

Mustang Musings

MORRIS CENTRAL SCHOOL NEWSLETTER

"No act of kindness, no matter how small, is ever wasted"

—Aesop

March/April 2019



Just a Short Drive Away . . .

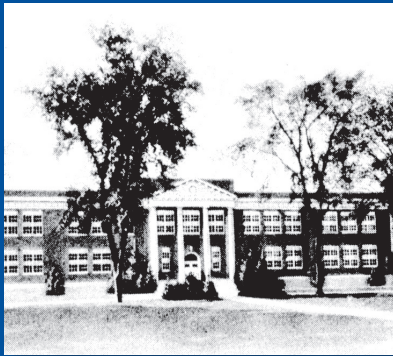


Morgan Barns in the driver's seat.

Some Morris students had the opportunity to visit the Northeast Classic Car Museum in Norwich. It has a very rich New York State history with an entire room dedicated to the Franklin cars which were built in Syracuse. It is a trip worth making if you ever want to do something with your family.

—Ms. JeanMarie Coloney





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From the Superintendent's Desk

In the district's continuing effort to help meet the social and emotional needs of our students, we partnered with several other districts in Otsego County and with the Otsego County Social Service Department in the application for a federally-funded System of Care Grant. I am happy to inform you that we were fortunate enough to be awarded this highly competitive grant. The grant is funded for the next four years and provides nearly \$1 million in assistance each year. The great news is that it will help provide additional support to students and parents throughout Otsego County.

The grant has two main components. The first component will assist school-aged children and their parents. A Behavioral Health Resource Center (BHRC) is going to be established at the ONC BOCES Occupational Center in Milford. The grant will also help fund the hiring of four mental health professionals who will work in area schools and a clinical supervisor to assist schools with clinical assessments, support, and training. In Morris, we will have one of the four mental health professionals working in the district one day a week, assisting students. We hope to have the person working in the district by the end of February.

The other component to the grant is the creation of a collaborative hub of integrated community services that will serve children and their families in the county from birth to age five. This will help provide a partnership with the Family Resource Network and the Otsego County Early Intervention Services.

I am also pleased to inform you that ONC BOCES is moving ahead with the construction of a Mechatronics lab at the OAO campus in Milford and that students will be able to choose Mechatronics as a vocational class through BOCES, commencing in the 2019-2020 academic school year. BOCES won several grants which are being used to construct the lab and purchase needed equipment. This new program will help provide training to student in a field that is growing very rapidly and in which there are many job opportunities available in this area.

—*Mr. Matthew Sheldon, Superintendent*

Emergency Cards and Contact Information

If you have changed your address and/or your telephone number, please contact the Main Office to have your child's Emergency Card update. It is important to keep all the contact information current.



Kindergarteners read a story about George Washington coming to a town in Trenton, New Jersey. The townspeople made a banner for him. It was dated 1776. Morris Kindergarten made their own banner. Their graduation year is 2031!

Spelling Wizard



Mason Linton, winner of the 2019 MCS Spelling Bee. He will compete next in Oneonta for the Regional Spelling Bee.

Spelling Bee: A fairly old and widely-used term that refers to a community gathering at which friends and neighbors join together to help one person or family. A modern Spelling Bee gives students have the chance to demonstrate their abilities and skills in their understanding of the English language. The Annual Middle School Spelling Bee is a vastly important event to some students. First, the middle school students decide to compete. Then they practice their words for weeks, then there is competition day. After the first local competition, a large portion of the state competes in regional competitions. For the last part of the

competition, students from all over America compete in Washington, DC. The nature of the Spelling Bee is competitive.

This year's Spelling Bee lasted nine rounds, with all students making it into the second round. In the seventh round, three students still stood strong: **Mason Linton**, **Sawyer King**, and **Carissa Richards**. In the final stride, Sixth Grader, Mason Linton won by spelling "vicious" correctly. He will be competing in the regional spelling bee held at SUNY Oneonta next month, with a chance to continue on to the Scripps National Spelling Bee. Please congratulate Mason next time you see him for his accomplishment.

Mason felt "surprised and honored to have learned so much." He said he was "really surprised about how much I knew and how much others knew about the English language." Organizer, Jerry Degan said, "This is the first year since I've run the spelling bee that a sixth-grader won, and all grades were represented in the top three finishers." Mrs. Mackey, Mason's teacher, was "very excited for Mason. I have never had a sixth grader win our round of the Spelling Bee."

Mr. Degan, also added, "Thanks to everyone who makes the spelling bee possible: John Tol and Tim Utter for setting up the auditorium, Kristine vanIngen and Courtney Makey for judging (which is not an easy task), and Anthony Hayes for his help with lighting and sound."

Congratulations, Mason, and good luck in the next round!

—Keegan Holt, Junior

New Faculty



This year, the school got a new chorus teacher following Mr. Ernst's retirement. Mr. Hayes took over the band, and Ms. Katy Bridgers came to Morris from Milford to be the new choral instructor.

Ms. Bridgers graduated with a Bachelor's Degree in voice performance from VanderCook College of Music. After graduating, she became a singer for the Navy Band, and spent three and a half years in Naples, Italy, during her time with the Navy. When she is not teaching or singing, she enjoys reading, knitting, and playing video games. When asked about her new teaching job, Mrs. Bridgers said, "I'm really looking forward to getting to know everyone and becoming a part of the Morris family!"

—Gabrielle Eklund, Senior

In the Principal's Corner

As I sit here writing this, I am looking outside at a winter wonderland. The wind is blowing the snow and it does not seem like March will ever arrive! However, it is a very busy time for us as we begin to think about all the events that will be here before we know it. There are many great activities and learning opportunities to look forward to as we move into Spring. When the weather begins to improve and days get longer, everyone seems to have more energy. This is a very important time for all of us to stay focused; there is still much to do in order to successfully complete the year.

In April and May, New York State testing for students in grades 3-8 will take place. Students in grades 3-8 will be taking ELA tests on Tuesday, April 2 and Wednesday, April 3. The math exams will be given on Wednesday, May 1 and Thursday, May 2. The exams were shortened last year from three days to two days. Students are given as much time as they need to complete the exams on the testing days. Students in grades 4 and 8 will also be assessed in science. The New York State Science tests will be administered on Wednesday, May 22 and Monday, June 3.

Our students, along with their teachers, have been working diligently all year. These tests are one measure that provide us with valuable information on the skills and knowledge of our students. We use the information to help us provide all students with a better educational program.

As always, your role as parents/guardians cannot be understated. Please reinforce habits of good attendance. Take this opportunity to discuss the importance of learning habits, active participation and completion of class work/homework. These conversations with your children will absolutely make a difference. Talk to your children every evening about their progress and communicate regularly with their teachers. If you do not already have access to PowerSchool, please call Elaine Parker in the Guidance Office to set up an account. PowerSchool allows you to check your child's progress on homework, quizzes, and tests.

This is a busy and exciting time of year. We are ready for the challenges ahead and thank you for your ongoing support.

—Ms. Katharine Smith, Principal

News from Elementary Guidance

It's almost that time again—standardized testing is right around the corner. By working together, we can make your child's test experience positive and successful. Here are some suggestions that you can do to help your child succeed.

Throughout the year

1. Take an active interest in what your child is doing in school. Communicate daily with your child about what they are learning.
2. Set high expectations for grades and attendance.
3. Know what kind of homework teachers expect and make sure your child completes it.
4. Provide a regular, quiet place for your child to read or complete homework.
5. During the weeks leading up to the test, begin to talk with your child about doing his or her best. Emphasize the importance of the test, but remember to build confidence, not anxiety.

The night before the test

1. Make sure your child goes to bed on time so he or she gets a good night's sleep.
2. Keep your routine as normal as possible.
3. Be positive and confident in the fact that you know your child will do his/her best.
4. Plan ahead to avoid conflicts on the morning of the test.

The morning of the test

1. Get up a few minutes early to make sure your child arrives at school on time.
2. Have your child eat a healthy breakfast at home or at school.
3. Have your child dress comfortably.
4. Be positive and communicate that this is your child's chance to show what he/she knows.

After the test

1. Talk to your child about his/her feelings about the test.
2. Discuss what was easy and what was hard; discuss what your child learned from the test.
3. Explain that performance on a test does not define him or her as a person. It is just one opportunity to demonstrate learning.

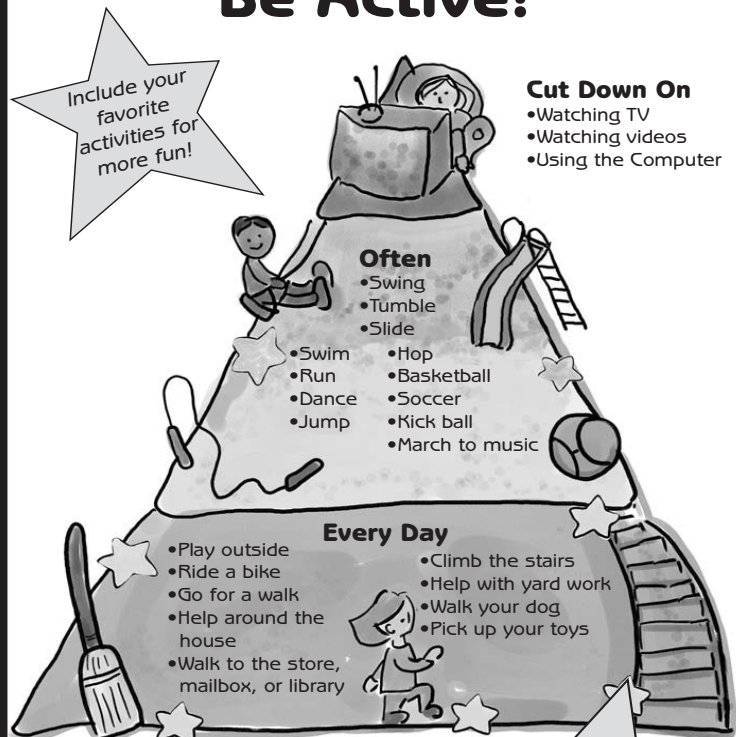
These tips will help your child feel confident, well-prepared, and ready to succeed on these important tests.

—Mrs. Lorraine Miller, Elementary Guidance

Activity Guide Pyramid

Eating a variety of foods and being physically active every day will help children be strong and healthy.

Get Your Child and Yourself Moving! Be Active!



- Go for at least 60 minutes of physical activity every day.

- There is a link between TV viewing and being overweight so turn off the TV, the video games, the computer and move your body.

The Dangers of Vaping Lecture



On Tuesday January 15, Morris hosted Reality Check in the Auditorium to talk about the dangers of today's version of smoking: JUUL (pronounced "Jewel") for grades 3-12.

Reality Check is a "youth-based, adult mentored" statewide youth program operated by the New York State Department of Health in Albany, New York. Founded in 2001, the goal of the program is to educate "teens about the manipulative marketing practices used by the tobacco industry to get teens to smoke." This e-cigarette known as JUUL is so prominent in the adolescent world that it has proven time and time again its unhealthy side effects. The company that manufactures this product is under fire by the FDA because of the marketing directed to the youth-based customers in gas stations, stores, etc. Many of the products look and smell like candy. This lecture was brought here to "enlighten our students of the dangers of vaping and other uses of tobacco and nicotine products," said Mrs. Catella, the guidance counselor at MCS.

New York State has declared that vaping products has doubled in use among high school students, and "the U.S. Food and Drug Administration (FDA) has declared youth e-cigarette use an epidemic." See a copy of the NYS declaration about vaping in this newsletter as well.

Things to watch out for and what to know

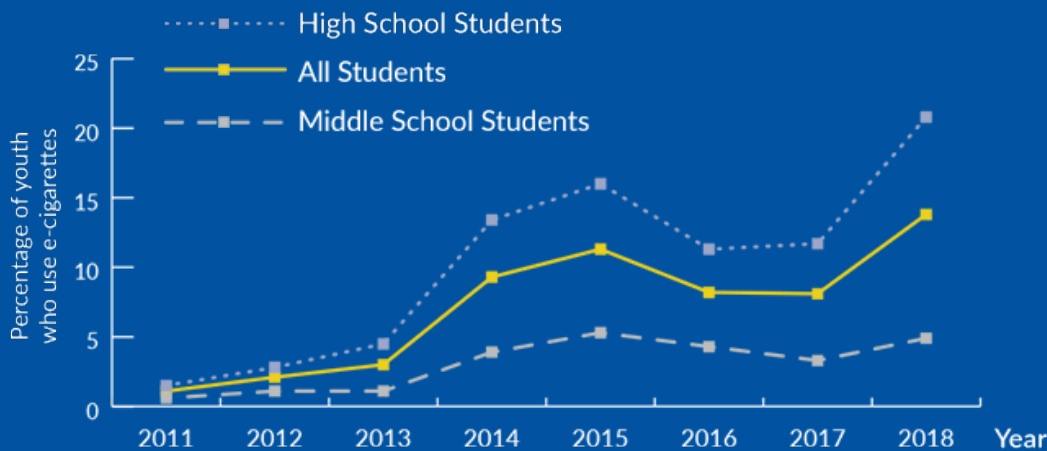
- JUULs look like a USB drive and might blend in with school supplies.
- They can be charged in regular USB ports.
- JUULs come in fruity sweet smelling flavors and do not leave a long lasting odor like cigarettes.
- Use in public places is easily concealed.
- Nicotine is highly addictive and harmful to brain development (which continues until age 25).
- Beside nicotine, e-cigarettes can contain harmful and potentially harmful ingredients, including:
 - Ultrafine particles that can be inhaled deep into lungs
 - Flavorants such as diacetyl, a chemical linked to serious lung disease
 - Volatile organic compounds
 - Heavy metals, such as tin, nickel and lead
- Manufacturers are not required to report e-cig ingredients, so users don't know what is actually in them.
- People are almost 31% more likely to smoke cigarettes if they use a JUUL.

For families who would like more information about the facts and details to share with your children, you can visit <https://e-cigarettes.surgeongeneral.gov/>. Other really scary facts about vaping products can be found here: https://www.health.ny.gov/prevention/tobacco_control/campaign/e-cigarettes/.

Abigail Maurelli, a junior, said that "it was very educational and a major eye opener not only to me but the other students as well." **Devin Alger**, a senior, said, "The amount of information on how dangerous the act of vaping is opened our minds." **Matt Murphy**, also a senior, added, "I'm glad the school had us go there and listen." Everyone learned about the dangers of vaping and hopefully the program will discourage students from trying vaping products.

—Austin Ward, Senior

Growth of E-Cigarette Use



Source: National Youth Tobacco Survey 2011-2018
Notes: In 2014, changes were made to the e-cigarette measure to enhance its accuracy.

Howard A. Zucker, M.D., J.D.
Commissioner

MaryEllen Elia
Commissioner

January 2, 2019

Dear Colleague:

We are sending you this letter to alert you to a serious issue of the increasingly widespread use of electronic cigarettes (e-cigarettes) among New York State (NYS) youth and to provide you with information and resources to formulate your school/school district response to shield students from this dangerous practice. We need your help to quell this growing health risk. In response to the dramatic increase in e-cigarette use among youth, you may have seen recently that the New York State Department of Health submitted proposed regulations to prohibit the sale of flavored electronic cigarette liquids (e-liquids); these regulations were subsequently withdrawn so that a further legal review could be conducted. In the meantime, the New York State Department of Health (Department) and the New York State Education Department (NYSED) want to make sure that school administrators are informed on this emerging public health threat. Information on e-cigarettes is available from the New York State Center for School Health, (NYSCSH), a contracted technical resource center for the NYSED. Their resources include a webinar and educational materials for health educators, school nurses, students and families. The webinar can be accessed on the [NYSCSH Professional Learning Page](#) and the [NYSCSH E-Cigarettes Resource Page](#) can be accessed at <http://www.schoolhealthny.com>.

You likely have heard a lot about e-cigarettes in the news, but they are not just the latest teen fad. In fact, the U.S. Food and Drug Administration (FDA) has declared youth e-cigarette use an epidemic. In just two years, e-cigarette use by high schoolers in our state has doubled.¹ E-cigarettes and similar vapor products are the most commonly-used form of tobacco among NYS youth and, like all tobacco products, they are unsafe for youth.¹

E-cigarettes are electronic devices that heat a liquid (“e-liquid”) to produce an aerosol that users inhale and exhale, colloquially referred to as “vaping.” E-cigarettes and similar vapor products come in many shapes and sizes, and are known by different names, including “e-cigs,” “vape pens,” “mods,” and “tank systems.” The most popular e-cigarette brand among youth is JUUL, whose products closely resemble a common USB flash drive. JUULs emit an almost odorless aerosol, are small, and can be used discretely virtually anywhere, including in classrooms and school bathrooms. JUUL e-liquid is contained in small pods, with each pod containing the nicotine equivalent of a pack of 20 cigarettes. JUUL e-cigarettes are so ubiquitous that “JUULing” has become synonymous with vaping.

Nicotine is highly addictive, particularly for young people, and most e-liquids contain nicotine.² Studies find the most susceptible youth can become nicotine dependent after only one or two exposures.^{3,4} Nicotine can impair adolescent and young adult brains, which develop until about the age of 25.² Brain exposure to nicotine in young people can lower impulse control, lead to mood disorders, disrupt attention and learning, and increase the risk for addiction to other drugs.² Most e-liquids contain fruit and candy flavorings, and thousands of the more than 15,000 available flavors are a major draw to unsuspecting youth.²

¹ New York State Department of Health. [Use of Electronic Cigarettes and Similar Devices among NYS Youth, 2014-2016](#). StatShot Vol.10, No.5., December 2017.

² U.S. Department of Health and Human Services. [E-Cigarette Use Among Youth and Young Adults. A Report of the Surgeon General](#). Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016.

Claims that e-cigarette aerosol is harmless water vapor are untrue. Although, the FDA recognizes propylene glycol and vegetable glycerin as safe to ingest, they are not approved for inhalation and can cause irritation and other health problems when aerosolized.² E-cigarette aerosol contains ultrafine toxic particles that interfere with the growth and work of the lungs and increase the risk of heart disease, lung cancer, and asthma attacks.² E-liquid ingredients are often unlisted on the bottle or package, and those that do list ingredients may be inaccurate or incomplete.² Many youth believe e-liquid is nicotine free, but studies find that is often not the case.² Notably, the e-liquid used in JUUL always contains nicotine.

NYS and the FDA are responding to this crisis. In NYS, the Adolescent Tobacco Use Prevention Act (ATUPA) prohibits the sale of tobacco products, including e-cigarettes and e-liquids to people under the age of 18; in contrast, New York City and 15 counties have set the minimum legal sale age to 21. The NYS Clean Indoor Air Act prohibits e-cigarette and lit tobacco use in nearly all indoor and certain outdoor public and work places, as well as on school grounds and playgrounds. On the federal level, the FDA has stopped the sale of e-liquid packaging that resembles kid-friendly beverage and food packaging. The FDA is also requiring the five manufacturers that represent 97 percent of the current e-cigarette market to submit plans within sixty (60) days on how the companies will curb the widespread use of their products by minors. In addition, the agency has stated they will step up enforcement actions to hold retailers accountable, including those who sell e-cigarettes online. To learn more about the FDA's plans, please read the agency's November 15, 2018 [press release](#).

Please use the information below to develop, implement, and enforce tobacco-free and e-cigarette-free policies in your schools:

- [Get the Facts – Electronic Cigarettes \(E-cigarettes\) and Similar Vapor Products](#) (Department)
- [Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults](#) (Centers for Disease Control and Prevention [CDC])
- [Electronic Cigarettes](#) (CDC)

Downloadable infographics and fact sheets:

- [Tobacco and E-Cigarettes](#) (Department)
- [Teachers and Parents: That USB Stick Might Be an E-cigarette](#) (CDC)
- [E-cigarettes Shaped Like USB Flash Drives: Information for Parents, Educators, and Health Care Providers](#) (CDC)
- [Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents](#) (CDC)
- [Electronic Cigarettes: What's the Bottom Line](#) (CDC)
- [Cigarrillos electrónicos ¿Cuál es la conclusión?](#) (CDC)
- [Youth Vaping Risks](#) (FDA)

As the landscape is changing quickly, we are asking school districts to educate and raise awareness about the dangers of e-cigarettes to protect our youth from possibly a lifetime of nicotine addiction. Thank you for your continued commitment to the students of New York State.

Should you have further questions or concerns, please contact Harlan Juster, Ph.D., at 518-474-1515 or Harlan.Juster@health.ny.gov.

Sincerely,



Howard A. Zucker, M.D., J.D.
Commissioner
New York State Department of Health



MaryEllen Eja
Commissioner
New York State Education Department

³ Kandel, D., C. Schaffran, P. Griesler, et al., "On the Measurement of Nicotine Dependence in Adolescence: Comparisons of the mFTQ and a DSM-IV-Based Scale," *Journal of Pediatric Psychology*, 30(4):319-332, 2005.

⁴ DiFranza, J.R., J.A. Sarageau, N.A. Rigotti, et al., "Symptoms of Tobacco Dependence After Brief Intermittent Use," *Archives of Pediatrics & Adolescent Medicine*, 161(7):704-710, 2007

All-County Festival

Students from all over the county auditioned to be selected for All-County. After being chosen, throughout the span of two days in February, we rehearsed for our concert for the All-County Festival held in Edmeston. The students who attended for chorus were **Abigail Maurelli, Anthony Schoentube, Kassie Boss, Chino Osuna, Victoria Ranc, Anastasia Edwards**. For Junior band, attendees were **Aaron Pondolino, Maiya King, Asa Dugan, Ethan Franklin, Hannah Swayer, Jessica Walling, and Lincoln Waffle**. **Hannah Swayer**, eighth grader, said, "All-County Band was a fun way to learn more about music and meet new people our age from different schools."

On the first day, the chorus practiced from 3-7 working on songs such as "A White Winter Hymnal" and "A City Called Heaven." We also sang two songs in different languages "Erev Shel Shoshanim" (Hebrew) and "Niska Banja" (Serbian). Morris' own Kassie Boss was chosen to sing a solo. She sang her part of "A City Called Heaven" beautifully.

The first day we met our conductor who also happened to be a graduate of Morris, Kim Collison. She made practice fun and enjoyable but also was hard on us when it came to

working on our weaknesses. Having a conductor who wants to make every single student work to their best abilities allows the entire group to succeed. What was also interesting and special about Ms. Collison's first All-County conducting experience is that Mrs. Ernst, a recent Morris retiree and Ms. Collison's mother, was her piano accompanist, and Mr. Ernst, also recently retired, is the All-County Zone representative and Ms. Collison's stepfather.

Mr. Hayes our chorus teacher said, "Students who performed in the Jr. Band and Sr. Chorus gave fantastic performances. It's inspiring to watch dedicated musicians participate in a concert of such high quality with only two rehearsals!" Victoria Ranc, sophomore, said, "All-County was so much fun; it was a great experience to have and to make friends."

Without all of these great conductors, directors, and chairpersons, we would not have been able to have a concert in such a small amount of time. Most importantly without the dedicated musicians, we wouldn't have outstanding performances.

—Abigail Maurelli, Junior



Modified Boys' Basketball

This year's modified basketball season was very exciting for every player as well as the new coach, Mr. Jaklitsch. He said, "My favorite part of being a coach is teaching the players new things and seeing how their abilities and sportsmanship grow."

This year, a lot of the players who have never played basketball before learned the basic rules of basketball. **Mark Hoyt** said, "This year I learned how to dribble better and how to do layups." His response was very similar to the other seventh grade players this year. In the end, they all had a great time and most of them can't wait to play again every year.

—Skyler Payne ('20)

Varsity Boys' Basketball Season

The Morris Varsity boys had a very successful season this year. They started off their season with a few non-league games against some bigger schools, which many of those games they won. They ended their regular season 10-1, tied for first place with Edmeston. Due to their loss against Edmeston late in the season, they were seeded second in the league. Since being seeded second, they had a home playoff game against Milford which they won, leading them into the Tri-Valley championship game. The Mustangs put up a tough fight, but unfortunately it resulted in a loss, placing them second in league.

Right after their championship game, they had their senior night against the Brookfield Beavers. Now the boys are excited and ready for sectionals. A senior on the team, **Nate Edwards** said, "It's been a great season playing with teammates we've played with throughout the years and making it as far as we did." Another senior, **Benjamin Child** said, "I had a lot of fun while I was able to play, but once I got hurt, I had fun being able to cheer on the rest of my team."

—Reanen Goodspeed, Senior

Tri-Valley Boys' Game

This year the Boys' Varsity basketball team went all the way to the Tri-Valley Championship. It was a lot of fun filled with memories that we will all remember forever. A junior on the team, **Scott Strain**, said, "Going to the championship game this year was a great experience for all of us. We worked hard to be there, and even though we didn't get the outcome we wanted, it was still fun and something to never forget."

A senior on the team, **Nate Edwards** said, "It was cool to play in a college gym with a packed house and having fans on both sides." Going to the championship was a great experience for the team even though we didn't get the outcome we wanted.

—Matthew Murphy, Senior

Tri-Valley Teams



Modified Girls' Basketball



This year on the girls modified team, the ladies worked together fairly well. The girls practiced and they worked hard, but they played harder. Team captain, **Leah Rehrmann** said, "We had fun playing even when we lost"

—Ian Rehrmann, Junior

Girls' JV Basketball

This year the JV girls' team had a lot of new and young players. The season started in November with open gym after school. Then the girls tried out and were selected into two teams: Varsity and Junior Varsity. Throughout the year, girls learned how to play strategic basketball and become better at working with the ball.

Every game they became better at the strategy and teamwork. "I think that I can say that we achieved our goal for this season, and I'm glad that I could play basketball for the first time in my life with this team," said **Anna Pavelkova** ('19) our exchange student from the Czech Republic. **Hannah Tilley**, a captain, said, "We had a young team this year, but I had fun helping out the younger girls."

—Anna Pavelkova, Senior Exchange Student

Everyday Preventive Actions That Can Help Fight Germs, Like Flu

FIGHT FLU



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

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

How does the flu spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose. Many other viruses spread these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

What are everyday preventive actions?

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



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



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

CO² Cars

Mr. Packard's Transportation classes makes and races CO² cars every year. This year sophomore **Mya Laubmeier** was the big winner. Mya is Morris' second lady Mustang to win the competition ever. She said, "Although everyone made fun of my car because it looked funny, I persevered and beat them all. The races were a lot fun!" Sophomore, **Jacob Goodspeed**, "My car didn't do so hot in the races—in fact, I don't think my car beat anyone else's, but it was a lot fun to watch. I liked watching other cars. **DJ Fields'** car blew up after hitting its barrier when he raced Mr. Iannelli who also built a car years ago—he races every year."

Senior **Gavin Tracy's** World of Tech class also participated in the CO² car races this year: "The CO² car races typically aren't a part of World of Technology Curriculum, but it was brought up as a suggestion because of what I can only describe as a drive for competition. While it wasn't directly related to a topic, it was a fun way to apply creativity, both to the aesthetics and functionality of the cars."



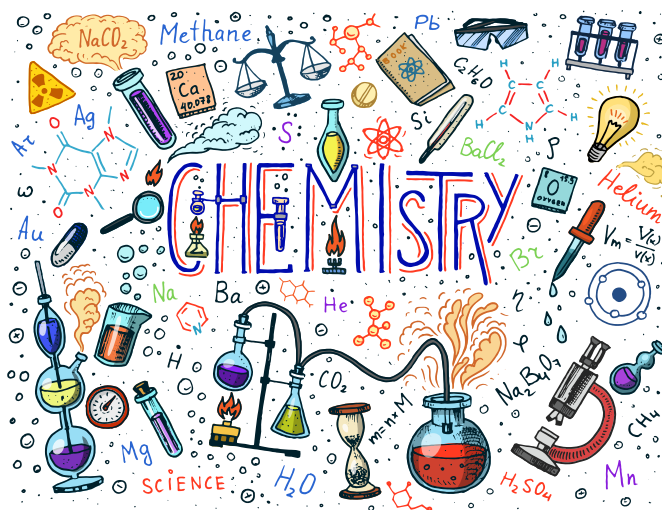
Technology with Mr. Packard is fun and educational. Students raced cards that they made

Chemistry

During this year's Chemistry class with Mrs. Nagarur, students performed many different experiments and demonstrations to explore the world of Chemistry. Each one of the demos and experiments showed how different elements could react to a series of tests, such as applying pressure to a substance or even heating up an element to change its form. **Skyler Payne**, Junior, said, "I learned that a solid element can change into a gas immediately without changing into a liquid. When we used iodine and it had reacted that way, it was very exciting to see the result!"

Another lab that was performed dealt with pressure and how it can affect solid things, such as a marshmallows or balloons. **Keegan Holt**, Junior, said, "I felt that watching the marshmallows expand, where we used a pressure decrease and to increase volume, was an amazing and very helpful learning experience. I wouldn't understand it the same any other way. Besides, everyone loves marshmallows!"

—Elizabeth Ilarraza, Junior



What's Cooking in College Chemistry?

After students take the Regents Chemistry course and earn an 85 or higher on the Chemistry Regents, they are allowed to take the College Chemistry course. The class is taught by Mrs. Nagarur and is considered as a dual enrollment course which means that it counts as a high school class and has college credits. SUNY Oneonta is the college that provides the opportunity to take the class.

College Chemistry is comprised of students in the eleventh and twelfth grade. For the class, students are expected to complete homework assignments on the website MindTap that helps students review the topics they discuss during class. Sometimes students are expected to complete labs that are provided by SUNY Oneonta with a lab partner and then write separate lab reports.

I take this class and I find the class to be super challenging, but I also find it very rewarding.

—Renate Carrabba, Senior

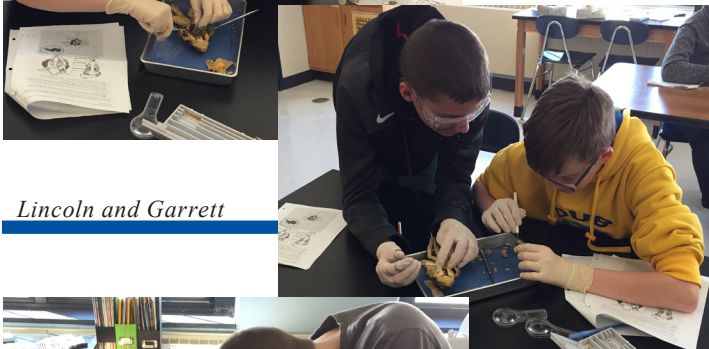
Eighth Graders Hopping to Learn Science

This winter, Eighth Graders learned about cells and how life is stitched together. They learned about anatomy and how the muscles and organs work together by checking out the insides of frogs. **Logan Dunham** and **Jack Knapp** examined the internal anatomy of a Northern Leopard Frog. **Justine Norton**, **Jonathan Child**, and **Carissa Richards** were lab partners for this experiment. Jon said, "The frog was very stinky, and it was nasty and wet, but I would recommend dissecting a frog 10 out of 10 times," also. Lab partners, **Lincoln Waffle** and **Garrett Aikins** examined the internal anatomy of a Northern Leopard Frog as well. Lincoln said, "It wasn't as messy as I thought, and after we were done with our assignment, Garrett and I further investigated until there wasn't much left. We learned a lot and it was interesting."

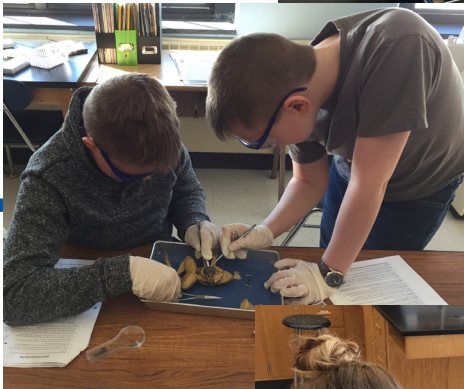
Carissa Richards agreed when she said, "It was a nice experiment where I learned a lot." **Justine Norton** exclaimed, "It was a great learning experience." **Esther Miller** and **Thomas Pondolfino** were lab partners for this experiment. Thomas, although he claimed he learned a lot, was not as enthusiastic about the frogs because "They were smelly and disgusting."



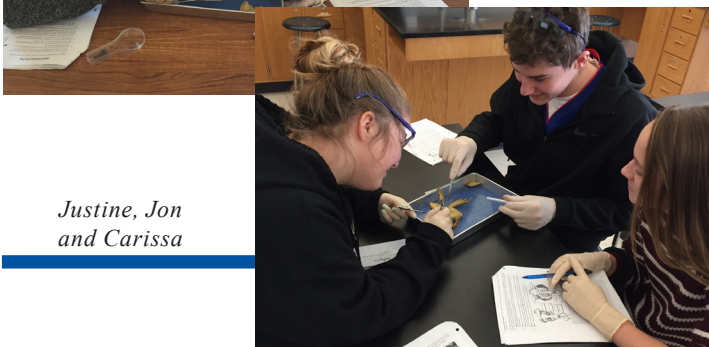
Thomas and Esther



Lincoln and Garrett



Jack and Logan



Justine, Jon and Carissa

Herb Tower in Progress

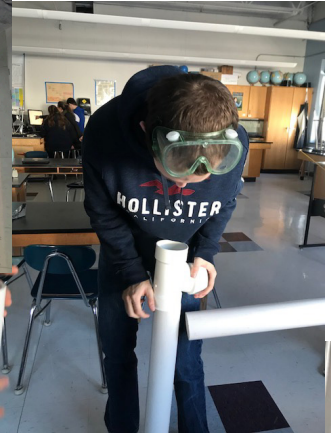
Mrs. Grant's Environmental Science class is building the cafeteria an herb tower.



*Matt Murphy, Austin Ward, DJ Fields
Devin Alger*



DJ Fields and Austin Ward



Kayla Francis



Learning about Continental Drift



Sixth Graders have been learning about Continental Drift. They enjoyed starting this unit by doing their own research and putting the “puzzle” together.

Polar Bear Jump

Mr. Packard completed his second Polar Bear jump on Saturday, February 16, 2019. Some of the \$128,800 raised for the many families in need went to one of Morris’ own former students: Danny Soto and his family. His daughter, Trinity, has been fighting cancer for over a year. Mr. Packard thanks everyone for all for their support. He said, “The CROP kids led by Cait Smith made an \$80 donation from funds they raised. It was a student-led choice to give to the Polar Bear Jump. That is *three cheers* material. My jump partner was John Nitto, IV, another past MCS student of mine.” This was John’s tenth year jumping. This year, he did the back stroke.

Many, many former graduates jumped to help raise funds for families in need. Mr. Packard said, “It’s an honor to be part of the event. I collected a total of \$315. Completing the jump is the most fun I’ve ever had. I love this event so much and will complete this event for years to come.”

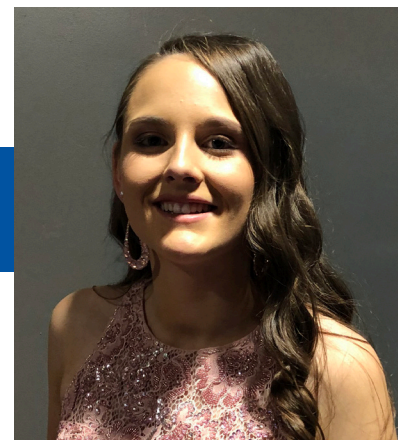


Mrs. Deysenroth and Levi Waffle, Sixth Grader, dressed up in their favorite team jerseys for Jersey Day during Spirit Week in February.

Three Cheers To . . .

- **Mason Linton** for winning the 2019 District Spelling Bee.
- Mrs. Galbreth and Ms. LaMariana who are priceless and much appreciated! They are constant sources of help and support for all the children and the adults as well!
- Julene Waffle for getting the \$500 donation from the Oneonta Kiwanis Club for TUCCR.
- The Varsity Boys’ and Girls’ varsity basketball teams for making it to the Tri-Valley Championships.
- Three cheers to all of the musicians who participated in the All-County music festival.
- Doug Ernst and his 33+ years that he dedicated to the students of Morris as our Band Director. Enjoy retirement. You will be missed!
- **Nate Edwards** for being awarded his Eagle Scout Rank, earned in early February. Nate painted window frames and installed storm windows on the Catholic Church in town as his final project.
- **Will Ranc** and **Jacob Walling** for completing awesome community service projects as part of scouts. Jacob installed steps and a railing to the historic Harmony Cemetery (site of the first Episcopal Church in Morris) on Pegg Road, and Will cataloged, organized, and built storage shelves and a clothing rack in the drama club prop room.
- To **Mya Laubmiere** for being accepted into the Pen in Hand Writing Conference in March.
- Mrs. Waffle’s Sophomores for doing a great job on their public speaking unit and the Juniors for their hard work on their big research project!
- The giving tree of mittens, hats, and scarves, and to all those who donated!
- The Mom Squad—for all the positive hype you give to our student-athletes and the fans, for all the inspiration you give to other schools. Thanks for the undying support!
- The cast, director, and support staff of *Clue*—awesome play!
- Mrs. Deysenroth, for her help, even when she was sick, with the sophomore class carnation sales. You are the best!
- Sophomores for selling the most Valentine’s Day carnations ever: over 750! Thanks to all those who supported the sophomores!

Anastasia Edwards for competing in the Miss NYS contest.



College and Career for Everyone

This year's CFES students visited several colleges and had fun mentoring their fellow MCS students.

College Visit



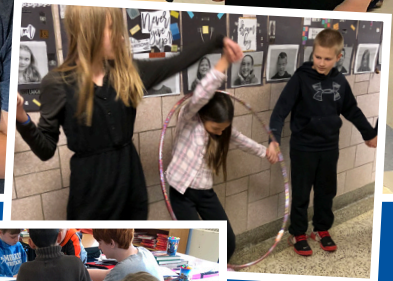
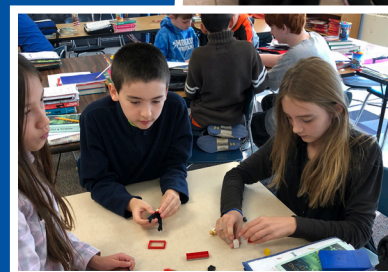
The CFES Brilliant Pathways program focuses on three core practices: Mentoring, Essential Skills, and Pathways to College and Careers. The Essential Skills are goal setting, leadership, agility, perseverance, networking, and teamwork. Here are some highlights so far this year:

- Sixth grade and high school mentors have worked with younger mentees, supporting them in their classrooms.
- The third annual Veterans' Breakfast was held on November 9.
- Lisa Boon, our school psychologist, has worked with the sixth grade class on mindfulness activities and on the *What Lifts You Up* project.
- Our seventh grade mentors are learning the Essential Skills and then teach their second grade mentees these skills through activities during their library time.
- Sophomores visited Utica College while juniors got a glimpse of what the University at Albany has to offer.
- Representatives from Pathfinder visited our eleventh grade English classes to discuss possible job opportunities.

Keep an eye out for more CFES Brilliant Pathway activities coming in the spring!

—Mrs. Kelly Catella, Guidance

Mentoring



From Pregnancy
through Preschool

HEAD START

Enrolling Year-Round



Head Start Offers Children

Head Start serves children and families throughout
Otsego County with centers located in:

- | | |
|---------------|-------------------|
| Cherry Valley | Cooperstown |
| Laurens | Morris |
| Oneonta | Richfield Springs |
| Schenevus | Unadilla |

- A safe place to learn and explore
- Outdoor playtime and field trips
- Exposure to books and computers
- Nutritious meals and snacks
- Activities to enhance social skills and peer relationships



607.433.8055
www.ofoinc.org

Head Start has immediate openings in their center-based program.

Head Start is a free preschool program that offers activities to enhance social skills and peer relationships, exposure to books and computers, nutritious meals and snacks, outdoor playtime, and field trips. **To enroll, children must be 3 years old and live in a household whose family meets program income guidelines.**

Head Start serves all of Otsego County through centers in **Cherry Valley, Cooperstown, Laurens, Morris, Oneonta, Richfield Springs, Schenevus, and Unadilla.**



607.433.8055

HEAD START **www.ofoinc.org**

You Are Invited . . .

What happens when a powerful tornado whisks you to a magical land of munchkins, witches, and flying monkeys? You are about to find out, for we invite you to join Dorothy, the Scarecrow, Tin Man,

and the Lion on The Yellow Brick Road to find The Wizard of Oz, a journey beyond your wildest imaginations in the Morris Central School auditorium on March 29 and 30 at 7:00 pm both nights.

—Mr. Hayes, Musical Director



THE WIZARD OF OZ

March 29-30 at 7:00 p.m.
Morris Central School Auditorium