



Explore Empower Excel

Horseheads Middle School Newsletter April, 2020

If You Need Support, Contact US!

Our Phones Are Still Being Answered

607-739-6357



IMPORTANT NOTICE

All NYS Assessments Have Been Cancelled. See the New York State Education Department website for COVID -19 related information at: <http://www.nysed.gov/>

What's Happening at HMS

Extended School Dismissal Through April 29th

Stay tuned for any changes

M\$ Marking Period Ends

4/17

Report Cards Will Be Mailed

Stay Home and Be Well



Need Assistance With Food

CALL THE CHEMUNG COUNTY COVID 19 HOTLINE at 607-873-1813

See additional food information on page 2.

On-Line Learning Starts April 13th

Horseheads Central School District Emergency Meals Information

**Update:
New meal sites added**

State and federal regulations allow districts to provide meals to lower income children during school closures. During our closure due to the COVID-19 pandemic, we provide meals to families in need of assistance. Here is information on our meal distribution program:

Where are the locations and times for the meal sites?

Meals are provided weekdays during the school closure at the following locations and times:

10:30-11:30am	Center Street School	812 Center St, Horseheads
10:30-10:50am	Collingwood Mobile Home Park	358 Chambers Rd, Horseheads
10:30-10:50am	Pine Valley Mobile Home Park	3600 Watkins Rd, Pine Valley
10:30-11:00am	Ridge Road School	112 Ridge Rd, Horseheads
11:00-11:30am	Millport Fire Department	2016 Crescent St, Millport
11:00-11:20am	Thunderbird Greens Mobile Home Park	391 Sing Sing Rd, Horseheads
11:15-11:35am	Erin Estates	1356 Breesport Rd, Breesport

Please note: We will evaluate the program and make adjustments if necessary.

Who is eligible?

This program is for any district family who needs assistance. Meals are available for those 18 years old or younger at no charge.

What is served?

We provide one breakfast and lunch per student. The menu items follow the typical meal pattern with grain, protein, fruit and/or vegetable, and milk. For those familiar with the Summer Food Service Program, the meals are very similar. Examples include peanut butter and jelly sandwiches or yogurt and string cheese, assorted fruit, and other items. We also provide alternative food items for students who have food allergies or intolerances.

How are meals served?

Meals are provided via drive up or walk up service for recipients to take home. There is not a dining area.

What should I do if I cannot get to a meal site?

We can deliver the meals to you if you are unable to get to a site. If you are unable to get to a site, please call (607) 739-5601, x4260 or x4295 to order meals for the following day. Please note: For Monday delivery, please contact us on the Friday before. We will need parents to contact us each day they need delivery.

Questions? Please call (607) 739-5601, x4260 or x4295, or email hcsdinfo@horseheadsdistrict.com.

3/26/2020

A Message To Students From Mr. Holloway



Hello Horseheads Middle School Students,

Please cut and paste this link into your browser to see the video: <https://youtu.be/XMvOkrDBkeA>

On March 16, 2020 school was dismissed to help prevent the spread of the COVID-19 virus. As of today (April 10, 2020), we have been out of school for 25 days and when we return on April 30th, we will have been away from each other for a total of 44 days. That is a long time without the normal routine of seeing your friends and all of the adults that help make your learning possible.

I am hopeful that you are making the best of the situation and choosing to have a good attitude, as the FISH Philosophy tells us. Being Horseheads Raiders, I know you we can get through anything with the right mindset.

As we move to our online learning, I want to encourage you to do the best you can. It may be difficult at times, but hang in there and give it an honest effort.

If you need support, during our time away, reach out to your teachers a guidance counselors, social workers, or me anytime via email. You can also call the main office at 739-6357. If there is no answer, leave a message and someone will get back to you. We are all in this together and because we are here to support each other, we will make it through just fine.

Take care, be well and I hope to see you soon...and of course, Make It A Great Day, The Raider Way!



Horseheads 2020-21 Budget Development



The Board of Education and district are currently developing the proposed 2020-21 School Budget to be offered to voters May 19. Here is a schedule of public meetings regarding the proposed budget. All are welcome. The Multi-Media Center is located in the south wing of Horseheads High School.

- | | |
|------------------------|--|
| Thursday, April 16 | Budget Workshop, Multi-Media Center, 6pm |
| Wednesday, April 22 | Board of Education Meeting, Multi-Media Center, 6 p.m. |
| Wednesday, May 5 | (Tentative) Board of Education Candidates' Forum, Multi-Media Center, 6 p.m. |
| Thursday, May 7 | Public Hearing, Multi-Media Center, 6 p.m. |
| Tuesday, May 19 | Budget Vote/Board of Education Election, High School South Gym, 7 a.m. - 9 p.m. |

For more information on the proposed budget, including videos and presentations from the Board of Education meetings above, please visit the district website at <https://horseheadsdistrict.com/Budget2020-21.cfm?school=District>. Questions? Please email hcsdinfo@horseheadsdistrict.com or call (607) 739-5601, x4295.

**Speak
Up!**





Notes from the Nurse

Important Message from the School Nurse

I NEED TO STAY HOME IF...						
I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Temperature of 100 or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Itchy head, active head lice	Redness, itching and/or "crusty" drainage from the eye	Hospital stay and/or ER visit
I AM READY TO GO BACK TO SCHOOL WHEN I AM...						
Fever free for 24 hours without the use of fever reducing medication like Tylenol or Motrin, etc.	Free from vomiting for at least 2 solid meals	Free from diarrhea for at least 24 hours	Free from rash, itching, or fever. I have been evaluated by my doctor, if needed	Treated with appropriate lice treatment at home and proof is provided	Evaluated by my doctor and have a note to return to school	Released by my medical provider to return to school

If your child has strep throat or another bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given permission for your child to return to school. We encourage you to seek medical attention when your child is sick and to follow your health care provider's recommendations about returning to school or other activities.

Please communicate with your school nurse about any health concerns your child might be experiencing. We want to ensure he or she receives appropriate care at school.



Do NOT touch the **T**Zone!



mucous membranes
of your eyes, nose or
mouth are where germs
enter your body!



The 4 Principles of Hand Awareness

1. **WASH** your hands when they are dirty and **BEFORE** eating.
2. **DO NOT** cough into your hands.
3. **DO NOT** sneeze into your hands.
4. Above all, **DO NOT** put your fingers into your eyes, nose or mouth!

Spread the word not the germs!

Visit www.henrythehand.com

The 4 Principles of Hand Awareness have been endorsed by the AMA & AAFP

©2009 William P. Sawyer, M.D

Handwashing at Home, at Play, and Out and About



Germs are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.

How can washing your hands keep you healthy?

Germs can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

Handwashing helps prevent infections for these reasons:



People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.



Germs from unwashed hands may get into foods and drinks when people prepare or consume them. Germs can grow in some types of foods or drinks and make people sick.



Germs from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.



What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.



Centers for Disease
Control and Prevention
National Center for Emerging and
Zoonotic Infectious Diseases



The National Junior Honor Society Leads the Way on "Spread the Word" Inclusion Day

The National Junior Honor Society (NJHS) led the school in "Spread the Word" Inclusion Day on March 4. NJHS members assisted students in filling out and decorating pledge cards that were then put together to spell out "include", "caring" and "kindness".

The students modeled the Fish Philosophy tenets of "Be There" and "Make Their Day".



Students spell out words with the pledge cards.



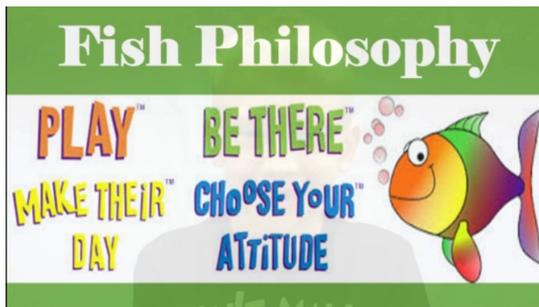
Ms. Fischer, NJHS Advisor

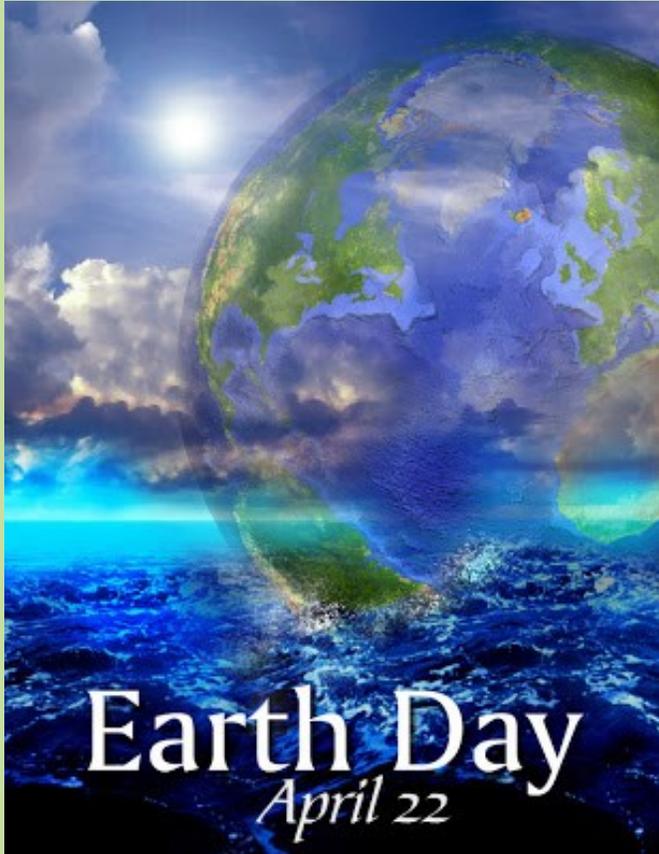


Alyssa Carlson shows off her



Shaelyn Thomas and Madison Kittle "Spread the Word".





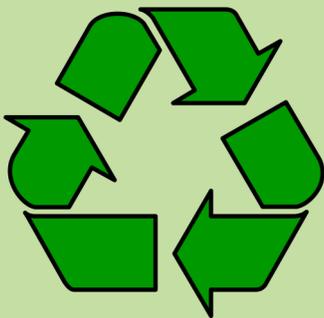
YEARBOOK SALE

To order your 2019-2020 Middle School yearbook go to the following website: ybpay.lifetouch.com.

Enter the Yearbook ID code 11056520 and then follow the easy on- screen ordering instructions.

The cost is \$ 19.00 and all major credit cards are accepted. The Middle School will not be handling any yearbook payments.

If you need further information or details, please call 1-800-453-9764. All yearbooks must be ordered online. The deadline for ordering is **May 1st**. School Yearbooks will be distributed in June.



Character Trait of the Month **Responsibility**

Students are expected to:

- come to school/class prepared, on time and ready to learn.
- complete all homework, class work and class projects to the best of their ability.
- know and understand school policies and procedures and accept the direction of teachers and school officials



Earth Day 2020

Climate Change



Photo © Greg Vaughan

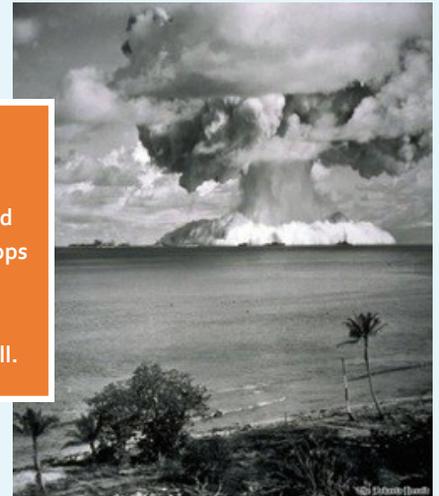
The Marshall Islands

On the Front Lines of Climate Change

Flag of the Marshall Islands



Stretching for 4,900 miles in the northern Pacific Ocean, this delicate string of coral atolls and islands is in danger of disappearing. The Marshall Islands, which number more than 1,100, are only a few feet above sea level. The highest point is 32 feet on the island of Likiep. Their fragile beauty is threatened by climate change.



June 30, 1946
The United States drops an atom bomb on Bikini Atoll.

The Marshall Islands were named after British captain William Marshall in 1788. Micronesians had inhabited the Marshalls for thousands of years; to them, the east side of the archipelago was called “Ratak”, which means ‘sunrise’; the west is “Ralik”, which means ‘sunset’. They have been independent since 1986.

During WWII, the United States took control of the islands from Japan. They were then used as nuclear testing sites from 1946 - 1962. Bikini Atoll was the site of an atom bomb test (pictured at right).



King Tides and rising sea levels threaten to overcome the islands.



Capped nuclear waste site on Runit Island is in danger of leaking.

CAN YOU REDUCE YOUR CARBON FOOTPRINT?

FOOD:

- ☞ Reduce food waste
- ☞ Buy only what you need
- ☞ Eat what you buy



ELECTRICITY:

- ☞ Look into solar panels or community solar project
- ☞ Look into options to switch to renewable energy from your power company



TRANSPORTATION:

- ☞ Commit to reduce your fossil fuel impact of your daily commute to work or school
- ☞ Walk, ride your bicycle, carpool or use public transportation

Work Cited: *wwf.org*

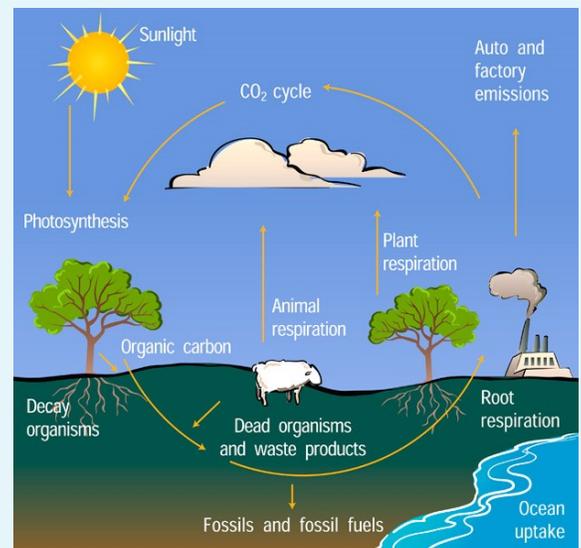


Stages of the Carbon Cycle

- Photosynthesis** - The basis of the carbon cycle, in which plants use carbon dioxide from the air to make sugars.

$$\text{CO}_2 + \text{H}_2\text{O} \rightarrow \text{C}_6\text{H}_{12}\text{O}_6 + \text{O}_2$$
 (Carbon Dioxide + water, with light energy from the sun, yields glucose and oxygen)
- Respiration** (breathing) - The process by which sugar molecules are broken down to release energy. Carbon dioxide and water are released as byproducts.
- Decomposition** - The breakdown of substances into simpler molecular substances. Dead materials breakdown into carbon dioxide and water.
- Combustion** - The process of burning a substance, such as wood or fossil fuels. Releases CO_2

The Carbon Cycle



PROTECTING OUR PLANET STARTS WITH YOU

<p>BIKE MORE DRIVE LESS</p>	<p>reduce REUSE recycle</p> <p>Cut down on what you throw away. Follow the three "R"s to conserve natural resources and landfill space.</p>	<p>choose sustainable</p> <p>seafood</p> <p>Learn how to make smart seafood choices at www.FishWatch.gov.</p>	<p>Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.</p> <p>PLANT A TREE</p>
<p>EDUCATE</p> <p>When you further your own education, you can help others understand the importance and value of our natural resources.</p>	<p>CONSERVE WATER</p> <p>The less water you use, the less runoff and wastewater that eventually end up in the ocean.</p>	<p>-SHOP-WISELY</p> <p>Buy less plastic and bring a reusable shopping bag.</p>	<p>Don't send chemicals into our waterways.</p> <p>Choose nontoxic chemicals in the home and office.</p>
<p>Volunteer!</p> <p>Volunteer for cleanups in your community. You can get involved in protecting your watershed too!</p>	<p>ARE A BRIGHT IDEA</p> <p>Long-lasting light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!</p>	<p>Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!</p>	

oceanservice.noaa.gov

Rachel Carson

Mother of the Environmental Movement



Rachel Carson was the first to sound the environmental alarm regarding harmful chemicals in the environment.

Born in Springdale, Pennsylvania, in 1907, near the Allegheny River, Carson grew up with a deep appreciation of the natural world. She had a knack for writing too; her first article was published in *St. Nicholas* magazine when she was 10 years old.

Rachel attended the Pennsylvania College for Women (now Chatham University) as an English major, before switching to Biology. She interned at the U.S. Marine Laboratory in Woods Hole, MA. She completed her graduate work in biology at Johns Hopkins University. Upon graduation, she worked her way up from a part-time job at the U.S. Bureau of Fisheries to editor-in-chief of all publications at the U.S. Fish & Wildlife Service.

One book thrust her into the national spotlight and raised Americans' awareness of the world around them. *Silent Spring*, published in 1962, exposed the dangers of chemicals such as DDT, which wreaked havoc on the environment. This book alone prompted the federal government to conduct a study of the country's pesticide policy, after which, DDT was banned.

Carson died of breast cancer in 1964, at age 57. In her honor, the Fish & Wildlife Service named a refuge near her home in Maine, The Rachel Carson Wildlife Refuge.

Source: https://www.fws.gov/refuge/Rachel_Carson/about/rachelcarson.html



Namesake Wildlife Refuge in

Once on the Endangered Species List, the Bald Eagle has made an amazing comeback. This magnificent raptor, once thought of as a livestock predator, and was slaughtered. It's habitat declined as trees were cut down. But the denouement came with the invention of DDT. An extremely effective pesticide, DDT lingered in the environment and entered the food chain at the lowest levels. The pesticide accumulated in fish they ate. Once ingested, it caused Bald Eagles' eggshells to thin, and chicks could not survive.



Read Rachel:

Under the Sea-Wind (1941)

The Sea Around Us (1951)

The Edge of the Sea (1955)

Silent Spring (1962)

The Sense of Wonder (1965)

Published posthumously

Read About Rachel:

Rachel Carson: Witness for Nature
by Linda Lear, 1997

Carson's Silent Spring: A Reader's Guide by
Joni Seagar, 2014

Rachel Carson: The Writer at Work by Paul
Brooks, 1998

Visit [www.http://rachelcarson.org/books](http://rachelcarson.org/books)

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, 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.



Explore Empower Excel

SUPPORT
OUR
SCHOOL

JOIN THE
PTA



It's now easier than ever to support Horseheads Middle School's PTO! We're excited to share a quick and easy way to donate to the PTO by using PayPal. Any amount can be donated, and donations are accepted at any time.

Just click this link: paypal.me/hsdmspto or use our email address: HorseheadsMSPTO@gmail.com



Exploring the World of Science

The New York State Tournament for Science Olympiad has been cancelled due to the Corona-virus.



The *Digital Citizenship News* is an invaluable tool for parents and students alike to learn about and protect themselves on the Internet.

Follow this link to read the monthly newsletters for more information you can use to keep your family safe online.

<http://www.horseheadsdistrict.com/digcitnews.cfm>



Sign Up to receive this newsletter in your email inbox

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

The DIGITAL CITIZENSHIP Pledge

I will keep myself SAFE on the Internet

I will keep my information PRIVATE and SECURE

I value my IDENTITY

I will develop a good REPUTATION online

I will COMMUNICATE respectfully

I am not a CYBERBULLY

I am digitally and technologically LITERATE

I will give CREDIT to others for their work

I am a DIGITAL CITIZEN

Pesticide Application

New York State Education Law Section 409-H, effective July 1, 2001, requires all public and nonpublic elementary and secondary schools to provide written notification to all persons in parental relation, faculty and staff, regarding the potential use of pesticides periodically throughout the school year.

The Horseheads School District is required to maintain a registry of persons in parental relation, faculty and staff who wish to receive 48-hour prior written notification of certain pesticide applications. The following pesticide applications are **not** subject to prior notification requirements:

- A school remains unoccupied for a continuous 72 hours following an application
- Anti-microbial products
- Nonvolatile rodenticides in tamper resistant bait stations in areas inaccessible to children
- Nonvolatile insecticidal baits in tamper resistant bait stations in areas inaccessible to children
- Boric acid and di-sodium octaborate tetrahydrate
- The application of EPA designated biopesticides
- The application of EPA designated exempt materials under Title 40, Code of Federal Regulations (CFR) Part 152.25

The use of aerosol products with a directed spray in containers of 18 fluid ounces or less when used to protect individuals from an imminent threat from stinging and biting insects, including venomous spiders, bees, wasps and hornets. In the event of an emergency application necessary to protect against an imminent threat to human health, a good-faith effort will be made to supply written notification to those on the 48-hour prior notification registry.

If you would like to receive 48-hour prior notification of pesticide applications that are scheduled to occur in your school, please complete the attached form and return it to Tony Stager, the Horseheads School District pesticide representative at: Horseheads School District, Facilities Services, 507 Fletcher Street, Horseheads, NY 14845. You may also fax this form to (607)795-2595.

Please note: Four times per year via newsletter or equivalent, a written announcement concerning impending pesticide applications, pesticide use, "emergency" applications and any other associated pesticide use will be provided. This will occur at the beginning of the school year, at the end of the winter recess, the end of the spring recess and the end of the school year. Please feel free to contact Tony Stager at the District Safety Office at 739-5601 ext. 4270 if you have any questions or require further information concerning these requirements.

Forty-eight Hour Pesticide Application Prior Notification Form

Is email an appropriate method for notifying you of an impending pesticide application? Yes/No

If not, you will receive a brief notification letter 48 hours prior to an impending pesticide application. Every effort will be made to ensure the notification reaches you 48 hours (or more) in advance of the pesticide application. This time may vary slightly due to postal conditions beyond the control of the district.

Horseheads School District Request for Pesticide Application Notification

School Building (or field) _____

Your Name & Address _____

Phone or Cell Phone _____

Email Address _____

Return to the Main Office, or mail to Horseheads Middle School, 950 Sing Sing Road, Horseheads, NY 14845.

District Dignity Act Coordinator

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 x 4211 or at cdefilippo@horseheadsdistrict.com.

Middle School Dignity Act Coordinator

The Dignity Act Coordinator (DAC) for the Horseheads Middle School is Ron Holloway, building principal. If there is a complaint regarding discrimination, harassment or bullying of any student, the complaint should be filed with Mr. Holloway at 950 Sing Sing Rd., Horseheads, NY 14845; 739-6357 x 3640 or at rholloway@horseheadsdistrict.com.

Notice

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.

Horseheads Middle School:



Home of the Raider Way