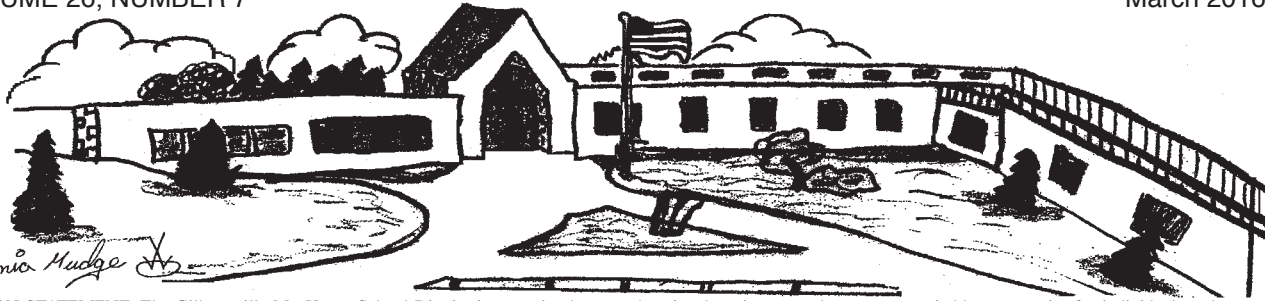


# GILBERTSVILLE-MOUNT UPTON CENTRAL SCHOOL DISTRICT

VOLUME 26, NUMBER 7

March 2016



MISSION STATEMENT: The Gilbertsville-Mt. Upton School District is committed to an educational environment that assures equitable opportunity for individuals to become College and Career Ready and ultimately, responsible, productive members of society. We will encourage individual excellence in students of all ages that they may gain a lifetime enthusiasm for work and learning.

## Superintendent's Message



The African Proverb "It takes a village to raise a child" rings close to home for our GMU communities. Here at school we recognize that many of our parents struggle with meeting financial and emotional needs within their families. It is difficult for some working parents to attend all events that their children are involved in, and that

is where you as our extended school community come in. We are in difficult times economically, and many of our parents are struggling to provide for their children. This community has stepped up time and time again in taking part to raise our children! Each time you support students with a fundraiser, attend a play, concert, athletic event, open house, awards ceremony or any other school program, you are the village that is helping parents to raise their children. It is great to see community members attend school events even when you do not have a child attending our school. What a testament this is to you, our community! It is an honor to be a part of this community, and I want to thank you for all of your support, as it means more to our students than you can imagine.

### Pre-Kindergarten Registration

Resident children of the Gilbertsville-Mt. Upton School District who will be four years of age by December 1, 2016, are eligible to register/apply for the full day Pre-K program. For those who are interested and have not already done so, you may contact Mrs. Clapp in the Guidance office at 783-2207, ext. 141 to provide information for obtaining an application.

All Pre-Kindergarten applications must be returned and in the Guidance Office by noon on April 8, 2016. The class is limited to 15 students. However, if more than 15 applications are received, a lottery system is used to fill the slots.

Please know that during our budget development process, I, along with our Board of Education, will make fiscally responsible decisions that keep students' needs at the forefront, balanced with financial concern for our communities. At this time we have reviewed the Governor's initial proposal and are waiting for additional adjustments that the Governor might make as in the past, before putting the GMU budget proposal out for voter review.

Congratulations to our Elementary and Middle School students who performed in the musical *Captain Bree and Her Lady Pirates*. This was such a fun show directed by Mrs. Anne Monaco. If you enjoy attending performances at our school, please know that March is Music In Our Schools month. Students' talents will be highlighted at our annual Pops Concert on Wednesday, March 9 at 6:30 p.m. Also this month, our annual Pre-K-5, Music In Our Schools celebration will take place on March 16 at 8:25 a.m. in our auditorium. Please join us!

I would like to thank all those who came out and voted on the bus proposition on February 2. I appreciate your continued support of all school programs and initiatives and thank you for helping make the quality of the journey a meaningful one for our students. We couldn't do it without you, our *village*!

—Annette D. Hammond, Superintendent

### Kindergarten Registration

Parents of children who are turning five on or before December 1, 2016, are eligible to register for Kindergarten for the 2016-2017 school year. Kindergarten registration will be held on March 10, from 12:00-3:45 p.m. Please call Mrs. Clapp to arrange an appointment at 783-2207, ext. 141. There will not be a Saturday registration day this year.

The items needed at the time of registration are: child's Birth Certificate, Immunization Record, Social Security Card, and three proofs of residency. Students who attended our in-house Pre-K program during the current school year do not have to attend this registration. If you have any questions, please feel free to contact Mrs. Clapp in the Guidance Office.

## Principal's Message

### Special in March

We are more than half way through the school year and this is a busy month. March is Music In Our Schools Month and we will be celebrating with our annual Pops Concert and Morning Raiders Program. Grades 4-12 will be performing in the Pops Concert on Wednesday, March 9, at 6:30 p.m. The Pre-K-5 Music In Our Schools Presentation will be held on Wednesday, March 16 at 8:25 a.m. We hope to see you at these events!

The month of March is dedicated to PARP (Parents as Reading Partners). Please check your child's Friday Folder for more information on this program.

### Spring Recess

There will be no school Friday, March 25 in observance of Good Friday. Students return to school Monday, March 28. Just a reminder, State Tests for ELA and Math, grades 3-8, will be in April!

### Be Involved

Take a minute and ask your children what book they are reading in school. Ask questions such as: Do you like the book? Why or why not? What are some of the characters' names? What is the book about? How does this book relate to you or your life?

Parents, please send notes in with your children when they return to school from an absence. Doctor notes would be appropriate when they have missed school due to an appointment and they need a note when coming to school late. Many students have illegal absences in their attendance record because they do not bring in notes.

### Don't Forget!

Daylight savings is on March 13, so we will lose an hour of sleep time that night. Having a sufficient amount of sleep can help students get their day started in a positive and productive manner and it increases their chances of getting to school on time. As always, please do not hesitate to call or stop in if you have questions, concerns, or suggestions.

—Ms. Denise Wickham, PK-12 Principal

### Attention Business Owners!

Do you own a local business? You are invited to come speak to our students about your business and entrepreneurship!

Please call Heather Wilcox at 783-2207, ext. 118 to discuss setting up a time to meet with a class. Inspire future generations with the story of your hard-fought success!

## Book Fair

Our next book fair will be held Wednesday, February 24 through Friday, March 4 in the High School Library. The book fair will be open throughout the day, but closed from 11:00-12:00 daily. We will also be open prior to The Tardy Brothers' Show Friday, February 26.

Please make checks out to *Gilbertsville-Mt. Upton Central School*. We will be collecting sales tax (8%) on all sales.

## From The High School Guidance Office

### Seniors

Seniors, as of March 1 you have only 112 days until graduation. Time is of the essence in making sure you are meeting financial aid and scholarship deadlines. If you are still waiting to hear from a college about your application, it is important for you to call and make sure they are not missing information. It is also important to remember to check in the Guidance Office for the posting of local scholarship opportunities.

"Make the most of yourself, for that is all there is of you."

—Ralph Waldo Emerson

### Juniors

Juniors should be thinking about and narrowing down their list of colleges as well as registering for the SAT and/or ACT. It is necessary to know what schools to report those scores to at the time of the SAT and ACT test administration. The next logical step is to visit colleges. Here are two websites for Open Houses for SUNY and New York private colleges.

<http://www.nycolleges.org/openHouses.php>

[http://www.suny.edu/student/campuses\\_open\\_house.cfm](http://www.suny.edu/student/campuses_open_house.cfm)

This is a reminder to register for the Spring 2016 SAT and ACT exams. Test dates are as follows:

SAT—[www.collegeboard.com](http://www.collegeboard.com)

SAT Test Dates	Registration Deadline
May 7, 2016	April 8, 2016
June 4, 2016	May 5, 2016

ACT—[www.actstudent.org](http://www.actstudent.org)

ACT Test Dates	Registration Deadline
April 9, 2016	March 4, 2016
June 11, 2016	May 6, 2016

### Sophomores

If you are interested in attending DCMO BOCES next year for a Career and Technical Education program, please stop by the Guidance Office for an application. The deadline along with timely completion of the application is important! If you have questions or need help please see Mrs. Wilcox in the Guidance Office.

## Memo from the Health Office

### Allergy Information

No matter where you live, allergies can be a problem all year long, indoors as well as outdoors. According to Alicia Elkin, a spokesperson for AAFA, “with a little bit of planning and some good cleaning habits, you can keep your home as allergy-friendly as possible.” Here are a few tips that are useful no matter where you live.

- Keep windows and doors closed to prevent pollen from blowing into the house.
- Control dust mites on the bed by using certified bedding encasements, pillows and other linens.
- Use a certified vacuum that has a high-efficiency filter, and vacuum weekly to keep indoor allergens to a minimum.
- Change the air filter in your furnace every 30-90 days. Look for certified asthma and allergy friendly filters.
- Reduce the presence of mold by decreasing moisture inside the house with humidity above 40% but below 60%, and outdoors by clearing the yard of damp firewood and leaves.

To find asthma and allergy friendly certified items go to [www.aafa.org/certified](http://www.aafa.org/certified).

—Taken From Asthma and Allergy Foundation of America Newsletter



Asthma and Allergy  
Foundation of America

## DCMO BOCES to Administer School Equivalency Exam

The New York State Education Department awarded a grant to DCMO BOCES to administer the high school equivalency exam. The Test Assessing Secondary Completion (TASC™) exam, was previously administered by the Norwich City School District and most recently at the Norwich High School. Testing at the DCMO BOCES Chenango Campus will start in April of 2016.

The 2016 general test schedule is as follows: April 4 and 5, June 6 and 7, July 11 and 12, October 3 and 4, and December 12 and 13. Individuals interested in testing can apply for the exam by calling 607-335-1381. Eligibility requirements, application form, and more information are also available on the [www.learnatboeces.com](http://www.learnatboeces.com) home page and the New York State Adult Education website, [www.acces.nysed.gov/hse](http://www.acces.nysed.gov/hse).

## GMU Brings Microsoft Office to Middle/ High School Students at No Cost

As part of GMU using the Microsoft Office 365 for Education service, students in grades 5 through 12 who sign up for a school e-mail/Office365 for Education account can now have access to Microsoft Office 365 ProPlus at no cost. Eligible students can download Microsoft Office 365 on up to five PCs or Macs, and Office apps on other mobile devices including Windows tablets and iPads, enabling them to get their school work done virtually at any time and from anywhere.

Eligible students have access to Office 365 with automatic updates so they will always have the latest versions of Microsoft Word, Excel, PowerPoint, OneNote, Outlook, Access and Publisher. Eligible students also have access to one terabyte of OneDrive cloud storage. With Office 365 at no cost for students, families can save money.

If a student does not already have a school e-mail/Office365 for Education account and are in grades five and up, they may have their parents sign them up for an account with a GMU Technology Services form, available in the library, from Mr. Voorhees in the Tech Services office, or downloaded from the school website, [gmucsd.org](http://gmucsd.org), in the For Students and Parents section.

To get Office 365 ProPlus after an account is set up, students should visit [Office.com/GetOffice365](http://Office.com/GetOffice365) and follow the instructions. If you have any questions, contact Mr. Voorhees or visit [Office.com/GetOffice365](http://Office.com/GetOffice365) for assistance.

—Mr. Voorhees, GMU Technology Director

## Do You Have a STEAM Career? Are you a STEAM Star?

STEAM stands for Science, Technology, Engineering, Arts and Math. The STEAM team at GMU is looking for you. In order to encourage our students to explore STEAM-based careers, we are creating a Steam Star Wall of Fame featuring people associated with GMU and their occupations.

Please send us a photo of you doing your job, along with a bio describing your work, your place of employment and anything else you think would be of interest, and we'll post it on our wall where our students can see it and become inspired. You can send your picture and biography to [jcostello@gmucsd.org](mailto:jcostello@gmucsd.org), [mseigers@gmucsd.org](mailto:mseigers@gmucsd.org) or [ltalbot@gmucsd.org](mailto:ltalbot@gmucsd.org).

Thanks for helping our students to explore exciting and rewarding STEAM career opportunities.



## Senior of the Month



Congratulations to March's Senior of the Month, **Colin Wind**! Most know Colin as an Atticus Finch character on both stage (in Drama Club) and in real life, but he is more complex than just that—he is also an artist, engineer and Socratic thinker in the truest philosophical sense. However stoic and strong Colin has been, he is still appreciated for his role on past soccer and

basketball teams before being sidelined by shoulder surgery. Mr. Wind was also the Empire Boy's State Delegate sponsored by the Gilbertsville American Legion Post and a member of the Academic Competition Team (Go Mr. Achilles!)

He has been a trial lawyer for the winning GMU Mock Trial Team and is in his third year. His artistic talents are not only on paper, but on stage as well; he is currently in the Tri-Town Theater production of *Charlotte's Web*.

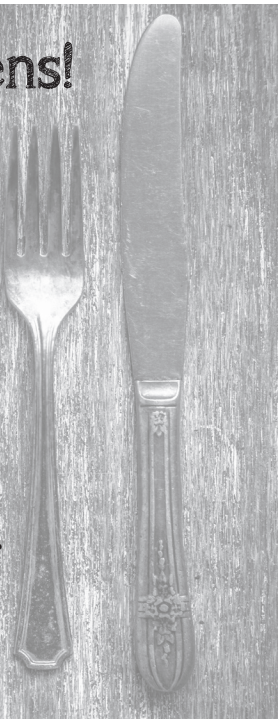
Presently Colin is enrolled in AP US Politics and Government, Physics, Pre-Calculus, Digital Photography, TC3 Academic Writing and Intro to College courses, and Senior Theme. Outside of school, you may have seen this sous chef in the past at the Empire House or presently in the Valueway Grocery in Gilbertsville. We wish you well Colin, no matter where the *wind* takes you!

—HS Student Council

## Senior Citizens!

*Please join us in the High School Cafeteria for lunch on any Thursday that school is in session*

**Lunch is served from 11:30-12:30 p.m.  
Price: \$4.00**



## Congratulations!



Great job Cast and Crew members on a job well done on the musical *Captain Bree and Her Lady Pirates*! A special thank you to Gerrit Bakhuizen and Tyler Lindsley for all their help and knowledge with lights, set, and working with the crew; Cheri Theis for her time and effort making/fixing props, posters and program/t-shirt layout. Thank you to the boys' modified coach Matthew Johnson for his help to balance the athletic schedule and rehearsal times.

I would also like to thank Winnie Sortman, Michelle Farwell and Phyllis Inman for their help with sewing costumes! Nathaniel Posner for making and painting our swords! Thank you to our stage crew both Friday and Saturday night!

Of course we could not have done our show without the help from our parents and school community! Thank you for making our show a great success!

—Mrs. Anne Monaco, Music Teacher

## 6th Grade Social Studies

The class enjoyed making models of the Great Wall of China as part of our study of that country.



*Students in picture: Back: Dawson Heath; front l.-r.: Lane Dibble and Michael Benham.*

## Music In Our Schools Month!

The GMU bands and choruses will be presenting a Pops Concert as part of our Music In Our Schools Month celebration. This concert includes the following performing groups: Elementary Band, Elementary Chorus, Concert Band, Junior Chorus, Symphonic Band, Jazz Band, Ladies Ensemble and Senior Chorus. Each group will perform one or two selections from the pop repertoire, including music from television, movies, and musical theater. The performance starts at 6:30 p.m. on Wednesday, March 9 (snow date Thursday, March 10). It should be an exciting and fun filled evening of twentieth century pop favorites!

The Music Department is also well underway with plans for a performance celebrating Music In Our Schools Month, featuring pre-kindergarten through sixth grade students. We are working on a short musical which gets every grade level involved. Our production, called *Music Through the Decades*, will be performed on Wednesday, March 16 (snow date Friday, March 18) at 8:25 a.m. It will be an entertaining production which allows the audience to see and hear songs from different decades starting in the 1920's. Please join us for some of our exciting musical songs and dances!

—Mrs. Anne Monaco, Mr. Mathew Oram  
and Mrs. Winnie Sortman

## Binghamton Youth Symphony Orchestra Winter Concert



GMU students **Elaina Palada** and **Timothy Picozzi** joined the Binghamton Youth Symphony Orchestra (BYSO) as they presented a Winter Concert on January 17, at Binghamton West Middle School. Under the direction of longtime BYSO conductor Barry G. Peters and new associate

conductor Elizabeth Bartlett, young musicians from more than twenty school districts performed a spirited program including *The Sorcerer's Apprentice*, Selections from *Porgy and Bess*, *Fire of Anacapa* and Cello Concerto No.1, Op.33 in this opening concert of Binghamton Youth Symphony Orchestra's 55th season.

The Youth Symphony Orchestra and the Preparatory Youth Symphony Orchestra offer performance opportunities to talented musicians in elementary, junior and senior high schools.

## February All-County Festival



All-County participants are selected yearly through an audition process to represent their school district in a festival which gathers the finest musicians in Otsego County. This year the Festival took place on Saturday, February 6 at Worcester Central School. The following students participated in the Junior High All-County Chorus: **Gavin Bonczkowski**, **Emily Hammond**, and **Naamah Romano**. The following students participated in the Senior High Band: **Andrew Baker**, **Courtney Baker**, **Madison Banks**, **Savana Conrade**, **Mickenson Clune**, **Nina D'Amato**, **Vasiliki Drapaniotis**, **Auttum Hartwell**, **Charlene Heisler**, **Elaina Palada**, **Timothy Picozzi**, **Lucas Piedmonte**, **Katherine Schultes**, and **Shalleigh Taranto**.

Special Congratulations to **Elaina Palada** for receiving the Heather Lesh Forsha Scholarship! She was presented the award at the Festival and was invited to show off her vocal talent by singing a solo she selected: *A Change In Me* by Alan Menken and Tim Rice.

Congratulations to all participants on an amazing concert! The next festival is Saturday, March 5 at Cooperstown Central School District. The elementary band and chorus will perform at 1:00 p.m. with Junior High Band and Senior High Chorus performing at 2:30 p.m.

—Mrs. Monaco, Mr. Oram and Mrs. Sortman





## Fifth Grade News

The month of January was busy for fifth graders who were working on many projects and performances. The new buzz word preparing students for the 21st Century is STEAM: Science, Technology, Engineering, Art and Mathematics. Many of the projects we have worked on this month incorporate STEAM.

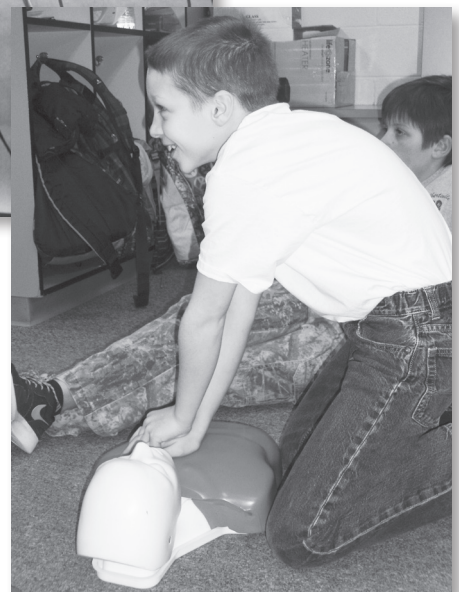
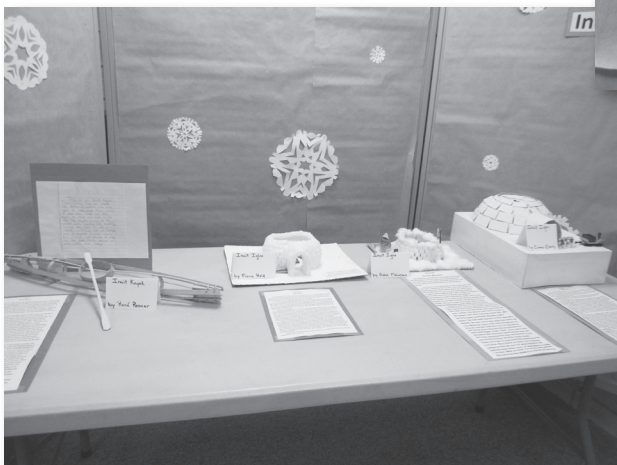
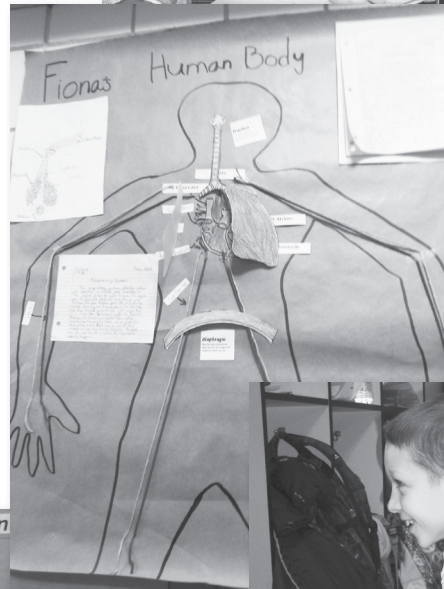
In Social Studies, students did a Native American study. Students selected a Native American tribe and created an artifact that related specifically to that tribe. Students wrote an informative essay about the tribe, highlighting their government, religion and beliefs, and how they used their natural resources to meet their needs for survival.

In ELA, students read *A Very Special Kwanzaa* focusing on theme. In this story, a boy was bullied into not wanting to celebrate Kwanzaa. Students learned how to accept other people's differences and to not be ashamed to celebrate their beliefs.

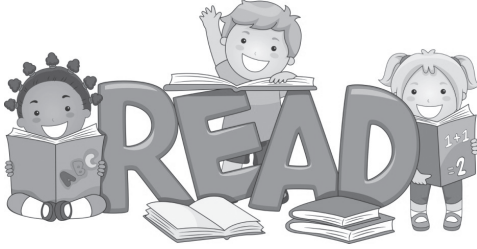
One engineering project students are currently working on is designing a Rube Goldberg machine. Students needed to identify a problem, sketch a plan, design, build, and redesign their plans to solve a problem. The fifth graders learned that working together to compromise can sometimes be difficult, but the end result is something much more complex and better than what could have been done alone.

In Science, we've been learning about the systems within the human body. Students learned about the circulatory system, acting out the path that blood takes through the body. They designed an exercise to perform and then gathered data on heart rate as the length of time spent exercising was increased. Students learned about the respiratory system and were instructed by Ms. Estabrook and Mr. Bonczkowski on how to perform hands only CPR. Students had fun in the science lab, investigating how the parts of the digestive system physically and chemically break food down so that our bodies can use the nutrients the food contains.

—Mr. Cimineri and Mrs. Cummings



## Join Us for the Reading Partners Program!



- Who:** Any GMU student grades Pre-K to Sixth Grade.  
**What:** A service learning initiative that will allow young readers to read with and listen to stories read by Middle and High School Students.  
**When:** Every Tuesday during the month of March from 3:00-4:00 p.m. (Late bus is available—watch your child’s folder for permission slips).  
**Where:** Elementary and High School Library.  
**Why:** To promote a love of reading.

## Parents As Reading Partners 2016



Dear Families,

Welcome to PARP! During the month of March, students in Pre-K–6th grade will be participating in GMU’s Parents As Reading Partners program (PARP). The purpose of this program is to encourage students to read at home and increase their awareness of the importance of reading. Reading regularly with children is one of the most significant things we can do to help foster their academic success. By participating in the PARP program with your children, you will help them to develop a lifelong love of reading.

This year’s theme is *Camp Read-A-Lot*. Please read the PARP booklet that will be sent home with your child the first week of March. Inside this book you will find a PARP activity calendar for the month. This calendar provides suggested activities you can do to promote reading at home. Your support is greatly appreciated.

Have Fun Reading!

—Mrs. Raquel Norton, Librarian

## Third and Fourth Grade News

As winter finally settled in, third and fourth graders were busy doing a number of STEAM activities that involved snow. Just to name a few, students read stories about snow, snowmen, winter activities and weather. They collaborated with a partner to create indoor snow using measurement and basic household supplies. They invented characters that they could create out of the snow and wrote stories about them.

The students had a great time playing in the snow, while staying toasty warm inside! If you know a third or fourth grader, please ask them to share the recipe with you so you can play inside with snow too. Enjoy the rest of winter; spring will be here before we know it!

—Ms. Theresa Bennett and Ms. Becky McMullen





## Thank you, Grange



Every year the Butternut Valley Grange is kind enough to give each third grade student a dictionary. The students were very grateful for this gift and excited about all the different ways that they are going to be able to use them. Some of the ways they came up with included: check spelling, learn definitions, discover new words and write reports just to name a few.

Once again, a big thank you to the Grange for this very thoughtful gift.

—*The Third Grade*

## Advertising in the School Yearbook

Please take this opportunity to show your support for the Class of 2016 at Gilbertsville-Mt. Upton by taking out an advertisement in this year's edition of *The Vallerian*. These ads can be business or personal.

If you have never taken out an ad in the yearbook and would like to take advantage of this opportunity, please follow these simple steps:

- Draw a sketch of your ad (don't forget to include pictures, logos, etc.—anything that is labeled will be returned to you)
- Write a check, made payable to GMU Yearbook, for the chosen amount
- Send the ad along with your payment by 4/1/16 to:

GMU Central School  
Attn: Yearbook Ads Staff  
693 State Highway 51  
Gilbertsville NY 13776

### Our pricing is as follows:

Full Page Ad—\$200      1/2 Page Ad—\$130  
1/4 Page Ad—\$80      1/8 Page Ad—\$40

Patron Ad—\$10 (one line—usually with graduate's name)

If you would like to meet with one of our staff members regarding your ad, or would like more information before you decide to take out an ad, please feel free to contact Mr. John Grenier at [jgrenier@gmucsd.org](mailto:jgrenier@gmucsd.org), or by calling (607) 783-2207.

## Poetry Out Loud Winners

Congratulations! We're so proud of **Vasiliki Drapaniotis** and **Zara Zeidman** for their recitation performances in the Mohawk Region Poetry Out Loud Competition held at SUCO on February 1. A total of fifteen students from area schools competed for the top two slots.

Congratulations to runner-up Zara, who moves on to the New York State POL Competition to be held in Syracuse in March. Go Zara!

## Congratulations!

## Artist of the Month



January's Artist of the Month **Mia Mantellassi** is a first grade student in Mrs. Privitera's class. In December we worked on ornaments for the Christmas trees in both Gilbertsville and Mount Upton's village parks, and also one for home. The first grade class makes a snowman out of recycled plastic sheets. Even though we

use the basic snowman shape, we ended up with so many different variations. Mia's was outstanding.

Mia said she really liked designing and coloring the snowman, and adding all the *extra* parts. Hers did really stand out, with arms and legs and even earmuffs! She said the hardest part was cutting it out, because it is a heavy plastic sheet but she handled it very well.

Mia's favorite medium to work in is clay, because she likes that you can make so many different things with it. When she is doing drawings or paintings, landscapes are the subject she likes to depict, and she said that all the colors are so beautiful, that she can't pick just one.

—*Mrs. Cheri Theis*



Great  
Work  
Mia!



# The Vallerian

Yearbooks for Sale! Yearbooks for Sale! Get Your Yearbooks!

It's that time of year again when yearbooks go on sale! Have you ordered your copy? If not, the 2016 Yearbook Staff is now taking orders for this year's *Vallerian*. Yearbook prices are as follows:

<u>Order between these dates</u>	<u>cost per yearbook</u>
Now – May 1, 2016	\$30.00
After May 1, 2016	\$35.00

To order your copy of *The Vallerian*, please follow these simple steps:

- Complete and cut out the form below
- Write a check for the appropriate amount, made payable to GMU Yearbook
- Send the form along with your payment to:

GMU Central School  
ATTN: Yearbook Order Staff  
693 State Highway 51  
Gilbertsville NY 13776

If you have any questions, please contact Mr. John Grenier at [jgrenier@gmucsd.org](mailto:jgrenier@gmucsd.org) or at (607) 783-2207.

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Grade/Teacher: \_\_\_\_\_

Number of copies of *The Vallerian* being ordered: \_\_\_\_\_

Keep your kids safe. Get their seasonal flu vaccines every year.

# Seasonal Flu: A Guide for Parents

<b>Is seasonal flu more serious for kids?</b>	Infants and young children are at a greater risk for getting seriously ill from the flu. That's why the New York State Department of Health recommends that all children 6 months and older get the seasonal flu vaccine.
<b>Flu vaccine may save your child's life.</b>	Most people with seasonal flu are sick for about a week, and then they feel better. But, some people, especially young children, pregnant women, older people, and people with chronic health problems can get very sick. Some can even die. A flu vaccine is the best way to protect your child from seasonal flu. It is recommended for everyone 6 months and older.
<b>What is seasonal flu?</b>	The flu, or influenza, is an infection of the nose, throat, and lungs. The flu can spread from person to person.
<b>Flu shot or nasal-spray vaccine?</b>	<ul style="list-style-type: none"><li>• Flu shots can be given to children 6 months and older.</li><li>• A nasal-spray vaccine can be given to healthy children 2 years and older.</li><li>• Children younger than 5 years who have experienced wheezing in the past year – or any child with chronic health problems – should get the flu shot, not the nasal-spray vaccine.</li><li>• Children younger than 9 years old who get a vaccine for the first time need two doses.</li></ul>
<b>How else can I protect my child?</b>	<ul style="list-style-type: none"><li>• Get the seasonal flu vaccine for yourself.</li><li>• Encourage your child's close contacts to get seasonal flu vaccine, too. This is very important if your child is younger than 5 or if he or she has a chronic health problem such as asthma (breathing disease) or diabetes (high blood sugar levels). Because children under 6 months can't be vaccinated, they rely on those around them to get vaccinated.</li><li>• Wash your hands often and cover your coughs and sneezes. It's best to use a tissue and quickly throw it away. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands. This will prevent the spread of germs.</li><li>• Tell your children to:<ul style="list-style-type: none"><li>• Stay away from people who are sick;</li><li>• Clean their hands often;</li><li>• Keep their hands away from their face, and</li><li>• Cover coughs and sneezes to protect others.</li></ul></li></ul>
<b>What are signs of the flu?</b>	The flu comes on suddenly. Most people with the flu feel very tired and have a high fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. The cough can last two or more weeks.



<b>How does the flu spread?</b>	People who have the flu usually cough, sneeze, and have a runny nose. The droplets in a cough, sneeze or runny nose contain the flu virus. Other people can get the flu by breathing in these droplets or by getting them in their nose or mouth.
<b>How long can a sick person spread the flu to others?</b>	Most healthy adults may be able to spread the flu from one day before getting sick to up to 5 days after getting sick. This can be longer in children and in people who don't fight disease as well (people with weaker immune systems).
<b>What should I use to clean hands?</b>	Wash your children's hands with soap and water. Wash them for as long as it takes to sing the "Happy Birthday" song twice. If soap and water are not handy, use wipes or gels with alcohol in them unless they are visibly soiled. The gels should be rubbed into hands until the hands are dry.
<b>What can I do if my child gets sick?</b>	Make sure your child gets plenty of rest and drinks lots of fluids. Talk with your child's doctor before giving your child over-the-counter medicine. If your children or teenagers may have the flu, never give them aspirin or medicine that has aspirin in it. It could cause serious problems.
<b>Can my child go to school/day care with the flu?</b>	No. If your child has the flu, he or she should stay home to rest. This helps avoid giving the flu to other children.
<b>When can my child go back to school/day care after having the flu?</b>	Children with the flu should be isolated in the home, away from other people. They should also stay home until they are symptom-free for 24 hours (that is, until they have no fever without the use of fever-control medicines and they feel well for 24 hours.) Remind your child to protect others by covering his or her mouth when coughing or sneezing. You may want to send your child to school with some tissues, wipes or gels with alcohol in them if the school allows gels.

For more information about the flu, visit  
<http://www.health.ny.gov/diseases/communicable/influenza/seasonal/>

Or, [www.cdc.gov/flu](http://www.cdc.gov/flu)  
Centers for Disease Control and Prevention



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**Calendar of Events**

**March**

- 1 Board of Education Meeting, D104, 7:00 p.m.
- 3 All-County Festival
- 4 Morning Raiders, 8:25 a.m.
- 5 All-County Festival, 1:00 p.m. and 2:30 p.m.  
SAT
- 7 Spring Season Begins
- 8 Sophomore Summit at SUNY Oneonta
- 9 Pops Concert, 6:30 p.m.
- 10 Pk-12 Half Day, 11:00 a.m. dismissal, no lunch served**  
Pk-12 Parent Teacher Conferences, 11:45- 7:00 p.m.  
Kindergarten Registration, Noon-3:45 p.m.  
Pops Concert Snowdate, 6:30 p.m.
- 11 No School—Superintendent’s Conference Day**
- 15 Board of Education Meeting, D104, 7:00 p.m.
- 16 Music In Our Schools Presentation, 8:25 a.m.  
CASSC 11th Grade Leadership Workshop
- 18 Morning Raiders, 8:25 a.m.  
Music In Our Schools Presentation Snowdate, 8:25 a.m.
- 25 No School—Good Friday, Offices Closed**

**GMU Family Night at the Movies**



***The Peanuts Movie***

**Saturday, March 12 • 7:00 p.m.**

GMU Auditorium

Free Admission

Sponsored by the Raiders Safety Patrol  
Washington DC/Philadelphia 2016