

Dear Gardner Road Families -

I am always shocked that the school year can go by so quickly. It has been an amazing year at Gardner Road as our Golden Stars continually shine. We look forward to finishing off the school year as we continue our learning while also taking time to celebrate the year. Please be sure to check the calendar for all of the events that we have in store this month. I encourage families to join us on Wednesday, June  $5^{\text{th}}$  for our annual Book Bingo event from 5:30 - 7:00. All students will go home with at least one book and this year our Book Fair will be open at the same time. Mrs. Keefe will also be hosting a science experience in our auxiliary cafeteria while there are also math challenges in C Wing.

Our students will be dismissed at 10:30 on the four half days at the end of the month (June 21, 24, 25 and 26), not 11:00.

Please note that our school will be practicing our annual evacuation drill to an offsite location on Friday, June 7th at 9:00. We should be fully back in the building by 10:15 that day. This drill is to help our staff and students understand how we would dismiss at a new location due to an emergency. No students will be able to be dropped off or picked up during this drill.

This summer, our building will continue to be under construction which will limit access to various parts of our campus. Thank you in advance for your flexibility and understanding of a dusty and busy construction zone. I will send messages throughout the summer with updates for the 2024 - 2025 school year.

On behalf of the entire school staff, we wish all our Golden Stars and their families an enjoyable and relaxing summer. We look forward to seeing everyone back in September and we wish our 4th graders a great transition to the Intermediate School. To those moving to a new school, remember you're always a Golden Star!

Be sure to check out our school website for updates and please keep up to date with the happenings at our school, by following our Facebook and Twitter pages. For any additional information or inquiries, please feel free to reach out to the school office. We are here to assist you and ensure that your child has a successful and enjoyable learning experience.

Your Partner in Education,

Patrick Patterson - Principal



## Inside the Gazette:

#### Page 2:

Main Office Updates **Character Education Summer** 

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May Snapshots

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Character Corner We Will Miss You Gardner Road Musicians School Mission & Vision

**Included in the Online Newsletter:** June Lunch Menu June Calendar



**Gardner Road School Hours** 8:00 a.m. to 2:25 p.m. Tardy Bell - 8:15 AM Gardner Road Office Hours 7:30 a.m. to 3:30 p.m. Elementary Lunches (K-6) Breakfast and Lunch: Free https://horseheadscafeteria.gstboces.org/



Moishe's Ouote of the Month:

"The future belongs to those who believe in the beauty of their dreams."

Eleanor Roosevelt

# Gardner Road Main Office Updates:

#### Lost and Found:

Is your family missing sweatshirts, jackets, gloves, and more? We have a large bin of Lost and Found items in our main lobby. Feel free to come find your child's items. Thank you!

#### Are you Moving?

If you are moving to a new school next year, please notify the office as soon as possible and talk to our attendance clerk, Mrs. Wright. Please contact your child's new school so that they can request records from us. This will help us make accurate class lists for next school year. Thank you!

#### **Update from Mrs. Hinman:**

The end of the school year is quickly approaching! New York State regulations require all medication left at school at the end of the school year be discarded. This includes inhalers and Epi-pens. Unless your child has current permission to self-carry their medication, the school is not able to allow your child to bring the medication home themselves. If you need to make special arrangements to pick up medication, please call to make arrangements. **Medications not picked up, will be disposed of Friday, June 28th @ 11:30 am.** 

#### Warm Weather Outfits and Shoes:

With the warmer weather here, we will be seeing many summer-type outfits. Please remember to check with your child to make sure that the shorts and shirts they are choosing to wear meet the Code of Conduct requirements. Short shorts, spaghetti straps, and crop tops are not permitted for school attire. If your child chooses to wear sandals, they need to have straps on the ankle, and they must be responsible for bringing sneakers for playground and physical education. **Flip-flops and slides are not safe for school.** Thank you for your support with this.

#### 2024-25 Busing Form

On Monday, May 6, the Transportation Department will send the 2024-25 School Year Busing Form for parents/guardians to complete. This process was implemented in 2023 and has been refined for the upcoming school year. The busing form helps the Transportation Department determine the schedule and routes. This form must be completed for every student. Please stay tuned for more information.

# **Character Education - Summer of 2024!**

Character education learning is a year-round learning event for our students in Horseheads. Below are tips for the summer months. Be on the lookout for our character education connections in our community.



-Discuss why games have rules -Talk about taking turns while choosing things to do on vacation -Discuss with your child why fair is not always equal -Show good sportsmanship

#### **Trustworthiness - August**

-Have a family game night -Model honesty in your everyday life -Point out characters in books, movies, TV shows who display trustworthiness and why -Focus on the "fun" of something instead of winning -Honesty starts at home







# May Snapshots & MORE



Check out more photos and events on our Facebook Page!

We vour Golden \*\*

"We Succeed Because The Stars Lead"

# <section-header><section-header><section-header><section-header>



As the school year comes to a close, we will be saying goodbye to three amazing Golden Star Staff. Thank you for your years of dedication to our students. Best wishes in retirement or your next adventure!

Mrs. Keefe – 2<sup>nd</sup> Grade Teacher Mrs. Steinhilper – Teaching Assistant Mrs. O'Brien – Teaching Assistant Mrs. Plummer - LPN



To report child abuse or neglect call toll free 1-800-342-3720 or ocfs.ny.gov/main/cps

## Horseheads Central School District's Mission & Vision:



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

## **Gardner Road Musicians**

The 3<sup>rd</sup> and 4th grade Golden Stars performed beautifully at their concerts in the month of May. Thanks to our Gardner Road families for supporting our students in the arts. Thank you to Mr. Goodenough for conducting great concerts while Mrs. Smith is out on leave.







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.

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. The Dignity Act Coordinator (DAC) for Gardner Road Elementary is Patrick Patterson. Complaints regarding discrimination, harassment, or bullying of any student should be referred to Patrick Patterson at (607) 739 – 6347.

# June 2024 UPDATED E

# Gardner Road Elementary School



| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| 3 Day 5   | 4 Day 6  | 5 Day 1   | 6 Day 2  | 7 Day 3  |
| Spring Book Fair 6/3–6/6<br>Kindergarten Screening<br>(at RR Elementary   | Kindergarten Screening<br>(at GR Elementary)   | Kindergarten Screening<br>(at GR Elementary)<br>Book Bingo and Book Fair<br>GR Library & Gym 5:30 - | Golden Start Artists/<br>Musician Showcase: 4:00 -<br>6:00 Raymour & Flanigan  | Gardner Road<br>Spirit Day<br>Wear<br>Blue & Gold                                  |
| 10 Day 4  | <ul> <li>11 Day 5</li> <li>4th Grade Unity Day<br/>HS Stadium - AM</li> <li>Principal Chat 5:30</li> <li>GRPTO Meeting 6:00</li> </ul> | 12 Day 6  | 13 Day 1   | 14Day 24th Grade Celebration Field<br>Trip   |
| 17 Day 3  | 18 Day 4   | 19 No School  | 20 Day 5   | 21 Early Dismissal 10:30   |
| Paint the Principal Day<br>Kindergarten   | Senior Walk 1:30   | JUNETEENTH<br>FREEDOM DAY   | Fun in the sun !<br>BOE Meeting<br>HS MMC 6:00   |  |
| <ul> <li>24 Early Dismissal 10:30</li> <li>K Celebration 9:00</li> <li>HS Auditorium</li> <li>GRPTO Mud Run @ Intermediate School 6:00</li> </ul> | <ul><li>25 Early Dismissal 10:30</li><li>PK Orientation 12:45</li></ul>  | 26 Early Dismissal 10:30<br>Sing Along 9:15<br>Report Cards Go Home                                 | Character Education Connect<br>Discuss how characters in a bo<br>Discuss with your kids what/w<br>Consider donating your time o<br>to your favorite charity<br>Help your child make a card/le<br>caring to a friend or relative<br>Model random acts of kindnes<br>Help a neighbor | ook show caring.<br>who they care about and why<br>or items<br>etter of<br>A GREAT |



Find summer meal sites near you by calling the 2-1-1 HELPLINE at 1-800-346-2211, VISIT www.211helpline.org, TEXT FOOD or COMIDA to 877-877 (text rates apply) or contact the district foodservice office (contact info below).

Tuesday

Monday



Wednesday

NO REGISTRATION IS REQUIRED!

HORSEHEADS ELEMENTARY **GRADES PK-4TH** 

Thursday

#### **Available Daily Entrees**

| S       | PK-4TH  | PBJ Sandwich  |
|---------|---|---|
|         |   | Meat Chef Salad w/ Bread Choice   |
|         | Friday  | Vegetarian Chef Salad w/Bread   |
|         | <ul> <li>Buffalo Wing Pizza<br/>Pepperoni Pizza<br/>Crispy Fish Filet<br/>Sandwich<br/>Green Beans</li> <li>Fresh Baby Carrots</li> </ul> | Choice<br>NY Cheese Stick & Yogurt w/Bread<br>Choice<br>Turkey & Cheese Sandwich<br>Ham & Cheese Sandwich<br>M/W/F: Baked Chicken Nuggets<br>w/Bread<br>T/TH: Cheese Pizza<br>Available Daily Sides   |
|         |   |   |
|         | 14 Pizza Dunkers<br>w/Marinara Sauce<br>Tuna Salad Sub<br>Sliced Carrots  | Fresh Vegetables<br>Fresh Tossed Salad<br>Assorted Fruit<br>NY Chilled Milk<br>100% Fruit Juice<br>*Bread Choice = Soft Pretzel or<br>Breadstick  |
|         |   | PRICING:  |
|         |   | Breakfast & Lunch: \$0.00<br>Milk/Ala Carte Side: \$0.75<br>Snacks: \$0.75-\$1.50   |
| 5       | 21<br>HALF DAY<br>NO LUNCH  | NOTE: Every student receives 1<br>breakfast and 1 lunch at no<br>charge per school day. Each<br>breakfast & lunch must be a<br><u>COMPLETE MEAL</u> , or student will<br>be charged ala carte for each<br>item on their tray.   |
|         |   | <u>Breakfast Menu</u>   |
| ¥.      | 28<br>Congrats 2024 Graduates!!   | Monday: Breakfast on a Stick<br><u>Tuesday:</u> Cinnamon Roll<br><u>Wednesday:</u> Breakfast Sandwich<br><u>Thursday:</u> French Toast Sticks<br><u>Friday:</u> Mini Pancakes<br><u>Daily Options:</u> Bagel, Asst. Cereal,<br>Goldfish Graham, Asst. Oatmeal,<br>Muffin Top, Breakfast Oatmeal |
| 97<br>1 | This institution is an equal  | Bar, <b>NY Yogurt</b> , Asst. Fruit, 100%<br>Fruit Juice & <b>Chilled NY Milk</b>   |
|         | This distribution is an equal   |   |

| 3  | French Toast Sticks &<br>Sausage<br>Turkey Club Sub<br>Sliced Carrots<br>Tater Tots                             | 4 Chicken & Orange<br>Sauce<br>W/Rice<br>Ham & Cheese Deli<br>Wrap<br>Steamed Broccoli   | 5 NY MENU DAY!<br>NY Hot Dog on a Roll<br>Cheeseburger on a<br>Roll<br>NY Texas<br>Meatsauce<br>NY Applesauce Cups<br>NY Juice!<br>Strawberry Shortcake                                       | 6 Chicken Soft Taco<br>W/Rice<br>Bean Taco<br>W/Rice<br>Chicken BLT Salad<br>W/Bread Choice<br>Golden Sweet Corn<br>Refried Beans  | <ul> <li>Buffalo Wing Pizza<br/>Pepperoni Pizza<br/>Crispy Fish Filet<br/>Sandwich<br/>Green Beans</li> <li>Fresh Baby Carrots</li> </ul> | Choice<br>NY Cheese Sti<br>Choice<br>Turkey & Cheese<br>Ham & Cheese<br>M/W/F: Baked<br>w/Bread<br>T/TH: Cheese P<br>Available Dail  |
|----|---|--|---|--|---|--|
| 10 | Philly Cheese Steak<br>Sub<br>Baked Crispy Chicken<br>Sandwich<br>Green Beans<br>Oven Fries                     | 11 Toasted Cheese<br>Sandwich<br>Chicken Ranch Wrap<br>Hot Tomato Soup<br>Sliced Carrots | 12 Cheese Ravioli &<br>Marinara Sauce<br>w/Bread<br>Ultimate Cheese<br>Breadstick<br>w/Marinara Sauce<br>Steamed Broccoli<br><b>Fresh Pepper Strips!</b><br>Fruity Jello<br>w/Whipped Topping | 13 Pulled Pork Nacho<br>Grande<br>W/Rice<br>Chicken Caesar Salad<br>W/Bread Choice<br>Golden Sweet Corn<br>Refried Beans   | <sup>14</sup> Pizza Dunkers<br>w/Marinara Sauce<br>Tuna Salad Sub<br>Sliced Carrots   | Fresh Vegetabl<br>Fresh Tossed S<br>Assorted Fruit<br>NY Chilled Mil<br>100% Fruit Juic<br>*Bread Choice<br>Breadstick<br><u>PRICING:</u><br>Breakfast & Lu<br>Milk/Ala Carte                      |
| 17 | Baked Mozzarella<br>Sticks w/Pasta &<br>Sauce<br>Breaded Chicken<br>Drumstick<br>w/Breadstick<br>Sliced Carrots | 18 Sesame Chicken<br>W/Rice<br>Tuna Salad Sub<br>Steamed Broccoli                        | <sup>19</sup><br><b>Juneteenth</b><br>No School   | <sup>20</sup> PICNIC DAY!!<br>NY Hot Dog on a Roll<br>Assorted Vegetables<br>Fresh Strawberries!<br>Bag of Chips   | 21<br>HALF DAY<br>NO LUNCH  | Snacks: \$0.75-4<br>NOTE: Every si<br>breakfast and<br>charge per sci<br>breakfast & lu<br><u>COMPLETE ME</u><br>be charged al<br>item on their<br><u>Breakfast Me</u><br><u>Monday:</u> Breakfast |
| 24 | HALF DAY<br>NO LUNCH  | 25<br>HALF DAY<br>NO LUNCH   | 26<br>HALF DAY<br>NO LUNCH  | 27<br>Control Control Co | 28<br>Congrats 2024 Graduates!!   | Tuesday: Cinn<br>Wednesday: E<br>Thursday: Frer<br>Friday: Mini Pa<br>Daily Options:<br>Goldfish Graha<br>Muffin Top, Br<br>Bar, NY Yogur<br>Fruit Juice & Cl                                      |

Contact the Food Service Office at (607) 739-5601 (ext. 3671 or ext. 3674) or go to the School District Website Food Service Page & click on the Contact Us button to fill in and submit your info. If you have a food allergy or need allergy info, please notify us.

This institution is an equal opportunity employer & provider. This menu is subject to change with out advance notice.



541 Gardner Road • Horseheads, NY 14845 • 607-739-6347 • Fax 607-795-2545 www.horseheadsdistrict.com/hhgr.cfm

Dear Parents/Guardians:

The Horseheads Central School District Transportation Department has opened the 2024-25 Busing Form. The bus form helps the Transportation Department determine the schedule and routes. This process was implemented in 2023 and has been refined for the upcoming school year.

#### Parents/guardians must complete a form for every student.

If you plan to drive your student(s) to/from school, use another means of transportation, or have a student that participates in a fall athletic sport, please <u>do not</u> 'reserve' a spot in the event your child needs busing later in the year. If you need busing for your student(s) after the start of the school year, you will be able to begin busing at any time. We request a 48-hour notice to adjust bus runs.

#### My Student(s) Does Need Busing

- You will need your student's ID (Your student's ID can be found on a report card, <u>SchoolTool</u>, <u>PaySchools</u>, or you may call your school's main office to request it via email)
- Submit morning and afternoon pick up information (addresses)
- Select the day(s) of the week your child will need busing
- If your child has transportation needs identified as part of their IEP, you do not need to complete this
  form. Student Services and Transportation will work together to coordinator these services and contact
  you closer to the start of school
- Submit any additional comments

# **COMPLETE THE BUS FORM**

#### My Student(s) Does Not Need Busing

- You will need your student's ID (Your student's ID can be found on a report card, <u>SchoolTool</u>, <u>PaySchools</u>, or you may call your school's main office to request it via email)
- Submit the form indicating that your student will not need busing in the morning or afternoon

# COMPLETE THE BUS FORM

Please complete the form by Friday, May 31. If you have questions about transportation, please contact the Transportation Office at 607-739-6338.

Thank you,

Horseheads Central School District

# Horseheads Central Schools 2024-2025 School Calendar

^ Early Dismissal Drill

BOE DATE 2/29/24

|    | SEPTEMBER |    |    |    |    |    |  |  |  |
|----|-----------|----|----|----|----|----|--|--|--|
| S  | М         | Т  | W  | Т  | F  | S  |  |  |  |
| 1  | 2         | 3  | 4  | 5  | 6  | 7  |  |  |  |
| 8  | 9         | 10 | 11 | 12 | 13 | 14 |  |  |  |
| 15 | 16        | 17 | 18 | 19 | 20 | 21 |  |  |  |
| 22 | 23        | 24 | 25 | 26 | 27 | 28 |  |  |  |
| 29 | 30        |    |    |    |    |    |  |  |  |

|    | OCTOBER |    |    |     |    |    |  |  |  |
|----|---------|----|----|-----|----|----|--|--|--|
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| 6  | 7       | 8  | 9  | 10^ | 11 | 12 |  |  |  |
| 13 | 14      | 15 | 16 | 17  | 18 | 19 |  |  |  |
| 20 | 21      | 22 | 23 | 24  | 25 | 26 |  |  |  |
| 27 | 28      | 29 | 30 | 31  |    |    |  |  |  |

| NOVEMBER             |             |    |    |    |    |    |  |  |  |
|----------------------|-------------|----|----|----|----|----|--|--|--|
| S                    | M T W T F S |    |    |    |    |    |  |  |  |
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| 3                    | 4           | 5  | 6  | 7  | 8  | 9  |  |  |  |
| 10                   | 11          | 12 | 13 | 14 | 15 | 16 |  |  |  |
| 17 18 19 20 21 22 23 |             |    |    |    |    |    |  |  |  |
| 24                   | 25          | 26 | 27 | 28 | 29 | 30 |  |  |  |

|    | DECEMBER |    |    |    |    |    |  |  |  |
|----|----------|----|----|----|----|----|--|--|--|
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| 1  | 2        | 3  | 4  | 5  | 6  | 7  |  |  |  |
| 8  | 9        | 10 | 11 | 12 | 13 | 14 |  |  |  |
| 15 | 16       | 17 | 18 | 19 | 20 | 21 |  |  |  |
| 22 | 23       | 24 | 25 | 26 | 27 | 28 |  |  |  |
| 29 | 30       | 31 |    |    |    |    |  |  |  |

|    | JANUARY              |    |    |    |    |    |  |  |  |  |
|----|----------------------|----|----|----|----|----|--|--|--|--|
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|    |                      |    | 1  | 2  | 3  | 4  |  |  |  |  |
| 5  | 6                    | 7  | 8  | 9  | 10 | 11 |  |  |  |  |
| 12 | 13                   | 14 | 15 | 16 | 17 | 18 |  |  |  |  |
| 19 | 19 20 21 22 23 24 25 |    |    |    |    |    |  |  |  |  |
| 26 | 27                   | 28 | 29 | 30 | 31 |    |  |  |  |  |

| FEBRUARY   |               |    |    |    |    |    |  |  |  |
|--|---------------|----|----|----|----|----|--|--|--|
| S  | S M T W T F S |    |    |    |    |    |  |  |  |
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| 2  | 3             | 4  | 5  | 6  | 7  | 8  |  |  |  |
| 9  | 10            | 11 | 12 | 13 | 14 | 15 |  |  |  |
| 16         17         18         19         20         21         22 |               |    |    |    |    |    |  |  |  |
| 23   | 24            | 25 | 26 | 27 | 28 |    |  |  |  |

**N// A X**/

|          | MARCH    |    |    |    |    |    |  |  |  |
|----------|----------|----|----|----|----|----|--|--|--|
| S        | М        | Т  | W  | Т  | F  | S  |  |  |  |
|          |          |    |    |    |    | 1  |  |  |  |
| 2        | 3        | 4  | 5  | 6  | 7  | 8  |  |  |  |
| 9        | 10       | 11 | 12 | 13 | 14 | 15 |  |  |  |
| 16       | 17       | 18 | 19 | 20 | 21 | 22 |  |  |  |
| 23<br>30 | 24<br>31 | 25 | 26 | 27 | 28 | 29 |  |  |  |

|    | JUNE |    |     |    |     |    |  |  |  |
|----|------|----|-----|----|-----|----|--|--|--|
| S  | М    | Т  | W   | Т  | F   | S  |  |  |  |
| 1  | 2    | 3  | (4) | 5  | 6   | 7  |  |  |  |
| 8  | 9    | 10 | 11  | 12 | 13  | 14 |  |  |  |
| 15 | 16   | 17 | 18  | 19 | 20  | 21 |  |  |  |
| 22 | 23   | 24 | 25  | 26 | 27) | 28 |  |  |  |
| 29 | 30   |    |     |    |     |    |  |  |  |

First Day of School PreK - 12th: Wednesday, September 4, 2024

Last Day for Students: Thursday, June 26, 2025

Last Day for Teachers: Friday, June 27, 2025

| APRIL       |    |    |    |    |    |    |  |  |
|-------------|----|----|----|----|----|----|--|--|
| S M T W T F |    |    |    |    |    |    |  |  |
|             |    | 1  | 2  | 3  | 4  | 5  |  |  |
| 6           | 7  | 8  | 9  | 10 | 11 | 12 |  |  |
| 13          | 14 | 15 | 16 | 17 | 18 | 19 |  |  |
| 20          | 21 | 22 | 23 | 24 | 25 | 26 |  |  |
| 27          | 28 | 29 | 30 |    |    |    |  |  |

#### School Not in Session:

|                            | - / -              |
|----------------------------|--------------------|
| Labor Day                  | 9/2                |
| Columbus Day               | 10/14              |
| Veterans Day (observed)    | 11/11              |
| Thanksgiving Recess        | 11/28-11/29        |
| Winter Recess              | 12/23-1/3          |
| Martin Luther King, Jr Day | 1/20               |
| Lunar New Year             | 1/29               |
| President's Day Recess     | 2/17-2/21*         |
| Spring Recess              | 4/14-4/18 <b>*</b> |
| Memorial Day Recess        | 5/26               |
| Juneteenth                 | 6/19               |
|                            |                    |

\* Pending days utilized for school closures.

#### Parent/Teacher Conference (½ Day AM)

11/15/24 - (pm off PreK-6<sup>th</sup> Only) 11/18/24 - (pm off PreK-6<sup>th</sup> Only) 11/22/24 - (pm off PreK-6<sup>th</sup> Only)

#### <u>½ Days (AM)</u>

11/27/24 (Pre-K – 12<sup>th</sup>) 6/25/25 (Pre-K – 8<sup>th</sup> Only) 6/26/25 (Pre-K – 8<sup>th</sup> Only)

#### <mark>Full Day Off</mark> 1/27/25 (7<sup>tb</sup> – 12 Only)

1/27/25 (7th – 12 Only) 6/20/25 (PreK – 6th Only)

| MAY                  |    |    |    |    |    |    |
|----------------------|----|----|----|----|----|----|
| S                    | М  | Т  | W  | Т  | F  | S  |
|                      |    |    |    | 1  | 2  | 3  |
| 4                    | 5  | 6  | 7  | 8  | 9  | 10 |
| 11                   | 12 | 13 | 14 | 15 | 16 | 17 |
| 18                   | 19 | 20 | 21 | 22 | 23 | 24 |
| 25                   | 26 | 27 | 28 | 29 | 30 | 31 |
| LEGEND               |    |    |    |    |    |    |
| (9/3, 10/11, & 3/24) |    |    |    |    |    |    |
| Schools Closed*      |    |    |    |    |    |    |
| Regents Exams        |    |    |    |    |    |    |

The district will communicate to residents and staff about any calendar adjustments needed due to excessive closure days by April 11, 2025 (per contractual obligations). Please be aware, if the district needs to make up school days\*\*, the priority of make-up days will be as follows, unless modifications to the below schedule are needed:

| 1st Make Up Day             | 4/14/25 |
|-----------------------------|---------|
| 2 <sup>nd</sup> Make Up Day | 4/15/25 |
| 3 <sup>rd</sup> Make Up Day | 4/16/25 |
| 4 <sup>th</sup> Make Up Day | 4/17/25 |

\*\*The district has the potential for closure days built into the calendar (all pending total # of Hours and Days required by NYSED and state attendance regulations).



# How to Talk About Mental Health With Children

Families have a powerful role in supporting their children's mental and emotional health at home and at school. Learn signs that your child might be struggling and strategies to talk about mental health with your child.

## Signs to Look For

Look for these warning signs that your child might need support:

- Feeling very sad or withdrawn;
- · Harming or planning to harm themselves;
- Getting into fights;
- Not eating, throwing up, or using laxatives to lose weight;
- Having intense worries or fears that get in the way of daily activities;
- Having difficulty controlling behavior;
- Using drugs or alcohol;
- Having severe mood swings; or
- Exhibiting a drop in grades.

### **Starting Conversations**

Try leading with these questions and actively listening to your child's responses:

- Can you tell me more about what is happening? How are you feeling?
- Have you had feelings like this in the past?
- Sometimes you need to talk to an adult about your feelings. I'm here to listen. How can I help you feel better?
- Do you feel like you want to talk to someone else about your problem?

When talking about mental health problems with your child:



- Communicate in a straightforward manner;
- Speak at a level that is appropriate to a child or adolescent's age and development level;
- Discuss the topic when your child feels safe and comfortable;
- Watch for reactions during the discussion and slow down or back up if your child becomes confused or looks upset; and
- Listen openly and let your child tell you about their feelings and worries.

## **School Connectedness**

When families are engaged in their children's school activities and initiatives, children get better grades, choose healthier behaviors, and have better social skills.

Here are three ways to support your child's mental health and emotional well-being in school and at home:

- 1. Get involved in health decisions at school.
- 2. Communicate with your school, letting them know how they can help support your child.
- 3. Try strategies at home like asking about your child's feelings, focusing on their strengths, and modeling positive coping skills to manage stress, like going for a walk.



# MEMORIAL 5K RUN & WALK In loving memory of Orlando Josiah Vargas

Please join us for the first annual 5k in honor and memory of our son, Orlando Josiah Vargas. All proceeds will go towards a future scholarship award to a graduate of Horseheads High School.



Registration Fee\*





Horseheads, NY 5k Start Time: 8:30am Fun Run\* for kids to follow at 9:45am Start/Finish Line at Thorne St. Park

Scan the QR code to register!

\*Fun Run Registration costs \$15. Registration for 5k costs \$35 and includes race bib provided by Falcon Racing, Event T-Shirt, and complimentary snacks and beverages at event.