

Mustang Musings

MORRIS CENTRAL SCHOOL

NEWSLETTER



If you won't be better tomorrow than you were today, then what do you need tomorrow for? —Rabbi Nahman of Bratslav

January/February 2020

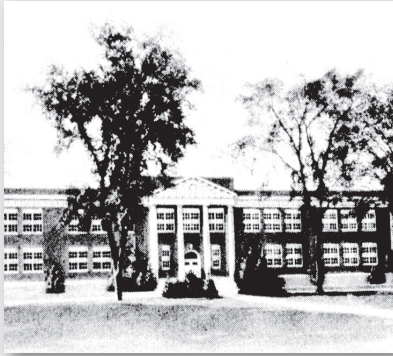
Veterans Day Breakfast

On November 8, students honored our veterans with our annual Veterans Day Breakfast held at the school. Many students contributed to this event and made many decorations, placeholders, and other things to show our appreciation to the people who have served our country. "I thought it was a great opportunity to do something small to give back to the people who gave us so much," said **Maddie Aikins**, Sophomore. Most who were involved with this also said that they loved to see how much appreciation there was for our heroes.

Even our elementary students participated with decorations and singing. "I enjoyed the opportunity to show my appreciation to the veterans. It was touching to see the little kids give back as well," said **Baylie Boglioli**, Junior.

—Elizabeth Ilarraza, Senior





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Administration**

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Katharine Smith, Principal
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From the Superintendent's Desk

A very important component that determines state and federal aid for not only school districts but also municipalities, is the census of the community and school district. The federal government will be conducting its mandated 2020 Census shortly, and it is very important for our state, local community, and school district that you complete the survey that you will be receiving. You will be able to respond to the census online or in writing if you prefer. If you want to respond online, but do not have the capability to do so at your home, we will provide access to you at school. Please contact my office at 263-6102 so we can set up a time that you will be able to come in and complete the questionnaire on one of our computers. The Village Library of Morris also has computers available for the public to use as well. More information about this important endeavor will be forthcoming from the federal government.

We are in the process of completing the work that was approved through our Capital Outlay and Smart Bond projects. The outside EIFS work, installation of new cabling between the bus garage and main building, and installation of fire stops in the Elementary wing have all been completed. Construction crews have also started the work to install new cameras, new outdoor lighting and improving the PA system outside of the building. Other aspects of the projects will be completed during our upcoming breaks. We hope to have all work completed by the end of February.

I cannot believe that we are nearing the end of the calendar year. As I write this article, we are in the middle of the holiday season and our winter concerts. I want to thank the members of the music department for their dedication in helping our students showcase their talents. I also want to thank the students for their hard work and congratulate each one for the many talents that they share with us at these concerts.

I hope everyone had a wonderful holiday and had a chance to relax just a little and were able to enjoy the season. Please do not forget to complete the questionnaire for the 2020 Census when you receive it and do not be afraid to reach out to us if you need assistance with the completion of it.

—*Mr. Matthew Sheldon*, Superintendent

New to Morris



**Mr. Gary Williams,
Director of Pupil Personnel**

Mr. Williams started his position as the Director of Pupil Personnel in October this year. Mr. Williams said he felt very welcome the first time he stepped inside the school. He said, "I remember the welcoming feeling and genuine care and compassion that was part of the building." Mr. Williams has been welcomed to Morris with open arms and hopes to stay and continue to get to know this school and all the students and staff.

—*Erin Herring*, Junior

Welcome to Morris!

From the Principal's Corner

Morris Central School is committed to ensuring that all students develop strong academic skills and acquire the necessary skills to foster resiliency and prevent social, emotional, and behavioral problems that can impact success in various areas of a student's life.

Our collective learning this year focuses on SEL (social-emotional learning). Not only are we bringing SEL into the classrooms but faculty and staff are also engaging in learning and reflection based on the topic.

So what is SEL? Social-emotional skills are the strategies for managing strong emotions, navigating relationships, working effectively with others, solving difficult problems, and making responsible decisions. Positive life experiences are built on a strong foundation of social-emotional skills. When these skills are taught and supported, in school and at home, students are more likely to succeed academically and have a positive attitude toward self and school.

Social-emotional skills are needed and used from early childhood through adulthood. There is never a time they aren't needed. We use these skills many times a day. They help us to understand and effectively deal with family relationships, friendships, social and academic situations at school and our jobs. These essential skills help us to be productive not only in our personal lives but as members of society.

There are five SEL competencies that are guiding the work we are doing. They are as follows:

- Self-Awareness
- Self-Management
- Responsible Decision-Making
- Social Awareness
- Relationship Skills

As we continue to explore SEL collectively, we will be modeling and implementing new strategies to assist all students in developing these critical life skills. As always, your role cannot be understated. Our school families and community members are an invaluable resource in helping all Morris students as they develop social and emotional know-how. As the year progresses, I will be sharing more SEL information along with resources that can be used at home.

—Ms. Katharine Smith, Principal

Economics

One topic the Economics curriculum has tried to emphasize is entrepreneurship qualities and techniques. I found several great webquests from Discovery Economics. In one of the webquests, students start their own businesses. They are taken through a tutorial on supply and demand and how different situations can affect supply and demand. They need to add up all their costs for a taxi business. They need to predict the price of gas based on a situation (example: a storm has devastated The Gulf of Mexico and destroyed five oil rigs). Taking into consideration the cost of running the business as well as predicting gas prices, students needed to set a price per ride in the taxi.

The goal was to create the biggest profit. If their prediction of the gas price was wrong, their bottom line was affected. If their cost per ticket was too high or too low their bottom line was affected. It was an interesting experience for all the students.

—Mr. Michael Gregg, Social Studies

First Grade Travelers



This month in first grade we are learning all about different holidays around the world! We made suitcases, filled out our passports, and were ready to visit all of our different countries. Some of these countries include Mexico, Germany, Italy, Israel, Australia, and many more! After each lesson, we filled out our Exit Tickets where we included new vocabulary words and fun facts we learned about the country we had just visited. If you see a first grader in the hallway, make sure to ask them where they have been, and what holidays they celebrated in that country!

—Ms. Valerie Joern, First Grade

Buon Natale!



During the month of December first graders embarked on an exciting journey around the world. Our passports allowed us to explore different cultures and their traditions for many different holidays. Our journeys took us to India for the celebration of Diwali, Indonesia for Ramadan and Eid Al Fitr, China for the New Year, Israel for Hanukkah, the USA for Kwanzaa, and countries such as Australia, England, Mexico, Sweden, Italy, and back to the United States for Christmas.

It is important for students to see and understand where our current traditions originated, as well as experience what other people do. We compare and contrast different traditions and learn that we have many similarities with others no matter where we come from. These understandings also allow us to build empathy for people who have different experiences from ourselves and help us to become better global citizens! Hope you all had a happy holiday season!

—Mrs. Michele Pepe, First Grade

Global History

The Global 1 class has begun its trek through history. This freshman class will be using the new framework standards to build the skills needed to be successful in 10th grade. We began by learning how to be historians and what historians use to determine what information is reliable. In December, we learned about geographic features and how they affect the lives of those who live there.

The Global 2 class picked up where they left off last year. Global Studies is a two-year course ending with a Regents exam in June. Students at this level are expected to be more involved in their learning. This year students will be taking the new framework exam. The material on this test will be on only 10th grade material; this is something new for all of us. Students will work from the age of exploration up to the present day.

—Mr. Patrick Harmer, Social Studies

Government

There are two courses this year: a college level and normal Participation in Government. The college level course is through TC3 and gives students three college credits at no cost. The second semester they will be taking College Economics. In previous years, students took this course through distance learning. Both courses use a similar curriculum; however, the college course is more rigorous.

Happy Exploring.

—Mr. Patrick Harmer, Social Studies

Social Studies: Grade 8

In December, we worked on our Reconstruction Unit. Students created their own plans for reconstruction and presented them to the class.

Early in the month, we covered the resistance and backlash to Reconstruction. Mid-month, we explored the Ku Klux Klan, the implementation of literacy tests, and other ways African Americans were denied civil rights during Reconstruction and after.

—Mr. Michael Gregg, Social Studies

U.S. History and Government

In U.S. History and Government in December, students finished up Unit 3a: Building a Nation. Students explored the effects of the Louisiana Purchase, the War of 1812, and the implications of the Monroe Doctrine. We have explored the expansion of cotton and slavery westward as America acquired new lands. We have explored the civil rights violations associated with slavery and in regards to Native Americans.

—Mr. Michael Gregg, Social Studies

A Visit with Poe

On November 7, members of Mrs Waffle's English 11 classes took a field trip to Hillington Cemetery in town as part of their Edgar Allan Poe unit. Edgar Allan Poe, a nineteenth century poet, was famous for the mysticism and macabre conveyed in his writing. In addition to learning about some of the history in the local cemetery, Mrs. Waffle's students took inspiration from the gloomy setting of the cemetery to write their own stories in the style of Edgar Allan Poe.

Miesha Neer said, "It was interesting to learn about the pauper grave area in the cemetery." Katie Tilley thought the trip was "very interesting and eye opening on how young some people were when they died." Baylie Boglioli also enjoyed the trip, saying, "It was a good experience to gain inspiration for our Poe stories. It allowed us to take a moment to appreciate past lives as well."

—Kate Morano, Junior



Mr. Packard Wins Big for MCS

It is with a great deal of pleasure that I get to announce that Morris Central School has won a CNC Router courtesy of Allegany Educational Systems. The CNC Router will be the newest educational tool added to the MCS Technology Education program. It is a state-of-the-art production tool found in the wood manufacturing industry. The package is valued at \$19,000 complete with training and upgrades. Training at MCS for me will begin on December 11.

This machine was won by me [Mr. Packard] at the closing of the Oswego State College Technology Education Fall Conference. This conference took place the last Thursday and Friday in October. So how did we win this? Well, I was in the right place at the right time. I put my name in the drum. My name came out of the drum first out of 500 entries. By 9:00 p.m. Friday night a fully functional tool was in place at MCS.

Clearly, this is the most technologically advanced educational tool MCS has to date. We would never be able to afford anything of this nature because we are a small school. I'm convinced that no other school district within three hours of us has a tool like this. Come to think of it, you may have to drive many miles to get to a district that has a Technology Program that can compete with the technology education program here at Morris.

All programs are built on District support. Having said that, I would like to thank MCS maintenance department Charlie, Bryan, and Dave for helping me during the late hours of Friday night rearranging my room to fit the tool in. Thanks in advance to John and Tim; they will have the daunting task of piping the CNC router into the dust collection unit. Thanks to Kris for handling the phone call I made back to the District as I told her of our new prize. Thanks to the administration for allowing me to attend training and conferences that continually put me in position to be successful in the classroom and thanks to the MCS School District for your continued support of Technology Education. Lastly, thanks again to Allegany Education System. This is a win for all of us.

—Mr. Mike Packard,
Technology



Mr. Packard started training at MCS with high level engineers from the Allegany Educational Systems on December 11.

Beetlejuice on Broadway



On September 14, the High School Choir ventured out to The Big Apple. Ms. Bridgers, the chorus instructor, advocated for the group to have the incredible experience of seeing *Beetlejuice* on Broadway. This crew was lucky enough to see the original cast sing

the music; this is a rare encounter for high school students.

A common reaction to the musical was pure excitement and glee. Ms. Crane, an MCS English teacher, volunteered to be a chaperone. She exclaimed, "I loved it, and I wasn't expecting to because I wasn't fond of the movie. It was a great day in the city, but a long time on the school bus." Riding a school bus for extensive hours was a minor downfall to such an incredible show, but it seems as if the students did not mind the ride for the experience they received. **Jonathan Child**, a freshman, mentioned, "It was a really great musical, and I'm happy we had the experience to see it on Broadway." Some students got quite a surprise when the show began. There was a lot of mature humor involved in this production. **Triana Hawkins**, a sophomore, stated, "I loved it, it was great! Although not what I expected, it was overall a great experience." Students enjoyed a day in the city and being able to cherish the trip with their friends. **Madison Aikins**, a sophomore, voiced, "I loved it! One of the best Broadway productions I've seen. I enjoyed sharing this experience with my friends."

Every choir student had the same outlook on this musical. It was truly incredible and an experience they will never forget. From the comedy to the common issues in the world today. *Beetlejuice* on Broadway was an incredible, eye-opening production.

—Baylie Boglioli, Junior

Adulging 101

Morris High School has a new and exciting class. The official name is Applied Life Essentials, but students call it Adulging 101. So far this year, students have written goal statements, discussed time management strategies, and participated in team-building activities. Perhaps the most exciting adventure so far this year was working together to make desserts for the pasta dinner on October 9. We hope you had the chance to sample our apple pies, pumpkin squares, and caramel apples.

As the year progresses, students will explore public speaking skills, financial literacy, study skills, career research and societal issues. In addition, students will have the opportunity to work with College for Every Student: Brilliant Pathways in a mentoring capacity.

—Ms. Lee Crane, English

Kudos to CROP

By December, CROP was in full swing, and we were very excited about our service learning projects. All of our students, from kindergarten through eighth grades, were involved in at least one of the three projects. Our first project was collecting donations for the organization Superheros in Ripped Jeans. CROP students are concerned about the well-being of animals and are collecting food, toys, and bedding. Once our donations are collected they will be dropped off for the animals. Our second project was called Hats for the Homeless. The students in grades 3-4 crocheted hats and scarves for the homeless with Mrs. Deysenroth. Our last project was making evergreen centerpieces for the senior citizens lunch. The senior citizens were able to take the centerpieces home and enjoy them for the holiday season.



Kyle Blake

In addition, CROP programs must be evaluated for quality and efficiency. Morris CROP Program earned topmarks for their staff and programming. KUDOS to CROP! There are 14 CROP sites around our area that have four different peer tutors. At this evaluation, Senior **Kyle Blake** was named Stellar Staff of the Month for November.

This is quite an honor for Morris as well as for Kyle. Kyle goes above and beyond to share his passion for engineering with our students. Last year, Kyle started a Robotics Club to get our CROP students ready for the RoboRave in April. Kyle is always willing to jump in an assist while needed. We appreciate Kyle's leadership and CROP is very lucky to have him!

—Ms. Caitlin Smith, Special Education

Mark Your Calendars . . .

MCS Drama Club Presents *Murder, May I?*

On Friday and Saturday, February 7-8 at 7:00 p.m. in the auditorium, the MCS Drama Club, Awkward Silence, will be presenting *Murder, May I?* by Eddie McPherson. The show will be hilarious with a great twist at the end.

Eric has fallen in love with a girl named Lucy who is not the sharpest tack in the drawer. Eric's mother, Geneva, disapproves of his new love interest and decides she will do something about it: she will murder her. However, Geneva's next-door-neighbor and good friend, Janet, is onto her crime and decides to take matters into her own hands and murders Geneva. But, out of nowhere, Lucy shows up at their front door and Janet realizes she murdered Geneva for nothing! Oops!

Admission to the show will be \$8 for adults and \$5 for senior citizens and students. As always, we thank you for your support.

—Mrs. Joanne Telfer, Spanish

Plastic Film Recycling Project

This year our school will once again participate in the Plastic Film Recycling Challenge. Its purpose is to recover plastic film which cannot be recycled through curbside recycling programs and will teach students and the community that plastic film can be brought back to grocery stores and other retailers. Recycling plastic film will keep it out of our region's landfills which will result in a cleaner environment. The challenge is open to all public schools in Otsego County where each will be divided into two categories: elementary school and middle/high school.

Students can bring in the following: grocery bags, bread bags, case overwrap, dry cleaning bags, newspaper sleeves, ice bags, wood pellet bags, ziploc and other reclosable bags, produce bags, bubble wrap, salt bags, and cereal bags. All plastic must be clean, dry, and free of food residue. There will be boxes in the school provided by one of the sponsors, Casella Waste Solutions, where students can drop off the plastic film that they bring in. The winning schools in each category are based on the most weight collected and will receive a grand prize. All participants will receive a framed certificate.

—Scott Strain, Senior



Morris Earns Honors for the 2019 ESSPA Awards

Since 1937, The Empire State School Press Association (ESSPA), sponsored by Syracuse University, “provides education, resources, and recognition to aspiring high school journalists in New York State,” says the program’s website. Schools from all over New York State participate in the contest, including big schools from the Liverpool and Rochester areas. This year was the first year that Morris Central School participated in the competition at the encouragement of Laura Tortarella, their long-standing Jostens Yearbook Representative. The *Morrisianian* staff’s hard work paid off as they pulled six awards for the six categories they entered. Laura Tortarella said, “The yearbook staff that Julene Waffle builds each year is so impressive, and I have seen them come so far in the last few years. The yearbook program she has established is clearly award-winning. Seeing the students at Morris Central and their yearbook adviser, Julene Waffle, achieve recognition on a state and national level makes me so incredibly proud. The students work so extraordinarily hard each year and deserve all the accolades they receive.”

Two Junes ago, the first design the *Morrisianian* Yearbook staff created together was the cover. They decided on a triangular geometric design in shades of Morris Blue on a black background, and they used the Child family’s horse, for the focus of the Mustang Cover to emphasize their theme “Who We Are.” That work earned the *Morrisianian* staff a Silver Award. The staff included **Austin Ward, Abby Maurelli, Elizabeth Thompson, Elizabeth Ilarraza, Kylie Brigham, Skyley Payne, Renate Carrabba, Anna Pavelkova, Gabbi Eklund, Matt Murphy, Devin Alger, Ian Rehrmann, Keegan Holt,** and Advisor Mrs. Waffle.

The divider pages echoed the cover’s triangle design and featured an article and large rectangular and a few square photos of our student body. The double-page spread was designed by **Austin Ward**. The particular pages sent in for

the contest also featured an article by **Abby Maurelli**. Austin and Abby’s worked earned MCS an Honorable Mention in the Divider Page Category.

MCS’s Senior Section design was given a Bronze Award. This double-page spread was designed by **Elizabeth Thompson**, who now attends SUNY Oneonta. She was very excited to learn that she helped bring honor to MCS. When Advisor, Julene Waffle, told her, she proudly said, “I’m crying . . . I worked so hard on that!”

The Sports Section Spread was also honored. Earning the Gold Award, **Reanen Goodspeed**, who attends Delhi Tech now, designed the double-page spread.

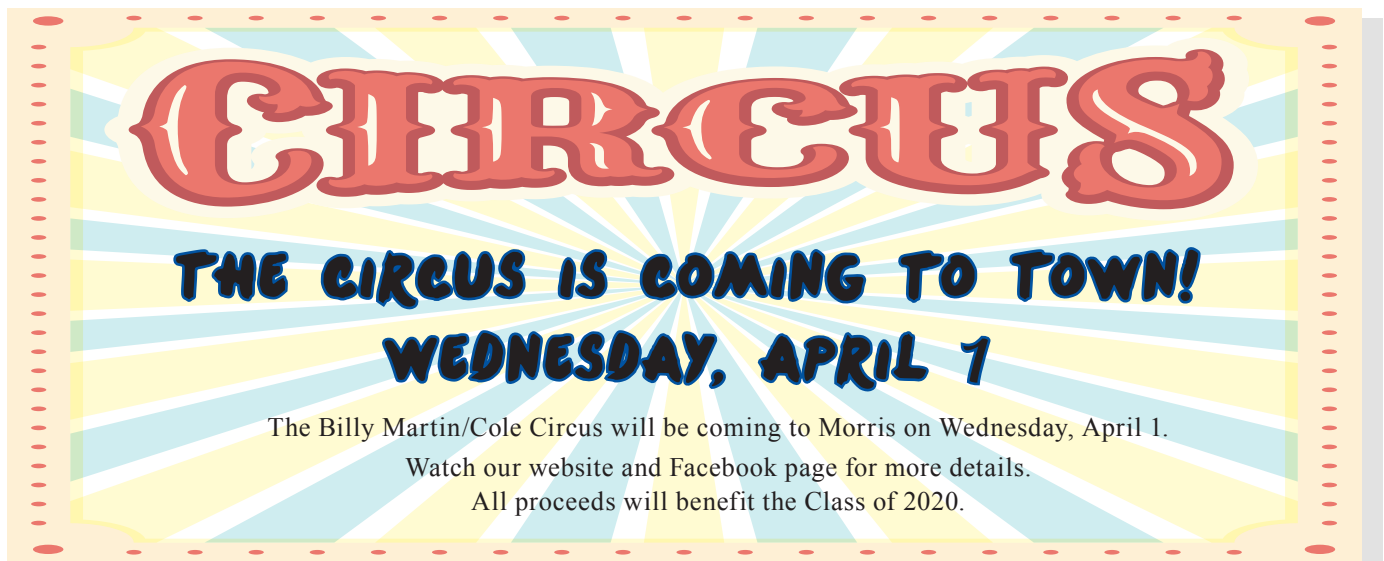
Already an award winner for the Jostens 2019 Photo Contest for his photography, **Austin Ward** earned another accolade to his name. He won the Gold Award in the Photographer (Portfolio) Category.

Finally, Mrs. Waffle (with Mrs. Goodspeed’s) help, designed the senior recognition ad MCS entered into the Advertising Section Spread Category, earning a Gold Award as well.

Returning staff members and current Co-Editor-in-Chief, **Liz Ilarraza** said, “I am proud of the work we did last year.” Co-Editor-in-Chief, **Kylie Brigham** said, “I really enjoyed the class last year and am proud to be an editor-in-chief now. I think our staff this year will be great again this year.” Mrs. Waffle said, “I am very proud of all the students. They worked really hard on making a quality book. I look forward to seeing where our new staff goes this year.” This year’s staff includes **Scott Strain, Elizabeth Ilarraza, Kylie Brigham, Hannah Tilley, Katie Tilley, Erin Herring, Kate Morano,** and **Matthew Wendler**.

Congratulations to the 2018-19 *Morrisianian* Yearbook staff and good luck 2019-20 *Morrisianian* staff.

—Mrs. Julene Waffle, English



Varsity Basketball Preview

The Boys' and Girls' Varsity Basketball teams kicked off their seasons on November 11. Similar to every other year, the first few days of practice consist of conditioning and tryouts to help get the athletes back into shape after their time off. There was a combined total of six seniors on the Varsity teams, including **Scott Strain**, **Jan Meyer** (exchange student), **Kylie Brigham**, **Mollie Dugan**, **Stephanie Parker**, and **Anastasia Edwards**. Mollie Dugan said, "It's bittersweet knowing that this is my third and final year on the Varsity Basketball team; I'm looking forward to the season ahead and can personally say that the energy amongst the girls on the team this year is the best I have ever experienced."

Both teams took part in scrimmages against Unadilla Valley and found that they had a lot of great potential. The athletes, coaches, and community are all looking forward to the season ahead. Best of luck Mustangs!

—Kylie Brigham, Senior

Respect Challenge

Dear Parents and Family Members,

As our children study about Martin Luther King, Jr. during the coming month, we are reminded that Dr. King had a dream where everyone would be kind, helpful, and respectful of others. To celebrate his birthday, which is January 15, the students at Morris will be implementing a special project called *Live the Dream*. Starting on Dr. King's birthday through Valentine's Day, each class is challenged to perform 100 acts of kindness.

Our rule is that you cannot report your own act of kindness; someone else has to report something nice that you did for them.

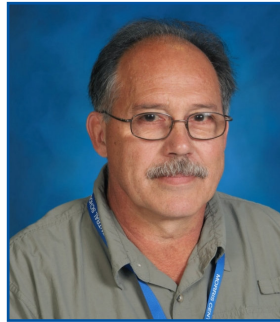
At school, children are going to be watching one another to look for those acts of kindness. If someone helps you find a lost crayon, that is an act of kindness to report. If you fall and someone helps you up and checks to be sure you are okay, that is an act of kindness too.

Parents, grandparents, caregivers, friends, and neighbors are invited to participate, too. For example, if your child helps you fold clothes, carries out the trash without being asked, or does an especially nice thing for you, please write a note and tell us about it. We are looking for those loving things that warm your heart. Share them with us!

Thank you for your help and participation. Together we can make Dr. King's dream come true!

—Mrs. Lorraine Miller,
Elementary School Counselor

MCS Says *Good Luck, Retirees*



Frank Walls



Ana Cole



Jeanette Utter

All the smiles and laughter of all the children and watching them grow from the first day they started school to their graduation days."

Have a great retirement!

—Erin Herring, Junior

This year Morris is going to be saying goodbye to three Morris Faculty members. Franks Walls was the Transportation Supervisor here at Morris for 17 years. He retired just before school started. In his free time, Mr. Walls said he was going to be happy "doing as little as possible while getting paid for it." He left Morris proud knowing "that the children in Morris were transported to school in the safest buses, and the drivers were trained to the best of my ability. I will miss the people I work with the most. It was a good school to work in."

Ana Cole worked here in Morris as a Teachers Aide for years and said she will most miss "the camaraderie I had with my colleagues and all the lovely students." In her newly acquired free time, she said, "I will boss my husband with a honey-do list, and enjoy my two children and my dog. I will also finally be able to stop and smell the roses."

The final MCS member who is leaving us this year is Jeanette Utter, who also worked as a Teachers Aide here at Morris. When asked what she will miss the most about working here at Morris she said, "I will miss all the friends I have made over the years.

Three Cheers For . . .

- Seniors—your play was pretty great!
- **Kyle Blake** has been recognized as an Outstanding Peer Leader by the Assistant Program Manager at ONC BOCES. Way to go Kyle; you are a great role model and we recognize the value you bring to our program. Thank you for your dedication!
- The Girls' Soccer team who was named a Scholar Athlete team for the 2019 season.
- Mr. Degan and all of his work to ensure that the trip to see the play *To Kill a Mockingbird*, was a success.
- All our bus drivers, for keeping our students safe on our winter roads.
- Mrs. Waffle and the yearbook staff for the many accolades they received for their outstanding work on last year's yearbook.
- **Maria Deysenroth** for her dedication to Hats for the Homeless!

Sharon Olds at The University of Albany



First of all, I would like to thank everyone one who was involved in our being able to go on this trip and a special thanks to my English teacher, Mrs. Waffle for giving us every opportunity to grow as writers. I have personally gone to two the the events she has made available, this Sharon Olds trip and last year I attended the Pen in Hand Writer’s Conference.

She has also gone out of her way to bring professional writers and given us countless opportunities to expand our educations in and out of the classroom setting.



On this trip to the University of Albany, we were supposed to see two writers. Unfortunately, due to medical issues with his mom, poet and memoirist, Ocean Vuong was unable to make it. In spite of this, Former New York State Poet Laureate, Sharon Olds (Vuong’s former teacher) did her best to keep things going and make it so no one really left the room with questions. During the first sitting in the conversation room, it was an interview setting. This was where people asked questions and some questions were guided by a facilitator. People asked her questions such as how she begins her writing process, if there are any parts of her life she would not want to express in a poem, and a few questions about her choice of words. Students learned a lot.

Between sessions, students were able to purchase auto-graphed books and they had a variety of choices for dinner. In addition, they were able to visit the gift store and visit in a beautiful courtyard with fountain that had colored lights.

In the second sitting, in a large tiered lecture room, students were able to hear more of Olds’ actual poetry. She read from her newest collection of odes.

—Mya Laubmeier, Junior



Shakespeare by Monkeys

In the play *Shakespeare by Monkeys*, performed in October, seniors **Mollie Dugan**, **Anastasia Edwards**, **Hannah Tilley**, **Scott Strain**, **Elizabeth Harraza**, and **Abby Maurelli**, all played scientists proving the theory that monkeys (played by **Asa Dugan** ('24), **Katie Robinson**, **Keegan Holt**, **Tristan Korth**, **Kyle Blake**, and **Skyler Payne**) could write the complete works of William Shakespeare.

Kassie Boss played a doctor who funded **Kylie Brigham**’s role as a “fuzzy mathematician.” Kylie solved math problems with pictures that no one could comprehend. Learning that monkeys cannot write Shakespeare, the scientists ultimately fail. **Ian Payne** ('22) thought “The monkeys were realistic.” **Maddie Aikins** ('22) said, “It was well done.”

—Katherine Tilley, Junior

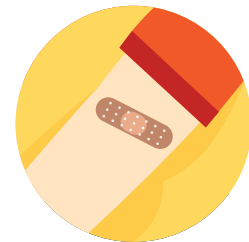
United Way Free Mass Food Distribution

- Open to all—no forms required
- Location: Northern Eagle Beverages, 41 Browne Street, Oneonta
- Pickup from 10:00 a.m. until food is gone
- On the following Wednesdays:
 - January 29
 - February 26
 - March 25
 - April 29
 - May 27
 - June 24



The Flu:

A Guide for Parents



Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that since 2010, between 7,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



Protect your child

How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Common side effects from the flu shot are soreness where the shot is given, headaches, muscle aches, and fever. These side effects are generally mild and go away on their own within a few days. A flu vaccine cannot cause flu illness. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- **A flu vaccine can keep you and your child from getting sick.** When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- **Flu vaccines can keep your child from being hospitalized from flu.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

- **Flu vaccine can prevent your child from dying from flu.**
A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.
- **Flu vaccination also may make your illness milder if you do get sick.**
- **Getting yourself and your child vaccinated also can protect others** who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness

If your child is sick

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years and older without long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

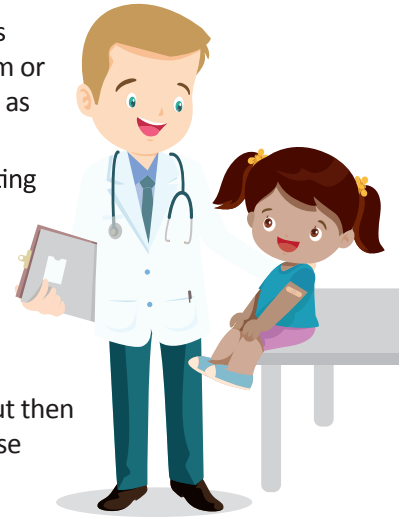
Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu-related complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs you should go to the emergency room:

- Emergency warning signs of flu:
- Fast breathing or trouble breathing
- Bluish or gray skin color

- Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu symptoms improve, but then return with fever and worse cough
- Fever with rash



Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications. Antivirals can be given to children and pregnant women.

How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

When can my child go back to school after having the flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

For more information, visit

www.cdc.gov/flu

or call 800-CDC-INFO



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

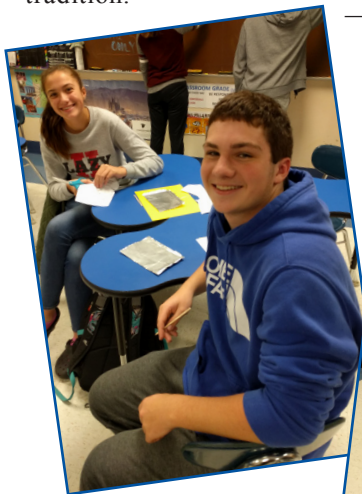
Spanish Club Makes Tin Ornaments

In parts of Mexico, you will see the delicate ornaments that adorn grave sites; usually one on every cross. At first glance, it is odd and interesting to find ornaments in the out-of-the-way cemeteries, because the tin is usually oxidized and weathered into an amazing beauty of years of sun, wind, blowing sand, and sparse rain. The designs vary: wreaths, baskets, birds, and sprays of flowers. The pieces are scalloped and fringed with scissors, then bent, twisted, looped and shaped by hand, and fastened together with wires. No solder is to be found. Holes for the wires are punched with nails or a knife. In a location of little water to grow a living flower, the caretakers have taken the time to create some beauty for those who have passed.

Members of the MCS Spanish Club delved into this tradition by making their own tin ornaments. Using foil baking pans as the base, we drew and cut and decorated our own ornaments. “The tin ornament crafting was a creative experience,” said Eighth Grader **Jess Walling**. “Yes,” added **Everett Pondolfino**, “They were fun to make.”

Next month’s activity will be to create EKEKE, a Bolivian tradition.

—Mrs. Joanne Telfer, Spanish



¡FELIZ NAVIDAD!



PIRATES OF GRAMMAR ISLAND



This fall, the sixth graders performed a play titled *Pirates of Grammar Island*. The play revolved around the pirates who taught the audience basic grammar rules. The audience enjoyed the show for its singing, dancing, humor, and learning. The school principal, Ms. Smith, said to the class, “You rock! Your play was spectacular! Your singing was fabulous! You all should be proud of this wonderful presentation. Thank you for making us laugh and smile, and for teaching us a thing or two about grammar!”

Every student in the grade took part in this production. They took turns acting on the stage, as well as acting as members of the chorus. All the elementary students showed up to witness the play, as well as the parents of the ones acting. Preparation took a month. The guidance counselor, Mrs. Miller, said, “I thoroughly enjoyed the play this afternoon! It was quite apparent how hard everyone worked, and it was so awesome to see a group of kids with such talent having fun like they did. I was in awe and totally wowed by the performance!” The play could not have been done without the help of Mrs. Mackey, Miss Kunz, Mrs. Joy, Ms. Velez, Mrs. Forgit, and the support of the Tech Department.

—Matthew Wendler, Junior

