

The Lyncourt Ledger

Winter 2018

COMMUNITY NEWSLETTER

Issue 2

<http://www.lyncourtschool.org>

Superintendent—James J. Austin

Phone Number (315)455-7571

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#LyncourtKindness



During the month of December, we focused on the character strength of kindness through the Positivity Project. We asked students to do one kind act for another person. This kind act could be for a family member, a neighbor, a bus driver, or any member of the community. We requested parents/guardians to take a picture of their child carrying out their act of kindness and either post the picture on Facebook or Twitter with the hashtag #LyncourtKindness. The results were incredible and #LyncourtKindness spread throughout the community. From helping to take out the garbage to making cards for a local nursing home...the #LyncourtKindness acts were heart warming. Thank you, Character Education Team and all our kind community members!



Our Mission

“The Lyncourt Union Free School District, in partnership with the community, is committed to educating all learners to reach their full potential.”

Great Expectations for Achievement, Respect, and Caring

Superintendent Austin....

As I approach the halfway point of my 8th year as the Lyncourt Superintendent I realize that the years go fast, but a common theme prevails; *Lyncourt is truly an incredible district.* We understand there is no “one size fits all” approach to learning and succeeding and our Board of Education, Administrators, Faculty, and Staff do an impressive job of finding the right fit for every student. I would like to highlight a few ways I believe *Lyncourt is truly an incredible and unique district.*

Our High School Choice Option has received positive feedback from both Solvay students/parents and East Syracuse Minoa students/parents. This opportunity and collaboration has opened different doors to a variety of learners. We continue to strive to offer our graduating 8th graders every opportunity to best fit their needs. *Lyncourt is truly an incredible and unique district.*

Our collaboration with The Reading League, an organization based locally, whose mission is "to build educator knowledge of how to teach reading using evidence-based, highly effective methods of reading instruction and assessment," has benefitted our students tremendously! Student growth continues and we are looking forward to watching our students reach their fullest potential. *Lyncourt is truly an incredible and unique district.*

The Positivity Project, empowering students to build positive relationships, is going strong and students demonstrate an incredible understanding of how other people matter. Take a look at the front cover of this Ledger, #LyncourtKindness was everywhere this holiday season. *Lyncourt is truly an incredible and unique district.*

I wish everyone a safe and healthy winter season. Don't hesitate to call the main office with any questions or concerns. As always, if you have any questions, please feel free to send an email to jaustin@lyncourt.school.org or call me personally (315)455-7571.

Stand Tiger proud....*Lyncourt is truly an incredible and unique district.*

Respectfully,



James J. Austin
Superintendent of Lyncourt UFSD

Principal's Message....

Academic Recognition Breakfast

The 1st Marking Period Academic Recognition Breakfast was held on Wednesday, November 28th, 2018 and 69 students and their families were recognized. The dedication to academic excellence on behalf of these students has truly been one of the key highlights of this scholastic year. We, at Lyncourt School, are extremely proud of their success as they continue to meet and exceed our “Great Expectations for Achievement, Respect, and Caring.” Congratulations to everyone and keep up the good work!



The Positivity Project

Our P2 UPK-8 Character Education Initiative is still going strong in this 3rd year of implementation. If you haven't already received a parent letter explaining this initiative with the character strengths definitions, let us know and we will get right out to you! Please see the P2 calendar on our website that shows what traits we will be discussing each week throughout the school year. We are very excited about continuing this initiative! In closing, I hope you and your families had a wonderful Holiday Season and are looking forward to the New Year!

Respectfully,



Kimberly Davis, Building Principal

Lyncourt UFSD Introduces Tip Line

The safety of our students is one of our greatest concerns. In order to enhance safety and maintain open lines of communication, we have added a Tip Line to our website. If you see something...say something. Parents, staff, and students can submit any tip using the Tip Line. Some topics include; Bullying, Alcohol/ Drugs, Fighting, Safety, Threats and others. Tips can be submitted 24 hours a day, seven days a week. Although there is an option for your name and contact information, you can submit anonymously. Remember, if you see something...say something.

On the Lyncourt webpage, click the Tip Line icon.



Handicap Parking

Please do not park in spots that are reserved for people with a disability. We have students that require handicap parking, so please leave those spots open for the people who need them.



SCHOOL RESOURCE OFFICER (SRO) **SGT ANDREA BASTEDO**



➤ **HOLIDAY SAFETY**

- **MONITOR YOUR CHILD'S INTERNET USAGE. HOLIDAY SCAMMERS DO NOT JUST FOCUS ON THE ADULTS CREDIT CARD. CHILDREN ARE ALSO TARGETED FOR A MYRIAD OF NEFARIOUS REASONS.**
- **STRANGER DANGER! CHILDREN ARE MORE APT TO TALK TO STRANGERS DURING THE HOLIDAYS, ESPECIALLY IF THEY HAVE CANDY OR GIFT. REMIND THEM THAT IT IS NEVER SAFE TO TALK TO OR GO WITH A STRANGER.**
- **TEACH YOUR CHILD TO GO TO A STORE CLERK AND ASK FOR HELP IN CASE THEY ARE SEPARATED FROM YOU.**
- **NEVER ALLOW CHILDREN TO MAKE UNACCOMPANIED TRIPS TO THE RESTROOM.**
- **AVOID CARRYING LARGE QUANTITIES OF CASH THIS TIME OF YEAR AND TRY NOT TO LEAVE PACKAGES IN THE CAR OR THE FRONT PORCH.**

➤ **UPCOMING EVENTS**

- **THE LYNLCOURT SAFETY PATROL WILL BE STARTING UP AFTER THE NEW YEAR. ENCOURAGE YOUR 6TH-8TH GRADER TO GET INVOLVED. INFORMATION WILL BE COMING HOME SHORTLY.**

➤ **ALL THE TIME**

- **I AM HERE AS A RESOURCE FOR YOU AND YOUR FAMILY. PLEASE FEEL FREE TO CALL OR EMAIL ME ANYTIME: ABASTEDO@LYNCOURTSCHOOL.ORG**

Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL	<div style="border: 1px solid black; padding: 2px; text-align: center;">January</div> NO SCHOOL	2 5:30-8:30pm-LYRB	3 5:30-8:30pm-LYRB	4 7-9:00pm-Teen Timers
7 5:30-8:30pm-LYRB	8 BOE Meeting 6 pm 5:30-8:30pm-LYRB	9 5:30-8:30pm-LYRB	10 5:30-8:30pm-LYRB	11 UPK –5 Morning Meeting/ <i>Spirit Day</i> 7-9:00pm-Teen Timers
14 5:30-8:30pm-LYRB	15 PTO Meting 6 pm 5:30-8:30pm-LYRB	16 5:30-8:30pm-LYRB	17 5:30-8:30pm-LYRB	18 7-9:00pm-Teen Timers
21  No School	22 5:30-8:30pm-LYRB	23 6pm NJHS Induction Ceremony	24 5:30-8:30pm-LYRB	25 END OF 20 WEEK MARKING PERIOD 7-9:00 Teen Timers
28 5:30-8:30pm-LYRB	29 5:30-8:30pm-LYRB	30 Student Dismissal 11:20 am 5:30-8:30pm-LYRB	31 5:30-8:30pm-LYRB	1 <div style="border: 1px solid black; padding: 2px; text-align: center;">February</div> PTO Fun Fair 5-7 pm 7-9:00pm-Teen Timers
4 5:30-8:30pm-LYRB	5 Yearbook Group Picture Day 5:30-8:30pm-LYRB	6 Academic Recognition Event 8:45 am 5:30-8:30pm-LYRB	7 5:30-8:30pm-LYRB	8 UPK-5 Morning Meeting/ <i>Spirit Day</i> Teen Timers Valentines Dance 7-9:15 pm
11 5:30-8:30pm-LYRB	12 BOE Meeting 6 pm 5:30-8:30pm-LYRB	13 Solos in the Spotlight 6 pm	14  5:30-8:30pm-LYRB	15 7-9:00pm Teen Timers
18	19	20	21	22
NO SCHOOL—WINTER RECESS—NO SCHOOL—WINTER RECESS				
25 5:30-8:30pm-LYRB	26 PTO Meting 6 pm 5:30-8:30pm-LYRB	27 5:30-8:30pm-LYRB	28 5:30-8:30pm-LYRB	1 <div style="border: 1px solid black; padding: 2px; text-align: center;">March</div> Planetarium 7-9:00pm Teen Timers
4 5:30-8:30pm-LYRB	5 5:30-8:30pm-LYRB	6 5:30-8:30pm-LYRB	7 5:30-8:30pm-LYRB	8 UPK-5 Morning Meeting/ <i>Spirit Day</i> END OF 25 WEEK MARKING PERIOD 7-9:00pm-Teen Timers

School Closings

As we approach the winter months it is very important that we continue communicating with our community members in a fast and efficient manner. Whenever weather conditions in the Lyncourt Union Free School District require closing school, for all or part of the regularly scheduled school day, major commercial radio stations will be notified as soon as possible, as well as T.V. channels 3 (NBC)/5 (CBS) CNY Central, 9 (ABC), and 10 (Time Warner YNN News Channel 10) and our School Messenger automated system. Please listen carefully to the phone messages and read text messages from the school, as they contain very valuable information. There may be an occasion where we delay the start of a school day or a very rare occasion of a weather related early dismissal. Please be certain that you have reviewed with your child(ren) the plans made with them for either of these circumstances.

During inclement weather, district officials closely monitor weather forecasts using a variety of weather services. The decision to close or delay school varies, with many factors being considered, including weather conditions and the ability to operate the building with full utilities. The decision to close or delay can usually be made by 6:15 a.m. It is possible that a delay will become a **closing if the conditions fail to improve or worsen. The safety of our students is top priority in making these decisions.**

School Messenger Notifications

To participate and receive School Messenger Notifications on your cell, just text YES or OPTIN to the short code 67587. Msg. and data rates may apply. We use this as a platform for parent and guardian notifications, just one extra way for you to stay informed. You can also follow us on Facebook and Twitter. For snow delays and closings, we will use local news stations, radio, facebook and twitter, and the School Messenger Notification System.



**ORDER YOUR
YEARBOOK
TODAY!**

Yearbook Information

Attention 8th grade parents: We need baby pictures of your child(ren) for the yearbook. Please place them in a baggie with the name of your child and send them into school or drop them off at the main office. We will return the picture to you. Yearbook Costs: \$20. (This includes tax) **To order visit : www.jostens.com**

PARENT NOTIFICATION

During the school year, your son or daughter may have the opportunity to have his/her photo taken, video image and voice recorded, and/or art and written work published in connection with a school district activity or program. Your child's photo (image) and school work may be published in local newspapers, posted (displayed) on the District's Internet Site, or used by the requesting organization (local TV or print media) for programming, i.e., backup and their news stories.



If you **DO NOT** want your child's picture or schoolwork to be used in newspaper articles, video, and/or District publications, including our District's website and District social media sites, please inform the school principal, Mrs. Davis, in writing.

Lyncourt Tiger Den

Parents and Guardians:

Did you know we have a closet filled with gently used clothing? It's called our Lyncourt Tiger Den. We have clothes, shoes, boots and winter coats that we would love to give away. If your child or children could use some of our clothing donations, please contact Amy MacCaull at amaccaull@lyncourtschool.org or Kim Cintron at kcintron@lyncourtschool.org or by phone at (315) 455-7571. Please let us know what items and sizes that you are interested in and we will check our inventory. **All requests are kept confidential.**





PTO News



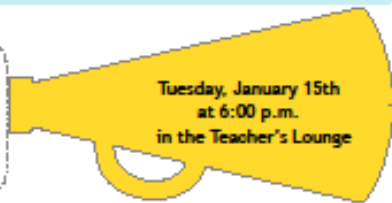
Information from your Lyncourt School Parent Teacher Organization

Contact us at lyncourtpto12@gmail.com



Please join us on Facebook at LyncourtPTO18/19, for more up to date news.

Please join us!!!
Our next PTO Meeting is



Tuesday, January 15th
at 6:00 p.m.
in the Teacher's Lounge

News

Thank you for helping us raise money for this year's Fun Fair, by selling and purchasing Yankee Candles & Gifts!

December Events:

Holiday Shop: December 13th from 5:00 - 8:00 p.m.
December 14th from 10:00 a.m. - 5:00 p.m.

Movie Night: December 20th at 6:00 p.m.
in the small gym for the showing of HOME ALONE.
Admission is a non perishable item that will be donated to support the Lyncourt Community.

Remember to save your BOX TOPS for Education.
Put them in a Ziplok bag with your child's name and send them in!

Save the Date:
The 2018 - 2019 Fun Fair is scheduled for
Friday, February 1st!
This year's theme: Carnival !!

Our next fundraiser will be Gertrude Hawk Chocolates, March 2019

Thank you for supporting our 2018 Craft Fair!
Thank you to the following Vendors & Crafters that made it possible:
The Sewing Siblings,
Kathy Kopaczewski with Thirty One Gifts,
Nadine Lettieri,
Stacy Napier with Usborne Books,
Amanda Hansen with Senegence,
Judith Veitch,
Rebecca's Candy Bouquets,
Dana White with Lilla Rose,
Ashley Blandford with Drunken Tumblers,
Barbara Pierson with Color Street,
Ergasia by Annabel,
Rebecca Ramsden,
K & C Ceramics,
Maggie Garland with Arbonne,
Monica Flower with Dot Dot Smile,
Beckie's Pottery,
Perfectly Posh with Tammy Bigness,
Webber's Workshop with Kayleigh Nicotra,
Pampered Chef with Kristen Pudney,
Michelle Charland,
Wildtree by Emily,
Tami with Avon,
John Denega,
Grandma's Little Gardens Heather Hartkopf
and Norwex with Morgan O'Donnell.

With your help we raised money for the Martin Family and the Lyncourt School PTO.

Just a reminder to visit the Concession Stand during Lyncourt Recreation Basketball Games: Pizza, Hot Dogs, Nachos, drinks, and snacks are available!



Please join us at our meetings to contribute your skills & knowledge and help strengthen the work the PTO does for Lyncourt School!

Save the Dates for our PTO meetings this year:
01/15/2019 02/26/2019 03/19/2019
04/23/2019 05/07/2019

Alone we can do so little,



Join the PTO



together we can do so much!

What's Happening at the Salina Library



December Break:

12/27 at 6:00 PM– New Year's Escape Room (Grades 6-12)
12/28 at 3:00 PM– Friendship Crafts (Ages 5-12)
12/31 at 11:00 AM – Noon Year's Eve (Ages 2-5)

January Kids & Teens:

1/3 at 2:30 PM – Superhero Craft (Ages 4+)
1/3 at 3:00 PM – Family Movie (PG)
1/11 at 3:30-4:30 PM – Old is New Crafts (Ages 4+)

February Break:

2/19 at 2:30 PM – I Spy Crafts (Ages 6-11)
2/20 at 2:30 PM – Pete the Cat Party (Ages 3-8)
2/21 at 6:00 PM – Winter Retreat Escape Room (Grades 6-12)
2/22 at 2:30 PM – Family Movie Matinee

For Adults:

1/11 – 2/15 --Cabin Fever Movie Bingo
1/15 at 6:30 PM -- Let's Talk Food: Potatoes
1/16 at 1:00 PM -- Salina Library Advisory Committee
1/18 at 1:00 PM -- The Gathering Place
2/12 at 6:30 PM -- Let's Talk Food: Cherries

Salina Library
100 Belmont St.
Mattydale, NY

For more information, go to
www.salinalibrary.org, call us at
315-454-4524, or find us on Facebook at
<https://www.facebook.com/salinalibrary/>

From the School Psychologist's Office

Sleep in School-Aged Children

School-aged children need around 10 hours of sleep per night. Not getting enough sleep is common in this age group, given homework, evening activities, and later bedtimes. Sleep problems are also common, including sleepwalking, sleep terrors, teeth grinding, nighttime fears, snoring, and noisy breathing.

Signs of sleep deprivation in children can include:

Mood & Behavior. Sleep deprivation may cause your child to be irritable. In addition, he may have a difficult time regulating his mood and is more likely to have behavior problems, such as noncompliance and hyperactivity.

Cognitive ability. Inadequate sleep may result in problems with attention, memory, decision making, reaction time, and creativity.

How to help your school-aged child sleep well

Develop a regular sleep schedule and consistent bedtime routine. Your child should go to bed and wake up around the same time each day. Their bedtime routine should be consistent every night and include calm activities. Including one-on-one time with a parent is helpful in having a positive connection every day.

Set up a soothing sleep environment. Make sure your child's bedroom is comfortable, dark, cool and quiet. A nightlight is fine; a television is not.

Contact your child's doctor. Speak to your child's physician if your child has difficulties falling asleep or staying asleep, snores, experiences unusual awakenings or has sleep problems that are causing disruption during the day.

Adapted from: Mindell JA & Owens JA (2003). A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems. Philadelphia: Lippincott Williams & Wilkins.



For more information about sleep and behavior, please contact
Lyncourt's School Psychologist, Kelly Schroeter, kschroeter@lyncourtschool.org; 315-455-7571.

Everyday Preventive Actions Can Help Fight Germs, Like Flu

CDC recommends three actions to fight flu.

1. The first and most important step is to get a flu vaccination each year.
2. If you get sick with flu, take prescription antiviral drugs if your doctor prescribes them. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women.
3. Take everyday preventive actions that 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 flu spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching his or her own mouth, nose, or possibly eyes. 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 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. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. 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 that can cause respiratory illnesses like 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.
- 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.

For more information, visit: www.cdc.gov/flu or call **1-800-CDC-INFO**

What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces like doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.

If you begin to feel sick while at work, go home as soon as possible.



What additional preventive actions can I take to protect my child from germs that can cause respiratory illness, like flu?

- Find out about plans your child's school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child's school, child care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home.

Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against flu.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Information from the CDC.

High School Choice News

High School Choices:

After graduating from the Lyncourt Union Free School District, current 8th-grade students can attend the two districts listed below:

[East Syracuse-Minoa Central High School](#)



[Solway High School](#)

Please contact [School Counselor Amy MacCaull](#) at (315)455-7571 whenever you have a question about what high school will be the best fit for your child.

We have included some helpful information below about High School choices but speaking with Mrs. MacCaull is the best way to get answers to any questions you may have.

Transition Timeline

Mid-January 2019	<ul style="list-style-type: none"> •8th-grade students will tour both high schools during the day •Parent Information night
February 2019	<ul style="list-style-type: none"> •Parents and students asked to prioritize High School selection and inform Lyncourt School by February 1st •Course selections with Mrs. MacCaull
March 2019	<ul style="list-style-type: none"> •High School schedules are planned with Mrs. MacCaull and sent to respective schools
June 2019	<ul style="list-style-type: none"> •Student records are sent to the selected High School



Informational Meetings at each High School:

January 16th @ ESM 6:30 p.m. (parents/guardian only) and January 17th @ Solway High School 6:00 p.m. (parent/guardian/student)

Common Questions and Answers

Q: Do families pay tuition to attend high schools?

A: No. Lyncourt UFSD pays tuition to either Solway UFSD or East Syracuse Minoa Central School District. Parents who choose to send their child to a private school will continue to pay that school's tuition.

Q: If my child already attends Solway High School, are both schools an option for their younger siblings?

A: Yes, 8th-grade students can attend either High School. Current Solway students will complete their remaining secondary years at Solway.

Q: Will students be able to participate in extra-curricular activities?

A: Yes, students can participate in any extra-curricular activity they choose, at their selected high school.

Q: Who do I contact if I have questions about which high school would be the best fit for my child?

A. School Counselor Mrs. Amy MacCaull. amaccaull@lyncourtschool.org (315) 455-7571

Q: Will students going to high school be provided with transportation?

A: Yes, students will be bussed to either Solway UFSD or ESM School District. The prospective district will contact you with transportation information.

Sport News

The Boys Basketball Team has been enjoying another successful season thus far. The team record currently stands at 2-3. However, they have kept all games interesting with only eight players on the roster. Lyncourt 8th graders; Jordan Dippold, Nick Commisso Jr. and Jaylen King have led the charge both offensively and defensively, as no team has had an answer yet for that trio. On December 5th, the boys barely lost in the final minute to Southside Academy, a team that had returning starters along with a deep bench. The team has six games left on the season and is looking to rebound against Solvay this week and next to finish with a winning record.



The Lady Tigers volleyball season is officially underway. The team is currently 2-2 and is improving greatly with each match.

This year's team is one of the youngest ever, comprised of ten 7th graders and seven 8th graders. Seventh grade players include Maya Boots, Breiana Bullock, Gia Cavallo, Angie Cosentino, Novalin Donath, Caroline Menon, Myra Menon, Maddy Ryan, Carmella Rodriguez, and Audra Tennant.

Eighth grade players include Haley Borkowski, T'Jania Bowman, Catie Cosco, Alessandra Fernandez, Olivia Goff, Maddison Jewett, and Trinity Toussaint.

The team appreciates all the support they've gotten from friends, family, and teachers. Come on out and cheer on the Lady Tigers!



The

Lyncourt Ledger

**Lyncourt Union Free
School District
2707 Court Street
Syracuse, NY 13208**

**Non-Profit Org.
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ECRWSS

Postal Customer



The Lyncourt School Board of Education members were recognized for their continuing hard work at their November 13, 2018, Board of Education meeting with a dinner sponsored by the PTO. The Lyncourt Union Free School District Board of Education, in partnership with the community, is committed to educating all students to reach their full potential as inspiring, confident, passionate, life-long learners. Please let our Board members know how much you appreciate their efforts in this most important mission.

Upcoming BOE Meetings (6:00 p.m.):

January 8, 2019

February 12, 2019

March 12, 2019 (Audit Committee)

April 9, 2019

May 14, 2019

June 11, 2019 (Audit Committee)

July 9, 2019