

Notes from the Nurse

Your School Nurse, Mrs. Cobb



We may be learning in a hybrid model or entirely remotely, but there are still some important health related items that need to occur for our students. Please keep your annual physical wellness exams for your children. The annual examination monitors height, weight, blood pressure, scoliosis, BMI, eye and hearing tests and ongoing medical issues, and updates vaccinations.

Due to SARS-Covid 19 restrictions, I will not be completing my annual screenings for our students. There are large growth spurts and hormonal changes that occur in the Middle school years. Annual vision tests should be done by eye care provider. Hearing and vision tests are two of the most frequent evaluations, important because difficulties with these senses are often subtle, and neither parents, teachers, nor children may recognize that a problem exists. A child who has difficulty reading the blackboard may not know that she is seeing differently from anyone else. Even mild deficiencies of sight can significantly affect a child's ability to learn.

Other Information:

Help stop the spread of COVID-19 by washing your hands often with soap and water, covering coughs and sneezes, and avoiding close contact with other people – even your friends. Make sure you all have a clean mask daily and are frequently washing reusable masks. COVID-19 may be spread by people who do not have symptoms. These actions will help keep you from getting sick and spreading the virus to other people you care about.

Avoid close contact- maintain 6 feet from other people who do not live with you and from people who are sick. Wear masks when you do leave your home to help slow the spread of COVID-19. You can be social, but do it from a distance, such as reaching out to friends by phone, text, video chat, and social media.

Help your child cope with stress. Some common changes that you should look for are listed below:

- ◆ Excessive crying or irritation in younger children.
- ◆ Returning to behaviors they have outgrown (for example toileting accidents/bedwetting).
- ◆ Excessive worry or sadness.
- ◆ Unhealthy eating or sleeping habits.
- ◆ Irritability and “acting out” behaviors in teens.
- ◆ Poor school performance or avoiding school activities.
- ◆ Difficulties with attention and concentration.
- ◆ Avoidance of activities that were enjoyed in the past.
- ◆ Unexplained headaches or body pain.
- ◆ Use of alcohol, tobacco or other drugs.

Ways to support your child:

Talk with your child about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child can understand. There are a few simple things you can do to manage your stress. Take deep breaths, stretch, or meditate. Try to do activities you enjoy, like exercising, gaming, reading or other hobbies. Keep to a schedule. Plan times for doing schoolwork, relaxing and connecting with friends.

Reassure your child that they are safe. Let them know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn from you how to cope with stress. Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

Take care of your mental health. You may experience increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions. Please feel free to contact me (Mrs. Cobb), school counselors, social workers or school administrators.

Get immediate help in a crisis:

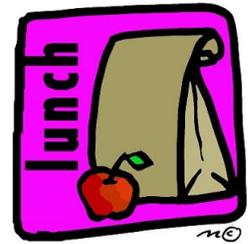
Call 911

National Suicide Prevention: 1-800-273-TALK (8255)

National Domestic Violence: 1-800-799-7233 or text LOVEIS to 22522

Emergency Meals Program Returns

The district has received clearance from the state to reinstate the free USDA emergency meals program. This means that school meals served both at school or delivered home will be free to students until June 30, 2021 or until the funds appropriated by Congress are exhausted. This also means that paid meals since school began in September will be credited to students' accounts. If you have questions, please contact our Food Services Office at (607) 739-5601, x3671 or dobrian@gstbooces.org.



If you have not signed up for weekly meal deliveries for your child(ren) on remote learning days and would like to, please complete contact our Food Services Office at (607) 739-5601, x3671 or dobrian@gstbooces.org.



Career Development Council

The school district has many career related events including career days, career panels, job shadows, classroom speakers, field trips, and mock interviews. **We are always looking for volunteers** for these events. We are looking for parents, grandparents, other adult family members and friends as well as community volunteers in every career field.

If you feel your career is not of interest or you are currently at home, you may still contribute through mock interviews and other fun classroom events. We will be doing many of these events on-line, but they are still important experiences for the career development of our students. Most events are only an hour or two on a given day, yet **your experience and career knowledge** can deeply influence a child's life, career goals, and future educational path.

If you are interested in volunteering or learning more about how you can get involved, **please contact Deb Lynch**, the Career Development Representative for the Horseheads School District, at **(607)795-5320** or **dlynch@gstbooces.org**.



Safety Protocols

Our top priorities are the health, safety, wellbeing, and education of all our students. While we must follow the requirements of health and education agencies, we also have instituted our own protocols to guard the health and safety of our students and staff.

Monitor your child's health

On the days students attend school, parents/guardians are required to check the student's temperature and monitor for symptoms of COVID-19. Please be mindful of your child's overall health when screening your child in the morning. If your child has a temperature of 100 degrees or higher and/or exhibits other symptoms (including but not limited to cough, shortness of breath/difficulty breathing, fatigue, muscle aches, loss of taste/smell, etc.), please keep your child home. If our screening determines your child has a temperature of 100 degrees or higher and/or symptoms of COVID-19, you will be notified and required to immediately pick up your child.

Please remember to complete the Stay Well survey using the link sent to you each morning on the days your child attends school. The Stay Well survey links are sent to both parents/guardians as listed in our database. If you are not getting these emails or you have questions, please contact your child's school.

Masks

All staff and students are required to wear masks while in school, on the playground, and on buses. Students will be allowed mask breaks when eating and when at least six feet of social distancing is consistently maintained. It is very important that masks are worn correctly; this means covering the nose and below the chin.

Hand Washing

One of the most effective ways to stop the spread of viruses is washing hands properly and often.

Returning to school in COVID-19 health-related situations

Please note: The district must follow requirements of both the Chemung County Health Department and the New York State Education Department in regard to safety protocols. The district also has its own additional safety protocols to guard the health and safety of students and staff.

If a student has symptoms of COVID 19, the following are required to return to school:

1. Documentation of evaluation by a healthcare provider clearing the student to return to school, **and**
2. Documentation of a timely negative COVID-19 test result, **and**
3. Symptom resolution for 72 hours with no medication

continued

If a student tests positive for COVID-19, here are the requirements to return to school:

1. Release from quarantine by the Health Department - paperwork provided to the school:
 - o If symptomatic, the student must complete at least 11 days of isolation from the onset of symptoms
 - o If asymptomatic (no symptoms), the student must complete ten days of quarantine after the positive test

If a student is in direct contact with a person who tests positive for COVID-19, the following are required to return to school:

1. Release from quarantine by the Health Department (generally 14 days, but if the direct contact lives with the COVID-19 positive person, then the quarantine period starts only after the positive person is cleared by the Health Department).
2. Proof of a negative COVID test (highly preferred that this test is taken on day 10 or after of the quarantine period)

If a student is a secondary contact (contact of a direct contact) who lives in the same household of a direct contact, here are the requirements to return to school:

1. 14-day quarantine period
2. Person must remain symptom-free and healthy during quarantine period

Testing locations

Below is a list of testing locations within Chemung County as listed with the NYS COVID-19 Resource Center:

Arnot Ogden Medical Center – Horseheads
Appointment and Physician order required
100 John Roemmelt Drive, Suite 301
Horseheads, NY 14845
(607) 737-4100

Elmira VA Clinic
Appointment and Physician order required
1316 College Avenue
Elmira, NY 14901
(607) 664-4640

Arnot Ogden Medical Center - Big Flats
Appointment and Physician order required
31 Arnot Road
Big Flats, NY 14845
(607) 795-5100

Wellnow Urgent Care - Big Flats
Walk-in
830 County Road 64
Big Flats, NY 14903
(607) 846-2030

Arnot Ogden Medical Center - Hospital and Drive-through
Appointment and Physician order required
600 Roe Avenue
Elmira, NY 14905
(800) 952-2662

Smith Allergy & Asthma Associates
Appointment required
2977 Westinghouse Road
Horseheads, NY 14845
(607) 684-6115

For more information, please call the Middle School at (607) 739-6357.

Student Screening Informational Form

Student: _____ Grade: _____ Date: _____

Your child is: not being allowed to enter school today is being sent home

with the following symptoms that have been identified as COVID-19 Related:

- Fever of _____ Cough Shortness of breath or difficulty breathing Fatigue/Tired Muscle/Body Aches
 Headache New loss of taste or smell Sore throat Congestion or runny nose Nausea/vomiting/Diarrhea
 Other: _____

Returning to School after Illness

Schools must follow CDC, NYDOH and Local Health Departments for guidance allowing a student to return to school after being diagnosed with COVID-19 or exhibiting symptoms consistent with possible COVID-19. Your child may return to school when one of the following is met.

MUST MEET ALL CRITERIA IN ONE BOX TO RETURN:

- STUDENT HAS SYMPTOMS OF POSSIBLE COVID-19 ILLNESS, BUT IS DETERMINED NOT TO HAVE COVID-19 BASED ON A NEGATIVE COVID TEST. CAN RETURN TO SCHOOL WHEN... (all 3 conditions must be met and paperwork provided to the health office)
- Student has been diagnosed with another condition (not COVID-19) and has a note written/signed by a health care provider (MD, NP, Physician Assistant) note stating they are clear to return to school; AND
 - Documentation of a negative COVID-19 test is provided to the health office; AND
 - There is no fever, without the use of fever reducing medicines, for at least 72 hours (without using fever reducing medicine);

OR

- STUDENT HAS BEEN DIAGNOSED WITH COVID-19 BASED ON A POSITIVE TEST. THEY SHOULD NOT BE AT SCHOOL AND SHOULD STAY HOME UNTIL:
- Student has been cleared by the Chemung County Department of Health and provides documentation of this; AND
 - It has been at least THREE days since the student has had a fever or symptoms (without using fever reducing medicine);

It is recommended by the Horseheads School District and School Nurse that the parent/guardian of any student being sent home for the above illness reach out to the Student's Health Care Provider as soon as possible for Guidance and if any symptoms worsen or any concerns, they should contact 911.

Student Screening Informational Form, *continued*

Your child may return to school when you have documentation from a health care provider following an evaluation, negative COVID-19 diagnostic test result, and symptom resolution.

Below is a list of testing locations within Chemung County per the COVID-19 Resource Center:

AOMC – Horseheads

Appointment and Physician order required

100 John Roemmelt Drive, Suite 301, Horseheads, NY 14845

(607) 737-4100

AOMC - Big Flats

Appointment and Physician order required

31 Arnot Road, Big Flats, NY 14845

(607) 795-5100

Elmira VA Clinic

Appointment and Physician order required

1316 College Avenue, Elmira, NY 14901

(607) 664-4640

Arnot Ogden Medical Center

Hospital and Drive-thru

Appointment and Physician order required

600 Roe Ave., Elmira, NY 14905

(800) 952-2662

Wellnow Urgent Care - Big Flats

Walk-in

830 County Road 64, Big Flats, NY 14903

(607) 846-2030

Smith Allergy & Asthma-Corning, Ithaca and Cortland locations; Starting 10/1/2020-Horseheads location

Call 607-684-6115 to schedule an appointment

If you have any questions about requirements for school reentry, please contact your school building nurse.

Steps to Prevent Flu

health.ny.gov/flu



Department
of Health

2178

Fight Flu at Home and School

Flu, or influenza, spreads easily and can make people very sick, especially kids. You can help stop flu!

Flu symptoms include:

Fever or chills, body aches, cough, sore throat, headache, runny or stuffy nose, feeling very tired. Some people, especially children, may have stomach problems and diarrhea. Unlike a cold, the flu comes on very suddenly.

Prevent flu!

- Flu vaccine is the best protection against the flu. It is recommended every year for everyone 6 months and older.
- Get the flu vaccine for you and your children every year! It helps make flu sickness milder or prevents it all together.
- Getting the vaccine early in the fall means you and your children will be protected when flu season starts.
- Ask people close to your children, like babysitters and relatives, to get the vaccine, too.
- The vaccine is especially important for people with certain health conditions, like asthma, diabetes, heart or lung conditions because the flu can make them even sicker.

If your child gets the flu:

- Your child will need plenty of rest and lots of fluids.
- Keep your child home from school for at least 24 hours after their fever is gone without using fever-control medicine. This helps avoid giving the flu to others.
- Talk with your child's health care provider before giving a child any over-the-counter medicine.
- Never give your child or teenager aspirin or any medicine that has aspirin in it. Aspirin can cause serious problems.
- If your child gets flu symptoms and is younger than 5 or has a medical condition like asthma, diabetes, or heart or lung disease, call their health care provider. Young children and those with certain medical conditions are at greater risk for getting seriously ill from the flu. Ask their health care provider if they recommend an antiviral drug.
- If you are worried about your child, call their health care provider.

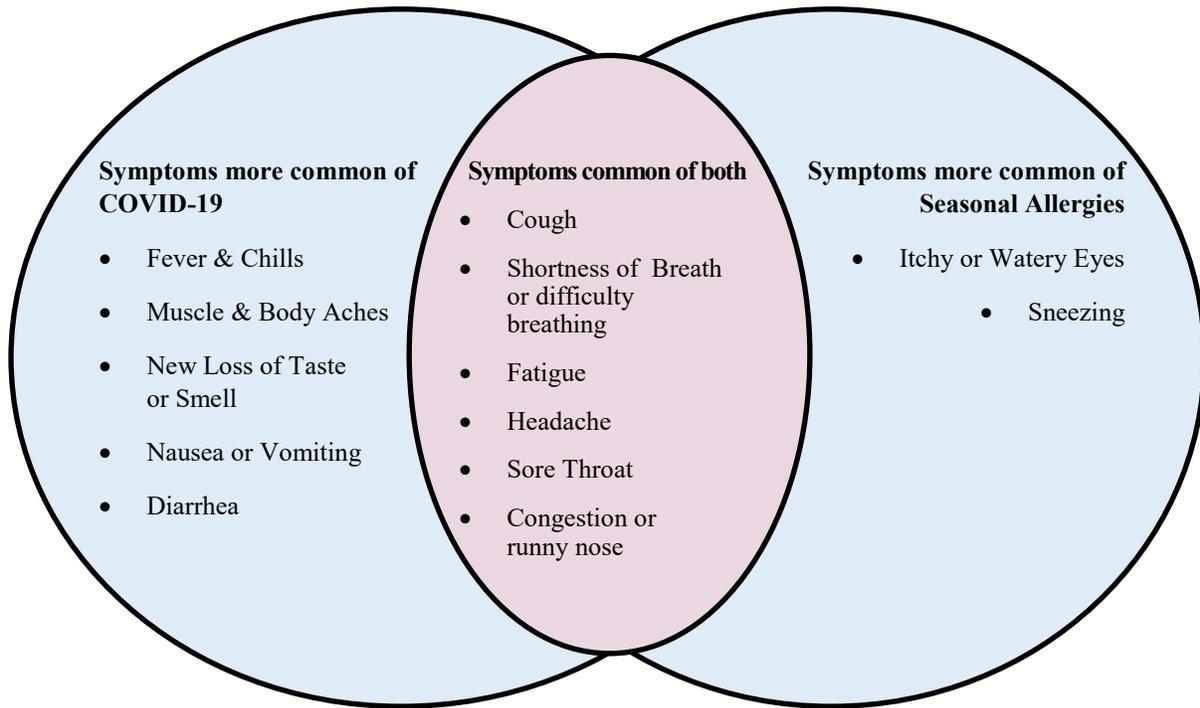
Don't spread flu!

- Wash hands often with soap and water for at least 20 seconds.
- If soap and water aren't handy, use an alcohol-based hand rub.
- Cough or sneeze into a tissue or your elbow, not your hands. Put used tissues in the trash.
- Avoid touching your eyes, nose, and mouth. That's how germs spread.
- Stay away from people who are sick.

6/19

Is it the Flu or COVID-19?

According to the Centers for Disease Control (CDC) some symptoms of COVID-19, influenza and allergies can overlap. Please see the chart below:



For the district hand washing procedure: <https://horseheadsdistrict.com/HCSDmaskprocedure.cfm>



For the district mask wearing procedure: <https://www.horseheadsdistrict.com/uploadedimages/Mask%20Wearing%20Procedure%208.14.20.pdf>



For further assistance...

Please contact the New York State COVID-19 Emotional Support Helpline at **1-844-873-9314**.

Questions about COVID-19? Contact the Chemung County Health Department at (607) 737-2028 or the COVID-19 Hotline at (607) 873-1813, or your health care provider.

Safe Schools Line

Our Safe Schools Line is available 24 hours a day. Report a concern, rumor, bullying incident, or any safety issue anonymously and confidentially:

795-2044 or 1-800-305-4984



Department of Health

ANDREW M. CUOMO
Governor

HOWARD A. ZUCKER, M.D., J.D.
Commissioner

LISA PINO, M.A., J.D.
Executive Deputy Commissioner

IMPORTANT NEWS FOR SCHOOLS AND CHILD-CARE FACILITIES

Each year, to comply with New York State Public Health Law (PHL) § 613, licensed and registered day care programs, nursery schools, pre-K, kindergarten, school-age child care programs, and public and non-public schools are required to post information about influenza (flu) and the benefits of flu vaccination at the start of flu season in early fall. This year, flu vaccination is more important than ever because the flu and the virus that causes COVID-19 may both be spreading. Flu vaccination will help reduce the spread of flu and help ease the burden on our health care system.

Information must be posted starting now in "plain view" in your facility where visitors can easily see it. If school is still being conducted remotely in fall 2020, the information should be posted electronically and/or e-mailed or mailed to families of all students. To help you comply with this requirement we're sending the publication, *Parents: Fight Flu at Home and School*. It is geared to parents and guardians and explains why flu is serious, provides signs and symptoms of the disease, and recommends annual flu vaccination to protect children from flu. Feel free to print and post this publication. It is available, along with other flu information, for free and in multiple languages here:

- The New York State Department of Health
www.health.ny.gov/diseases/communicable/influenza/seasonal/child_care_and_schools/

Additional free materials about flu and flu vaccination are also available from the organizations listed below. Please feel free to choose information from these sites if you prefer:

- Centers for Disease Control and Prevention
www.cdc.gov/flu/resource-center/freeresources/print/index.htm
- Information specific to New York City Schools is available through the New York City Department of Health and Mental Hygiene here:
www1.nyc.gov/site/doh/health/health-topics/flu-seasonal.page

The flu vaccine is the best way to prevent flu. It is recommended for everyone 6 months of age and older every year. Getting vaccinated can prevent flu-related hospitalizations and deaths in children. The vaccine can also reduce flu illnesses, doctor's visits, and missed work and school days.

If you have questions about complying with PHL § 613, please feel free to contact the State Health Department's Bureau of Immunization at immunize@health.ny.gov or call (518) 473-4437.

Thank you for helping educate families about flu and the importance of flu vaccination.

September 2020



NOTICIAS IMPORTANTES PARA LAS ESCUELAS Y LOS CENTROS DE CUIDADO INFANTIL

Cada año, a fin de cumplir con el Artículo 613 de la Ley de Salud Pública del Estado de Nueva York (PHL, por sus siglas en inglés), los programas registrados y autorizados de cuidado diurno, guarderías, prejardín de infantes, jardín de infantes, programas de atención para niños en edad escolar, así como escuelas públicas y no públicas debe publicar información sobre la influenza (gripe) y los beneficios de la vacunación contra la gripe al inicio de la temporada a principios del otoño. Este año, la vacuna contra la gripe es más importante que nunca debido a que tanto la gripe como el virus que cause COVID-19 se están propagando. La vacuna contra la gripe ayudará a reducir su propagación, así como a facilitar la carga de nuestro sistema de atención médica.

La información debe publicarse a partir de ahora a "plena vista" en su centro, donde los visitantes puedan verla fácilmente. Si la escuela sigue operando en forma remota en otoño de 2020, la información debe publicarse electrónicamente y/o enviarse por correo electrónico o correo postal a las familias de todos los estudiantes. Le enviamos la publicación para ayudarlo a cumplir con este requerimiento, *Padres: Luchemos contra la gripe en la casa y en la escuela*. Está dirigido a padres y tutores, y explica por qué la influenza es algo serio, ofrece las señales y síntomas de la enfermedad, así como recomienda la vacuna anual contra la gripe para proteger a los estudiantes. Siéntase libre de imprimir y publicar esta publicación. Está disponible en forma gratuita y en varios idiomas, junto con otra información de la gripe.

- Departamento de Salud del Estado de New York
www.health.ny.gov/diseases/communicable/influenza/seasonal/child_care_and_schools/

También hay disponible material gratuito adicional sobre la gripe y la vacuna contra la gripe por parte de las organizaciones indicadas más abajo. Por favor siéntase libre de elegir información de estos sitios si así lo prefiere:

- Centros para el Control y Prevención de Enfermedades
www.cdc.gov/flu/resources-center/resources/print/index.htm
- Hay información específica de las escuelas de la ciudad de Nueva York disponible a través del Departamento de Salud e Higiene Mental del Estado de New York, aquí
www1.nyc.gov/site/doh/health/health-topics/flu-seasonal.page

La vacuna contra la gripe es la mejor forma de evitarla. Se recomienda todos los años para todos los que sean mayores de 6 meses de edad. Vacunarse puede evitar hospitalizaciones y muertes infantiles relacionadas con la gripe. La vacuna también puede reducir enfermedades originadas por la gripe, consultas médicas, así evitar inasistencias al trabajo y a la escuela.

Si tiene alguna pregunta sobre el cumplimiento del Artículo 613 de la PHL, por favor siéntase libre de comunicarse con la Oficina de Vacunación del Departamento de Salud del estado a immunics@health.ny.gov o llame al (518) 473-4437.

Gracias por ayudar a educar a las familias sobre la gripe y la importancia de su vacuna.

Septiembre de 2020

School Notes

Progress Reports / Report Cards

Parents are informed of student progress in two ways. Progress reports are sent home with students at the five-week point of each marking period. A report card is sent home with students at the end of the ten-week marking period. We encourage parents to sign-up for Parent Portal to help keep track of your student's progress between the reporting periods. Don't have Parent Portal? Stop by the Guidance Office with your I.D. and fill out the form.

Distinguished High Honor Roll 95-100
High Honor Roll 90-94.99
Honor Roll 85-89.99
Failing Grade 64.0 or lower in any course
The first report card will be issued Nov. 18.
Report Cards will not be mailed. Please call the main office if you would like a hard copy.

Lost and Found

Lost your lunchbox? Misplaced your math book? Check the Lost and Found! There are blue bins under the table in the Main Office.

Attendance Auto-call and Email

To keep you updated regarding your child's attendance, the middle school will send you an auto-call and email when your student(s) are absent from school. If a student is absent from first period, a call and email will be generated and delivered in the morning. If the student continues to be absent, another call will be generated and delivered in the evening with all of the periods the student has missed.

Checking your student's grades on Parent Portal?

The URL for a computer browser is:

<https://schooltool.horseheadsdistrict.com>

The URL for the mobile app is:

<https://schooltool.horseheadsdistrict.com/sthhweb>

If you have not yet signed up for Parent Portal, please visit the District website. Under the "Quicklinks" section, hover over "Parent Portal" and click on "Parent Portal Registration Form". Fill out the form and submit it, and a link will be sent to your email.



Macy's Thanksgiving Day Parade

Watch it: Thursday, Nov. 26, 9-12 on NBC

Due to the COVID-19 pandemic, the traditional parade will be virtual this year. Instead of multiple handlers, the giant balloons will be anchored to support vehicles and driven on a much-shortened route through the city.



Gimbel's Department Store in Philadelphia was actually the first department store to hold a parade on Thanksgiving Day, back in 1920. Macy's followed in 1924, as did J.L. Hudson's Department Store in Detroit.



Felix the Cat was the first giant balloon to appear in the Macy's parade in 1927. Made by Goodyear Tire & Rubber Co., Felix was donated to the WWII war effort for the rubber he contained.

Summer Reading Program 2020 Wrap up

If you participated in the HMS Library Summer Reading Challenge, please send and resend your journal to Mrs. Heidrich by the end of October! There was an error in the summer program announcement so you will need to **resend your reading logs to Mrs. Heidrich at ehidric@horseheadsdistrict.com** You will be contacted by mail about a wrap up event to recognize your achievement and dedication to reading!

Borrowing print and e-books from HMS Library

Below is a newsletter with new titles in the Middle School Library. You can follow directions in the Library Access link to request books that will be available for pickup. You can also borrow books through Sora and read e-books remotely on your devices at home.

New titles

<https://tinyurl.com/y24kzsp7>

Book access: Destiny Catalog and Sora e-books

<https://tinyurl.com/y5veovj8>



Important Contact Information

Safe Schools Hotline - 607-795-2044

Middle School Phone Number - 607-739-6357

Middle School Website - <http://www.horseheadsdistrict.com/HHMS.cfm>

Horseheads District Phone Number - 607-739-5601

Horseheads District Website - <http://www.horseheadsdistrict.com/index.cfm>

Athletic Office Phone Number - 607-739-5601 x4254

Athletic Office Website - <http://www.horseheadsdistrict.com/athletics.cfm>

Picture Me...Remotely!

Ms. Kamas, Library Clerk

I like to take pictures throughout the year of what is going on at the Middle School, so we can have an awesome end of the year slideshow in June. Believe it or not, remote learning is very challenging for teachers and staff!

I have pics of what school looks like from staff's and teachers' points of view, but I really don't know what remote learning looks like from the STUDENTS' point of view. I am looking for pictures of what remote learning looks like for YOU, if you are willing to submit pictures to me. What does your workspace look like? Do your pets join you while you're 'in school?' What do you get to have for lunch? What do you like to do for physical activity/gym class? What are you doing to have FUN? I really miss seeing your smiling faces!!!

I would love to see your pictures! You can email them to me at kkamas@horseheadsdistrict.com, and then you may see them in the end of the year slideshow.



Character Trait of the Month

Citizenship

Play by the rules.

Obey laws.

Do your share.

Respect authority.

Stay informed.

Help your school by volunteering.

Happy
Thanksgiving



HMS Clubs

HMS Live

HMS Live is our daily television show broadcast through the Middle School each morning and occasional other times. The show gives students the opportunity to learn basic broadcasting skills. It features daily announcements, interviews, sports, club reports and other programs. Mr. Donovan is the advisor. Stay tuned for sign-up information.



Student Council

Student Council acts as the student government for the Middle School. As a group, they host several activities such as dances and open gyms, as well as many fundraising and charitable events throughout the year.

Elections for Student Council Officers will occur soon. Eighth grade students will elect candidates for President, Vice-President, Treasurer and Secretary. Seventh grade students will elect officers for Vice-President, Treasurer and Secretary. Seventh and eighth grade officers work together with the advisors to plan and organize student council meetings and events.

In addition to the officers, we will have class representatives. These students are responsible for attending monthly meetings, reporting back information to their classmates as well as give input and vote on events hosted by Student Council.

Student Council represents all middle school students. Any student wishing to participate in Student Council events is welcomed and encouraged to do so. Advisors are Ms. Leland & Ms. Stratton. Stay tuned for sign-up information.

Yearbook

HMS Yearbook is a club for 7th and 8th grade boys and girls who enjoy photography, writing, and technology. The club will meet twice a month during 10th period. Space is limited to 25 students. To apply for HMS Yearbook you must complete an application and place it in Mr. O'Brian's mailbox. Stay tuned for sign-up information.

School Store

Advisor is Ms. Clark. Stay tuned for information regarding school store worker.

National Junior Honor Society

Those who were accepted as members last June continue to demonstrate their exemplary character and citizenship through service to the school community.

Overall, membership in the National Junior Honor Society is an outstanding goal for students to strive for. Not only are they recognized for their academic and community achievements, they also continue to cultivate their sense of citizenship, service, leadership and character, preparing them to become better participants in the school, local and global communities.

New candidates for the NJHS will be selected following the application process which begins in May. Students are inducted into the National Junior Honor Society every June. Advisors are Ms. Leland and Ms. Kelly.



Science Olympiad

Advisors are Mr. Steele and Mr. Johnson.
Stay tuned for sign-up information.





Information about Emergency School Closings and Delays

Schools are closed when the weather makes it impossible to have reasonable attendance or when the schools or vehicles would not be able to operate safely. The school day is delayed when inclement weather conditions improve by early morning. Inclement weather may include snow, ice, and freezing temperatures. If the school day is delayed, buses will run and schools will open two hours later than the usual time.

If it is necessary to close or delay schools, the information will be posted on the district's website at www.horseheadsdistrict.com, the district's Facebook pages, Twitter and the local television and radio stations. Horseheads schools now uses SchoolMessenger to alert you of school closings or emergencies. Opt-In from your mobile phone: Just send "Y" or "YES" to 67587.



Digital Citizen News

November 2020



Be a Hero - Exercise your right to Vote!
Volume 4 : Issue 3 - November 2020

This month we focus on Digital Identity

Last month we focused on DIGITAL SAFETY and SECURITY. This month we will focus on DIGITAL IDENTITY which is related to safety, privacy, and security because part of controlling your online IDENTITY has to do with maintaining the privacy and security of personal information with regards to your digital life.

i DEFINITION OF DIGITAL FOOTPRINT

"the information about a particular person that exists on the internet as a result of their online activity"

In previous issues we have written about your DIGITAL FOOTPRINT, which is one of the main things that you need to be aware of as you visit web sites and use online services.

It is an identity that goes with you as you interact with search engines, vendors, social media, and informational sites. Many sites will customize the content that is presented to you as you land on their site.

Each link you click on and every item that you "like" gets added into the pool of data about you that sites can use take advantage of you as you are surfing.

Be aware of the types of data that sites are collecting by looking at their policies, and use any controls that your browser programs may allow like DNT (Do Not Track) settings.

Some sites allow you to view the data that have about you, and some may allow you to delete it.

MORE ON THE NEXT PAGE -->



DEMOCRAT



REPUBLICAN

DO YOU IDENTIFY WITH EITHER OF THESE PARTIES?

Are you aware that there is an election this month? We see signs, and symbols representing politicians all around our neighborhoods, and we can't turn on the TV or go online without seeing video ads, or tweets about political candidates and topics.

DO YOU FEEL THAT THESE MESSAGES ARE BASED ON FACTS OR OPINIONS? DO THEY SEEM TO BE TARGETING YOU? DO YOU FEEL THAT THEY ARE TRYING TO SWAY YOU TO CHANGE YOUR MIND? OR TO CHANGE YOUR VOTE?

When you use social media or browse through web sites...

DO YOU NOTICE ADVERTISING NEAR THE TOPS OF PAGES? OR IN THE MARGINS? DO THE ADS SEEM RELATED TO THINGS THAT YOU HAVE POSTED ABOUT? OR ITEMS THAT YOU HAVE SEARCHED?

As a digital citizen it is important to be aware of your footprint as you use sites and services, it is equally as important to be aware of sites that are trying to influence you with false information and fake claims.

BE AWARE OF SITES THAT DISPLAY INFORMATION THAT IS CLEARLY BIASED, OR IS FAKE NEWS, OR THAT TRIES TO INFLUENCE YOU.

In this time where we have been bombarded by political news and information, have you noticed:

- MEDIA THAT HAS BEEN SPECIFICALLY TARGETED AT YOU?
- INAPPROPRIATE PRODUCTS OR SERVICES THAT HAVE BEEN OFFERED TO YOU BASED ON SOMETHING YOU CLICKED?
- MESSAGES THAT HAVE TRIED TO INFLUENCE OR PRESSURE YOU?



Send comments, suggestions, and questions to dc@gstbores.org
Visit <http://dc.gstbores.org>

Who Are You Online?

Breaking down your Digital Identity



Have you ever Googled yourself?

If you answered NO, then I invite you to give it a try. Find anything you weren't expecting? Anyone who has a public presence online has something called a "digital footprint". Anything you post online (the good, the bad, and the ugly) says something about you as a person. It is up to you to decide what you want your digital identity to be.

If you use any social media (Facebook, Twitter, Instagram, TikTok, Snapchat, etc.) then you have already established a digital footprint. It is up to you to decide what you want your digital identity to look like when posting on your social media.

It's growing. Your footprint expands as your information is copied and passed on, making it more searchable and viewable to a large invisible audience.

It's not just up to you. When other people - like your friends, companies, or groups you belong to - track, post, or share information about you, it becomes part of your footprint.

It's permanent. Because it's archived in a variety of ways and passed on by others, it doesn't ever go away.

Don't share something about yourself or someone else that you might later regret - you cannot take it back. Remember, something you post now could affect your future so always THINK before you post!

LINKS TO DIGITAL FOOTPRINT LESSONS from CommonSense Education

Digital Trails (Grade 2)

What information is OK to have in your digital footprint? <http://go.gstric.org/403-trails>

The Power of Digital Footprints (Grade 7)

How might our digital footprints shape our future? <http://go.gstric.org/403-power>

Social Media and Digital Footprints (Grade 8)

How does using social media affect our digital footprints? <http://go.gstric.org/403-socialmedia>

Who's Looking at Your Digital Footprint? (Grade 11)

How can information you post online affect your future opportunities? <http://go.gstric.org/403-whos-looking>

John Hancock
What's in a Signature?
Have you ever gotten an email and wondered 'who is this person'?

Have you ever gotten an email and wondered 'who is this person'? Adding a signature to your emails helps people know who you are and your role in the school. When you send an email people may not have the information they need to adequately respond to you. For students, this means adding at least your first name and your school. For emails that go to people outside the school you would never want to include your last name or grade to stay safe. For staff that means adding your full name, title, work location, and a phone with extension. This makes it easy for people to contact you and better understand your role at your school.

The good news is that adding a signature is easy. Different programs like Office 365, Google and Outlook usually have a "Mail" tab under Options or File and then a "Signature" section where you can include a signature for both new and reply emails (these can be different). Remember - each separate device needs its own signature as these do not 'travel' across devices.

So go ahead and make your email signature as unique as you are - add a quote, your website, a fancy font - just remember to make it school-friendly. Stuck?!? It didn't work?!? You can always "Ask a Librarian" in your school for help.



ON IDENTITY THEFT

Dear Techie Tom,

I have heard so much about identity theft on the news lately and I am concerned about the safety of my information. What steps can I take to protect mine and my family's identity online?

-Billie B.

Dear Billie B.,

Identity theft is a real concern now-a-days and would be thieves are getting more creative in trying to get yours and your family's information. You can ensure that your identity stays safe by taking some of the following steps:

1. Use strong, secure passwords and try not to use the same password twice.
2. Be careful with your physical (on paper) information. Shred all documents with personal details that may arrive in the mail or through other means.
3. Never enter information like your social security number, credit card number, or any other identifiable information on sites that you do not trust.
4. Avoid opening emails, clicking on links, or attachments from people you don't know.
5. Check your credit report at no cost once a year at AnnualCreditReport.com, which is approved by the Federal Trade Commission, to make sure there is no suspicious activity.
6. If you suspect your identity has been stolen, you can contact the Identity Theft Resource center at 1-888-400-5530 or by visiting www.idtheftcenter.org

By staying vigilant, you can make sure that all your personal information stays secure!

You can view more tips using our short link <http://go.gstric.org/403-theft> (content from ConnectSafely.org).



Activity Time - More Awesomeness

In the October 2020 issue of this newsletter, we introduced you to the wonderful world of Interland, which is a part of Google's Be Internet Awesome initiative.

Interland has a world called Tower of Treasures, where your task is to collect your personal information and save it in the tower of treasure before hackers get it!

You can play this game with no sign up at <http://go.gstric.org/403-tower>

Once you have dodged the hackers, head on over the Be Internet Awesome Family Page at <http://go.gstric.org/403-families> and check out some fantastic print resources and activities centering around all things digital citizenship!



GSTRIC Digital Citizenship Resources

The Digital Citizenship Committee has been providing newsletters going on four years now! Have you ever been to the Digital Citizenship website and checked out all the available resources?

The URL for the website is <http://dc.gstbores.org>

Browsing the website, you will find links to:

- Digital Citizenship Monthly Newsletters
- Digital Citizenship Blog
- The current 2021-2022 Calendar Contest information
- The 2020-2021 Digital Citizenship Calendar
- All student art submitted for the 2020-2021 Digital Citizenship Calendar contest
- Downloadable/Printable Resources
- GST Web Resources
- Copyright and Fair Use Resources
- Other Web Resources
- Resources from a past GST BOCES Workshop on Digital Citizenship

Currently not receiving our monthly newsletter electronically. Sign up here <http://go.gstric.org/dcnews-signup>

Follow us on Instagram - <https://www.instagram.com/dc.gstbores/>

Once you have checked out our webpage, and caught up on newsletters, send any comments, suggestions and questions to dc@gstbores.org. We would be glad to hear from you.



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.



Parking Lot Safety

Due to the large volume of students being dropped off in the morning, the drop-off line can become very long. We ask that you help alleviate unnecessary wait time by following these simple procedures:

- Utilize the entire drop-off lane. Please do not wait until you have pulled up to the Middle School main entrance to drop off your students. Approximately 10 cars can drop off students simultaneously. Please stay in line.
- Students should exit the vehicle as soon as it is safely stopped. Please be sure students have all of their belongings ready to go.
- **Do not drop students off on the road.**
- Students should be exiting the car no later than 7:40. This will allow them to arrive in their 1st period class by the 7:45 tardy bell. Drop off early; the closer to 7:40 you get, the more traffic you will experience.

Thank you for your patience and helping our morning drop off go as safely and efficiently as possible.

Note that there is only one driveway into the parking lot, and one driveway out of the parking lot.





EARN CASH FOR OUR SCHOOL

NO MORE CLIPPING. ALL YOU NEED IS YOUR SMARTPHONE.

The NEW and improved Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to our school's earnings online.

LOOK FOR THE NEW LABEL:



HERE'S HOW IT WORKS:



BUY BOX TOPS PRODUCTS

You can find Box Tops on hundreds of products throughout the store.



SCAN YOUR RECEIPT

Use the app to snap a photo of your receipt within 14 days of purchase.



EARN CASH FOR OUR SCHOOL

Box Tops earnings are identified and automatically updated at BTFE.com.

You do not need to clip or send Box Tops labels to school.



BOX TOPS CLIPS ON PACKAGES

Traditional Box Tops clips are being phased out of production but may continue to be found on many products throughout the store as packages transition to the new Box Tops labels. You can still clip these and send them to school. Please make sure each clip has a valid expiration date.



BUY
BOX TOPS
PRODUCTS



CUT
OUT THE BOX TOP
FROM EACH PACKAGE



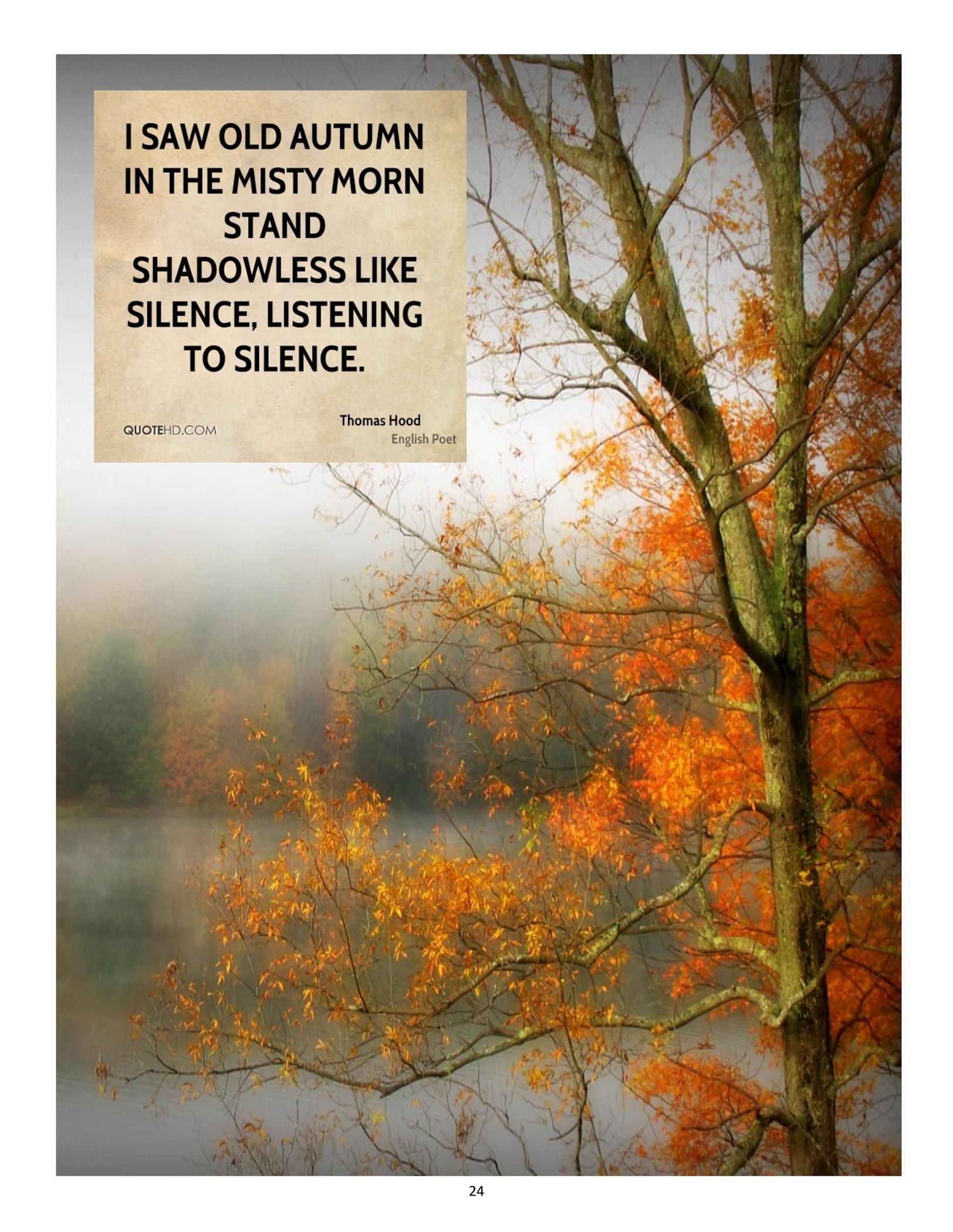
SEND
YOUR BOX TOPS
TO SCHOOL

SEE PRODUCTS & LEARN MORE ABOUT THE BOX TOPS APP AT BTFE.COM

© 2019 BTFE

THE ALL-NEW BOX TOPS IS HERE!
DOWNLOAD THE APP:





**I SAW OLD AUTUMN
IN THE MISTY MORN
STAND
SHADOWLESS LIKE
SILENCE, LISTENING
TO SILENCE.**

QUOTEHD.COM

Thomas Hood
English Poet

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