



# THE FRIDAY NOTES

Lloyd Harbor School – April 21, 2016



**QUOTE OF THE WEEK:** "Rest and be thankful." *by William Wordsworth*

**SEL WORD OF THE MONTH:** "Empowerment"

**UPCOMING LHTV REPORTERS:** Ava Hammond (6C), Giovanna Ciampa (6B)

**LHTV MUSICIAN:** Annabelle Bryant, Anna Maria Fernandez, Jenny Albert (5Co)

**SCHOOL STORE:** Georgia Meak (6C), Raphaela Katz (6C)

**BUS CALLERS:** Ryan Steele (6O'D), Lauren Bavaro (6O'R)

<b>Monday</b> <b>5/2</b>	Grade 6 Heart In A Suitcase 1:15PM
<b>Tuesday</b> <b>5/3</b>	Grade 2 Felix Pitre (Cultural Arts) Grade 5 Field Trip Museum of Natural History 8:45-3PM Orientation Jr. High School – Incoming 7 <sup>th</sup> Graders 7PM PAC
<b>Wednesday</b> <b>5/4</b>	Caribou 7:45 AM Math Mania Gym 1:30-2:20PM
<b>Thursday</b> <b>5/5</b>	Staff Appreciation Luncheon
<b>Friday</b> <b>5/5</b>	Little Shelter Parent Leaders Brunch 4 Caputo Pen Pals – 1:45-2:20PM

## In the Spotlight : OUR EXITING WEEK!

This week, LHS was full of special occasions! Our week-long "Train Like A Superhero" event was sponsored by the Physical Education Department. Students were treated to fitness workshops in which Mr. Saladino emphasized the importance of maintaining a healthy lifestyle through proper diet and exercise. On LHTV this week, students were reminded that Friday is Earth Day! Since we are off from school, SIT has decided to make May into "Earth Month". Attached you will find a contest for students to submit meaningful tips on how we can be more "green". Fifth graders have been researching different environmental concerns facing countries all across the globe. Their culminating project identifies a specific problem faced by another country and the solutions being implemented to address those concerns. Earlier this week, a very special service dog by the name of Milo came to visit classes so the students could learn about his 'job' as a community helper. Children (and adults) were fascinated by the level of assistance our animal friends are capable of providing! And finally... last evening we enjoyed our first ever Empty Bowls Soup Dinner and Art Exhibition. It was a huge success, to say the least. Ms. McLam worked tirelessly to put this event together. Thank you to our staff, families and local businesses who made a variety of generous donations.

~Mrs. Massimo



Grade 5 "Earth Day" Projects



Superhero Training



Empty Bowls and Art Exhibition

## **TABLE OF CONTENTS**

May Menu.....	P3
Rehearsal Schedule .....	P4
April is Earth Month .....	P5,6
CSHHSC Spring Soccer Camp .....	P7
Seahawks Booster Club Membership .....	P8,9
CSH Library.....	P10

## **SELECT CHORUS**

Select Chorus Rehearsal is scheduled for May 6, 13 and 20. All rehearsals end at 4PM and are mandatory. Concert is May 26 at 7pm in the PAC.

## **SPECIAL ANNOUNCEMENT FROM THE FLES DEPARTMENT**

In celebration of World Language month, the fourth grade FLES students created beautiful posters! Each year, the AATSP (American Association of Teachers of Spanish and Portuguese) selects a theme which the students have to depict in their posters. This year's theme was "Abre puertas con el español" (Open doors with Spanish). 1st place: Talissia Hodgson; 2nd place: Ryan Koenigsberger;

3rd place: Caroline Schaefer. Honorable Mentions: Amelia Bentley, Melina Kelly.

Congratulations to all our LHS Poster Contest winners!

## **FROM THE LHS/PTG**

### **Staff Appreciation Luncheon**

Staff Appreciation Luncheon is coming up on Thursday May, 5<sup>th</sup>. This is a great way for us to show our gratitude and thanks for those who are teaching and caring for all of our children. If you could please take the time to go through the list provided and bring something in, that would be fantastic. The items can be store or restaurant bought or homemade. We have tried to create a diverse menu so everyone can find something they like to eat. If you have a favorite you would like to share, awesome! Please share. We just ask that as you sign up you are specific with what you are bringing. We would like to avoid too many duplicate items. We have found, in the past, it is easiest if you send your food in disposable dishes, platters, bowls etc. It gets tricky at the end of the day to keep track of what belongs to who. If that is unavoidable, just make sure your name is written somewhere, and make sure to return at the end of the day to claim it. We thank all of you in advance. This is a very special day for the teachers and we appreciate all of you pitching in! Please go to this link to see the choices and volunteer: <http://vols.pt/XVjokx> If you have any questions, please contact Ginette Reynolds, Janna DiRisi or Molly Henry.

### **3rd Grade Talent Show**

Planning is underway for this year's 3rd Grade Talent Show. Co-Chairs Celeste Pezzano and Regina Schneider have teamed up once again to bring you this fun- filled event! The talent show takes place on Thursday, June 2nd at 7pm in the LHS Gymnasium. All 3rd graders are invited to perform. Mandatory screening of acts will take place before school on May 12th & May 13th. Flyers with all necessary information will be sent home in your third grader's backpack this week and are due back by April 21st. For further questions, please email Celeste at [celestepezzano@optonline.net](mailto:celestepezzano@optonline.net) or Regina at [Regina.Schneider@yahoo.com](mailto:Regina.Schneider@yahoo.com)

### **FOCUS (Families of the Community United with Schools)**

FOCUS is accepting names for 2016-2017 FOCUS board or school representatives. If interested please email Angel Engel at: [angelaengel2@hotmail.com](mailto:angelaengel2@hotmail.com) by May 31<sup>st</sup>.

### **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.

### **6th Grade Yearbook**






Here's how to **order your child's 6th Grade Yearbook** - go to [www.schoolannual.com](http://www.schoolannual.com) At the top, you will see a gray tab "Buy Your Student's Yearbook". Follow the directions to place your order. Yearbooks cost \$40. Any questions, please contact Deneel Berlinghof, [berlinghof1@gmail.com](mailto:berlinghof1@gmail.com) This link is also available on the PTG website, [www.lhsptg.org](http://www.lhsptg.org) Click the "6th Grd Yearbook" tab in the top left corner.

### **Box Tops**

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

# COLD SPRING HARBOR ELEMENTARY SCHOOLS

## MAY 2016

<b>AVAILABLE DAILY: \$ 2.75</b> <b>SERVED AS COMPLETE MEALS</b>  CHEESE SANDWICH PIZZA SLICE BAGEL W/YOGURT OR CHEESE TOSSED SALAD BOWL  ALL SERVED WITH MILK, JUICE FRESH OR CUPPED FRUIT SIDE SALAD OR VEGETABLE		<b>BREAKFAST AVAILABLE DAILY</b> <b>8:30 - 8:45am \$1.75</b>  AVAILABLE DAILY - BAGELS AND CEREAL INCLUDES MILK, JUICE AND FRUIT BREAKFAST IS AN IMPORTANT START TO EVERY DAY   		<b>SERVED DAILY</b> MILK CHOICES: 8oz WHITE SKIM or 1%, FAT FREE CHOCOLATE 100% FRUIT JUICE - 4oz APPLE OR ORANGE FRESH FRUIT BOWL CHILLED CUPPED FRUIT BABY CARROTS DAILY 2 VEGETABLE CHOICES FRESH GREEN SALAD HUMMUS CUP WHOLE GRAIN BREADS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>"CSH SPECIAL"</b> CHICKEN BREAST WHOLE GRAIN BUN LETTUCE & TOMATO SWEET TOTS SAUTEED ZUCCHINI FRESH FRUIT MILK CHOICE	<b>3</b>  <b>PASTA PASTA</b> SPAGHETTI WITH BROCCOLI, GARLIC AND CHEESE ITALIAN BREAD MIXED SALAD MIXED FRUIT CUP MILK CHOICE	<b>4</b>  <b>CHICKEN GRINDER</b> BBQ CHICKEN MEATBALLS <b>FRESH GRAIN ROLL</b> MIXED VEGETABLES SLICED PEARS MILK CHOICE	<b>5</b>  <b>TACO SNACK</b> <b>TRIANGLE (B)</b> SALSA DIP <b>RICE AND BEANS</b> CINNAMON CHURRO SLICED APPLES MILK CHOICE <u><b>CINCO DE MAYO</b></u>	<b>6</b>  <b>PIZZA PARTY</b> PIZZA SQUARE <b>WHOLE GRAIN CRUST</b> WITH OR W/O PEPPERONI VEGETABLE SALAD CHILLED PEACHES MILK CHOICE
<b>9</b>  <b>CHICKEN FRITTERS</b> <b>ALL WHITE MEAT</b> SWEET FRIES CAULIFLOWER PARMESAN FRESH APPLES MILK CHOICE	<b>10</b>  <b>CHINESE TAKE OUT</b> <b>WHOLE GRAIN</b> <b>EGGROLL</b> VEGETABLE LO MEIN DUCK SAUCE FRESH ORANGES MILK CHOICE	<b>11</b>  <b>BRUNCH FOR LUNCH</b> <b>WHOLE GRAIN</b> FRENCH TOAST STICKS SAUSAGE LINKS(P) SWEET TATER TOTS APPLE SLICES MILK CHOICE	<b>12</b>  <b>SWEET &amp; SOUR</b> <b>MEATBALLS(C)</b> <b>BROWN RICE</b> BROCCOLI FLORETS PINEAPPLE CHUNKS <b>GRANOLA BAR</b> MILK CHOICE	<b>13</b>  <b>CHEESE STICKS</b> STUFFED BREAD STICKS MARINARA SAUCE CHICK PEA SALAD SWEET PEACHES MILK CHOICE
<b>16</b>  <b>CHICKEN NUGGETS</b> OVEN BAKED BBQ DIPPING SAUCE <b>BROWN RICE</b> STEAMED BROCCOLI RED GRAPES MILK CHOICE	<b>17</b>  <b>FISH &amp; CHIPS</b> FISH STICKS OVEN BAKED FRIES CAULIFLOWER PARMESAN FRUIT COCKTAIL <b>WHOLE GRAIN</b> POPCORN MILK CHOICE	<b>18</b>  <b>"CSH" BURGERS(B)</b> <b>WHOLE GRAIN BUN</b> LETTUCE & TOMATO POTATO PEROGIES PICKLE CHIPS FRESH FRUIT BOWL MILK CHOICE	<b>19</b>  <b>LASAGNA ROLL</b> STUFFED ROLL UP MARINARA SAUCE GARLIC BREAD GARDEN SALAD FRESH APPLES MILK CHOICE	<b>20</b>  <b>PIZZARIA STYLE</b> SUPREME OR BUFFALO CHICKEN FRESH VEGGIE STICKS RANCH DIP ORANGE SMILES MILK CHOICE
<b>23</b>  <b>CHICKEN CLUB</b> GRILLED CHICKEN BACON, LETTUCE AND TOMATO KAISER ROLL POTATO SALAD MIXED FRUIT MILK CHOICE	<b>24</b>  <b>TACO TUESDAY</b> MEAT(C) & CHEESE LETTUCE & TOMATO BLACK BEANS <b>BROWN RICE</b> CINNAMON APPLESauce MILK CHOICE	<b>25</b>  <b>BREAKFAST</b> <b>SANDWICH</b> SAUSAGE(P), EGG AND CHEESE <b>ON A GRAIN BISCUIT</b> HASHBROWN POTATO ORANGE SLICES <b>OATMEAL COOKIE</b> MILK CHOICE	<b>26</b>  <b>LITTLE ITALY</b> MEATBALL (C) HERO WITH OR WITHOUT CHEESE <b>FRESH WHEAT ROLL</b> CAESAR SALAD SLICED PEARS MILK CHOICE	<b>27</b>  <b>DOUBLE CHEESE</b> PIZZA WEDGE STUFFED CRUST GREEN BEANS SALAD CUP CHILLED PINEAPPLE MILK CHOICE
<b>30</b>  <b>MEMORIAL</b> <b>DAY</b>  	<b>31</b>  <b>MINI DAY</b> MINI CORN DOGS(T) MINI POTATO TOTS BABY CARROTS <b>MINI WHOLE GRAIN</b> <b>RICE KRISPIE TREAT</b> FRESH APPLE MILK CHOICE	 EAT 48g OR MORE OF WHOLE GRAINS DAILY	<b>BEEF (B)</b> <b>TURKEY (T)</b> <b>PORK (P)</b> <b>CHICKEN (C)</b> <b>OFFICE OF FOOD</b> <b>AND NUTRITION</b> <b>GERRI TIGER</b> <b>SCHOOL LUNCH MGR</b> <b>367-6970</b>	

# Fame Jr

## Schedule for the Week of 5/2/2016

**Tuesday 5/3:** Full Cast 3:15-5:30: Dance rehearsal with Ms. Whitney for "Fame". Review "Hard Work".

**Thursday 5/5:** full cast 3:15-5:30: Music rehearsal for "Fame" and "Hard Work" Blocking for scene 4 (Ms. Bell, Iris, Tyrone, Mabel, Carmen, Dance Class)

**Friday 5/6:** Full Cast 3:15-5:30: review scenes 1-6.

**Note: Commitment contract forms must be brought to rehearsal as soon as possible.**

**Participation fees of \$50.00 must be addressed to "LHSPTG Lloyd Harbor Theater Arts Club" and brought to the main office as soon as possible.**



# APRIL IS EARTH MONTH

(and at LHS we're extending it into May!)

## Green Tips Of The Week Contest

No age is too young to learn about becoming eco-friendly. Recycling and reusing is part of our every-day routine at LHS, but we want to know your ideas about saving the planet in other ways. There are many things we can do to add "eco-friendliness" into our lives and we want to hear suggestions from you!

Please consider entering the LH School Improvement Team's "green tip of the week" contest. Winners will be printed in the Friday Notes and given an opportunity to present their tips to the entire school on LHTV.

Student Name: \_\_\_\_\_ Class: \_\_\_\_\_

**Write your GREEN TIP contest entry here** (*and return to your classroom teacher*):

---

---

---

---

---

---

---

---

---

---

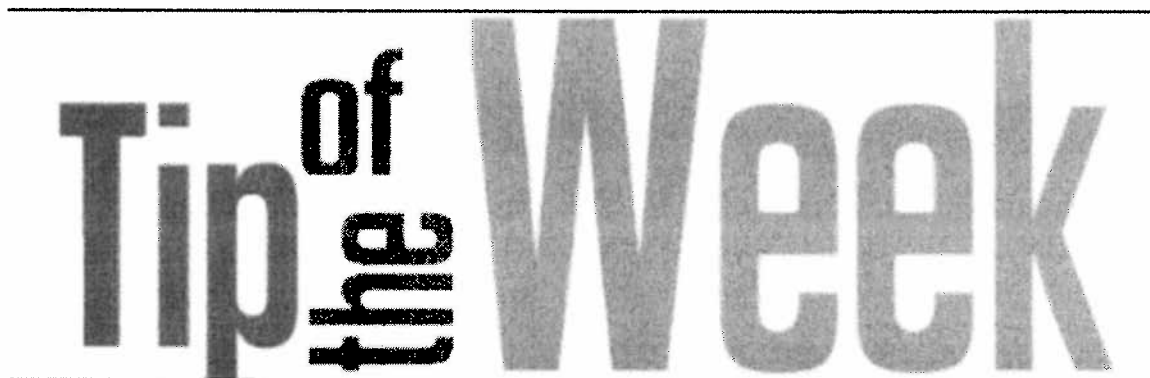
---

---

## **April is Earth Month & Earth Day Begins at Home**

**There are plenty of ways you can make every day Earth Day! The LH School Improvement team is expanding Earth Day (4/22/16) to Earth Month and using it as a reason to continue improving our efforts to green-up LHS!**

**Look for the Earth Day Green Tips Contest and please encourage your child(ren) to enter!**



### **BEFORE BED**

**Truly turn off electronics. Plug your devices — cell phone, Ipad, the TV and DVD player, or the computer and printer — into a UL-certified power strip; switch the whole group off for the evening to prevent phantom electrical draw. Remind the kids that the chargers are drawing & wasting electricity even when the devices are not plugged in!**

### **START 'EM YOUNG**

**Game off? Yep, get the kids to turn off video games (both the TV *and* the console) after they're done playing, and you'll win back about \$100 per year on your electric bill (while of course also being kinder to the planet!)**

# 2016 CSHHSC Spring Break Soccer Camp

**April 25<sup>th</sup>-28<sup>th</sup>**

**9 a.m. - 12 p.m.**

**Training provided by Excel Soccer**

**Cost: \$150**

**Ages: 6-16**

**Location: Lloyd Harbor School  
7 School Lane Huntington, NY 11743**

**9 a.m. Check In**

Agility with Ball  
Skill Work/Ball Mastery  
Passing/Receiving  
Shooting  
Defending  
Small Sided Games

**Register by April 18**

Via email to  
[excelsoccer@verizon.net](mailto:excelsoccer@verizon.net)

Questions:  
Contact Megan Strout at:  
516-702-8597

**\*\*All campers should bring soccer ball, shin guards, water, and a healthy snack**

**\*Rain Date April 29**

**SPOTS ARE LIMITED, REGISTER TODAY**





## **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 Club exists for the benefit of **ALL SPORTS**. Through our fundraising efforts and your generosity, 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 ALL OF YOU none of this would be possible!!**

**Additional Athletic Contributions THE SEAHAWKS BOOSTER CLUB 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 \_\_\_\_\_

Grades of Children (circle all): Elementary 7 8 9 10 11 12

**\*IMPORTANT PARENT/STUDENT BOOSTER CLUB HELPERS ARE NEEDED\***

**Please consider this most rewarding position for our student athletes!!**

The \_\_\_\_\_ family wants to be BOOSTER CLUB HELPERS.  
Please indicate the best way(s) you can be contacted \_\_\_\_\_  
\_\_\_\_\_

\$50 - Membership 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/>**