



THE FRIDAY NOTES

Lloyd Harbor School – February 26, 2016



QUOTE OF THE WEEK: “Today is your day! Your mountain is waiting. So...get on your way.” ~Dr. Seuss

SEL WORD OF THE MONTH: “Empathy”

UPCOMING LHTV REPORTERS: Lilli Terry (SC President), Riley Haskell (SC Vice President)

LHTV MUSICIAN: Sophie Talamas, Caleigh Tozer (4Ca)

SCHOOL STORE: Kevin Burns, Zoe Soskin (3T)

BUS CALLERS: Kayleigh Corcoran (6O'D), Katherine Posillico (6O'R)



Monday 2/29	Little Shelter fundraiser extended one more week!	 
Tuesday 3/1		
Wednesday 3/2	Grade 2 Huntington Youth Bureau	
Thursday 3/3		
Friday 3/4	Marking Period 2 Ends Little Shelter Grade 4 Harlem Wizards 11:15AM	

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: This month’s feature item in the café!

In keeping with our SIT initiative to educate students about healthy lunch options, March is our GREEN month. In the attached lunch calendar, you will see lots of GREEN foods. Look for:

Broccoli: *This tree-like vegetable is part of the cruciferous family. A cup of cooked broccoli has the same amount of vitamin C as an orange. Broccoli is also a great source of vitamin K, potassium, iron, zinc, folate, and fiber, making it a one-stop shop for many of the most important vitamins. Fun Fact: Did you know that Broccoli was developed from wild cabbage by the Romans?*

Spinach: *This green, leafy vegetable is great for your eyes! It contains lutein and zeaxanthin which are antioxidants thought to protect your eyes from light damage. Spinach is also a great source of vitamins A (also good for your eyes) and K (that you need to help your blood clot). Fun Fact: Catherine de Medici of Florence loved spinach so much that when she married the King of France in 1533, she brought her chefs with her so they could make her*

favorite recipes with Spinach or "a la Florentine" as its known today.

Brussels Sprouts: These nutty flavored vegetables have been grown since the 16th Century when they were a big crop in Belgium (where Brussels is located!) Brussels Sprouts had a bad reputation for a while, thanks to some bland over-cooking. But today's cooks have gotten wise to the wonder of Brussels Sprouts by oven-roasting them, making them crisp and tasty. Brussels Sprouts are part of the Brassica or Cabbage family. In fact, they look like little baby cabbages – so cute! One serving of Brussels Sprouts gives you all the vitamin C and vitamin K you need in a day. Fun Fact: In the United Kingdom in December 2010, Burger King offered a "Sprout Surprise Whopper" with Brussels Sprouts on it!

Green Beans: These delicious vegetables are chock full of vitamins, including vitamins K, C, B1 and B2, manganese, and folate. They also have antioxidants that can be good for your heart. Green beans are from the same family as kidney beans and black beans, but they are picked while immature. Fun Fact: Did you know that green beans, also called string beans, used to all have a string along the seam of the bean pod? Most modern varieties do not have the string thanks to farmers "breeding the string out."

BOARD OF EDUCATION

The next regular Board of Education meeting will be held on Tuesday, March 8th, at the DO.

FROM THE LHS/PTG

School Clubs

School clubs start again the week of 2/29. Keep an eye out for the registration form with the digital version of the Friday notes. Please note the following updates for the clubs: Sewing Club is full. Enrollment for the morning Lego robotics and hour of code sessions are low so please sign up if interested. Enrollment for Thursday playground group is low so Mr. Toscano will be adding soccer to this afternoon session. Please sign up if interested in hanging out on the playground or getting involved in a soccer match on Thursday afternoon. Enrollment for Monday soccer club is also low so Mr. Toscano is opening up this club to 3rd graders. I know a lot of 3rd grade soccer stars so please sign up! We will be accepting registration and checks next week so please email Heidi Yulico hthammer@yahoo.com if your child is interested in joining any of these fabulous clubs.

POP!

Riddle Me This??? How Can You Give Your Child Superpowers? Join the Cold Spring Harbor Educational Foundation and your fellow community superheroes on Friday, March 11th in the Founder's Room at The Paramount for the 2nd Annual POP! Party. Our generous sponsors have covered the cost so all donations go directly to our schools. Visit www.cshedfoundation.com to purchase tickets and find out more about our personalized learning initiatives.

Huntington Sports League Spring Baseball/Softball

Online registration for the 2016 HSL T-Ball/Baseball/Softball season is now open online. www.huntingtonsportsleague.org The Huntington Sports League is a fabulous local league. Practices and games are played on either the Mill Dam Fields or Hecksher Park Fields.

Harlem Wizards v. CSH - Family Fun Event

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 CSH team comprised of teachers, staff and coaches on **Sunday, 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 <http://www.harlemwizards.com/schedule-tickets/>.

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

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 going strong for years to come!

CFA Literary Luncheon

The annual CSHHS CFA Literary Luncheon is coming up on April 6. Please see the attached 'SAVE THE DATE' flyer in the digital version of the Friday notes.

Lost and 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 donation date is March 3rd.

Philanthropy

The TriCYA is also in need of book cases. Please think of them if you have one to donate.

LHVP Summer Camp 2016!

OPEN TO ALL LLOYD HARBOR SCHOOL STUDENTS

LHVP CAMP REGISTRATION - SATURDAY, MARCH 5, 2016

REGISTRATION AT: LLOYD HARBOR SCHOOL

WHEN: LLOYD HARBOR RESIDENTS LOTTERY - 9AM

NON- RESIDENTS - children must reside within LHS limits - 12:00PM

LH VILLAGE RESIDENTS

***JR REC (STUDENTS ENTERING 6TH THRU 8TH GRADE)**

\$700/2 WK SESSION

***SUMMER CLUB (STUDENTS 1ST THRU 5TH GRADE)**

\$250/WEEK

NON-RESIDENTS - children must reside within LHS limits

***JUNIOR REC (STUDENTS ENTERING 6TH-8TH GRADE)**

\$875/ 2 WEEK SESSION

***SUMMER CLUB (STUDENTS ENTERING 1ST THRU 5TH GRADE)**

\$350/WEEK

JR REC DATES: 6/27-7/8, 7/11-7/22, 7/25-8/5, 8/8-8/19

SUMMER CLUB DATES: WEEK OF:

6/27, 7/5, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15

Any questions please contact Jim Barton at jbartonLHVP@aol.com

**Give your young explorer a summer
surrounded by nature!**



**Live
Animals**



SUMMER CAMPS



**Hands-on
Experiments**

**Nature
Crafts**



**Outdoor
Adventures**

**Pre-K
through
High School**



Founded 1883

Cold Spring Harbor Fish Hatchery & Aquarium

1660 Route 25A, Cold Spring Harbor, NY 11724 · (516) 692-6768 · cshfha.org



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

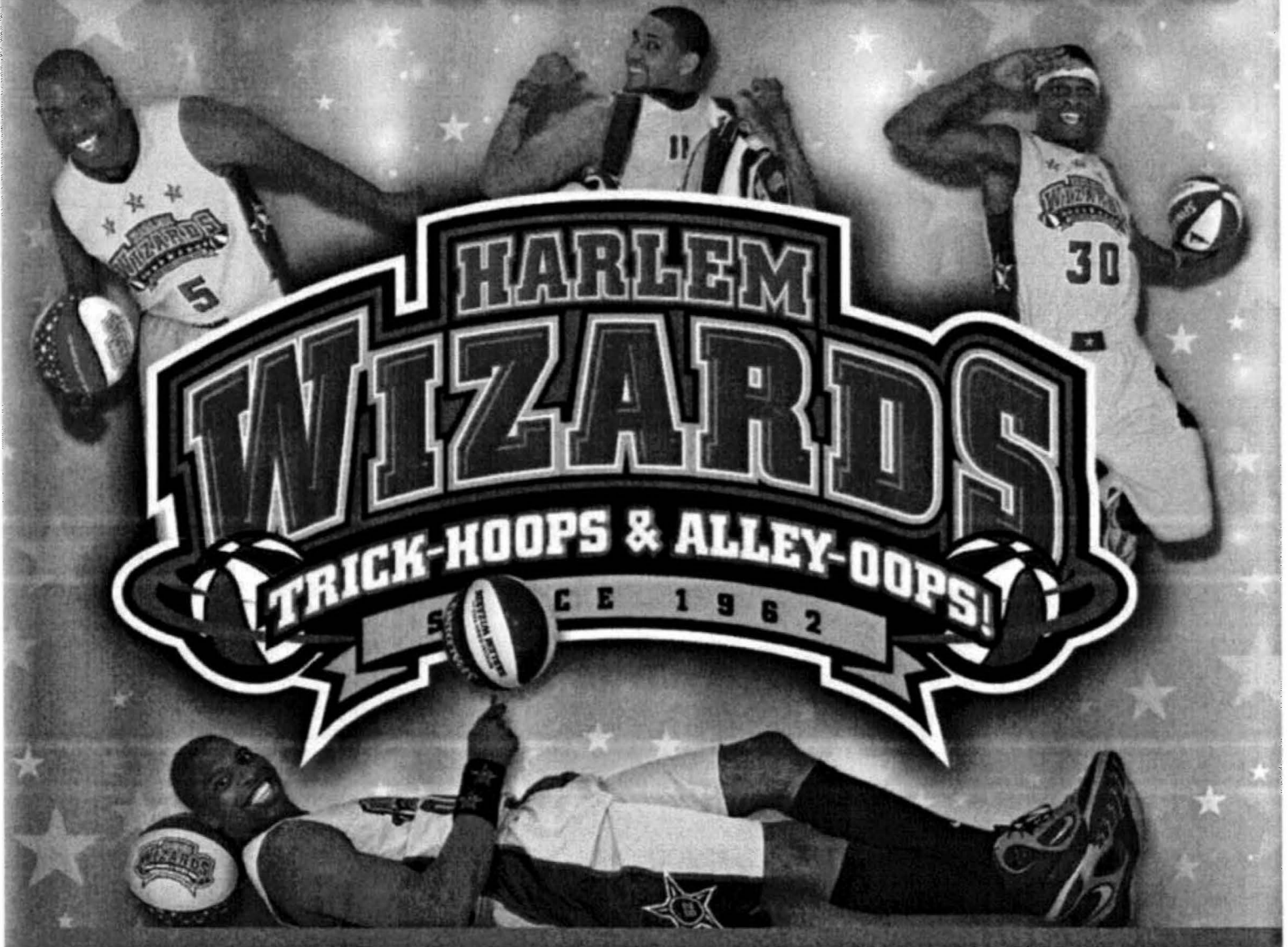
WE ASK OF YOU TO PLEASE JOIN US IN OUR ONGOING EFFORTS TO KEEP THE SEAHAWKS BOOSTER CLUB GOING STRONG FOR MANY YEARS TO COME

WE THANK YOU IN ADVANCE FOR YOUR SUPPORT!!!

PLEASE CHECK OUT OUR WEBSITE FOR IMPORTANT NEWS & UPDATES

<http://coldspringharbor.powermediallc.org/>

#SLAMTASTIC



COLD SPRING HARBOR CFA

PRESENTS



VS



SEAHAWKS

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/>

SAVE THE DATE!

The Cold Spring Harbor Jr/Sr High School

CFA Literary Luncheon

featuring

LAURA SCHROFF

Wednesday, April 6, 2016 from 11:00am-2:00pm

The Huntington Country Club

Laura Schroff, a Huntington native, is a #1 New York Times bestselling author and keynote speaker. Since the launch of 'An Invisible Thread', Laura has been an invited keynote speaker at over 100 events. She is dedicated to sharing her heartwarming story on the power of small acts of kindness.



an
**INVISIBLE
THREAD**

THE TRUE STORY OF
an 11-year-old panhandler, a busy sales executive,
and an unlikely meeting with destiny



Proceeds to benefit the Cultural Arts and CFA Programs at CSH Jr/Sr High School

For more information, visit www.cshcfa.com or contact Claire Costa at ccosta21@optonline.net or Monica Stingi at mdstingi@hotmail.com



*****EXCITING NEW CHILDREN'S TENNIS PROGRAMS IN 2016*****

LLOYD HARBOR VILLAGE - PARKS AND RECREATION

After March 5, you must register at Lloyd Harbor Village Hall.

Contact Tom Fehrs at tomfehrs@gmail.com for availability.***Registration fee is non-refundable.

*****FEES LISTED BELOW ARE FOR NON-RESIDENTS ONLY*****

PARENT NAME _____
CHILD'S NAME _____ CHILD'S DATE OF BIRTH _____
ADDRESS _____
PHONE: _____ E-MAIL (Required) _____



*****PEE WEE TENNIS*****

This program is designed to introduce children to the game of tennis in a fun and rewarding way, tailoring the equipment to the needs and ability of young children in a small group setting.

Ages:	4-6	
Day:	Fridays (Sunday sessions also available, contact Tom Fehrs at tomfehrs@gmail.com)	
Time:	10:15 am – 11:00 am	
Equipment:	Proper tennis attire & sneakers	
Cost:	\$95 per 4-week session	
Dates:	Session 1: June 24, July 1, 8, 15	Session 2: July 22, 29, August 5, 12

*****JUNIOR DEVELOPMENT*****

The 10 and under tennis program focuses on making the sport of tennis fun. The equipment, rules and court sizes are just right for children at different levels of development. The balls bounce lower, don't move as fast through the air and are easier to hit. Racquets are sized for smaller hands and courts are smaller and easier to cover. By using this format, the benefits are immediate and within a short time kids are rallying and excited to keep playing.

The 11 and up program will focus on the fundamentals of stroke production and consistency. Players will learn the correct mechanics of each stroke, proper court position, movement and sound strategies for future growth and development. These basic techniques will be reinforced constantly through fun games, singles and doubles play, coordination exercises and team competitions.

Ages:	10 and under	11 and up
Days:	Tuesdays and Thursdays	Tuesdays and Thursdays
Time:	3:15 pm – 4:30 pm	4:30 pm – 6:00 pm
Equipment:	Proper tennis attire, sneakers and racquets	Proper tennis attire, sneakers and racquets
Cost:	\$300 per 4-week session	\$300 per 4-week session
Dates:	Session 1: June 28, 30, July 5, 7, 12, 14, 19, 21 Session 2: July 26, 28, August 2, 4, 9, 11, 16, 18	Session 1: June 28, 30, July 5, 7, 12, 14, 19, 21 Session 2: July 26, 28, August 2, 4, 9, 11, 16, 18

Sunday sessions also available, contact Tom Fehrs at tomfehrs@gmail.com

TENNIS PROGRAM RELEASE

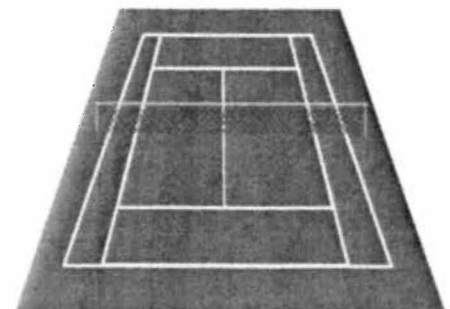
I, for myself, or as parent/guardian of _____ (“participant”), do hereby agree that participation in any Village-sponsored recreation program will be at the participant’s own risk. I further agree to release the Incorporated Village of Lloyd Harbor Recreation Commission, including its respective officers, elected officials, servants, agents and employees from any and all claims against the above for damages due to personal injury and loss or damage to property from any cause whatsoever sustained by me or the participant in connection with the Village-sponsored recreation program. I understand that no express or implied warranties have been made by the Village as to the fitness for use of the supplies, equipment, and facilities used in conjunction with any Village-sponsored recreation program.

Participant signature (parent/guardian if under age 18)

_____ Date _____

Make checks payable to: Village of Lloyd Harbor

Form of payment: Cash _____ Check # _____ Amount Paid \$ _____



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



JEDI ACADEMY

Saturday, February 27 @ 2:00 pm

For Children of all ages

A long time ago and not so very far away, children yearned to be Rebels. You are invited to learn the ways of the Jedi with Panniken Moonjumper, a true Master of Intergalactic fun and adventure. During this engaging program your little Jedi Warriors, Princesses and Darth Vaders will feel empowered to discover the great Force within their hearts. Family audiences will be wowed by comic antics, exciting physical challenges, magical mayhem, light saber lessons and a visit from our space hero's furry alien sidekick.

For more information about any Kids Programs 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



For the Whole Family! *Dr. Elizabette Cohen:*

Most of My Patients Wear Fur

Saturday, March 5 at 2pm

Come hear some great stories and get your pet questions answered. Attendees will receive a gift bag for either a cat or dog, and an autographed copy of Dr. Cohen's book. Limited to 50 participants.

Advance registration is required for this event.

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

Fun, Fun, Fun!

Annual Lion's Club Egg Hunt

**Welcome Parents and Children
(up to 12 years old)**

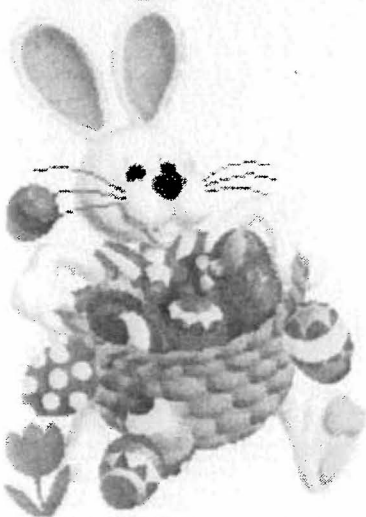
Date: Saturday, March 26, 2016

**PLACE: The Francis Roberts Community Center
75 Goose Hill Road
Cold Spring Harbor**

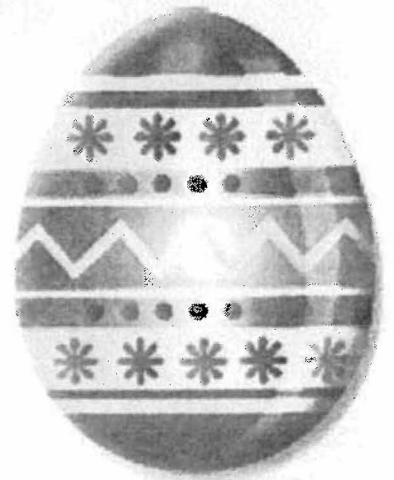
**TIME: 10:00 AM SHARP!!
Rain or Shine**

**DONATION: Please bring a non-perishable food item to help
the
Huntington Community Food Council**

**PRIZES, EGG RACES, AND LOTS OF COLORED
EGGS!!**



**For Info Call
Skip Norton
(631)692-6179**



Hockey 101 & 201 Spring Session

HOCKEY 101

AGES 5-8

Targets players with limited hockey experience who want to develop the skating and stick skills necessary to participate in our Hub House League



HOCKEY 201

AGES 8-12

Intended for players with basic hockey experience who need the further overall skill development necessary to participate in our Hub House League.



SATURDAYS 12:40 – 1:40 PM

4/2, 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 6/4, 6/11, 6/18, 6/25

12 SESSIONS \$350

HUB MEMBER \$340

EARLY BIRD SIGN UP BY MARCH 15 \$299



SAVE THE DATE



Seahawks Athletics Booster Club **FUNDRAISER**

Saturday, April 9, 2016
7-11pm at The Huntington Country Club



order tickets at
cshathletics.com

Order Tickets Before March 1st and Get Bonus Raffle Tickets!

Proceeds from the event support our student athletes!

Recent contributions include: Varsity Turf Safety Nets • Field Hockey Goals
Batting Cages • Program Development Clinics for Girls JV Golf & Basketball
Path to Seahawk Field • New Community Message Board • Tennis Court Wind Screens
Trainers & AD Golf Carts • Automatic Electronic Defibrillators • Equipment for Weight Room

The Seahawks Athletics Booster Club Inc. is a 501(c)(3) organization. All donations are tax deductible; please consult your tax professional.
SABC Federal Tax ID #46-4085708

Lloyd Harbor School
After School Activities Program
Brought to you by the LHSPTG

Clubs will begin the week of February 29th, 2016

Clubs will meet from 3:15pm to 4:15pm for 10 sessions.

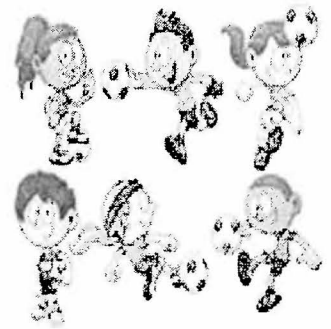
*Hour of Code and Lego Robotics Club will meet from 7:30am - 8:30am

Soccer

Grades 4-5

Mondays - 2/29, 3/7, 3/14, 3/21, 4/4, 4/11, 4/18, 5/2, 5/9, 5/16

**** (Please note the club will not meet on 3/28 and 4/25)**



Come join for games to be played indoor or outdoor. Come join us as we make teams and play. Small games, large games, come and get your game on!

Instructor: Mr. Toscano

(Minimum number of children = 10)

Point Kickball and Newcomb

Grades 2-4

Tuesdays - 3/1, 3/8, 3/15, 3/22, 3/29, 4/5, 4/12, 4/19, 5/3, 5/10

**** (Please note the club will not meet on 4/26)**



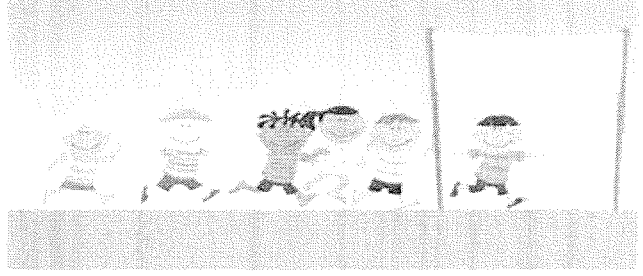
Kicking, catching, and throwing, come join us as we play both Point Kickball and Newcomb, two team games that work on fundamental skills, fitness, and fun!

Instructor: Mr. Toscano

(Minimum number of children = 10)

Lloyd Harbor Running Club

Grades 4-6



Mondays - 2/29, 3/7, 3/14, 3/21, 4/4, 4/11, 4/18, 5/2, 5/9, 5/16
**** (Please note the club will not meet on 3/28 and 4/25)**

Get in shape running around the fields of LHS! Whether you plan on running in the West Side School 5k or just want to work off some energy this spring, you'll have fun seeing how fast and how far you can run! All ability levels are welcome to join. Here runners will play all types of running games, learn about the nutrition it takes to fuel their bodies, and have fun seeing how far they can go.

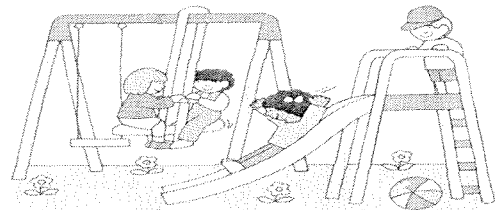
Instructor: Mr. O'Rourke

(Minimum number of children = 6)

(Maximum number of children = 25)

Playground Games

Grades 2-4



Thursdays - 3/3, 3/10, 3/17, 3/31, 4/7, 4/14, 5/5, 5/12, 5/19, 5/26
**** (Please note the club will not meet on 3/24, 4/21, and 4/28)**

Do you love to play on the Lloyd Harbor School Playground? Come join us for an extra hour of playground time!

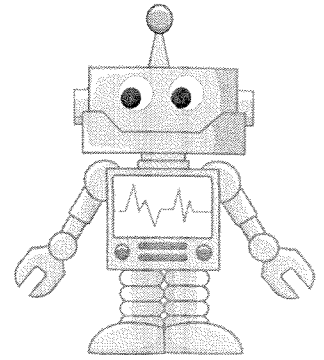
Instructor: Mr. Toscano

(Minimum number of children = 12)

Lego Robotics Club

Grades 4-6

Mondays - 2/29, 3/7, 3/14, 3/21, 4/4, 4/11, 4/18, 5/2, 5/9, 5/16
**** (Please note the club will not meet on 3/28 and 4/25)**



Lego Robotics introduces students to real-world engineering challenges by building LEGO-based robots to complete tasks on a thematic playing surface. Students will design, build, test and program robots using LEGO MINDSTORMS® technology.

Instructor: Ms. Diehl

(Minimum number of children = 8)

(Maximum number of children = 24)

Hour of Code

Grades 2-4

Wednesdays – 3/2, 3/9, 3/16, 3/30, 4/6, 4/13, 4/20, 5/4, 5/11, 5/18
**** (Please note the club will not meet on 3/23 and 4/27)**



Loved the Hour of Code but want more? In this club you will learn basic computer science with game-like tutorials. Learn repeat-loops, conditionals, algorithms, functions, and variables.

Instructor: Ms. Diehl

(Minimum number of children = 8)

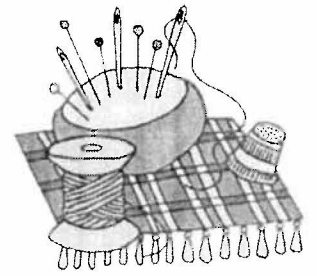
(Maximum number of children = 24)

Sewing Club

Grades 3-6

Tuesdays – 3/1, 3/8, 3/15, 3/22, 3/29, 4/5, 4/12, 4/19, 5/3, 5/10

**** (Please note the club will not meet on 4/26)**



Back by popular demand!

Time to get creative! Whether you are a beginner or have some sewing experience, this club will provide tons of fun. We will engage in projects such as creating your own book bag, pillow, and stuffed animal. If there are any aspiring fashion designers, we could follow that path as well. All students will need a sewing box (shoe box) with the following materials: Needles (various sizes), thread, 3 yards of fabric, 2-3 pieces of 8x 10 felt, some friendship string, accessories (your choice i.e. buttons) and a bag of stuffing.

Instructor: Mrs. Conroy

(Minimum number of children = 20)

(Maximum number of children = 25)