



## Superintendent's Message



It is hard to believe that we are already into the second semester of school. As the cold weather continues to shroud the State, discussions surrounding education are certainly heating up in Albany. On January 21, Governor Andrew Cuomo presented his combined State of the State Address and 2015-16 Executive Budget Proposal. Under the Governor's Executive Budget Proposal, state funding for schools would increase statewide by \$1.1 billion next year, only if lawmakers approve a number of his educational reforms. If lawmakers fail to approve his agenda, the Governor has proposed no increase in aid to public schools for the next two years. Cuomo's agenda includes, but is not limited to:

- Increasing the number of charter schools and 30% increase in per student funding in charter schools (funding will be siphoned from public schools to pay for charter school students). Only 17% of charter schools perform equal to or better than public schools.
- The Governor will control the NYS Board of Regents and the power of local school boards will be limited. The Board of Regents and 83 members of the NYS legislature recommended a minimum of \$2 billion to equalize educational opportunity throughout the state. The Governor proposed only \$1.1 billion.
- Teacher tenure timeline will increase to five years and teachers must be effective or highly effective on evaluations all five years to receive tenure. What incentive is there for our best young teachers to work in high needs schools whose students do not perform as well as those in more affluent schools?

*Continued on next page*

## National Honor Society

The Sherburne-Earlville National Honor Society inducted 25 members (22 juniors, 3 seniors) on January 21. The induction ceremony was held in the High School Auditorium. Congratulations to all new inductees!



**Front: Tyler Coughlin, Tyler Rodriguez, Maxwell Britton, Keith Rose, Jack Buell, Jared Azud; middle: Meghan Bohnert, Hailey Turner, Shayla Sullivan, Molly Karaman, Jessica Mikalunas, Olivia Clark, Colleen Bradley, Talon Westman; back: Mattea Guldy, Caitlin Lawrence, Kaylee Scott, Shanae Wright, Nicole Gramstad, Savannah Irwin, Morgan Simpson, Taylor Hallberg, Harlee Price, Lexi Bornes, Janelle Ayer**



## 2nd Grade Olympics



2nd Graders participated in a celebration of the Olympic games in December. This activity was a culmination of our study of ancient Greece. The celebration began with an opening ceremony complete with a torch created by Mrs. Roepnack, Art teacher.

Events included relay races, tug of war, obstacle courses, hula hoop pass, shoe search and a 3-legged race. Everyone received a traditional crown of branches, for participation, created by Mrs. Boos.

—2nd Grade Team

### Sherburne-Earlville Central School

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Jolene Emhof, Middle School Principal  
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Molly Goosman, Assistant Elementary Principal  
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*Superintendent's Message, cont.*

- Standardized state testing will increase for students and scores will be used to determine 50% of teacher evaluation results (previously 20%). The current evaluation system is already flawed and a greater emphasis will be put on tests that are subject to the *opt out*." The number of opt outs is expected to triple from the 60,000 parents that refused the 3-8 tests last year.
- The State will NOT release budget runs to districts unless lawmakers agree to Cuomo's agenda. (Budget runs are preliminary figures provided to districts allowing them to formulate school budgets, which must be voted on in May. Without budget runs, the districts must *guess* when developing budgets and release them for public vote.)

In an unprecedented move, the Governor is holding State Aid hostage in order to achieve his draconian measures. Many of us question the Governor's motivation as a means to gain more power and further line the pockets of his financial supporters, such as the corporations and hedge fund managers that are making billions of dollars from tests, texts, data collection, etc.

To date, Sherburne-Earlville has lost more than \$5.1 million in State Aid via the Gap Elimination Adjustment (GEA). The GEA was meant to be a temporary means to close the gap in the State budget. With the State budget boasting a \$5 billion surplus, one would expect that funding be restored without a vast set of strings that promote an anti-public school agenda.

Who can deny that closing the gaps in student learning and achievement is a priority? Increasing the reliance on standardized testing will only further promote the culture of teaching to the test. Who can also deny that the District needs to develop a fiscally responsible school budget? Withholding budget runs and holding State Aid hostage prevents us from effectively doing so.

We, as a school community, need to stand together and let our voices be heard. I encourage all stakeholders in our school community to contact our lawmakers and attend educational forums to show support of our public schools. By working together, we can convince Albany that these proposed measures are not in the best interests of our children. In doing so, we can overcome these unprecedented set of circumstances and continue to provide educational programs that meet the needs of our Sherburne-Earlville CSD community.

—Eric A. Schnabl, Superintendent

## Filling Out Your FAFSA/TAP Online

All college bound seniors will need to fill out the Free Application for Federal Student Aid (FAFSA) in order to be eligible for federal aid in the form of grants and/or loans. In addition, students who are applying to schools in New York State need to complete a Tuition Assistance Program (TAP) application in order to be eligible for NYS aid. The steps for filing financial aid applications are outlined below.

### Step 1

The student and one parent must register for pin numbers by going to [www.pin.ed.gov](http://www.pin.ed.gov). Your pin numbers will be emailed to you. Keep these numbers in a safe place. They will serve as your electronic signatures for all future financial aid forms online including future FAFSAs, loan applications, etc.

### Step 2

Go to [www.fafsa.gov](http://www.fafsa.gov). Be careful to type in the correct address (fafsa.com is not correct and will connect you to a company that charges you to fill out the FREE Application for Federal Student Aid!). Fill in all of the appropriate information. When all of the information requested is entered, both the student and a parent must sign the application using their assigned pin numbers and then hit submit.

### Step 3

After you sign and submit your FAFSA online you will come to a screen congratulating you on successful completion of the form. Print this page for your records. At this point, if you have applied to any New York State schools, you will also have the option of linking directly to the TAP application (for New York State Aid you will need to click on this link). TAP takes the information directly off your FAFSA so all you have to do is make any necessary corrections, fill in the additional information requested, sign using your pin number, and submit.

### Step 4

Within three to five days of submitting your FAFSA online, your SAR (Student Aid Report) will be sent to your email address. This needs to be reviewed for accuracy. If corrections need to be made, do so, and email it back. If everything is correct print the SAR and file it with your other financial aid papers.

And that is it! Filling out the FAFSA and TAP online is quick, easy and SAFE.

## SAT and ACT Information

Juniors should be signing up for the SAT and/or ACT offered in the Spring. The closest testing location is Norwich High School. Students have several opportunities to take the SAT there, but the ACT is only offered at Norwich in October. It is offered in Utica in April and Oneonta in June. In addition, it is crucial students be mindful of registration deadlines for the desired test dates. If they miss the registration deadline they will have to have to pay a fee, take the exam at another location further away, or wait until the next test date.

Below you will find the test dates and registration deadlines for both the SAT and ACT. You will notice that the June 6 SAT test date is the same day as Pageant of the Bands. If you participate in Pageant of the Bands, it is strongly encouraged to sign up for the May SAT to prevent extra stress on the day of the exam.

### 2015 SAT Test Dates and Registration Deadlines

<u>Date</u>	<u>Location</u>	<u>Deadline</u>
May 2 .....	Norwich HS.....	April 6
June 6 .....	Norwich HS.....	May 8

### 2015 ACT Test Dates and Registration Deadlines

<u>Date</u>	<u>Location</u>	<u>Deadline</u>
April 18.....	Proctor HS (Utica).....	March 13
June 13 .....	Oneonta HS.....	May 8
October 24 .....	Norwich HS.....	TBA

## Register for Your Test Today!





## Math Resources for Parents

The changes in math education have proven challenging for students, teachers and parents alike. There are many resources that can help you and your child be successful with these new techniques. Please visit these sites often, and remember that one of your best resources is your child's teacher. Ask often for the help you and your child need to be successful.

The first resource is relatively new and helps to explain some of the elementary techniques you are seeing. This is a video series created by the people at EngageNY called Math Studio Talk. "Math coach Nick Timpone takes us from Common Core standards in kindergarten through Grade 5 and demonstrates hands-on ideas, games, activities and models that teachers can take back to their classrooms or parents can use as a tool as they help their children with their homework." <https://www.engageny.org/resource/math-studio-talk-video-series-introduction> You will enter [www.engageny.org](http://www.engageny.org) into your browser's address bar. At the top right you will see a search field. Type in *Math Studio Talk*. You will be given a page with an overwhelming amount of videos and resources. If you would like to look at only those videos for your child's grade you can use the filters along the left-hand side of the page.

Another fabulous resource comes from the people at Eureka Math, a division of Common Core Inc., the company that created the curriculum modules. They have an entire parent page filled with videos and tips sheets sectioned by grade level. "Our *tip sheets* are guides designed to provide you with module-by-module guidance for supporting your child's study of math" <http://commoncore.org/parents>. The fact that these resources come from the authors of the curriculum, the words and pictures that are used throughout the modules are on these fact sheets. Things like *number bonds*, *bundles* and *area models* are explained in detail with further examples.

"The evidence suggested that every parent could do things that helped create strong readers and thinkers, once they knew what those things were." (Amanda Ripley, *The Smartest Kids in the World: And How They Got That Way*). Speak to your child's teacher often, discuss strategies that will work for your specific child and educate yourself. Once you know the technique you can be one of your child's most valuable resources.

## French Club



### High School and Middle School French Clubs Attend the Henri Matisse Exhibition at MOMA

In the early morning of November 21, 47 high school and middle school French Club students boarded a charter bus to New York City's MOMA (Museum of Modern Art) to attend the Henri Matisse exhibition, *The Cut-Outs*. Students enjoyed a day visiting both the Matisse exhibition and the museum's permanent collection. Students also had free time in the afternoon to explore New York's Bryant Park area. Mrs. Bradley and Mr. Callahan would like to also thank Miss Duca, Mrs. Kantor and Miss Czachowski for all their help on the trip.

### SE French 4 Helped Bring La Fête de Père Noël Alive for Miss O'Connor's Third Grade Class

On December 4 and 5, Mr. Callahan's French 4 class paid a visit to Miss O'Connor's 3rd Grade class in order to celebrate the French holiday *La Fete de Père Noel*, which takes place on December 6. On that day French children leave their shoes by the door and Santa comes and fills them with candy and other small treats. The students decorated clogs, which they left for Santa to find and fill.

The French 4 students also taught Miss O'Connor's class *Jingle Bells* in French before enjoying hot chocolate and other holiday treats. The morning of activities was enjoyed by both high school and elementary school students alike.



## Varsity Bowling

On Friday, January 16, the Varsity Girls' and Boys' Bowling teams acknowledged their seniors. For the boys, Coach Philhower recognized **Zach Wyss** and **Doug Urben, Jr.** Zach has been bowling since 7th grade on the school team, first beginning in the school manager program. His highest game was a 235. His future plans on going out into the work force. Doug Urben Jr. is a Hamilton senior that bowls for Sherburne. His mother and father, Peg and Doug Urben own the bowling alley in Earlville. The Urbens provide Sherburne-Earlville with a facility to keep bowling alive in our community and school. Doug has been bowling since the age of 10. His parents and Uncle DC introduced him to the sport. His highest game was a 299 and his best series was a 758.

This year the girls' team will lose three seniors. **Ruth Davis** will be graduating to pursue an education in Culinary Arts. Ruth began bowling at the age of 13 and has been on the school's team for the last four years. When she first began with us she held an average of 60 and this season has held a 127. Her highest score was a 202 and her highest series was a 436. **Delaney Kempney** is another senior that was recognized. She is a newbie to bowling as she just started bowling this year. Her plans after school include going to college for nursing. Our last senior is **Mandi LaClair**. Mandi began bowling in 7th grade and has been on the school team for the last six years. Mandi's high game in life was a 279 and this season a 250. Her highest series was a 683. In 7th grade Mandi began with a 119 average and this season holds a 181 average. Mandi plans on attending Herkimer Community College for Social Science and Bowling.

Coach Philhower and Coach Dando would like to take this opportunity to extend a special thank you to Mr. Perry, Mr. Schnabl, Peg and Doug Urben, parents and the community for all they do for the sport of bowling throughout the season and all year long. Bowling is a lifetime sport that our youth can involve themselves in throughout their lives and it is wonderful to acknowledged that.



*Zach Wyss  
and parents*



*Doug Urben,  
Jr. and  
parents*



*Ruth Davis  
and parents*



*Delaney  
Kempney  
and parents*

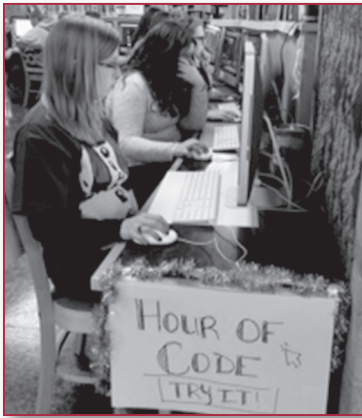


*Mandi LaClair  
and parents*



# An Hour of Code

## S-E Students Participate in the Largest Learning Event in History—An Hour of Code



Computer science develops students' computational and critical thinking skills and shows them how to create, not simply use, new technologies. Software and computers are everywhere, but few students even know what computer science is. For this

reason and with over 1 million more computing jobs than students predicted by 2020; in December many S-E students participated in the largest learning event in history to celebrate Computer Science Education Week.

Students followed tutorials featuring Angry Birds, Frozen, and Flappy Birds and listened to video lectures from Mark Zuckerberg, Bill Gates, and Chris Bosh to name a few. Some high school students visited the library on their own time to try the Hour of Code while other students tried it out in the following classes: Mr. Fenton and Miss Smith's K-2 computer classes, Mrs. Moore's 3-5th grade computer classes, Mr. Hough's 6th grade math classes, Mr. Vibbard's 7th grade math classes, Mr. Nourse and Mr. Bugbee's 7th and 8th grade technology classes, and Mrs. Hall's senior seminar classes.

Overall, teachers believed their students really enjoyed the Hour of Code, as indicated by Mr. Nourse mentioning that his students "had fun with it," and Miss Smith said "the enthusiasm for this was awesome; they really loved it!" Students (and parents) can continue learning about computer science and coding by logging onto the *Code.org* website designed for all ages and no experience is necessary. *Codecademy.com* is another free site for more advanced learners.



## 2015 FIRST® Robotics Game Unveiled

### FIRST Robotics Team #145 Kick's Off Season

Inventor and FIRST® Founder Dean Kamen launched the 2015 FIRST® Robotics Competition (FRC®) season January 3, 2015 with the Kickoff of a new robotics game called *Recycle Rushsm* before a crowd of more than 800 people at Southern New Hampshire University in Manchester, N.H., hometown of FIRST Headquarters. Nearly 75,000 high-school students on approximately 3,000 teams at 107 venues around the globe joined the 2015 Kickoff via live Comcast NBCUniversal broadcast. Chenango County FIRST Team #145 viewed the launch in Norwich at the Norwich high school tech room.

"FIRST is more than robots. The robots are a vehicle for students to learn important life skills," said Dean Kamen, president of DEKA Research and Development and FIRST Founder. "Kids often come in not knowing what to expect—of the program nor of themselves. They leave, even after the first season, with a vision, with confidence, and with a sense that they can create their own future."

*Recycle Rushsm* is a recycling-themed game played by two Alliances of three robots each. Robots score points by stacking totes on scoring platforms, capping those stacks with recycling containers, and properly disposing of pool noodles, representing litter. In keeping with the recycling theme of the game, all game pieces used are reusable or recyclable by teams in their home locations or by FIRST at the end of the season.

"This is PTC's seventh year sponsoring the Kickoff, and it has been our greatest privilege as a company to be able to foster your development as engineers of the future," Jim Heppelmann, President and Chief Executive Officer of PTC, addressed students watching the broadcast. "The world of engineering has been on a decade's long journey of discovery, innovation, and possibility. With the skills you'll develop through FIRST, you'll be at the center of this exciting transformation."

FIRST teams received a kit of Parts made up of motors, batteries, a control system, a mix of automation components, and a manual how to play this year's game – but no instructions on how to build their robot. Working with Mentors, students have six weeks to design, build, program and test their robots to meet

the season's engineering challenge. Once these young inventors create a robot, their teams participate in competitions that measure the effectiveness of each robot, the power of collaboration and the determination of students.

Team #145 has 28 students and ten mentors that meet Monday through Saturday, during the six-week build season in an effort to build a robot that meets the specifications set by the National FIRST leaders. The team has won a number of honored awards such as: the Rockwell International Innovation in Controls Award, Best Sportsmanship, the GM Industrial Design Award, the Judges Award, the *Imagery* Award and for the last two years took second place at the regional competition.

The regional competition is scheduled for March 20 and 21, at Rensselaer Polytechnic Institute (RPI) in Troy. The event is free and open to the public. Team #145 is planning a robotics launch celebration in late February prior to the competition.

If you are interested in learning more about the FIRST #145 team, visit our website at [www.trx145.net](http://www.trx145.net) or the USFIRST website at [www.usfirst.org](http://www.usfirst.org). Or, if you would like to make a donation to FIRST Team #145, email PR Coordinator, Audrey Robinson at [trx@trx145.net](mailto:trx@trx145.net).

### About FIRST

Accomplished inventor Dean Kamen founded FIRST (For Inspiration and Recognition of Science and Technology) in 1989 to inspire an appreciation of science and technology in young people. Based in Manchester, N.H., FIRST designs accessible, innovative programs to build self-confidence, knowledge, and life skills while motivating young people to pursue opportunities in science, technology, and engineering. FIRST provides nearly \$20 million in college scholarships.

## Chenango County FIRST Team #145



## S-E Celebrates Veterans' Day

One hundred twenty-five brothers, aunts, uncles, grandparents and one service dog enjoyed an amazing Thanksgiving lunch to celebrate their service to this great country. Sherburne-Earlville Elementary School held its Third Annual Veterans' Day lunch on November 20. Students had the opportunity to invite family members that are or were in the military to enjoy a turkey dinner at school with them.

The veterans were met at the door by fifth grade greeters who welcomed them with a cup of coffee

and a red, white and blue ribbon to thank them for the service and for coming to the event. All admired wonderful sights of students helping their relatives through the lunch lines, locating cutlery and napkins, and finding the perfect seat to share a great meal. The cafeteria was abuzz with conversation as the students and adults, alike, shared stories of school days past and present. What a wonderful way to give thanks to those that protect and serve America in the Sherburne-Earlville community.

—Stacey Davis

## Holiday Bazaar 2014

**The Holiday Bazaar was as popular as ever this year at S-E Elementary School!**

If you are not familiar with the Holiday Bazaar here's how it works. There is a magical place set up in the Elementary Building where children can do their own Christmas shopping for family members. Usually, we hold the bazaar on the first Thursday and Friday in December. Volunteers run Santa's Workshop and help children pick out just the right gifts for their family members and pets. There are many gift tables set up and labeled for moms and grandmas, dads and grandpas, teenage sisters, teenage brothers, younger brothers and younger sisters, Christmas Stuff and Pets to make the shopping experience as easy and enjoyable as possible. These tables are stocked and restocked all day with gifts that have been donated for just this occasion. Children are charged 50¢ per gift. The money collected from the purchases go back into the Holiday Bazaar fund for gift items for next year's bazaar.

High School students volunteered their free mods again this year to help set up the room and keep the gift tables full. When all the elementary students were finished shopping Mrs. Goosman rallied some of our Student Council members to help pack up the leftover items for next year.

Again this year, many retired teachers and retired staff members came back in to help. Many, many of our current faculty and staff members gave up free

periods to help set up and sell to our children as well. We could not make this magic happen without our custodial workers Jason Gould and Adam Hitt. They cheerfully set up the room for this event and, afterwards, make all the tables, signs and boxes disappear as soon as it was over. They are amazing! Fred Wright coordinates it all!

It is always so heart-warming to be a part of this happy event! It was also great fun seeing so many of our former employees help keep a tradition alive that they had enjoyed while employed at S-E.

The Holiday Bazaar is run exclusively with donated items and funds. Donations are accepted all year round. Gently used items (not clothing, please) that can be *re-gifted* by very proud little shoppers are greatly appreciated. If you would like to donate any items or funds to keep this lovely tradition going, please keep those requests in mind.

S-E Elementary now has a very active PTO. Members of the PTO were very helpful in organizing the Holiday Bazaar and they bought lunch for all of the volunteers for both days. Yay, PTO! Speaking of the PTO, if you would like to become involved, please contact the Elementary office or Robin Mizrahi for more information.

If you would like to volunteer to be one of *Santa's Helpers* and work at the Holiday Bazaar, please contact me at the Elementary Office, 674-7336, and I will put you on the schedule!

—Maggie Fitzpatrick



## Santa's Delivery

Santa made an unexpected letter delivery to Mrs. Hess' class on December 18. Mrs. Hess's class came to visit Miss Davis' class and to have a winter celebration when a surprise call came from the office. Mrs. Hess' students had a very cold delivery from the North Pole in the office. Students went to the office to retrieve the package that still had snow on it after its long journey. The package contained letters to each of Mrs. Hess' students from the elves of the North Pole and some of Frosty the Snowman's friends.

Students were helped by friends from Miss Davis' class to read their letters. The children were able to find out a little about their elves' and snow peoples' jobs at the North Pole, and if they were on Santa's Nice List. The children's faces lit up with great joy as they received and read their letters, amazed at how much their elves and snow people knew about them and their wishes for the holidays. Students also had a great time sharing snacks, doing coloring activities, and reading their letters.

## A Caroling We Will Go

Christmas time is the perfect season to share the beloved songs of the holidays. For Mrs. Fenton and Miss Davis' classes it was an opportunity to go caroling and share their singing talents with the residents of Madison Lane Apartments in Hamilton and with the citizens of Smyrna. The students practiced and perfected cherished Christmas songs with their music teachers, Mrs. Caton and Ms. Burns, who also accompanied the classes on their trip. For the second year, carolers from these classes sang for the residents of Madison Lane. Students also made origami stars to give to the residents. Hot chocolate and cookies were enjoyed by young and old alike, as students shared conversations with the residents.

After that, the students went to Smyrna to sing in the recently renovated Town Hall. Students had the opportunity to be the first people to sing on the stage for the first time in about 60 years. It was amazing to see the people in the balcony area singing along with the students! Students also gave the local inhabitants origami stars and cards while sharing punch, cookies, and candy canes with the residents. It was lovely to see the different generations deep in conversations about times past. Memories will be treasured by all from this holiday season!

—Stacey Davis



## SETA Annual Book Give-Away



On December 6, the Sherburne-Earlville Teachers Association hosted the 18th Annual Holiday Book Giveaway at the Sherburne Firehouse following the Holiday

Parade. Although the weather didn't exactly cooperate, many children were able to select books to give as gifts for family members and enjoy Christmas cookies after visiting with Santa. Even Mrs. Claus stopped by with some elves.

SETA would like to thank the Sherburne Rotary and the Sherburne Fire Department for their continued support of this annual event.

—Liz Swistak, SETA Book Giveaway Chair



# Choose MyPlate

10 tips  
Nutrition  
Education Series

## 10 tips to a great plate

**Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.**

Use the ideas in this list to balance your calories, to choose foods to eat more often, and to cut back on foods to eat less often.

- 1 balance calories**  
Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.
- 2 enjoy your food, but eat less**  
Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.
- 3 avoid oversized portions**  
Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.
- 4 foods to eat more often**  
Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.
- 5 make half your plate fruits and vegetables**  
Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.
- 6 switch to fat-free or low-fat (1%) milk**  
They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.
- 7 make half your grains whole grains**  
To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.
- 8 foods to eat less often**  
Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.
- 9 compare sodium in foods**  
Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."
- 10 drink water instead of sugary drinks**  
Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

**USDA** Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.  
Center for Nutrition Policy and Promotion



# Everyday Preventive Actions That Can Help Fight Germs, Like Flu

CDC recommends a three-step approach to fighting the flu.

CDC recommends a three-step approach to fighting influenza (flu). The first and most important step is to get a flu vaccination each year. But if you get the flu, there are prescription antiviral drugs that can treat your illness. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women. Finally, everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. This flyer contains information about everyday preventive actions.



How does the flu spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose. Many other viruses spread these ways too.

People infected with flu may be able to infect others beginning 1 day **before** symptoms develop and up to 5-7 days **after** becoming sick. That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

What are everyday preventive actions?

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.



Centers for Disease Control and Prevention  
National Center for Immunization and Respiratory Diseases



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*Sherburne-Earlville is committed to students. By providing an environment of educational excellence which emphasizes the learning of academics and life skills, nurtures self-respect, and fosters life-long learning, we enable our students to pursue challenging individual goals and to become positive, contributing members of society.*

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## Teacher Rewards



The Norwich Wal-Mart is helping 20 teachers in the Sherburne-Earlville School District with purchasing much needed classroom supplies this back-to-school season as part of its Teacher Rewards program. Nationally, Wal-Mart and Sam's Club locations are awarding more than 100,00 educators with \$50 rewards cards, infusing schools across America with \$5 million.

Given recent budget cutbacks and increased educational mandates, Wal-Mart estimates that educators spend roughly \$1,000 out of their own pockets each school year to ensure their students have the supplies they need to learn. The Teacher Rewards program helps teachers offset those costs.

Each Wal-Mart store selected one kindergarten through 8th grade public school and provided \$50 reward cards to 20 teachers from the selected school. All Wal-Mart, Logistics and Sam's Club® facilities nationwide are eligible to participate in the Teacher Rewards program. The winning teachers received a \$50 Teacher Rewards card through a drawing.

—Matthew White

## Visit to Chenango Valley Home



In December Mrs. Colf's, Mrs. Marks' and Ms. Alexander's kindergarten students traveled to the Chenango Valley Home in Norwich to sing seasonal pieces. The children did a fabulous job and the residents of the home were delighted.

As you can see, not only can the children sing *Jingle Bells*, they can spell it too! After the show the performers and the hosts exchanged homemade gifts. Everyone had a wonderful time!

—S. Dreyer

**Thank You  
Students!**