

THE

# FRIDAY NOTES



**ISSUED:** November 10, 2016

**UPCOMING LHTV REPORTERS:** Bella DeRisi, Ben Amoruso (5P)

**SCHOOL STORE:** Ryan Koenigsberger, PJ Haskell (5W)

**LHTV MUSICIAN:** AnnaMaria Fernandez (6C), Rose Rogers (6M)

**BUS CALLERS:** Claire Wallace, Rose Rogers (6M)

**WOW THEME for NOVEMBER:** Having A Positive Attitude - OPTIMISTIC

**WEEKLY WORDS OF WISDOM:** "You can't win all the time. As long as you are doing the best you can, that's important."

<b>Monday</b> 11/14	Principal/Student Council Meeting – 8AM Stock the Shelves begins ( <i>Sponsored by the Student Council</i> )
<b>Tuesday</b> 11/15	Grade 3 Reading Rampage (Cultural Arts event) – 1:35PM Math Olympiads – 3:30PM
<b>Wednesday</b> 11/16	Caribou Math 7:45AM Wacky Wednesday
<b>Thursday</b> 11/17	Grade 5 DNA Visit
<b>Friday</b> 11/18	School Spirit Day - Wear your LHS shirt! Little Shelter

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### TURKEY TROT SCHEDULE GRADES 4-6

Parents are invited to join us! Please wear comfortable clothes and meet your child at the designated time below on our outdoor track, rear field. Thank you!

**Monday**, November 14, 6C, 6O'R 9:10-9:35AM; 5P, 5B 10:45-11:10AM

**Tuesday**, November 15, 6M, 6O'D 9:10-9:35AM; 4CI, 4S 11:30-11:55AM

**Wednesday**, November 16 5C, 5W 10:45-11:10AM

**Thursday**, November 17 4Ca, 4L 11:30-11:55AM

### AFTER-SCHOOL CLUBS

All clubs previously scheduled for Monday, 10/31 have been postponed to Wednesday, 11/16.

## **SENIOR POPS ORCHESTRA**

The Senior Pops Orchestra (a professional orchestra from Long Island) will be performing with the Cold Spring Harbor High School Orchestra students on Sunday, November 13<sup>th</sup> at 2:00 PM at Cold Spring Harbor High School. Ms. Daniels-Rosenblatt will also be performing with the orchestras on Sunday.

## **STUDENT COUNCIL**

- 1. STOCK THE SHELVES** – This year the Student Council will be donating food items to the homeless shelters in our area. From November 14 - 18, we will be collecting the following non-perishable food items by grade:

2<sup>nd</sup> grade – pasta; 3<sup>rd</sup> grade – beans; 4<sup>th</sup> grade – canned soup;

5<sup>th</sup> grade – canned fruit; 6<sup>th</sup> grade – canned vegetables

Student will be able to place food items in front of the LHTV newsroom.

Attached is the flyer for the drive.



- 2. Principal Meeting on Monday, November 14 – Student Council Officers only @ 8am**

- 3. Wacky Wednesday** – On Monday students participated in voting for the second theme for Wacky Wednesday to participate in the Election process. Each class will represent an “electoral” vote. The theme for Wacky Wednesday that won was **Jersey Day!**

Wacky Wednesday will be on November 16, where students can wear their favorite sports team jersey!

- 4. Next Friday (11/18) is LHS spirit Day** – please wear CSH or LHS school attire to show your school spirit

## **FROM THE LHS/PTG**

### **FOCUS WORKSHOP**

Tips for Parents: 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, please see the attached sheet for some helpful tips/“take-aways” from the workshop. Thank you to Kristine Jacobson for preparing it for us.

### **6th Grade Yearbook**

Get your pictures in the yearbook! We will need a BABY PHOTO of your child NO later than November 28<sup>th</sup>. We will need any 2nd grade portraits of your child IF they came into the district after 2nd grade. We also need: Field day 2-6th grade, Fall festival 2-6th grade, 5th/6th grade play photos, Little Apple fun run, All years (2-6) of: class trips/ class crafts/ photos of science fairs, Luau, Colonial day, Philadelphia trip, Intramurals, Barn dance, Broadway dance ...and all others yet to come of their 6th grade year! Here is how you can submit photos online:

- Go to: <HTTPS://IMAGES.SCHOOLANNUALONLINE.COM/LOGIN>
- If it does not automatically log you into the site, enter username: 406533596
- Browse to select the photo(s) you wish to upload.
- Enter information about the photo and provide contact information in case the staff needs additional information. (It is CRUCIAL to list name and the GRADE the photo was taken).
- Click “Save Details”.

The last day to submit photos is 02/01/2017 (baby photos NOV 28<sup>th</sup> 2016). Please feel free to contact Paris Pappas at <BAURIES123@YAHOO.COM> with any questions!

### **Lost and Found**

Calling All Parents: Please label all your children’s’ valuables. If you are missing items, check the lost and found located in the school cafeteria. *Items that are not collected and not labeled will be donated the 1st Thursday of each month beginning 10/6/16.*

### **Upcoming SEPTA Events**

Taste of the Town event; Thursday, November 17<sup>th</sup> - SEPTA meeting, Topic: Nutrition & Your Child For questions, contact <cshsepta@yahoo.com>

Lloyd harbor is teaming up with the Salvation Army to give a Happy Thanksgiving to local families in need!



Each grade level is being asked to bring in the following items:

2<sup>nd</sup> – Pasta

3<sup>rd</sup> – Beans

4<sup>th</sup> – Canned soups

5<sup>th</sup> – Canned fruit

6<sup>th</sup> – Canned vegetables

**PLEASE PLACE FOOD ITEMS IN YOUR GRADE'S BOX  
OUTSIDE ROOM 107 BY FRIDAY, NOVEMBER 18!**

Please join us for an inter-generational performance of  
**THE SENIOR POPS ORCHESTRA**  
with The Cold Spring Harbor  
High School Orchestra.



*Stephen Michael Smith*  
*Music Director*



**SUNDAY, NOVEMBER 13TH, 2PM**

**Cold Spring Harbor Junior/Senior High School**  
**82 Turkey Lane**  
**Cold Spring Harbor, NY**

Program to include Night and Day, My Fair Lady,  
Carmen Suite and Pirates of the Caribbean.

[www.seniorpops.org](http://www.seniorpops.org)

516-414-1831

## 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

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

**ADVENTURES IN ART:**

**TIME TRAVEL TO ANCIENT ROME**  
Monday, November 14, 4:30 p.m.  
For students in grades K-6  
Learn about the art of Ancient Rome, then create your own work inspired by what you have seen. Registration required.



**MINI MASTERS:**

**TIME TRAVEL TO ANCIENT ROME**  
Thursday, November 17, 2:00 p.m.  
For children ages 3-5 with adult  
Learn about the art of Ancient Rome, then create your own work inspired by what you have seen. Registration required.



**NATIVE AMERICAN CRAFTS**

Tuesday, November 15, 4:30 pm  
For children in grades 3-5  
Learn about the first Long Island communities and find out about Native tribes. Touch a Native American oil lamp, see real arrowheads, and create a wampum necklace with a stone arrowhead.

Registration required.

**THANKSGIVING PLACE MATS**

Thursday, November 17,  
4:30 pm.  
For children in grades K-2  
Decorate a festive place mat to use during Thanksgiving dinner. Registration required.



**TEEN & IN BETWEEN**

**FOR STUDENTS IN GRADES 5-12**  
Intro to Fashion Design  
Monday, November 14, 7:00 p.m.  
For kids in grades 5-12  
Let your inner fashionista come alive! In this short introduction to fashion design, students will learn the basics of illustration and how patterns and textures help bring ideas to life. We will create a one of a kind illustrations using various materials including textiles and notions.

Turkey Krispie Treats  
Thursday, November 17, 7:00 p.m.  
For kids in grades 5-12  
Mold and decorate adorable krispie treats to look like turkeys!



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***

**Hiking Long Island  
Lecture & Book Signing**  
Tuesday, November 15 at 7pm



Naturalist, photographer, and author Lee McAllister will discuss the many hiking opportunities available on Long Island. Books will be available for purchase and signing.

This program is free and open to all. Advance registration is appreciated.

For more information or to register visit the Information Services Desk, call 631-692-6820, or check [www.cshlibrary.org](http://www.cshlibrary.org)

The Cold Spring Harbor Library is a member of the Long Island Library System.

**Hiking Long Island**  
Tuesday, November 15 at 7pm

Naturalist, photographer, and author Lee McAllister will discuss the many hiking opportunities available on Long Island. The lecture will cover the geology, history, flora, fauna, and topographical features that make Long Island such an interesting place to hike at any season.

Copies of *Hiking Long Island* will be available for purchase & signing.

This program is free and open to all.  
Advance registration appreciated

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

# ***SEPTA Presents...***

***Raising Your Kids to Have a Healthy Relationship with Food  
While Keeping Your Sanity!***

**Gemma Saylor, a Registered Dietitian Nutritionist & Certified Health Coach,  
serves up healthy portions of advice and humor in her presentation.**

**Please join us for a refreshingly honest take on what we really should be  
focusing on when it comes to food and our kids  
...and it's NOT about coconut water and chia seeds!**

***THIS IS NOT YOUR AVERAGE NUTRITION TALK!***

**While Gemma likes to "Put the Fun Back in Nutrition," she also wants to...**



- Inspire you to make real changes in how you think about, talk about and enjoy food with your children
- Arm you with fabulous strategies and tips to make your life easier and your family healthier
- Offer a thought provoking Q & A at the end, so please bring all your questions!



**Thursday, November 17th at 9:30am  
District Office Community Room  
75 Goose Hill Road, CSH**

***Come and enjoy some light refreshments!***

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)