



Your Public Schools



November 2018

MSA
CESS Empire State Advantage Gold Level Awardee
Community Newsletter Volume 3 Issue 3

November Speakers Series Event - A Community Conversation

In November as part of our District Speakers Series, the District will be presenting What is an American: Perspectives. Guest participants will make opening remarks and take part in a panel discussion on this timely topic.

Walter Gordon holds bachelor's and master's degrees in aerospace engineering from SUNY at Buffalo and continues to work at local aerospace firms; he served 30 years in the Air Force Reserve, most of it as a C-130 pilot with the 914th Airlift Wing in Niagara Falls. He was deployed in 1990-91 for Operations Desert Shield and Storm, and 2003 for Operation Iraqi Freedom. He retired from the Air Force Reserve in 2014 as the commander of the 914th with the rank of colonel. He currently works at Moog in East Aurora and serves as the president of the Niagara Aerospace Museum and chair of the Niagara Frontier Section of the American Institute of Aeronautics and Astronautics.

Gamileh Jamil is a Muslim American of Yemini descent. She has had to overcome many challenges personally and professionally. Nonetheless, she has become an experienced Executive Director in nonprofit organization management, and is skilled in patient advocacy, nursing education, and strategic planning. She holds a Masters in Health Administration focused in Healthcare Administration from Roberts Wesleyan College.

Mr. Greg Shershnevsky was born in Vilna, Lithuania shortly before the German occupation in 1941. He was "adopted" by a Christian Polish woman who also saved a number of other children. His father was active in the underground resistance movement and found Grigory after the war. His mother was presumed murdered by Germans. The Christian Polish woman who hid him has since been awarded as a Righteous Among the Nations for hiding Jewish children from the Nazis.

May Shogan is a native of Jordan and a 29-year veteran of the International Institute of Buffalo. She began as a started as an Arabic interpreter and translator, and is now the Director of Education & International Visitors leading her department in increasing global awareness and engagement of all Western New York residents.

challenges, and blessings that come with citizenship.

Join us November 14 at 5:30 p.m. at the Performing Art Center at Niagara Falls High School. Free.

This is Part III in our inaugural Speaker Series, all presented free to all comers.

Below, an image from Session I, award-winning teacher and author Pete Herr, who spoke to students at Niagara Falls High School before addressing the public.

Thanksgiving provides the ideal time of year to discuss and consider what "American" means, and the responsibilities



Alumni Theatre Production

See story and cast list on page 6.

THE NIAGARA PROSCENIUM ALUMNI PLAYERS OF NIAGARA FALLS HIGH SCHOOL
proudly present

Smokey Joe's Café

The Songs of Leiber and Stoller

Words and Music by:
JERRY LIEBER and MIKE STOLLER

Directed By: **DENNIS WILSON** Music and Vocal Direction By: **TOM VITELLO**

Choreography By:
SUSAN MARCOLINI and DENNIS WILSON

Costumes by: **VERONICA MURRAY** Technical Direction By: **RICH MERANTO**

Lights and Sound By: **RANDY REIKER and NICK FAGIANI** Produced By: **TOM VITELLO**

The First Annual Alumni Theatre Production
SMOKEY JOE'S CAFÉ
NOVEMBER 1, 2 and 3, 2018 - 7PM

Niagara Falls High School Performing Arts Center
4455 Porter Road, Niagara Falls, NY 14305

Tickets: \$10 General Admission
\$8 Students/Senior Citizens

Smokey Joe's Café: The Songs of Leiber and Stoller is presented through special arrangement with R&H Theatricals: www.rh.com

Parental Involvement - Dads have their day

Nearly 1,000 men, women, dads, guests, visitors and others celebrated Dads Take Your Child To School Day in September. The presence of a responsible father promotes improves academic performance and reduces disciplinary problems among children. While more and more the educational landscape becomes increasingly populated by women and men, it has traditionally been a highly feminized environment--especially at elementary. That is why a day like this one reminds men of the importance of being involved and engaged.



From the Superintendent



Mark Laurrie

A New York State high school social studies test asked, "The death of President Garfield resulted in the..." what?

That question isn't likely to show up on a State assessment today, but times change.

Recently, I had the pleasure of offering a welcome back message to alumni of LaSalle Junior-Senior High School. Graduates from 1946 to 1956 attended. Some paused at the Wall of Honor in today's LaSalle Prep School to reflect on young men -- most in their 20s, one only 16 years-of-age-- who probably looked for their social security numbers posted on a wall somewhere in the school, notice that they had been called up to serve. Those on the Wall of Honor didn't come back.

My favorite thing about the event was seeing the LaSalle Prep School Honor Society students serve and visit with their elders.

Today, our District is offering modern education and modern support services to empower students. But, as it has always done, the District strives to provide education that is relevant and useful to the nation's citizens here in Niagara Falls today.

Some things have changed.

Thankfully, our students today are not presently living with the possibility of being drafted. And they may not know that Garfield's death resulted in the adoption of civil service reform. But they do have skills at a young age that many of their elders envy: technology skills, a sense that the

world is small, and a confidence to reach out to it on global platforms. Today's youth are creative and confident, even as they are faced with new challenges and a world becoming more densely populated by the minute.

Perhaps meeting alumni who are nearer the end of their lives than the beginning (a fact which is true of me, too), gave the students a perspective they didn't have before -- that their days in school today are days they will recall and cherish all their lives.

I want to thank the LaSalle Alumni Association for their work putting on a lunch for LJSHS alumni. I also want the community to think about how different the world is - for better and worse - than it was when our guests were our pupils.

One of the things we most often hear is that 'back in the day,' there was a sense of community; people knew their neighbors, people stayed close to home. Our students today need that. Too many times in media, on-line, or in society generally, I hear adults malign young people: millennial jokes, disparaging remarks about dress, accusations of indifference or apathy. This is not my experience of the hundreds of young people I have personally known as a teacher, father, principal, and now superintendent. We should paint no group with too broad a brush.

To do so dismisses the talents and drives of whole groups of people.

If you are an alumni of our schools, come back. Stop in. See a play. Watch a game. Volunteer. You are welcome, and you have something to offer. And something to learn.

From the Board



Bishop Kevin Dobbs

Encouragement is a powerful ingredient when forging a path forward in education.

We all need to be supported through obstacles of life that confront us, and a genuine word of encouragement is a great start. Our rigorous curricula, challenging tests and pressing schedules amounts to our students being pressured to succeed.

No one is exempt from being from being encouraged because it's an ingredient to a victorious end. I would first like to say to our educators from primary through secondary, as tedious, joyful, and challenging and sometimes frustrating as things can be, be encouraged. Your labor is not in a vacuum. You have and will continue to reap the benefits of sweet gratitude in knowing that you were a part of the success of our students.

Secondly, I would encourage our parents, grandparents, and guardians to get more involved in your child's education by attending parent-teacher conferences, getting bi-weekly reports on how your sons and daughters are doing. Show interest in

their extra-curricular activities, because when they perceive that you care, not only will you be encouraged, but they will be encouraged as well.

If you have very young children, consider the PK3 program - Pre-Kindergarten for three-year-olds. Giving these children an early start in this fine program is a way to encourage them as they begin their formal education.

Thirdly, I would like to encourage our Board members to hold fast to the positive successes of the District and strive with all sincerity to improve in those areas that we have control in and work together for the good of the District. When we gain and achieve, the District follows suit.

Our goal is "Learning For All ... Whatever It Takes," and it takes whatever we all have to contribute to the success and education of the students in the Niagara Falls City School District.

If we can stay encouraged, nothing shall be impossible.

Lastly, I thank you for the encouragement that I have received from the District, to have allowed me the pleasure to serve.

Encouraged to serve,
Bishop Kevin Dobbs

Happy Thanksgiving!



Principal's Corner by Niagara Street School Principal Rocco Merino

We are proud to celebrate our 100th year at Niagara Street Elementary School. The original Niagara Street School opened in 1919 and continues to be the anchor of the Niagara Street corridor, educating more than 600 students per day, and hosting countless parent engagement and community forums in our state of the art auditorium. I am grateful to have a great Leadership Team that includes Assistant Principal, Mrs. Dorothy Brundage, and Dean of Students, Mr. Michael Corsaro.

We have an outstanding parent group and highly engaged community partners that support our programs at Niagara Street. They include:

- Sertoma Club
- Italian Son's and Daughters
- Zajac Funeral Home
- Dairy Queen
- Cornell Cooperative Extension of Niagara

- Piccirillo Florist
- Niagara University
- Niagara Street Neighborhood Revitalization

At Niagara Street we continue to focus on providing our students with a safe and stimulating learning environment. Thanks to our great teachers, students at NSS are engaged and challenged in the classroom on a daily basis. We aim to develop our students as well-rounded leaders that will not only excel in prep and high school, but care about others, and give back to our community in Niagara Falls. The students in our District classrooms will have the largest impact on the future of this great city.

Our 21st Century After School Program offers a wide variety of student clubs. Baking Club, Magic Club, Garden Club, Movie Review Club, and Boondoggle Club are among

our most popular clubs. We know the importance of keeping our kids in structured activities beyond the school day.

Another important goal that we have at NSS is keeping our students in school. We are aggressively working with parents to make sure that students attend school each and every day through our School Attendance Team. We have also implemented Restorative Justice Practices that offer teachers, counselors, and students the opportunity to meet in real time to discuss student violations of our code of conduct.

We have several NSS staff members trained to administer Restorative Justice Interventions as needed. This will take the place of suspending students from school in many cases. Suspending students is ineffective. Our goal is to keep students in school.

The Niagara Street Parent Engagement Committee is also in full swing. Last year we provided our parents with a field trip to the Earl Brydges Public Library where they received a tour of the facility and lunch. Additional parent trips to local community agencies are planned for 2018 - 2019. We want our parents to be informed, engaged, and involved at Niagara Street. We cannot get the job done without the support of our parents.

This year for the first time Niagara Street will move select Spring Parent Teacher Conferences out of school and into the community that we serve. Why should parents always need to come to us at school? We as educators will go out into the communities where our families live and have

(cont. page 3)

OSC-TV 1302 Now Streaming Live

The OSC-TV – the Our Schools Channel -- which is run by students in the Media Production Program at Niagara Falls High School- is now live-streaming programming at <http://osc.viebit.com> in addition to traditional airing on station 1302 through Spectrum Cable.

Viewers can watch and download any video that has been produced at the station, and watch the channel LIVE on this site as well, anywhere, on any device, even if they don't have Spectrum cable.

"When we do live events such as assemblies, telethons etc., you now will have choices to view our students' work," said Media Production Teacher Rich Meranto.

Current programming includes a bi-weekly update with Superintendent Mark

Laurrie, broadcasting of Niagara Falls City Council meetings, and other community and school-based programs.

The station is airing completely in hi-definition (HD) and has recently improved its audio feed from City Hall.

"We have updated and improved all our equipment, and are also airing some programming on Facebook LIVE," Mr. Meranto said. "Residents of Niagara Falls and far beyond can watch on their device, download programs for later, or relax in front of the TV to view us."

The updates have taken considerable time and effort, but, he said, "As the viewing habits of our viewers change, it's really important that we stay current to maintain the relevancy of our program."

American Education Week



After World War I, educators and the American Legion were concerned that 25 percent of the country's World War I draftees were illiterate. They began American Education Week to boost support of public education. The observance grew out of that concern and spread nation-wide.

This year, American Education Week is November 12 to 16.

Among the challenges facing American education these days are children arriving at school for the first time surprisingly unprepared; only about one in three new Kindergarten students has familiarity with basic math and literacy skills when they enter school.

That is one reason that in Niagara Falls, we have had full day UPK since the early 90s and introduced a Pre-Kindergarten for three-year-olds program.

A disturbing challenge in our District is the high number of students who arrive late to school or not at all, particularly in the very youngest grades. Primary grades, including pre-kindergarten, are about far more than rituals and routines--although learning those is very important. Children are

being taught basic math and language literacy right from the start; missing school is missing information on which future lessons are built.

Another challenge is poverty, which is why the District sought to become a Community Eligible district, able to provide free breakfast and lunch to all students. This is possible because of the poverty of our community.

We do have advantages in Niagara Falls as we strive to raise academic achievement and graduation rates; we have many successful partnerships with businesses and organizations who want to see children succeed. We have parents and grandparents who take an active role in a child's education, and we have dedicated employees, both those in instruction and those who support instruction by performing other necessary work.

The public school is still a very important and democratic place in every community in the nation. In our community, we deeply appreciate of the partnerships, support, and interest we receive as we serve the approximately 7,000 students in our schools every day.

Wolverine Marching Band



The Niagara Falls High School Wolverine Marching Band under the direction of Brian Chmaj performed alongside UB's marching band during the halftime performance at a Saturday football game against Eastern Michigan. The NFHS Marching Band also played in the stands and will also be back for a UB Basketball game in January. U.B.'s band will return the favor by playing in the Wolvarena on a future date.

Passport to the World!



At Henry J. Kalfas International Magnet School, the new theme is "Window to the World". Students are learning about different cultures and places around the world. Tom Fisher, theme specialist, collaborated with Linda Johnson (third grade teacher) and Matthew Woods (student teacher) to design a hands-on activity for the school's new theme. Students worked in groups of four and were given blank passports.

Each group was assigned a country around the world. Students researched their assigned country using a variety of resources. The groups had to create a passport on their assigned country. The passport included a map with the shape of the country and two interesting facts about their country. At the end of the project, each group shared facts about their country to the class.

have positive dialogue with them. We have partnered with Niagara University to find community locations closer to where our families live. This will make it easier for many parents that live far from school to speak with their child's teacher in person. Our Niagara Street Open House in August was held at Gill Creek Park, and our Pre K Splash Bash was held at the Hyde Park

Splash Pad, where we welcomed all new incoming Pre K students and families. Our new families enjoyed a fun and relaxed venue.

These are a few of the initiatives that we are proud to be rolling out at Niagara Street Elementary School. We will continue to implement new initiatives to keep our students and parents fully engaged.

Welcoming LaSalle JS High Alumni

It was the same, and it was different for the nearly 40 alumni of LaSalle Junior Senior High School as they returned to the building at which they studied in the 40s and 50s. The building itself is fundamentally unchanged, with its architectural motifs and exquisite woodwork. But the technology is new and the faces, as well.

The LaSalle Alumni Association hosted a special luncheon at the school which today is LaSalle Prep School, and guests were able to visit the District's first Schoolseum, in which archival items are on display. Conceived by District staff, the Schoolseum came together through the volunteer efforts of the Association, who catalogued and helped display many items.

Guests were served by the LPS Honor Society members, and had the chance to record videotaped memories of days gone by.

Those who planned to attend included:
Class of 1956: Frank Rowland
Class of 1955: Barbara Milleville Mielke
Class of 1954: Phyllis Walker Dewese, Judith Moxham DiFranco, Janice Imson Treichler, Quain Weber, Janet Francis Bax, Beverly King
Class of 1953: Ralph Kline, Harry Wright, Phyllis Wright

Class of 1952: Roland Nafus, Margaret, Thom Ellman, Suzanne Cameron Case, Jeanette Edwards, Lois Corp Page, Marilyn Miller Balentine, Josephine Scanlan Cuddahee, Margaret Saloh Castile, William Lister
Class of 1951: Bill Ross, Ralph De Vantier, Larry Stephens, Mary Ruth Williams Barber,
Class of 1950: Robert C. Dunn, Louis Perez, Alberta Carey, Jim Comerford
Class of 1949: Audrey Eldridge, Betty Robbins nee Phillips
Class of 1948: Lloyd Bernamin
Class of 1947: Alan Vitch, Herman Rueter
Class of 1946: Richard Bates, Marion Flanagan, June Camann King, Joyce Switzer.

Honor Society members in attendance included: Bre'asia Carter, Zackary Chafin, Noah Cook, Lillian Dodge, Elise Glahe, Natasha Howard, Alynah Hoy, Connor Hutcheson, Noah Livesay, Louis R Lodovico, Aliyah Miller, James Mittelstaedt, Raionna Nickens, Timia Prince, Madison Ralph, Christian Scarfone, and Vincent Schiro.



Archives



Some memorable class day cars



In Brief - August Graduates, Outstanding Employees



Jeremy Barto, Jordan Burch, Shiloh Cunningham, Myasia Dolson, Amber Newmann, Tazaun Rose, Veronica Tangle, and Alora Tulip became the most recent alumni of Niagara Falls High School in late September. The group had completed various classes, assessments, or other requirements to complete their secondary educations. They were celebrated at the regular meeting of the Board of Education on September 27, with family, friends, and former teachers in attendance, including Julie Conti, above.

Above, Tazaun Rose and Veronica Tangle collected both their diplomas and style points.

Safety Corner

The Flu: A Guide for Parents

Is the flu more serious for kids? Infants and young children are at greater risk for getting seriously ill from the flu. That's why the New York State Department of Health recommends that all children 6 months and older get the flu vaccine.

Flu vaccine may save your child's life. Most people with the flu are sick for about a week, and then they feel better. But, some people, especially young children, pregnant women, older people, and people with chronic health problems can get very sick. Some can even die. An annual vaccine is the best way to protect your child from the flu.

What is the flu? The flu, or influenza, is an infection of the nose, throat, and lungs. The flu can spread from person to person.

Who needs the flu shot? Flu shots can be given to children 6 months and older. Children younger than 9 years old who get a vaccine for the first time need two doses.

How long can a sick person spread the flu to others? Most healthy adults may be able to spread the flu from one day before getting sick to up to 5 days after getting sick. This can be longer in children and in people who don't fight disease as well (people with

weaker immune systems). What are signs of the flu? The flu comes on suddenly. Most people with the flu feel very tired and have a high fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. The cough can last two or more weeks

Can my child go to school or day care with the flu? No. If your child has the flu, he or she should stay home to rest. This helps avoid giving the flu to other children.

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

Children with the flu should be isolated in the home, away from other people. They should also stay home until they have no fever without the use of fever-control medicines and they feel well for 24 hours. Remind your child to protect others by covering his or her mouth when coughing or sneezing.

If your child gets the flu: Make sure your child gets plenty of rest and drinks lots of fluids. Talk with your child's doctor before giving your child over-the-counter medicine. Never give children or teens aspirin or medicine that has aspirin in it. It could cause serious problems



In September, Grace Stewart, Gloria Scalzo, and Rasheen Wilson were recognized as Outstanding Employees by the Board of Education.



Extended Day Schedule & more at Niagara Falls High School

The Extended School Day Grant funds programming at NFHS. There are a variety of academic supports and educational enrichment activities throughout the school year, including tutoring, SAT prep, and Regents exam review. A live schedule can be found on the Niagara Falls High School website (the link may not be posted yet, but it will be soon).

NFHS Extended Day Schedule

Anime Club Mr. Stockings Room 445
 Art Club Mrs. Campbell Room 264
 Becoming Wonderwoman Mrs. Kane / Ms. Santasero Room 260
 Book Club Mrs. Olander Room 316
 Chess Mr. Ennett 1st Floor Library
 Comic Book Club Mr. Stockings Room 445
 ELL Extended Day Mr. Tiberi Room 312
 English Support Mrs. Grant Room 247
 Global I Tutoring Mrs. Cudahee Room 328
 Global I/II Tutoring Mrs. Grant-Sheehan Room 436
 Global Studies - Building Vocabulary Through Visuals Mrs. Carbin Room 442
 Global Studies - Essay Writing Using Enduring Issues Mrs. Carbin Room 442
 Hispanic Heritage Mr. Vitello Room 347
 Italian Heritage Club Mr. Colangelo Room 137
 Living Environment Mr. Belin Room 311
 Living Environment Lab Makeup Mr. Vilardo Room 411
 Local History Club Mrs. Fortin-Nossavage TBD
 Magic: The Gathering Club Mrs. Deull Room 423

Algebra I and Geometry Mr. Rodgers Room 323
 Math Tutoring - Math Seminar & Algebra II Mr. Touchette Room 122
 Math Tutoring - All Courses Miss Porter Room 414
 Mindfulness Club Mrs. Campbell Room 264
 Peer Mentoring Mrs. Carey Room 135
 Problem Solving Club Miss Porter Room 414
 Research/Technology Assistance Mrs. Copelin 2nd Floor Library
 SAT Prep Mrs. Burke Room 245
 Science Experiments Club Mrs. Syruws Room 441
 Sign Language Club Mrs. Chiarella Room 142
 Sources of Strength Mrs. Barstys Room 327
 Teen Talk Mrs. Rose Room 332
 Theater Technology Mrs. Spanbauer Room 147
 Weight Training Club Mr. Bass Weight Room
 Youth Court Club Mrs. Conti Room 248
 Z Club Ms. Chowdhary / Mrs. Syruws Room 331

The 21st Century Community Learning Centers grant funds programming at Abate, Kalfas, Hyde Park, Niagara St, LaSalle, and Gas-kill, while the Empire State After-School Program grant funds activities at Cataract, 79th St, GJ Mann, and Maple Ave. Various academic and enrichment activities are offered for students in all grade-levels. The programs include social and emotional student supports as needed. In partnership with the Niagara Falls Boys & Girls Club, extended recreational programming is available at all schools.

Special Education

It is often heard in the District that "Special Education isn't a place." Indeed, Special Education is a host of services tailored to meet the needs of students with a panoply of learning needs, from those that are fairly simply to the more complex. Special education services are in every District school.

The Niagara Falls City School District provides Special Education services to children from 3 to 21 years of age. Services are recommended by the Committee on Special Education (ages 5-21) and the Committee on Preschool Special Education (ages 3-5).

The Niagara Falls City School District is required to locate, identify and evaluate all children with disabilities, or suspected as having disabilities, from birth through age 21.

The mandate applies to all children who reside within the District, including children who attend private schools and public schools, highly mobile children, migrant children, homeless children, and children who are wards of the state.

The Committee on Special Education identifies students who meet the criteria for Special Education classification based on New York State eligibility requirements. The Committee on Special Education strives to provide service in the least restrictive environment and in the general education setting to the greatest degree possible.

Reach the Committee on Special Education at 286.4280. They provide a valuable service and are ready to answer any questions you may have.

All-Alumni
Theater Production of
Smokey Joe's Cafe.
 Thursday, November 1, 2018 – 7PM
 Friday, November 2, 2018 – 7PM
 Saturday, November 3, 2018 – 2PM
 Ticket prices for all shows are \$10
 Adults and \$8 Students.

Attention Theatre Goers!!! The Niagara Proscenium Alumni Players in a joint effort of theatre alumni from "Old" Niagara Falls High School, "New" Niagara Falls High School, LaSalle Senior High School, Trott Vocational High School and our alumni friends from Niagara Catholic High School. This new theatre company is directed by Mr. Dennis Wilson (LSHS Class of 1985 and current NFHS faculty member), music/vocal directed and produced by Mr. Tom Vitello, Jr. (current NFHS faculty member), choreographed by Ms. Susan Marcolini (current Niagara Street School faculty member), costumed by Mrs. Veronica Murray (current NFHS faculty member) and technical directed by Mr. Rich Meranto (LSHS Class of 1985 and current faculty member). For this first endeavor, we have alumni of the various schools going back to the 1980's and as recent as this past school year. Smokey Joe's Cafe is a musical revue of the song of songwriting team Jerry Lieber and Mike Stoller. They were responsible from hit songs like Hound Dog, Jailhouse Rock, Love Potion #9, Charlie Brown, Yakety Yak, Stand By Me and countless others. We invite everyone to attend our inaugu-

ral performances on November 1, 2 and 3 at 7PM in the Performing Arts Center at Niagara Falls High School. Tickets can be purchased at the box office on the nights of the show. Tickets are \$10 for general admission and \$8 for current students and senior citizens. Cast for Smokey Joe's Cafe
 Audrianna Yates NFHS 2007
 Davante Kent NFHS 2016
 Styles Dykes NFHS 2017
 Cara (Pellow) Scott NFHS 1993
 Katherine (Sirianni) Morock NFHS 1995
 Courtney McCreary NFHS 2002
 Michele Calabro NFHS 2002
 Jillian (Shank) Colucci NFHS 2004
 Erika Stevens NFHS 2017
 Dennis Wilson LSHS 1985
 TJ Insana NFHS 1989
 James Shank NFHS 2001
 Earl Bass NFHS 2006
 Dominique Butera NFHS 2018
 Haleigh Feth NFHS 2018
 Cynthia (Feagin) Jones NFHS 1987

Snapshot



Cornell Co-Operative Extension

One Step at a Time, The Benefits of Walking

By Jennifer O'Connor /School Coordinator

Walking at home is free and it's fun! With the holiday season approaching, walking is an easy way to burn off those extra calories. Walking has many advantages. For starters, walking is an easy way to get the blood pumping and meet the physical activity requirements that scientists say will help your kids lead longer and healthier lives. The National Physical Activity Guidelines for Americans suggest that children and teenagers be physically active for at least 60 minutes a day. Here are some of the benefits:

1. Walking is relaxing
Walking after school gives children and adults a chance to let off steam, after a day spent sitting down!
2. Walking develops independence and is an opportunity to teach street safety
Invite your child to choose the direction to walk. They may decide to take a short cut, or to extend the walk or even to stop in a park to eat their after-school snack. This responsibility helps them to grow and to become aware of what surrounds them. Parents can also teach children how to cross streets safely.

3. Walking improves mood
Walking outdoors is ideal for clearing the head and getting the benefits of natural daylight. Practiced regularly and consciously, walking also contributes to developing a more positive body image.
4. Walking tones the whole body
When practiced for more lengthy periods, walking participates in developing cardiac and respiratory capacity. It helps your child's weight to be controlled and strengthens the muscles in their legs, feet and arms if you choose to walk more quickly!

Spotlight on Healthy behaviors

Gaskill Prep is doing their 3rd Annual Turkey Trot the week of Thanksgiving! Students will do a 1-mile fun run around the school. They will also collect canned goods to donate to Niagara Community Action Program. A shout out to Mr. Richard Clark for organizing this event to promote health and wellness, plus an opportunity to give back to the community.

Healthy Recipe: It's that time of year. Pumpkin is making its way into everything!

Like most deep-orange veggies, pumpkin is rich in vitamin A from carotenoids. After a nice walk try a delicious pumpkin smoothie.

The following recipe is from Food Hero:

Ingredients

- 2/3 cup low-fat vanilla yogurt or 1 container (6 ounces)
- 4 Tablespoons canned pumpkin
- 2 teaspoons brown sugar
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg (optional)

Directions

1. Stir all ingredients together in a bowl. Serve.
2. Refrigerate leftovers within 2 hours.
3. Makes 1 Cup

Notes

- Top with granola or nugget type cereal for extra crunch.
- Extra canned pumpkin can be frozen.

REMINDER

The District, in collaboration with the Community Health Center of Buffalo, is providing a Medical Mobile Unit, which will visit each school during the school year. There also will be a Portable Dental Clinic that will visit elementary schools. Take advantage of this wonderful program. Watch for the "Your Public Schools" calendar each month. Dates will also be in your child's school newsletters. For more information, call Brenda Wyrosdick, Health Associate, at 286-0788. The necessary paper work will be available in each school's Health Office.

NEW YORK CITY RAFFLE

Win a Fantastic Trip for 2 to

NEW YORK CITY

and

YOU CHOOSE THE DATES!!!

PRIZE INCLUDES:

- * Round Trip Airfare From Buffalo
- * 2 Night Accommodations at a Luxury Hotel
- * 2 Tickets to a Broadway Show of Your Choice
- * Round Trip Transportation from Airport to Hotel
(Some Restrictions May Apply)

DRAWING
NOVEMBER 20
2018

\$10 per Chance
or
3 Chances for \$20

\$1,200 Prize Value
May Be Redeemed
For Other Travel Plans

Send Cash or Check payable to
Niagara Falls High School
in care of
A. Baumgarten or R. Lynch
All proceeds benefit the
NFHS Arts & Culture Club
Excursions

Trip Arranged
Through
First Choice Travel

Save the Dates!

Cataract City Classic Basketball Tournament

December 7 & 8 in the Wolvarena!

Cataract City Classic Hockey Tournament

December 14 & 15 at the Hyde Park Ice Pavilion!

Pop into Art Class with Rob Lynch

It's an event - Jamie Holka spent time playing in Rob Lynch's classroom as Advanced Placement Art students worked on their own art.



Looking Ahead

December 4
Mobile Health Clinic at Hyde Park 9 a.m. to 4 p.m.

December 6
Board of Education
Review Session 5:30 p.m.

December 7, 8
Cataract City Classic Basketball Tournament in the Wolvarena

December 7, 8
Cataract City Classic Hockey Tournament in the HP Ice Pavilion

December 4
Mobile Health Clinic at Kalfas 9 a.m. to 4 p.m.

December 20
Board of Education
Regular Session 7 p.m.

December 24-31
Winter Break

Never Stop Learning: Thanksgiving Notes

The Mayflower was a wine vessel before its historic role as the Pilgrims' ride to North America.

There were 102 pilgrims were on the Mayflower, of which approximately 50 survived to celebrate the first Thanksgiving.

The voyage from England to the New World took 66 days. The Mayflower left port on September 6 and arrived on November 9, 1620. The ship averaged just two miles per hour during its historic voyage across the Atlantic Ocean.

The Indians who were invited to the Thanksgiving feast were the Wampanoag tribe. Today, about 3,000 Wampanoag Indians still live in Massachusetts and Rhode Island. Squanto helped the settlers survive by teaching them how to catch eel and grow corn, as well as serving as their native interpreter. Native American chiefs

Massasoit and Samoset, along with 90 of their men also joined the celebration.

The settlers of Plymouth Colony were originally known as Brownists. The Brownists were English Dissenters or early Separatists from the Church of England. They were named after Robert Browne, of Rutland, England, in the 1550s. A majority of the Separatists aboard the Mayflower in 1620 were Brownists, and indeed the Pilgrims were known for 200 years as the Brownist Emigration.

Jingle Bells was originally composed meant for the Thanksgiving season and had no connection to Christmas. Children sang it in a Boston Sunday School celebration.

Turkeys can drown if they look up in the rain. But wild turkeys can fly 55 miles per hour, and run 25 miles per hour. Not sure why Les Nessman had a problem.

2018-2019 Board of Education
www.nfschools.net

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Nick Vilardo
283-3206 (h)

Mark Laurie
Superintendent
286-4253 (w)

THE PUBLIC IS WELCOME at all Board of Education Meetings.

N o v e m b e r

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|--|--|--|--|--|---|
| | | | | 1 Dental Health Clinic at NSS 9 a.m. to 4 p.m. NFHS Alumni Production Smokey Joe's Cafe 7 p.m. | 2 NFHS Alumni Production Smokey Joe's Cafe 7 p.m. | 3 NFHS Alumni Production Smokey Joe's Cafe 7 p.m. SAT at NFHS Arrive at 7:30 a.m. |
| 4 Daylight Savings Time Ends | 5 79th St. PEG Mtg. 6:30 p.m. | 6 Elementary No School Parent Teacher Conferences Mobile Health Clinic at NFHS 9 a.m. to 4 p.m. Election Day | 7 CES PEG Mtg. 6 p.m. STEM lab | 8 Board of Education Rev. Session 5:30 p.m. Hyde Park Family Fun Night 5 p.m. to 7 p.m. | 9 | 10 |
| 11 | 12 Veterans Day No School | 13 NFHS Half Day Parent Teacher Conferences | 14 District Speaker Series: What is an American: Perspectives FREE 5:30 p.m. PAC @ NFHS 79th St. Picture Re-take Day CES Peg 9 a.m. Rm. 190 | 15 Bd. of Ed. Reg. Mtg. 7 p.m. Dental Health Clinic at Maple 9 a.m. to 4 p.m. HP PEG Mtg. 6 p.m. | 16 | 17 |
| 18 | 19 NSS Picture Re-take Day | 20 Mobile Health Clinic at CES 9 a.m. to 4 p.m. | 21 | 22 | 23 | 24 |
| Thanksgiving Break | | | | | | |
| 25 | 26 | 27 DPC Mtg. 5:30 p.m. Central Office | 28 GPS Picture Re-take Day 79th St. Cookie Dough Delivery Day | 29 Dental Health Clinic at Hyde Park 9 a.m. to 4 p.m. CES Picture Re-take Day | 30 | |