

# COLD SPRING HARBOR



VOLUME 38, NUMBER 3

## A REPORT ON OUR SCHOOLS

WINTER 2015

### Dr. Shefali Tsabary

#### *The Conscious Parent*

On December 10th the CSH School District was proud to present to the community, Dr. Shefali Tsabary, a clinical psychologist who received her training at Columbia University. She integrates Eastern mindfulness with Western psychology, establishing her as one-of-a-kind in the parenting field. Dr. Tsabary has made multiple appearances on Oprah's *Lifeclass* series. Oprah Winfrey quoted, "*This is the most profound book on parenting I have ever read. In my 25 years, I have never heard such revolutionary and spot on advice...a new way of looking at parenting that will change your child's life, and yours.*" Tsabary is the author of two parenting books – *The Conscious Parent*, and *Out of Control*. Executive Director of Special Education, Denise Campbell, was thrilled and honored to welcome international speaker, Dr. Tsabary, with help from teacher, Jane DeRosa. One of the goals adopted by the Board of Education for the 2014-2015 school year is to enhance the current focus on students' social/emotional health through the provision of additional programs and resources for students and their families. Dr. Tsabary shared her expertise with delightful humor and insight. She engaged the audience with role-play as so many try to achieve being the "uber-parent" yet in reality feel like the "bad-parent" instead being frustrated, angry and disappointed (in ourselves and our children). She shared, parents today live in a competitive culture, in the age of "the race to nowhere" with great



*"This is the most profound book on parenting I have ever read. . . I have never heard such revolutionary and spot on advice . . ."*

- Oprah Winfrey

expectations for our children. Nationally we see parents registering 3-4 year olds in ballet, karate, music lessons and sports all feeling that if a child is registered at age 8-9 we are way too late! We have missed the boat! We all want uber-kids, so we have to be the uber-parents right? This ideology has become the culture, and

Dr. Tsabary shared, "*It is up to us to change this cultural shift. We have all been unconsciously seduced into the culture of doing so much.*" Children sense this competitiveness and are stressed feeling "not good enough." We face a nation of kids feeling depressed, stressed, in therapy, and on medication (with a 65% increase in ADD prescriptions over the last ten years). Dr. Tsabary urged us to stop the insanity of this culture. Kids need self-silence, stillness, time for their spirit to emerge. She said 95% of our day is about achievement which she stated, is only an illusion of control. We do, do, do...this is what we teach kids, yet we are losing the connection along the way between the parent and child. "*The lynchpin...*" Tsabary shared, "...to a successful life is emotional well being, not achievement. Invest in this, otherwise you are missing the boat. Kids want to be seen and heard, and it is about them, not you." You can watch Dr. Tsabary on YouTube to learn more about her parenting advice and hopefully we can all become the "shift" in our culture. □

### Dr. James Robins



Superintendent, Dr. Judith A. Wilansky shared, "*We are all saddened by the untimely passing of Dr. James Robins, Vice-President of the Cold Spring Harbor Board of Education. James was incredibly proud of and committed to our schools and worked diligently through his valiant battle with cancer to fulfill his responsibilities as a Board member.*" He is survived by his wife, Connie, and his two sons, Alex (9th grade) and Nicky (7th grade). Funeral services

were held on January 6th and the family wished to extend their appreciation for all of the concern and demonstration of care that so many in our school community have shown during his illness.

## Honors . . . Honors . . .



• **ASSET Award:** Congratulations to high school Math/Virtual Enterprise teacher, **Patricia Connolly** who was selected as a *Bright Light* by the Association of Suffolk Supervisors for Educational Technology (ASSET). *Bright Lights* are selected due to their exemplary integration of technology into their educational environment. She was honored at the ASSET luncheon on January 14, 2015 and was accompanied by Superintendent, Dr. Judith A. Wilansky, John Contess, (Director of Technology), and Margaret Diehl, (Elementary Technology Integration Specialist).



• **NYSSMA Honor Ensemble:** The Cold Spring Harbor Jr/Sr High School Music Department announced that five student musicians were selected for (NYSSMA) New York State School Music Association's honor ensemble. Each student performed a NYSSMA level 6 All-State solo during an All-State adjudication festival. Students rehearsed in Rochester for two days culminating in a performance at the Eastman Theatre. These outstanding students were: **John Sepanski** (Wind Ensemble Clarinet and Bassoon), **Emily Gallagher** (Mixed Chorus Alto voice), **Timothy Sherlock** (Mixed Chorus Bass voice), **Christine Collins** (Alternate Band Flute), **Daniel Kazenoff** (Alternate Orchestra Viola).

• **John Sepanski selected to the All-Eastern Band** on clarinet based on his NYSSMA solo and recommendation from the New York State Adjudication Committee. This accomplishment is very rare for a junior. John will rehearse in Providence, RI for three days and present a concert at the Veterans Memorial Auditorium in Providence, RI. Saturday April 11, 2015.



• **Appointment of Mrs. Ingrid Wright to the Board of Education:** The Board of Education appointed its newest member, to replace Dr. James Robbins. The BOE decided on February 3rd that it was in the best interest of the district to appoint a replacement. Under current law, the Board of Education may appoint a qualified individual to the Board of Education when an unexpected vacancy occurs. The person appointed serves until the next trustee vote which will take place in May 2015. Mrs. Ingrid Wright was notified and the BOE had a brief interview. It was unanimous by the members of the Board and Ms. Wright happily agreed! Mrs. Wright currently serves as President of the West Side School PTG, and has three boys attending school in the district. Please welcome, Ingrid Wright to the CSH Board of Education.



• **Boys Varsity Soccer Team Awarded the NY State #1 Scholar Athlete Team!** This award requires a minimum of 12 student-athletes to have a 90 average or above. All 23 members of the team contributed to the teams GPA being above 90. The teams overall GPA was a 97.25. In presenting the award at the February Board of Education meeting, Athletic Director, Michael Bongino, stated that this team represents the true definition of student-athletes with "A Commitment to Excellence" in the classroom and on the athletic field. The team was joined by Varsity Coach Mueller and Assistant Coach Lynch.

## Honors . . . Honors . . .



• **Character Recognition Awards:** Recognizing good character in our students is a wonderful initiative at the Jr./Sr. High School by Principal Jay Matuk. Beginning last spring, faculty members can recommend up to three students who best exemplify the attributes selected for the quarter. They are then invited, with their parents, to a brief ceremony honoring good character, and awarded certificates by the staff. The goal is to help promote a positive school environment essential to the healthy development of young adults, and to recognize role models. On February 10th students were recognized for the attributes of perseverance and resiliency. Congratulations to the second quarters 27 winning role models for displaying great character. The heartfelt stories told by the teachers expressed great pride in nominating these students. Many acknowledged, “*We learn more from these students than they learn from us.*” Mr. Homer said, “*What you do when nobody is looking truly demonstrates the strength of your character.*” Congratulations to all.



• **The Nassau Zone Physical Education Award** goes to **Kirsten Morgan and Phil Stiger**. Each year one male and one female student are chosen in each high school who demonstrated an active lifestyle in and outside of school. These students demonstrate responsible personal and social behavior. The main attributes of these award winners are sportsmanship, character, civility and citizenship. Leadership is a quality that has a positive influence on their peers. These students exhibit exceptional achievement in Physical Education classes throughout high school.



• **NY State School Board Association Recognition Award:** Dr. Janice Elkin received the New York State School Board Association Recognition Award for her time and commitment of 75 hours of professional in-service training. This recognition is given to a school board member who attends various seminars and completes a certain amount of hours of their time and commitment. President Anthony Paolano thanked her for the enormous amount of time spent at these seminars, and her continued dedication to the students in the district.

- **Spelling Bees:** The West Side Spelling Bee 2014 champion was **JP Rush** who is a 6th grader...congratulations! Second place resulted in a tie between 4th grader, Stephen Kania, and 6th grader Alex Cover. The **Lloyd Harbor Spelling Bee** 2014 champion was **Susannah Oster**



LI Regional Spelling Bee at Hofstra in February.

- **Geography Bees:** The West Side 2014 National Geographic Bee Champion was **Sarah Lynch**, and the runner-up was **Matthew Wright**. West Side is also very proud of their grade representatives; Jackson DeMarco, Andrew Pultz, Sara Mazzei, Paige Thompson, Gillian Will, Spencer Will, Josh Novick, and Alexa Tocante. The 2014 Junior High National Geographic Bee Champion was awarded to **Alethea Freidberg**. The National Geographic Bee is designed to motivate students in grades 4-8 to learn about the world and how it works. The 7th and 8th graders participated in the National Geographic Bee Qualifying Exam during their Social Studies classes. The top ten (10) students competed at a Junior High Assembly on December 12th. The top geography student from each state will represent their state in Washington D.C. in late May. Alethea Freidberg and Sarah Lynch will represent CSH at the NY State Regionals. Good Luck! (*Junior high Top 10 Colin Bertsch, Stephen Davis, Elijah Farkash, Alethea Freidberg, Rachel Friedlander, Timothy Louie, Luca Magariello, Casey Reynolds, Remy Toscano, Alex Wright*)



**Susannah Oster** who is a 6th grader, with 2nd place going to **Matthew Ross**, also a 6th grader. Both winners competed at the LI Regional Spelling Bee at Hofstra in February.

## Honors . . . Honors . . . Honors



### CSH Labs *Partners for the Future Program*

CSHHS senior and third year “Science Research” student, **Luke Antolin**, has been selected to the prestigious 2014-2015 CSH National Laboratory’s Partners for the Future program. Only 13 students from across Long Island were chosen to participate in the program, which exposes aspiring scientists to real medical research. Beginning in September and running through March students learn research techniques and how to design experiments. It is an experience that most high school students don’t get; to work with scientists in the biotechnology field and carry out original research in the lab is an opportunity most college students don’t have until their upper-classmen years. Director of Research, Mr. Jaak Rausepp, shared, “*The Partners for the Future program is a very demanding program that requires a great deal of self discipline and excellent time management skills. Luke has these attributes which makes him a valuable member of the lab.*” Luke is working in Dr. Adam Kepes’ lab. His mentor there is Dr. Hyun Jae Pi. Luke is researching the effect of serotonin on the prefrontal cortex. Specifically, Luke is designing a microdrive which will be attached to the brain of a living mice which will allow him to see which nerves are activated in the brain when exposed to serotonin. When the program ends, there will be a symposium in March, at which he will make a presentation about the work he has been doing. Luke plans to major in statistics and neuroscience next year in college, where he is sure to be a valuable contributor. Good luck! □

## New Director of Guidance



### Welcome to Andrew S.

**Rosenberg** who was officially sworn in on January 12th as the new Director of Guidance (replacing former Director, Noreen Cambria, who retired in December). Mr. Rosenberg joins us from the Syosset Central School District, where he served as a Guidance Counselor for the past 7 years. While at Syosset, Mr. Rosenberg was the Test Center Supervisor, in charge of coordinating and administering all College Board and ACT exams. Since joining the CSH community, he shared, “*I am thrilled to be a part of the CSH community. I am so impressed by how well the students, parents and faculty work together. I thank everyone for making me feel so at home over these first few weeks. I look forward to getting to know everyone.*”

Mr. Rosenberg received his Bachelor of Arts in Psychology from Quinnipiac University. He then earned a Master of Science in School Counseling (2008) and an Advanced Certificate in Educational Leadership (2011) from CW Post University. Mr. Rosenberg also received his second Master of Science in Educational Leadership in 2014. He spent three summers as Division Leader for Driftwood Day Camp in Melville 2012-2014. Welcome! □

## Alumni Corner



speech. It was a very proud moment, and surely a night to remember.

**Jay Jalbert** was inducted into the United States Lacrosse Hall of Fame in Baltimore, MD on October 25th. During his lacrosse tenure at CSHHS Jalbert was named an all-Nassau County player four times, and an All-American twice. In 1997 he joined the Cavaliers at the University of Virginia, and continued to accrue championships and awards both in college and after college at the National level. Congratulations on this remarkable athletic career achievement.





## New Drop-in Lounges

The CSH Jr./Sr. High now has two new drop-in lounges where students can feel free to come in and relax, do homework, eat, and talk. The junior high lounge, which has been dubbed *The Nest* is located in the Junior High Library where students are welcome during lunch periods. *The Seahawk Suite* senior high lounge is located near the main lobby and open to students all day. Kids can play computer games, drink hot cocoa, and have an adult to talk to whether it be a crisis situation or a place to alleviate stress. Executive Director of Special Education, Denise Campbell, said, “*Kids began tweeting about it the first week of school, and it has been very successful.*” □

## High School Musical

**“How To Succeed In Business Without Really Trying”**....This clever lampoon of life follows the rise of J. Pierrepont Finch, (played by Timothy Sherlock) who uses a little handbook to climb the corporate ladder from lowly window washer to high-powered executive, tackling such familiar but potent dangers as the compliant “company man,” the office party, backstabbing co-workers, caffeine addiction and, of course, true love. The original production took Broadway by storm winning a Tony for Best Musical. Director, Melissa McLees brought the story to life the weekend of Feb. 6th and the cast of the Senior High Musical truly set the bar! The orchestra was brilliant, the singing and dancing enchanting, and the crowd gave it a standing ovation. Bravo! □



## Challenge Day

**High School:** The week of January 12th high school Principal, Jay Matuk, introduced ***Challenge Day*** to 10th and 11th graders. This unique program was an interactive all-day workshop consisting of thought provoking games, activities, and discussions under the guidance of skilled facilitators who have been conducting this program in hundreds of schools around the nation since 1987. Mr. Matuk shared, “*The overall goals of the program are to reduce teasing, stereotyping and bullying behaviors, build empathy, and shift negative peer pressure to positive peer support.*” Related issues which were also addressed included harassment, conflict management and substance abuse. Schools report that after *Challenge Day*, new friendships were forged as a result of the shared experience. Matuk added, “*It is important to note that during the program students were provided several opportunities to speak about what is really going on in their lives and what they need from each other.*” Students shared personal difficulties and experiences with their group. One exercise involved having each group (one by one) share a “*two minute listening session*” about something surprising they may not know about each other. The results included many hugs and powerful connections made. Challenge Instructor “Lauren” shared, “*It only took two minutes to connect with each other. Is it really this easy? Imagine if we did this every day, taking just two minutes to get to know someone.*” It was a powerful and emotional day for many of the participants; school counselors and mental health support staff were participants in the program as well as available for students who desired individual support. In addition, CSH staff members were part of the small group exercises used throughout the day and stayed with their group from start to finish. □



## Community Service . . . Community Service . . . Community Service . . . Community Service . . .

### Community Service

Community service has always been a huge part of the CSH spirit. All the schools were busy helping to stock food banks over Thanksgiving, donating excess Halloween candy to local organizations and military units, collecting donations for winter coat drives, and donating toys for the holidays. There seems to be an endless supply of generosity and goodwill as each school lobby seemed to overflow with the kindness of donations. Mini-vans were filled and stocked on route to so many in need. Veteran's cards were distributed. CSHHS student government continues its amazing volunteer work at HIHI serving the homeless through the fundraising efforts from the Dodgeball tournaments. In the spirit of "team" the varsity girls swimming did a *Breast Cancer Walk*, varsity soccer gave TrICYA kids a Halloween Party, and the boys basketball team helped to sort holiday presents. The Girls Varsity Field Hockey Team organized by Coach Dougher and Lauren Paolano, adopted a family and provided holiday gifts to a local family with five children through the Family Service League. The high school and West Side Kids Care worked in tandem to wrap gifts in the record time! West Side continues its HIHI sandwich making events after school in the cafeteria, as well as West Side Kids Care "Birthday in a Box" for needy children, and a "Souperbowl" collection of soup cans for residents in need. Lloyd Harbor collected both old and new Halloween costumes for TriCYA, and also donated a pair of pajamas and a book to the "Pajama Program" for displaced families. Animal Shelters were blessed with collections from both Lloyd Harbor and Mrs. Wilkens 8th grade Spanish class. The high school has also sponsored a "Jeans for Teens" drive, school supply drive, the annual "Manuary" contest for food bank collection, homework-helpers, and peer mentoring. The list and generosity remains endless...thank you to all! □



Varsity Girls Swim Team did a Breast Cancer Walk at Jones Beach.



Ms. Allison Halloran made a presentation at the Feb. Board of Education meeting on community service with students.



Varsity Girls Soccer hosted a Halloween Party at TriCYA.



Student Government continues its work with HIHI homeless shelter.

## Community Service . . . Community Service . . . Community Service . . . Community Service . . .



**MANUARY!!!** Fifteen male teachers volunteered this year for the annual longest beard “Manuary” contest, which brings awareness to a fundraiser initiative for food donations to local food banks desperately in need. Student donations succeeded in topping last year’s donations by more than doubling the record with 7,154 units of food collected – WOW! Donations were sent to Long Island Cares, Island Harvest, and several others. The teacher who collected the most and this year’s winner was Mr. Chris Topping, with Mr. Anthony Pesca close behind in second place. This has become a great tradition at the high school and a wonderful way to help local food pantries. Thank you to community service coordinator, Mrs. Alison Halloran and her Leadership Class for organizing this drive. (This year’s participants included: Anthony Pesca, Chris Topping, Ryan Towers, Mike Andrews, Brian Schiffmacher, Vincent Natale, Jay Murphy, Marty Colucci, Diego Garcia, Chris Phelan, Jeff Cootner, Joe Monastero, Louis Santoli, John Mendreski, and Chris Homer.)



West Side Kids Care collected coats and winter gear.



Ms. Kristen Wilken’s 8th grade Spanish class donated to local animal shelters.



Varsity Girls Field Hockey “Adopt a Family” program through Family Service League.



High School Toy Collection drive

West Side . . . West Side . . .

## Protein Glows!

The elementary schools continue their collaboration with the CSH Laboratory DNA Learning Center. West Side 6th graders experimented with genetic engineering taught by DNALC Educator, Ms. Katie McAuley. Using Petri jars, beakers of ice, and heat shock baths, students created glowing bacteria GFP (the Green Fluorescent Protein gene). This gene can be found in Pacific jellyfish when they are excited causing them to give off a green light. Students replicated this process by adding the jellyfish gene to E.coli bacteria cells exposed to ultra-violet light. Moving genes from one organism into another is called genetic engineering. It took steady hands and concentration to avoid contamination and create successful results – fascinating! □



## Skyping with Avi

**West Side** students had a unique opportunity to Skype with world renowned author Avi; winner of the Newbery award for children's literature and the Scott O'Dell

award for historical fiction. This session was brought to us thanks to Cultural Arts in the West Side library with librarian Ms. Fraiberg and a select group of 5th graders who read Avi books and prepared a myriad of questions for him for this once in life time experience. Currently, Avi lives in San Francisco, but has lived all over the world. The questions were so clever and thoughtful and his answers inspirational. He revealed, "Writing doesn't come easy to me, it's hard work, and takes a lot of thinking. My first book was rejected seven times." In fact, his book *Bright Shadow* took fourteen years to write! To date, Avi has written 74 books. He said he was inspired to write because he loved to read good books when he was young. He decided to become a writer while in high school, and perhaps his all time favorite book is *Treasure Island*. □

## Kindness Challenge

**West Side:** *The Great Kindness Challenge* is a international event in February that encourages students to perform as many acts of kindness as possible in a single week. Last year 500,000 students from across the nation performed over 27,000,000 acts of kindness. West Side was proud to participate and the students stepped up to the challenge! Due to their participation in *The Great Kindness Challenge*, West Side is officially designated as a Kindness Certified School. This year the event included over 2,000,000 students in over 4,000 schools in 45 countries. Each time a student was "caught" doing an act of kindness they received a marble to add to the jar in the office. The official total of marbles earned was 399 beating last year's total of 383. Thank you to all of the students and faculty members for participating. □

## Ready...Jump!

**West Side:** On Tuesday Nov. 25th West Side School hosted the Jump Rope Championship of the Universe! The challenge took place during the morning assembly in the Hilton Gymnasium. Over a period of several weeks students in grades 4-6 qualified during challenges in Physical Education class. Winner **Christian Insinga** (grade 5), jumped for over 6 minutes (backwards!) as students and faculty screamed, cheered and applauded their classmates. The competition was led by Physical Education Teacher, Mr. Bill Yost. Congratulations as well to **Hailey Schulsinger** (grade 4) who placed second. Mr. Yost expressed, "Although we all agreed winning is great, we also stressed that you stand to gain even more by pushing yourself beyond your personal comfort zone. Once we learn to push beyond, we can challenge the limits of our own potential." □



## Lloyd Harbor . . . Lloyd Harbor . . .



### Open for Business

**The Lloyd Harbor School Store:** For several years, the LHSPTG has had what now is called *The Lion's Pride*, where parents can buy various items displaying either the LHS or CSH logo. In an effort to continue to build school spirit, Student Council now has its own version of *The School Store* run by the children. Students can buy t-shirts, pens, stickers, and bracelets, along with favorite popular items like mood rings and stuffed lions! The store is open three days a week from 8:30-8:50 am, at which time it closes down for the LHTV Live Morning News Broadcast. Faculty and staff also make purchases during these times, including the school shirts for spirit days which have been ordered in adult sizes. The smiles on the faces of the children are priceless. The items might have been carefully designed to promote school pride, but the whole concept of children managing the store brings joy to everyone. Through this experience, they learn responsibility, accountability, and strengthen their management skills. Younger children have positive interactions with older students, which also help make our school community stronger. A special thank you to the student council officers and advisors, Mr. Chiarello and Ms. Coniglio for making this all possible! □

**Musical Surprise:** Lloyd Harbor Principal, Valerie Massimo, grew up in a home where singing around the piano was a common occurrence, especially around the holidays. She decided to be a guest accompanist on piano, along with K-12 Music Director, Mr. Phil Gray, on the trumpet, visiting every second and third grade music class. Mrs. Massimo said, "It was heartwarming for us to see the huge smiles and surprised looks on the children's faces as we all performed together with a sing-along." What a wonderful new tradition to spread holiday cheer.



### Polly & the Piano

Lloyd Harbor school librarian, Ms. DiCioccio, welcomed acclaimed author and classical pianist, Carol Monthparker, to play on the Grand Steinway for the second graders on December 18th. *Polly and the Piano* was published in 2004, based upon the true-life relationship with her loving dog while performing her debut at Carnegie Hall and later as a piano teacher. Her dog kept her company during long hours of practice and preparation "under the piano" while greeting piano students as she worked. This tender love was the basis for her book, which captivates readers' hearts with humor along with a musical CD that accompanies the book. She certainly inspired the students as they listened to Mozart and Chopin, and how music captures the imagination. They closed their eyes and listened to "what a dog chasing his tail" sounded like to Chopin. She explained, "The composer draws the music in his mind, and then plays what he feels and thinks on the keyboard." Her music lesson combined with her book delighted the students, who exclaimed, "That piece made me feel excited...or calm, or playful." Bravo! □

## Goosehill . . . Goosehill . . .



### Healthy Habits

**Goosehill:** Learning to have healthy habits early in life was part of an initiative to bring in workshops run by many of the parents of Goosehill students. On January 16th students rotated from class to class learning about sun safety from a dermatologist, bone health from a radiologist, fitness with Tae Kwon Do, and eating healthy. Thank you to all the SIT (School Improvement Team) members for planning the day and making it a huge success. Our panel of experts included Dr. Kaufman and Dr. Jones (on sun safety), Dr. Foresto (on bone health), Master Choi of Young's Martial Arts Center (on fitness health), Ms. Ventura (eating healthy balanced foods), and Suffolk County Deputy Sheriff Gross and EMT's Mrs. Gurtowski, Kyle Bossico, and Natalia Camarotta (for teaching kids to stay safe along with a tour of the inside of an ambulance). Goosehill teachers Mrs. Johnson, Mrs. Kotzky and Mr. Malone had special sessions on healthy habits where students created murals, sang songs, and learned about heart health. It was a day packed with healthy habit tips, and the kids loved it! One endearing moment, was when the students looked at x-rays from Radiologist Dr. Foresto. They were all very concerned that these broken bones were now fixed, and the people were all okay! Adorable. □



### Brush your Teeth!

**Goosehill** Primary School invited college students from the Farmingdale State College Dental Hygiene program to demonstrate proper oral hygiene. One of the hygienist in training was teacher Mrs. Ranaldo's daughter, who came with her colleagues as part of a community outreach project. Part of the lesson plan even included an endearing puppet show for the kindergartners, along with instruction about brushing, flossing, cavities, and healthy eating habits for your teeth. □



**Snowflakes on display at The Whaling Museum:** Goosehill first grade science and art classes collaborated to create crystallized snowflakes in a variety of colors and shapes which were on display at The Whaling Museum as part of the Museum's winter theme. During art class the students shaped pipe cleaners to form snowflake shapes. Then in science class they used Borax in mason jars, and boiling water where the pipe cleaners were dipped and cooled overnight. By morning crystallized snowflakes were formed! These sparkling delights were absolutely gorgeous!

*"Everybody in this country should learn how to program a computer . . . because it teaches you how to think."*

- Steve Jobs



*"It is essential that students are exposed to the field of computer science in our K-12 system as it is foundational in transforming the way a student thinks about the world."*

## Hour of Code

The entire school district joined in on the largest learning event in history; *Hour of Code*, during Computer Science Education Week (Dec. 8-14). Last year, the CSH Educational Foundation introduced and facilitated an after school program for Lloyd Harbor and West Side. Interested students logged on to join in after school and at home, along with 15 million students who participated globally. This year, the event was adopted by the district, which joined students worldwide to reach the goal of 100 million students in over 180 countries. The computer labs were open before school and at recess for each grade level (2-6) in the elementary schools. Under the guidance of Technology Teacher, Ms. Diehl, elementary students had grade-level assemblies, individual class tutorials, and participated in a school-wide competition. Grades 2-6 completed a total of 115,809 lines of code during the contest! At the Junior High over 200 students participated assisted by both staff and computer science student mentors. Additionally, basic coding skills were introduced in math classes with videos outlining how coding is used in everyday life. Students were encouraged to work at school and at home to complete as many lines of code as they could in one week. Block based coding was taught around fun topics like *Angry Bird* games where students then had the option to share the game to their phone in one click. Computing is a fundamental part of daily life, commerce, and just about every occupation in our modern economy. It is essential that students are exposed to the field of computer science in our K-12 system as it is foundational in transforming the way a student thinks about the world. It not only teaches them about technology, it also teaches them how to think differently about any problem. Computer Science puts students on the path toward some of the highest paying, fastest growing jobs in America. The district's participation in *Hour of Code* is a statement that Cold Spring Harbor is ready to teach these foundational 21st century skills. In order to ensure that our students are on the forefront of creating technology of the future, not just consuming it, basic coding skills must be taught at a young age. (The high school offers two computer science electives, and an AP Computer Science course.) Please visit [www.hourofcode.com](http://www.hourofcode.com) for more information.



## Colonial Day

The 4th graders journeyed through their quest of Colonial Day in February, both at West Side and Lloyd Harbor learning the history during Colonial times. Students loved participating in the many classroom activities associated with the curriculum, and especially dressing in costume for the day! The nameplate photo on the cover of this newsletter shows these fabulous costumes worn by the kids as well as the 4th grade teachers. Activities throughout the month included cross-stitching, making tin lanterns, learning Colonial games, quill pen writing and apothecary medicine skills. The day concluded with the annual colonial-dance performance for the parents. They will also be taking their annual field trip to visit Philadelphia on June 19th.

## COLD SPRING HARBOR CENTRAL SCHOOL DISTRICT

75 Goose Hill Road  
Cold Spring Harbor, N.Y. 11724

[www.csh.k12.ny.us](http://www.csh.k12.ny.us)

### BOARD OF EDUCATION

Anthony Paolano, President  
James Robins, Vice President  
Amelia Brogan  
Janice Elkin  
Mark Freidberg  
Robert C. Hughes  
Mark McAteer

Judith A. Wilansky, Ed. D.  
Superintendent of Schools

Karen L. Spehler, Editor  
School Tax Code 123

**Field Trip:** The Aviation Club and the Robotics Club visited Vaughn College in Flushing on Nov. 21st with twenty-five students chaperoned by Dr. Michael Andrews and former Director of Guidance, Noreen Cambria. They saw a robotics demonstration, air traffic control tower simulator, and flight simulators and discussed engineering, robotics, flight training, and airport management.

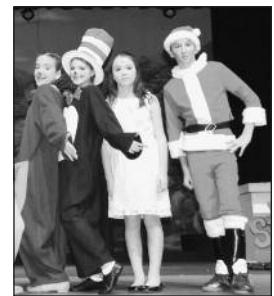


NON PROFIT ORG.  
U.S. POSTAGE PAID  
PERMIT NO.4  
Cold Spring Harbor, New York

## ECRWSS POSTAL CUSTOMER

### POSTMASTER: DATED MATERIAL DO NOT DELAY

**SUESSICAL:** West Side Students performed a brilliant rendition of *Suessical* on Dec. 6th-7th featuring all your favorite characters from Dr. Suess with magical music, laughter and a wonderful message to kids. Our thanks go out to Director, Ms. Lichtman, Musical Director, Mr. McKee, and the entire board of the WSSTA (West Side School Theater Association).



## Cultural Exchange *Save the Children...*

On November 11th, *Save the Children's Long Island Junior Council* in partnership with CSHHS Natural Helpers and Holocaust Genocide Project visited Cold Spring Harbor High School in recognition of two young women here for a cultural exchange; Anielka Martinez (from Nicaragua) and Liseth Ticona Mamani (from Bolivia). The girls were brought to NYC to receive Glamour Magazine Women of the Year Awards as "The Bravest Girls in the World." For so many girls, getting an education is no easy matter. These girls have the confidence to speak up for their rights, and to demand the opportunity to continue their studies. A short story is in the December issue of Glamour Magazine. Health Teacher, Chris Homer, facilitated a shared discussion the morning of the girls visit to CSH Jr./Sr. High School along with students Kayleigh Homer and Victoria Buri, as co-presidents of *Save The Children Junior Council*, who presented information about life as a CSH student. Anielka and Liseth received a tour of



the school. They were in awe of the facilities, the science room and turtles, the art room, the PAC, and were most in awe of the Field House. Thanks to Principal, Jay Matuk, the girls took home a little Seahawks spirit with a t-shirt, hat and headband to commemorate their visit. These girls may have been in awe of CSH high school, but they clearly impressed the students and staff with their riveting stories, and left everyone in awe of them for their bravery and commitment to education

and empowering girls. Both Chris and Lori Homer are advisors for *Save the Children Long Island Council*, which is a community based student club promoting awareness for the needs of children both locally and around the world. *"This was an exciting opportunity for everyone. Anielka and Liseth were brought to tears by the warm welcome and caring from our students,"* said Lori Homer. *"We won't forget each other – the girls know they have friends in CSH."* □