-4412 or online at www.nsdekhockey.com

### DEKHOCKEY SREGISTRATION



Child's name :	D.O.B	Age Goaltender? On	ly / Nev	er /Want to try
Address:		Telephone# (		)
E-mail: Eme	ergency contact/telephone#		_/(	)
I/we, the parent(s) of the above named child, here physical condition to participate in said activity. Figive my/our approval to his/her participation in a participation including transportation to and from Police Athletic League, Inc., associated organizatifrom activities, for any claim arising out of an injust The Suffolk County Police Athletic League has adthreatening behavior. A violation committed by an and a fine to the organization to which he/she belor	Furthermore, I/we, the parent(s) of all league activities during the cuntry of the activities; and I/we do hered ions, the organizers, sponsors, supry to my/our child, except to the exopted a zero tolerance policy for very participant (player, coach, referoall).	f the above named candidate for rrent season. I/we, assume all by waive, release, absolve, indep pervisors, participants and per tent and in the amount covered iolence. This includes physical	or a positi risks and mnify and sons tran by accide acts of vic	ion on a league team hereby I hazards incidental to such I agree to hold harmless the isporting my/our child to or ent liability insurance. olence, threats of violence or

Suffolk County PAL is a not-for-profit organization. This notice is distributed to students solely as a community service by the school district. Such distribution should not be considered an endorsement or approval by the district of either the sponsor or the activity.

Parent(s)/Guardian Signature:



Date:

## We will be "Freezin' for a Reason" at the 3rd Annual Town of Oyster Bay Polar Plunge



Saturday, March 19, 2016 TOBAY Beach, Ocean Parkway

Check-in between 9:30 - 11:00 am PLUNGE at 11:30am



Last year over **400** Plungers braved the chilly waters while hundreds of spectators watched on. Help raise money for the athletes of Special Olympics New York by asking your friends, family, co-workers, etc. to support you in taking the PLUNGE!

Every Plunger that raises \$125 receives an official Plunge sweatshirt..... raise more money and receive more great prizes!

#### How do I get started?

Log onto <a href="https://www.polarplungeNY.org/tobay">www.polarplungeNY.org/tobay</a> and click the **Register Here** button. You can start a team, join a team or join as an individual.

Set up your Personal Plunge Page and you are on your way to "Freezin' for a Reason!" Check out the site or Facebook page for more great information about team building and fundraising ideas!



#### Did you know?

Special Olympics New York has **65,665 athletes** training and competing year-round in 22 Olympics-style sports.

Our athletes and their families or caregivers are **NEVER CHARGED** to participate! Set your Plunge goal at \$400 and you have sponsored an athlete for an entire season!







Sign up today! www.polarplungeNY.org/tobay facebook.com/SONYpolarplungeTOBAY Contact Information: Jennifer Cantone at jcantone@nyso.org or 631,254,1465 ext. 204

# TIRED OF MINDLESS MINECRAFT?

Huntington Historical Society

Break up the 2016 Winter Break! Bring the kids down to one of Huntington's Historic properties for one, two, three or all four of our fun and creative historical activities! There is something for everyone, grades 1 -5. Snack is included.

TUESDAY, FEBRUARY 16<sup>TH</sup>: MINUTE MEN (AND WOMEN) 9:00 -12:30 at The Arsenal (across from the Kissam House, which is located at 434 Park Avenue).

During the Revolutionary War, Huntington had its very own militia of minute men. Learn about them, and make your own minute man uniform of shirt, tri-corner hat, and powder horn! Once we have our uniforms, we'll see who can be ready in a minute!!

WEDNESDAY, FEBRUARY 17<sup>TH</sup> BE YOUR OWN FAMILY HISTORY DETECTIVE 9:00-12:30, Conklin Barn, 2 High Street

Learn about your own family and History and how to research it! We will discuss family trees, and everyone will put one together! Come with names of as many relatives as possible, and old photos

THURSDAY, FEBRUARY 18th: CIVIL WAR IN HUNTINGTON AND BEYOND 9-12:30, Soldiers and Sailors Memorial Building 228 Main Street

The action may not have taken place here, but the whole nation was affected by the War between the States. Lear about the Civil War in the North, and the Huntington men who gave their lives for our Country. make a Spy Wheel, and design your own quilt square, used to guide slaves to freedom in the Underground Railroad.

FRIDAY, FEBRUARY 19<sup>TH</sup>: DOLLY AND ME TEA 1:00 -3:00, Conklin Barn, 2 High Street

Bring your favorite American Girl or other Dolly, and "doll" yourself up for a doll discussion and delightful high tea and refreshments at the Historic Conklin Barn.

COST PER CLASS: \$30 per class for members, \$35 for non-members. (FOR any two classes, \$55/60 for three classes \$80/85, for all four classes, \$105/110).

CLASS SPACE IS LIMITED, CALL SOON TO RESERVE YOUR SPOT!!!!

Please contact Wendy Andersen (631) 427-7045 ext. 404 or email wandersen@huntingtonhistoricalsociety.org.