



# 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



## TABLE OF CONTENTS

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

<u>Item</u>	<u>Page #</u>
Stress Management Techniques from FOUCS Workshop.....	3
CSH Summer Youth Basketball Clinic Registration .....	4-5
Nassau Athletic and Activity Programs Registration .....	6-7

Cold Spring Harbor Library Youth Programs .....	8
Huntington Historical Society Election Day Program.....	9

**Important Dates**

- November 4<sup>th</sup>**- SEPTA Taste of the Town Event
- November 6<sup>th</sup>**- SEPTA Family Movie Event—Trolls movie
- November 7<sup>th</sup>**- **Parents' Night Out at Honu-hope to see you there!**
- November 8<sup>th</sup>**- School Closed. Election Day. Parent-Teacher Conferences
- November 9<sup>th</sup>**-GPFA Meeting @ 9:30 am
- November 11<sup>th</sup>**- School Closed. Veterans' Day
- November 15<sup>th</sup>**- School Open (Parent-Teacher Conferences. K classes have substitute teachers.)
- November 17<sup>th</sup>** – School Open (Parent-Teacher Conferences. 1<sup>st</sup> 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 8<sup>th</sup> 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 7<sup>th</sup>** 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 6<sup>th</sup>** @ 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](mailto:cshsepta@yahoo.com)

**GPFA Meeting** The next GPFA meeting will be held on Wednesday, **November 9<sup>th</sup>** @ 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-12<sup>th</sup> & 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**  
**1<sup>ST</sup> child: \$225; each add'l child \$200**  
**Late Registration: (after 4/30/17 postmarked)**  
**1<sup>ST</sup> 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](mailto:cmish11746@gmail.com). Website: [www.hillsbasketball.com](http://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](http://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: HHYBL, P.O. Box 227, Huntington Station, N.Y. 11746

Print clearly

Last Name \_\_\_\_\_ First \_\_\_\_\_ HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_

D.O.B. \_\_\_\_\_ Sex: \_\_\_ M \_\_\_ F E-Mail address: \_\_\_\_\_

Address : \_\_\_\_\_  
House No. Street City Apt. Zip

Telephone No. (\_\_\_\_) \_\_\_\_\_ Grade entering in September, 2017? \_\_\_\_\_

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 HHYBL 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 HHYBL, its' employees and agents harmless for any liability resulting from injury or illness. I hereby authorize HHYBL 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	ck	cash	other	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-3<sup>rd</sup>: 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-3<sup>rd</sup>: 1pm-2pm, 2pm-3pm, 3pm-4pm; 4<sup>th</sup>-9<sup>th</sup>: 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-3<sup>rd</sup>: 3pm-4pm, 4pm-5pm 4<sup>th</sup>-9<sup>th</sup>: 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-3<sup>rd</sup>: 5pm-6pm) (4<sup>th</sup>-9<sup>th</sup>: 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-3<sup>rd</sup> & 4<sup>th</sup>-9<sup>th</sup>)**

**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**

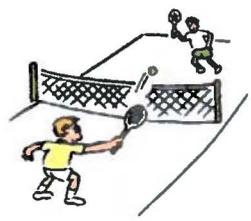
**Sundays: Session 2: Nov 13, 20; Dec 4, 11, 18; Jan 8**

**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-3<sup>rd</sup> & 4<sup>th</sup>-9<sup>th</sup>)**

**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-3<sup>rd</sup>: 1pm-2pm) (4<sup>th</sup>-9<sup>th</sup>: 1pm-2pm)**

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

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

**(K-3<sup>rd</sup>: 4:30pm-5:30pm) (4<sup>th</sup>-9<sup>th</sup>: 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](http://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](http://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

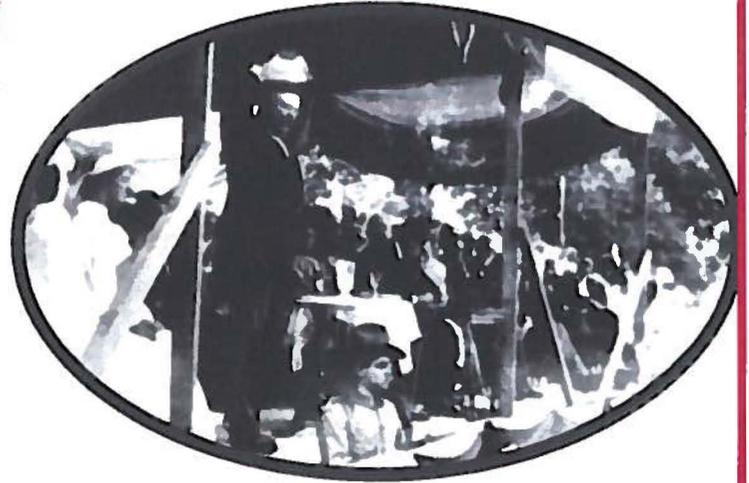
Over 4000 courses in Business, Technology and Creative  
Skills, taught by industry experts

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 8<sup>th</sup>, 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](mailto: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.