

West Side School

Friday Notes

Friday, April 26, 2013

The 21st Annual West Side Run is this Sunday!



Principal's Corner

Once a year, our community comes together to participate in the West Side Run. Some individuals train to beat their pace from the year before, while others run or walk in this event for the first time. Many simply enjoy coming to West Side School to cheer on family and friends. Our 21st annual West Side Run is just two days away! The weather should be beautiful, in the mid-60s, and it promises to be a wonderful morning. Leading up to the big day, our students were informed of the Reuse-A-Shoe campaign. On Tuesday, second grader, Luke Lynch, did an excellent job informing West Side students and faculty members of the campaign. At morning assembly we watched a video from the Nike website, which described how materials from sneakers are actually reused when they are recycled. Thank you for gathering this information, Mrs. Lynch! In addition, our final West Side Run commercial aired. Thank you to fifth graders Colin Bacchi, Dayna Emanuel, and Kaitlyn Fare for putting together such a thorough advertisement for the Run! The Conditioning Club finished training on Wednesday afternoon. Parents and students enthusiastically prepared for this weekend's festivities on our field that runs along Stewart Lane. This week we also announced our Field Day captains. Congratulations to the sixth grade captains! Our blue team captains are Nicole Ambrosino, Ben Reichbach, Jack Vavassis, and Harley Weiss. Our white team captains are Alex Aronow, Elijah Farkash, Kelly Gallagher, and Anna Ruocco.

Looking forward to seeing everyone Sunday morning at the West Side Run!

Spring Concert

The 5th and 6th grade spring concert will be held at West Side School on Tuesday, May 7th at 7:00 PM in the gym. Please note that this is a change from the original District calendar.

Seahawks Booster Club

The Seahawks Booster Club is pleased to announce that we are raising funds to build a walkway from the high school parking area to Seahawk Field. This will allow fans and athletes alike to walk comfortably and safely from the high school parking area to the lower turf field - eliminating the need to walk along the roadway or on the existing dirt path.

The new walkway will be approximately nine feet wide, with a center asphalt walking surface bordered by inlaid bricks. To assist us in funding this effort, we are offering the opportunity to the Seahawk community to engrave these bricks to commemorate their support of Cold Spring Harbor High School, its students, faculty and athletic programs.

This is a family and community effort. We want to include as many students, families, friends, neighbors and local businesses as possible. Please consider purchasing a brick in honor of a new graduate, a favorite teacher or alumni, a special event, or in your family name. Our first phase is expected to be installed over the summer, so the first bricks must be purchased by June 15th!

To purchase your personally engraved brick, please visit the Seahawks Booster Club website at www.cshathletics.com

CSH Educational Foundation

The Cold Spring Harbor Educational Foundation Educational Resources site for Teachers, Educators, Parents, Families, and Community Members!! It's all Education and it's all about Teaching & Learning for everyone.

Add your e-mail address to the sign up box on the bottom of the Home page to receive e-mail updates whenever a new post appears!

Go to <http://cshedfoundation.org/>

Important WSS Dates

West Side Run: This Sunday, April 28th. Check-in begins at 8:00 AM

4th Grade Field Trip to Lloyd Manor House: Monday, April 29th

4th Grade Field Trip to the Engeman Theater: Friday, May 3rd

5th and 6th Grade Spring Concert: Tuesday, May 7th at 7:00 PM at WSS

3rd Grade Field Trip to Vanderbilt Planetarium: Wednesday, May 8th

4th Grade Colonial Day: Friday, May 10th

Unity Dance for 6th and 7th Graders: Friday, May 10th at CSH Junior/Senior High School from 6:00 – 9:00 PM

PTG Meeting & Thank You Breakfast: Tuesday, May 14th at 9:30 AM in the Community Room

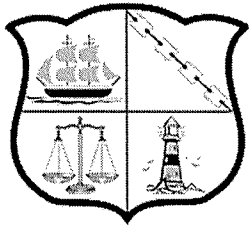
BOE Meeting: Tuesday, May 14th at 8:00 PM at District Office

2nd Grade Parent Orientation: Thursday, May 16th – WSS Library at 7:00 PM

Ellis Island Re-enactment: Friday, May 17th

Attachments from the School

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Cold Spring Harbor Schools

CSH Virtual Desktop Now Available for Students In Grades 2-12

Students in Lloyd Harbor, West Side and the Jr/Sr High - you can now access your school computer desktop, including your own school home folder (documents and files), from anywhere. All you need is an Internet connection, your own device (PC, Mac, iPad/iPhone or Droid) and a free app.

When you log into the CSH Virtual Desktop, you will be able to open and work with all your school documents...you will also have access to all the programs you use while at school. Started a paper at school and want to continue working on it at home? No problem! Just log into the CSH Virtual Desktop and open and save files as you normally would. You will be accessing the same document regardless of where you are...in school, at home, anywhere. No more thumb drives needed to bring files back and forth. You can even print on your own printer!

To get started just go to the district website (www.csh.k12.ny.us) and click **CSH Virtual Desktop** under **For Students**. You can find instructions there.

WEST SIDE KIDS CARE

REUSE-A-SHOE SNEAKER RECYCLING CAMPAIGN

Don't throw out those smelly, old sneakers...recycle them!

Since it was so popular in its debut last year, West Side families will again have the opportunity to participate in Nike's Reuse-A-Shoe program as a part of Earth Month. The program collects worn-out athletic shoes for recycling. Nearly every part of the shoe will be transformed into Nike Grind, a material used in creating athletic and playground surfaces as well as select Nike products.

Any brand of athletic shoes is accepted. No sandals, flip-flops, dress shoes, boots, or shoes containing metal such as cleats or spikes please.

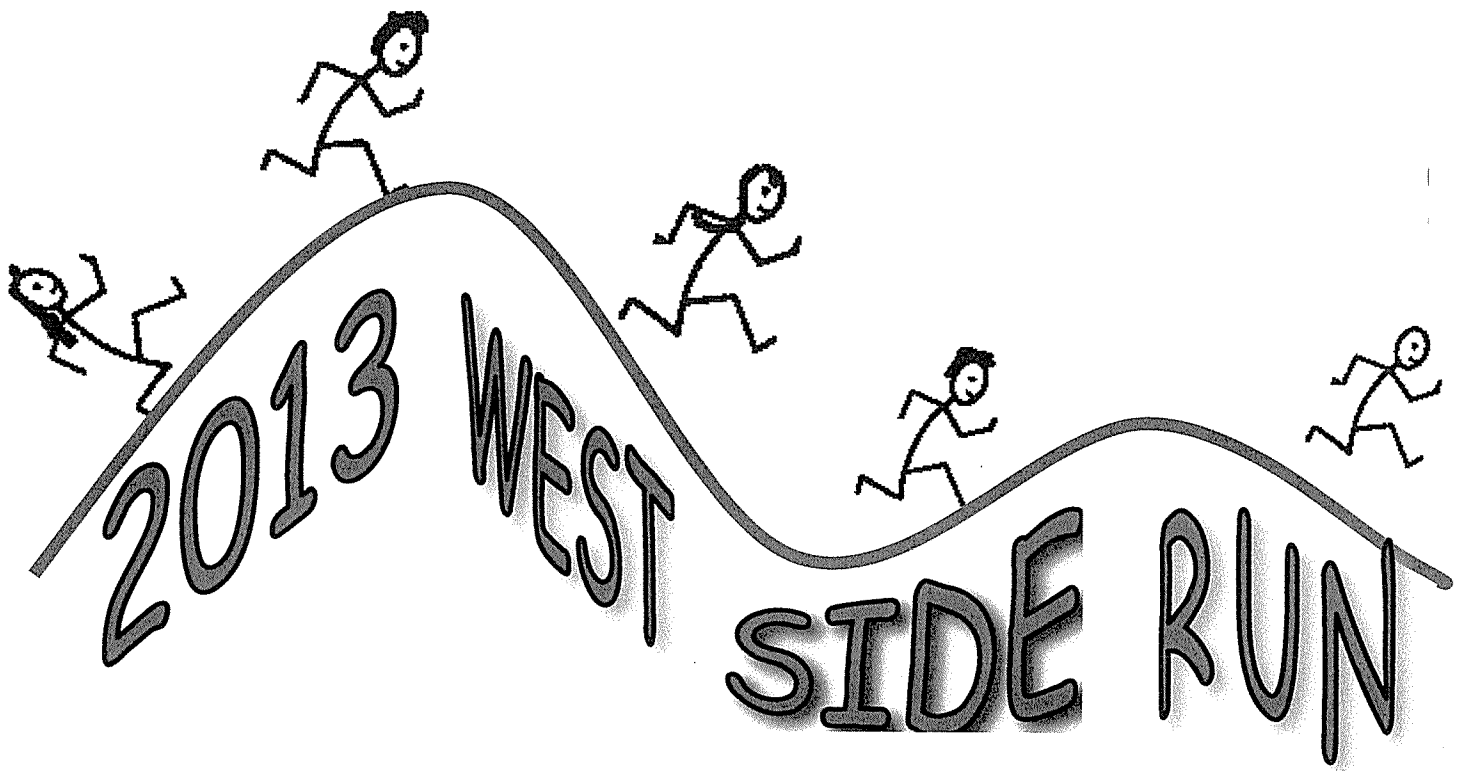
A collection box will be in the Airplane Lobby through **Monday, April 29th**. You can also donate at the West Side Run. So get training, and then give us your shoes!

Please contact Dana Lynch at dana@theblacktop.net with any questions.



The following list shows what part of the shoe and approximately how many pairs of athletic shoes, or the manufacturing equivalent thereof, generally go into making each type of athletic surface:

- Outdoor basketball court (midsole foam): 2,500 pairs
- Outdoor tennis court (midsole foam): 2,500 pairs
- Full field or soccer pitch (outsole rubber): 50,000 – 75,000 pairs
- Mini soccer field (outsole rubber): 10,000 – 20,000 pairs
- Running track (outsole rubber): 75,000 pairs
- Playground (outsole rubber): 2,500 pairs
- Indoor wood basketball court (upper fabric): 2,500 pairs
- Indoor synthetic basketball court (midsole foam): 2,500 pairs



Dear West Side families,

Please join us in supporting our upcoming 21th annual West Side Run on Sunday, April 28th. West Side School in the Cold Spring Harbor School District is proud to have had so many generous sponsors for the Run in past years. We appreciate the 26 business sponsors and over 64 family sponsors who contributed last year, and we hope you will be able to sponsor this year's event.

Thank you to all of those who have already donated As a reminder, the Business & Professional Sponsorship minimum donation is \$250. This will include your logo placed on the back of WSS Run T-shirts, your company name printed in the 2014 program, and your company name placed on the WSS parking lot board. Over 500 T-shirts will be circulating with your logo on it!

The Family Sponsors will have their names printed in the 2014 program and placed on the WSS parking lot board.

Attached are both Business and Family sponsorship forms.

We look forward to running with you on Sunday, April 28th. Thank you in advance for your generosity and for supporting a long standing tradition and fun family event at our school!

The West Side Run Committee—Connie Robins, Scott Bowden, Ted Hilton, Jack Sergi, Carol Solinger, Cat Bauer, Mary Cashin, Ana Shammah, Elise Jusko.

Business Sponsor Form

Thank you for supporting West Side School by sponsoring the WSS Run on Sunday, April 28th!!

Business and professional sponsors will have their logo appear on the back of over 500 T-shirts that will be seen throughout the community for years to come. Their name will also appear on the WSS Sponsor Board located in the parking lot and will be printed in the 2014 WS Run application.

Name of Company: _____

Address: _____

Contact (person &
phone #): _____

Business & Professional Sponsors: Standard Size Ad: \$250 _____
Double Size Ad: \$500 _____
Other _____

Business card or artwork is due by THURSDAY, APRIL 4th!!!

Please make checks payable to WSS/PTG. Checks and artwork can be sent to:

West Side Run Committee
West Side School PTG
1597 Laurel Hollow Road
Laurel Hollow, NY 11791

Any questions, please contact: Connie Robins@ connierobins@verizon.net or another committee member.
Thank you for your support!



Family Sponsor Form

Thank you to all who have already sponsored the WSS Run! However, to those who haven't had a chance, below is a copy of the Family Sponsor form. Thanks in advance for supporting the WSS Run on SUNDAY, APRIL 28th

Family: _____
 Address: _____

Family sponsors (names on WSS Sponsor Board & 2014 Application)

Gold Patron	\$200
Patron	\$150
Sponsor	\$100
Supporter	\$ 50
Other	_____

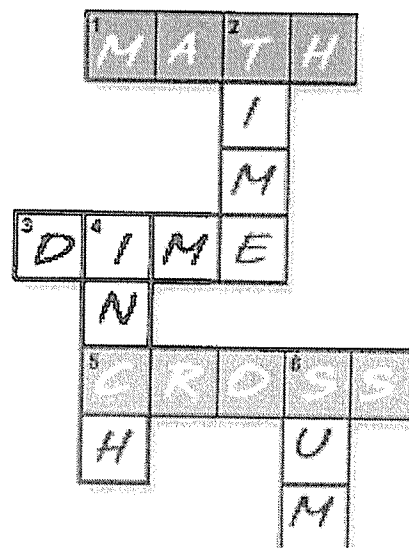
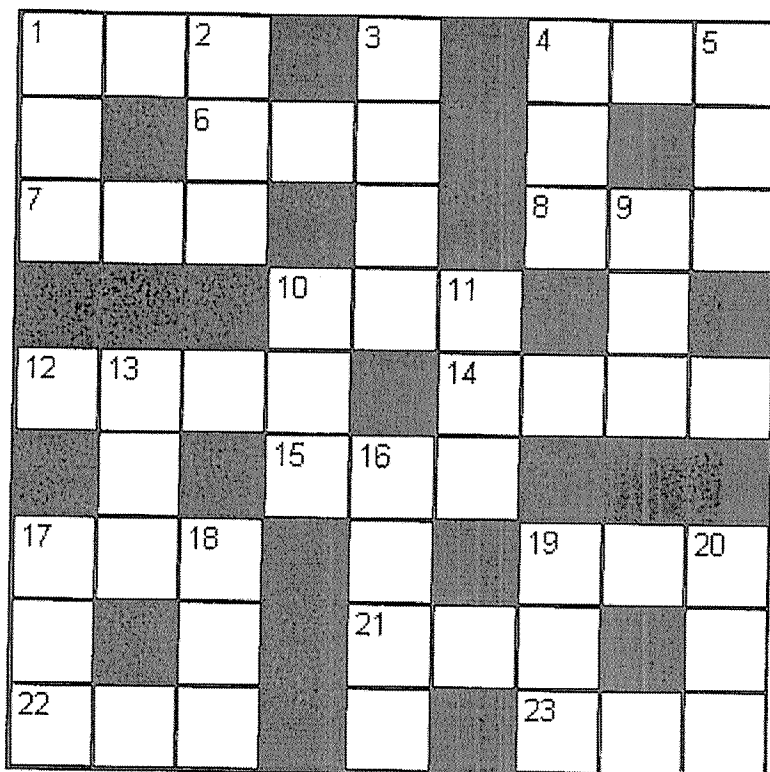
Platinum Sponsorships (names on WSS Sponsor Board, 2014 Application)

500 West Side Run T-shirts	\$3300	_____
Trophies	\$ 700	_____
Timer Company Charges	\$ 700	_____
Printing of 6000 Applications	\$ 650	_____

Please make checks payable to WSS/PTG. Return to:

West Side Run Committee
 West Side School PTG
 1597 Laurel Hollow Road
 Laurel Hollow, NY 11791

Any questions, please contact: ConnieRobins @connierobins@verizon.net or another committee member.
 Thank you for your support!



Puzzle #2

NAME: _____

DATE: _____

ACROSS

1. $634 - 231 =$
4. 1 Down + 100 =
6. $900 - 600 =$
7. 800, 802, 804, ____, 808...
8. 16 Down - 100 =
10. 121, 122, ____, 124, 125...
12. $452 + 892 =$
14. The number that comes after 999
15. 800, 804, 808, 812, ____, 820...
17. $222 + 222 =$
19. 15 Across - 17 Across =
21. 7 Across - 1 Across =
22. 600, ____, 602, 603...
23. The number before 318

DOWN

1. $927 - 509 =$
2. 330, 333, ____, 339, 342...
3. $556 + 506 =$
4. $299 + 240 =$
5. $1000 - 200 =$
9. 400, 410, ____, 430, 440...
10. 136, 140, 144, ____, 152...
11. The number immediately before 317
13. 12 Across - 16 Down =
16. $248 + 792 =$
17. $400 + 50 + 6 =$
18. 8 Across - 4 Down =
19. 111, 222, ____, 444, 555...
20. 7 Across - 4 Down =

Skills: review puzzle #1 and number patterns

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BUY A BRICK PROGRAM

We are raising money to help pay for a walkway to Seahawk Field which will allow fans and athletes alike to walk comfortably and safely from the high school parking area to the lower turf field – eliminating the need to walk along the roadway or on the existing dirt path. The bricks you engrave will border the walkway. Bricks are available in 2 sizes: 4"x8" (\$100) and 8"x8" (\$190). Engraving will be in all capital letters. You can also order online at our Bricks-R-Us webpage: www.bricksrus.com/order/cshseahawks. Thank you for your support!

Yes, we'd like to reserve a permanent brick. Please engrave our brick as follows:

ANY SYMBOL IS CONSIDERED ONE SPACE (PERIOD, COMMA, DASH)
ALL TEXT IS CENTERED (VERTICALLY & HORIZONTALLY) UNLESS OTHERWISE NOTED

4 x 8 Brick - \$100.00

8 x 8 Brick - \$190.00

EXAMPLE

T	H	E		S	M	I	T	H		F	A	M	I	L	Y		
-	G	O		S	E	A	H	A	W	K	S	-					

PLEASE RETURN THIS FORM AND YOUR CHECK PAYABLE TO:
 SEAHAWKS BOOSTER CLUB
 c/o Greg Campbell, 31 Fort Hill Drive
 Lloyd Harbor, NY 11743

Name: _____ Phone: (____) _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Email Address: _____ Amount Paid: _____

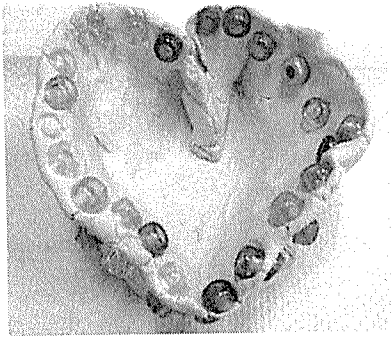
WWW.BRICKSRUS.COM/ORDER/CSHSEAHAWKS

From the Cold Spring Harbor Library

Mother's Day Crafts

Mother's Day Sugar Scrubs
Wednesday, May 1, 4:30 p.m.
For children in grades 5-8

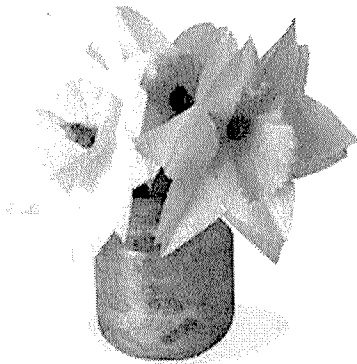
Give your loved one a spa-like experience with a variety of homemade sugar scrubs.



Mother's Day Pottery
Monday, May 6, 4:30 p.m.
For children in grades 3-6

Mold your own pottery to give as a Mother's Day gift.

Mother's Day Potholders
Tuesday, May 7, 2:00 p.m.
For children ages 2-5 with adult
Decorate a potholder to give as a Mother's Day gift.



Mother's Day Decoupage Vases
Wednesday, May 8, 4:30 p.m.
For children in grades K-2

Decoupage a glass vase to give as a Mother's Day gift.

Registration Required!



Read it in Good Health!

NEW!

This group will discuss both fiction and non-fiction books that focus on contemporary topics in health and medicine today.

Saturday, April 27th from 11 a.m. to 12 p.m.

How We Do Harm: A Doctor Breaks Ranks About Being Sick in America

by Otis Webb Brawley and Paul Goldberg

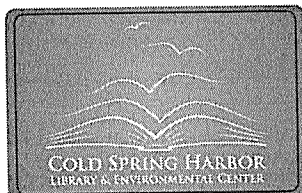
Dr. Otis Brawley is the chief medical and scientific officer of The American Cancer Society, an oncologist with a dazzling clinical, research, and policy career. *How We Do Harm* pulls back the curtain on how medicine is really practiced in America. Brawley tells of doctors who select treatment based on payment they will receive, rather than on demonstrated scientific results; hospitals and pharmaceutical companies that seek out patients to treat even if they are not actually ill (but as long as their insurance will pay); a public primed to swallow the latest pill, no matter the cost; and rising health-care costs for unnecessary—and often unproven—treatments that we all pay for. Brawley calls for rational healthcare, healthcare drawn from results-based, scientifically justifiable treatments, and not just the peddling of hot new drugs.

"Sweeping, honest and timely. You will finish this amazing book reluctantly, with a new appreciation of what American medicine could be."
—JACQUES A. HERSHOF, author of *Body of Knowledge*
The National Geographic Society of Life and the Environment for
the health and the medical field.

HOW WE DO HARM A DOCTOR BREAKS RANKS ABOUT BEING SICK IN AMERICA



OTIS WEBB BRAWLEY, M.D.
with Paul Goldberg



Cold Spring Harbor Library & Environmental Center

95 Harbor Road, Cold Spring Harbor, NY 11724

(631) 692-6820 www.cshlibrary.org