



# Big Flats News



## June 2019

*At Big Flats Elementary,  
we will SOAR together  
as we explore our “wonders”  
in a fun and engaging  
community, where we will  
inspire each other to achieve  
anything!*



*Dear Parents and Guardians,*

WOW!! Where did the school year go? I cannot believe that we are in the final month of school. I hope all our students, teachers, staff, and families have had a fantastic school year! As I reflect on the year, I am incredibly proud of all that we have accomplished. Our students continue to make academic progress in the areas of English Language Arts, Math, Science, and Social Studies. This school year, we advocated for ALL of our students who come to school every day with “two backpacks.” One backpack is filled with the student’s daily school supplies, while the second backpack is “invisible” and filled with the daily stresses of life.

With the passing of the 2019-2020 school budget, I am pleased to share that each of our PK-4 elementary schools will hire *an additional* Social Worker! The faculty, staff, and I are very grateful and excited about the additional support that we will receive in the upcoming school year. Our goal is to provide all of our students with social emotional skills to handle the stresses of everyday life, as these are skills that will benefit each one of our students.

As we bring closure to this school year, I would like to wish our outgoing 4<sup>th</sup> grade students and families well as they transition to the Intermediate School in the fall. For all our returning and new families, I look forward to continuing our partnership in education during the 2019-2020 school year. Until then, have a fun, safe summer vacation, and don’t forget to have your children read every day for 20 minutes and practice their math facts at least two or three times a week!



Sincerely,  
*Elizabeth Scaptura*  
Elizabeth Scaptura  
Principal

### Elementary Lunches (K-6)

School Food Services prices for the 2018-2019 school year will be:

Breakfast: \$1.25

Lunch: \$2.10

### School Hours

Hours for the Elementary Schools are:  
8:15 a.m. to 2:25 p.m.

### Office Hours

Our school office hours during regular school days are:

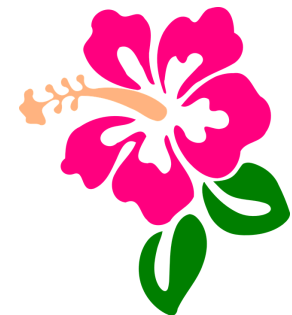
Monday through Friday  
7:30 a.m. to 3:30 p.m.

### Office Phone Numbers

(607) 739-6373

(607) 795-2550

Fax: (607) 795-2555



**Horseheads Central School District** sets the standard of educational excellence by fostering innovative thinking, curiosity, and a passion for learning to maximize the potential of each individual. We engage with our local and global communities to provide a student-centered, nurturing environment.

*Explore*

*Empower*

*Excel*

#### FRIENDLY REMINDERS:

- **Dress Code**

Please remember our dress code: **no** flip-flops or sandals without back straps; **no** tube tops, net tops, halter tops; **no** spaghetti straps, plunging neck lines, midriff-baring, or see-through garments. Please keep clothing appropriate. Thank you for your understanding.

- **From the Health Office: Sunscreen**

A child can use sunscreen in school without a doctor's order; however, please write a note giving your child(ren) permission to use sunscreen during the school day, and send it in along with their own personal sunscreen. The sunscreen you may send in has to be FDA approved, and your child(ren) needs to know how to apply it. Your written permission slip will be kept in the Health Office in your student's file. Please remember, your student should not share sunscreen and only students with written permission sent in should use it.

- **Moving?**

Please let us know as soon as possible if you plan on moving over the summer. It is very important for us to know this type of information, so please keep us informed!

- **Changes in Parent/Guardian Cell Phone Numbers**

If a parent/guardian gets a new cell phone number, and had opted in to text messaging notifications with their old number, they'll need to opt in again with the new number! Please let the Main Office know of the change and we will give you the information to opt in again.

## Main Office Updates:

The music department has moved **Beginner Instrumental Family Night** (*for 3rd grade families*) from the very last week of school to **TUESDAY, JUNE 18** (one week earlier) at 7pm in the HS Auditorium.

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### Requirements for Health Examinations

As of July 1, 2018, all New York State public school students must have a health exam when they enter school as a new entrant and in Pre-K or Kindergarten and grades 1, 3, 5, 7, 9, and 11. These examinations must be completed on the approved NYSED Student Health Examination Form for School for the health exam.

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### *Last Call for Lost & Found—*

There's quite a collection of items in the lost and found. Please remind your child(ren) to check the bin sometime during their school day if you think there may be any items of theirs that may have been lost.

# Falcon Leadership

## The month of June: Caring

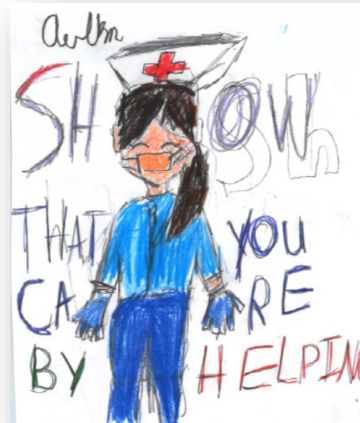
Do you know how to be caring? These ten ways can help you be caring:

1. You can help others
2. Ask a friend if they need help
3. Go get a teacher if a friend is hurt
4. Don't be mean to others; be kind
5. Don't take someone's money
6. Think before you speak
7. Listen to your parents/teachers
8. Have open ears when learning
9. Do good deeds
10. ALWAYS BE CARING TO OTHERS

Ideas from the four Falcon Leaders: Reese Collier, Mason Jamison, Samantha Owusu, Beckett Doane

Artwork by: Ava K., Kahliah S., Reed F., Keeley M.

*\*Mrs. Scaptura would like to thank the Falcon Leadership Team for going above and beyond to be great leaders for their fellow Falcons. Way to SOAR!\**



Caring  
Around others  
Responds to friends  
Important  
Natural  
Grateful

Written by Eli

Care for your environment

Always be kind

Responsible

Important help people in need

Necessary; caring is necessary

Greatness is caring

Written by Preston



## Mark Your Calendars

### June 3

4th gr NYS Science Written Test

### June 4

PTO Meeting; 6pm, BF Comm Ctr

### June 7

3rd gr Recorder Concert; 9:30am, Café

### June 19

Talent Show; 8:45am, Gym

### June 20

Field Day!

BOE Meeting; 6pm, HS MMC

### June 21

**NO SCHOOL**—Pre-K-6

### June 24

Pre-K Celebration; 9am, Café

**HALF DAY**—11:15am Dismissal (Pre-K 10:30am)

### June 25

Spirit Day—Hawaiian Day!

Move Up Day

Report Cards Go Home

**HALF DAY—LAST DAY!!!**

11:15am Dismissal (Pre-K 10:30am)

### Learn Up-To-Date Information About Our Schools and the District

**Facebook:** The district and each of our seven schools have pages. "Like" them to see our information in your news feed.

**Twitter:** Follow us on Twitter at @HhdsSchools to read our tweets.

Follow Mrs. Scaptura on Twitter at @escaptura1

**Instagram:** The district's page—hhdsschools

Visit our district website at:

[www.horseheadsdistrict.com](http://www.horseheadsdistrict.com).

Questions about our website or social media?

E-mail [hcsdinfo@horseheadsdistrict.com](mailto:hcsdinfo@horseheadsdistrict.com)



Please pull tabs for Ronald McDonald!



[PullTabs4McDonalds@yahoo.com](mailto:PullTabs4McDonalds@yahoo.com)

Pull tabs for Ronald McDonald Charities!  
Tabs will be picked up mid-May.

Send in your BoxTops  
to earn cash for our  
school!



Earn Cash for Our School!

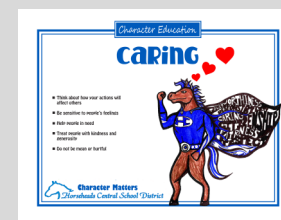
## POSITIONS AVAILABLE

The Horseheads Central School District is looking for interested individuals for several job positions: cleaner, bus driver, and food service worker, as well as substitute clerical, registered nurse, cleaner, and food service worker. We seek candidates who are 18 or older, and we welcome retired community members to inquire as well. To apply, complete our district application and submit it to Human Resources in the South Wing of the High School. The application can be found on the district website (<http://www.horseheadsdistrict.com/uploadeddocs/Application.pdf>) or picked up at our Human Resources Office, south wing of Horseheads High School. Questions? Email us at [hcsdinfo@horseheadsdistrict.com](mailto:hcsdinfo@horseheadsdistrict.com).

## June —The month of:

### Caring

- Think about how your actions will affect others
- Be sensitive to people's feelings
  - Help people in need
- Treat people with kindness and generosity
- Do not be mean or hurtful



## Dignity Act Coordinator

The Dignity Act Coordinator (DAC) for Big Flats Elementary is Elizabeth Scaptura. Complaints regarding discrimination, harassment, or bullying of any student should be referred to Mrs. Scaptura at (607)-739-6373. The Dignity Act Coordinator (DAC) for the Horseheads Central School District is Caitlin DeFilippo, director of Human Resources. If there is a complaint regarding discrimination, harassment, or bullying of any student, the complaint should be filed with Caitlin DeFilippo at One Raider Lane, Horseheads, NY 14845; 607-739-5601 x4211, or [cdefilippo@horseheadsdistrict.com](mailto:cdefilippo@horseheadsdistrict.com).

## Non-Discrimination Notification

The Horseheads Central School District offers educational programs without regard to race, color, national origin, creed, religion, marital status, military status, sex, sexual orientation, age, gender identity, predisposing genetic characteristic, or disability, and provides equal access to applicable groups under the Boy Scouts of America Equal Access Act. Inquiries regarding this policy may be made to Caitlin DeFilippo, Title IX/DASA Coordinator, and Co-Civil Rights Compliance Officer; Anthony Gill, Co-Civil Rights Compliance Officer; or Kelly Squires, Section 504 Coordinator, Horseheads Central School District, One Raider Lane, Horseheads, NY 14845, (607) 739-5601.

This policy of non-discrimination includes access by students to educational programs, counseling services, course offerings, and activities, as well as recruitment and appointment of employees and employment pay, benefits, advancement and/or termination.





## THE SUMMER OF DIGITAL CITIZENSHIP

Summer is coming, the days will be longer and the nights warmer. Fond memories of summer nights spent with neighbor kids playing hide and seek, kickball or red-rover way past sunset. The fun usually ended when moms called us in for the night. Will your summer fun involve getting outside, camping in the backyard or playing with your friends? Too many of us are tied to our devices and spend hours in front of a screen, living a virtual existence. **How about planning some time to unplug from technology this summer?**

### UNPLUGGING THIS SUMMER

Many parents are concerned about their teens spending too much time online and on their devices. Here's what the data says:

Results of a 2016 Common Sense Media Report found

- 50 percent of teens "feel addicted" to mobile devices
- while 59 percent of parents surveyed believe that kids are addicted to their devices
- 72 percent of teens and 48 percent of parents feel the need to immediately respond to texts, social-networking messages, and other notifications
- 69 percent of parents and 78 percent of teens check their devices at least hourly

A 2018 Pew Research Report showed

- 45 percent of teens said they use the Internet "almost constantly."
- Another 44 percent said they go online several times a day
- 50 percent of teenage girls are "near-constant" online users, compared to 39 percent of teenage boys
- 95 percent of teens have access to a smartphone

Source: <https://www.psychology.com/cell-phone-internet-addiction> or <http://go.gstric.org/210-psychom>

#### Here are a few suggestions for limiting our kids' screen time during the summer:

Sign them up for summer camps	Do family activities together	Be a role model	Set time limits
It's not too late! One of the best ways to "win" the fight about screen time is to not have it in the first place. When kids are at some activity camp, they will naturally be engaged in enjoyable activities that focus their attention. Hopefully, at the same time, they are learning that great fun can be had, and friendships forged off the screen.	Take your kids bowling, play putt-putt, go hiking, try kayaking, do family board game night ... try new things! You might need to plan so that you have options ready. Your kids will learn that there are many fun activities IRL (in real life). Also, we are modeling curiosity and an openness to new experiences.	We must practice what we preach and be a positive role model for our kids. If we are on the screen frequently, even if it is mainly for work, our kids pick up on that. Then setting limits on their screen time doesn't hold much weight. We can't ask them to do things that we are unwilling to do.	Screens cannot be turned on before a certain time in the morning and must be turned off by a certain time at night. Also, it is a good idea to set a limit for how much screen time is allowed per day. While there is debate about how much is too much, a ballpark figure would be about 2-3 hours of screen time per day.



Sign Up to receive this newsletter in your email inbox

Scan this QR code with your phone, or go to <http://go.gstboces.org/dcnews-signup> in your browser.



Last year we sponsored an Unplug and Play Weekend - view the poster for more info on unplugging.

<http://go.gstric.org/210-poster>

Send comments, suggestions, and questions to [dc@gstboces.org](mailto:dc@gstboces.org)  
Visit <http://dc.gstboces.org> January 2019 - page 1 of 3



## MORE ON UNPLUGGING THIS SUMMER

**Establish tech free zones** - Have certain rooms/areas in the house and circumstances in which no tech is allowed. For instance, no screens are allowed at mealtimes or in the bathroom. As a default, don't allow screens when traveling in the car on errands and short trips.

**One screen at a time** - If you are doing a family movie night or your kids are watching a show, set a rule that other screen use is not allowed. We want our family screen time to be a shared experience. For parents, this means that we need to be off our phones and laptops while watching a show with our family...or even when it just with our partner.

It is fine to allow kids to enjoy age-appropriate screen time over the summer. However, unfettered access to the screen can cause a lot of problems, which could include diminished attention, sleep deprivation, and insufficient physical activity. Moreover, too much screen time means that other need-satisfying activities are getting displaced, such as face-to-face interactions. As parents, we need to help children learn that wondrous experiences and friendships are waiting for them off the screen. With a little help from us, we can help ensure that they are experience the best of both worlds.

Unplugging from technology doesn't just mean turning off your smartphone, it also means turning off the television, powering down your computer and shutting down any other electronic device. It's all about enjoying and appreciating the world around you.

Source: <http://go.gstric.org/210-unplugged>

### SCREEN TIME: HOW MUCH IS TOO MUCH? OR ENOUGH?

Have you noticed that it seems like you can do just about anything from a cell phone? Do you ever forget your cell phone at home and panic about how you are going to make it thru the day without it? Screen time can become just as addictive as drugs and alcohol and do just as much damage. However, we need this technology to perform basic daily tasks.

So how do we avoid the addiction? One suggestion is to have a device parking lot in a common location in the house. Anywhere outside of the bedrooms is a good idea. This way you are not distracted by devices while you should be sleeping. Another idea is to limit the amount of screen time and to be sure that it is high quality content.



#### American Academy of Pediatrics (AAP) Screen Time Recommendations

< 18 months	No screen media other than video-chatting
18-24 months	High quality programming and apps used with adults
2-5 years	No more than 1 hour of high-quality programming that is co-viewed or co-played
6+ years	Should have constant screen time limits at parent discretion

### DIGITAL CITIZENSHIP ADOPTION GROWS SLOWLY IN SCHOOLS

Despite the fact that schools know how important digital citizenship is to their school cultures, many still find it difficult to implement because of three fundamental reasons.

The first reason is the **lack of knowledge**. Many educators shy away from technology because they feel they don't understand enough about it. Often they don't have the opportunities to learn how and where technology tools can fit into their curriculum or learning experiences in their classrooms.

The second is the **lack of time**. Teachers are busy already with all of the other things that they have to teach. The limited professional development training and constantly changing new technology makes it difficult for teachers to develop new skills.

The third is the **lack of support**. Teachers often don't have enough (or any) instructional support to learn how best to implement digital citizenship programs into the curriculum.

#### What can schools do to encourage digital citizenship?

- Host a week of digital citizenship activities featuring guest speakers.
- Encourage a "grassroots" approach, where individual teachers share ideas and information about appropriate technology use.
- Encourage students to create banners, public service announcements, and presentations to share with other grade levels.
- Include parents, community members, and law enforcement officials in conversations about what they would like to see their children able to do with technology—in schools as well as in the larger community.

<http://go.gstric.org/210-growth>



## Introducing the DQ Framework

# What is DQ (Digital Intelligence)?

Digital Intelligence (DQ) is a comprehensive set of technical, cognitive, meta-cognitive, and socio-emotional competencies that are grounded in universal moral values and that enable individuals to face the challenges and harness the opportunities of digital life. DQ has three levels, eight areas, and 24 competencies composed of knowledge, skills, attitudes, and values.



View full-size graph on the website

### The Three Levels:

1

## Digital Citizenship

The ability to use digital technology and media in safe, responsible, and ethical ways.

2

## Digital Creativity

The ability to become a part of the digital ecosystem, and to create new knowledge, technologies, and content to turn ideas into reality.

3

## Digital Competitiveness

The ability to solve global challenges, to innovate, and to create new opportunities in the digital economy by driving entrepreneurship, jobs, growth and impact.

DQ with its three levels goes beyond digital citizenship to address future readiness and overall well-being in a global society. It is well worth exploring in more detail.

Visit the DQ Institute website - <http://go.gstric.org/210-dq>



Common Sense Media has updated their digital citizenship Lessons for grades 3 - 8

New videos, lesson slides, and customizable resources can be filtered by the following categories:

Media Balance & Well-Being

Privacy & Security

Digital Footprint & Identity

Relationships & Communication

Cyberbullying, Digital Drama & Hate Speech

News & Media Literacy

Visit their website to view and download the resources. <http://go.gstric.org/210-newsense>

Follow up on: Online Gaming



Last month we featured an article about a group of young people who use gaming as a positive way to show digital citizenship to others. This month we will focus on one game and provide a few links for parents whose children may be playing this game.

Fortnite Battle Royale is hugely popular among young people. Many of them play for several hours a day. Use the links below to view two articles from YourTeenMag.com for parents of Fortnite players.

**Fortnite For Parents: What Is It - And Why Your Kids Love It** - <http://go.gstric.org/210-fortnite1>

**Setting Limits On Video Games: Too Much Fortnite** - <http://go.gstric.org/210-fortnite2>





# THE DIGITAL SUMMER OF A CITIZENSHIP



Get out and enjoy your summer without being tied to technology.  
We guarantee that the online world will still be there when you get back.

Happy Summer! from the GST BOCES Digital Citizenship Initiative - <http://dc.gstboces.org>





# Join the Horseheads Central School District as a School Bus Driver



- **Paid training**
- **Benefits package including health insurance**
- **No weekends, holidays, or summers**

To apply, submit a completed employment application to our Human Resources Office, south wing of Horseheads High School, during school hours. Our application may be found at [www.horseheadsdistrict.com](http://www.horseheadsdistrict.com), or you may pick one up in our Human Resources Office.

Applicants must be 21 years old. Fingerprint/background check and drug testing are required.

## **Questions?**

Call the Transportation Department at (607) 739-5601, x4401, or email us at [hcsdinfo@horseheadsdistrict.com](mailto:hcsdinfo@horseheadsdistrict.com).

