



Your Public Schools Niagara Falls, NY



Empire State Advantage Gold Level Awardee

February 2018

Community Newsletter

Volume 3 Issue 4

Adult Community Education IS BACK

For the first time in many years, the public can choose from an extensive list of adult education opportunities being held at four different District locations.

Interested in making Italian food? Learning zumba? Exploring essential oils? Maybe you are ready to understand all that your camera can do, begin ballet as an adult, or wow your family with your new Ukranian Easter egg decorating skills.

Wherever your interests may lie, there is an opportunity to get out of the winter-en-shrouded house and enjoy some self improvement at a very low cost.

Residents will receive a class catalogue through the U. S. mail; 76 classes and four travel opportunities is within it, as are the registration form and other details.

Classes will be held at Niagara Falls High School, 4455 Porter Road, the Administration Building at 630 66th

Street, LaSalle Prep School at 7436 Buffalo Avenue, and the Community Education Center at 6040 Lindbergh.

The offerings are staggered, with some classes beginning in February, others as late as April. Some are one-night offerings; others last a few to several weeks. The cost to participate varies according to class, whether any needed supplies are provided, and so on. The District is not yielding a profit on the classes. Instead, it is interested in welcoming residents to the schools.

"Most people in our community do not have children in the schools," Superintendent Mark Laurrie said. "But the schools belong to everyone. They are a community asset and we want to welcome everyone to benefit from them."

Classes are being offered in beginning Italian, various physical activities, photography and more.

Participants must 18 years of age.

Anita Muzzi is coordinating the program.

"We contracted with an outside individual to run this program, because we do want to provide community benefit to residents to the greatest degree possible," Mr. Laurrie said. "But our staff members are working at capacity and focused on student learning. This is a low-cost way for us to provide adult learning opportunities without directing resources away from our primary mission."

Fans of the long-standing Swimnastics program should know that class will take place as it always has.

"We believe that continuing to learn, whether for personal edification or improved physical health, is an important part of living a happy, satisfying life. These classes also provide a chance to meet other residents and have a social outlet."

Anyone who has not received

a catalogue or who would like an extra to share with a friend or non-resident can obtain one at Central Office or by calling 286-4245.

Depending on the success of the program, the District hopes to continue to offer expanded adult education opportunities into the 2018-2019 academic year and beyond.

Individuals interested in being instructors for potential classes can email nfcommunityed@gmail.com. See page 6 for a list of classes.

**Elementary, Prep
Schools closed
February
19 and 20.
NFHS: School
closed February
19 ONLY.**

79th Street School: Pickleball!

Dr. Scott McKay, USA Ambassador of Pickleball for Lewiston Porter, visited 79th Street School early one morning to help with rules and procedures, and have fun watching and playing pickleball with grade six students in a before-school program at that school. Instructor Robert Costanzo was assisted by fellow teacher (and wife) Kathy. The Costanzos learned pickleball this summer at Kiwanis Park in Lewiston. Mr. Costanzo took it upon himself to recommend that pickleball court lines be added to the gym when recently resurfaced and started this program.

Pickleball is a take-off of Tennis, Badminton, and Ping Pong. It was introduced 1965. It's a highly physical activity. Regular practice can increase a child's flexibility, range of motion, physical strength and stamina. In addition, it is becoming a highly social activity. The game is played to 11 points and must be won by two.

The students introduced a new form of pickleball called "pickledodge". This is played



at the end of their normal session and gets everyone into the action.

The action is fast and chaotic.

"The kids love it and I loved watching it. What a good way for kids to learn something new, get exercise (and wake up) and to shed some excess energy. Look out - we are going to have some great young pickleball players coming up," said Dr. McKay.



Meanwhile, at the winter concert at 79th Street School, students sang a Chinese New Year song...in Chinese! It was challenging, but with ribbons and a Chinese dragon the kids just loved it. The song, called "Gong Xi", means congratulations.

The dragon represents wisdom, power and good luck. The Chinese New Year will be celebrated, with many dragon dances, this year on February 16th, 2018.

At left, Dr. McKay visits the pickeball game.

Above, students with ribbons are: Teryn Carr, Nicholas Caligiuri, and Jocelyn Mercurio.

Students portraying the dragon are: Timothy Warren, Mariah Dacosta, and Salvatore Constantino.

Consider Community Education



Mark Laurrie

This month, we are launching a new and re-invigorated Adult Community Education program. Yes, I know it has been a cold and windy winter, and maybe

the idea of leaving the house isn't at the top of your list. But I would argue that is exactly why you should.

Snowy days and a limited number of outdoor options provide a perfect opportunity to do something for yourself. We have worked hard to find an individual who will "own" the Community Education Program, Anita Muzzi. With her help, we have assembled an offering of about 76 classes and four travel opportunities so that adults in our community can avail themselves of the schools they support through their tax dollars.

High school graduation should not be the end of anyone's relationship with the community's schools, and certainly should not be the end of learning new things. How often as a formal student did you wonder when you would get to study what you wanted to, not what was prescribed for you? Here is your chance.

Here are five good reasons to participate in Adult Community Education:

1. These are your schools. You pay for them. Use them.
2. Learn what you want: Beginning Italian, Meditation, Yoga, Belly Dance, Pierogi-making. What's your interest?
3. Socialize. It is good for us to

meet new people or spend time with old friends. Broaden your horizons.

4. These are very low-cost opportunities.

5. You will not be graded!

It is my hope that the community will embrace this opportunity and we will sustain a vibrant program for years to come. Classes are taking place at Niagara Falls High School, LaSalle Prep School, the Community Education Center and Central Office.

We recently also invited you to see our Prep School students in their first full scale theater performance as they took the stage at NFHS to present *Elf Jr* in January. This was a new opportunity for them and one which will not only help prepare our future high school Proscenium Players but which will provide a good and healthy experience for our middle students. Think of it as a modified sport, in that it allows more students to participate and enjoy the spotlight.

Student achievement is our number one priority and central mission. But we feel it is important to thank the community by presenting the means for residents to enjoy our schools, our students' abilities, and a chance to enjoy themselves by doing something new. While sporting events continue and we encourage you to watch our student athletes, there are more ways to be part of our District.

It may keep snowing. It may stay cold. But while you are waiting to mow the lawn and plant the garden, get out of that house! We're waiting for you!

Every Parent Has A Superbowl

February is a month with a diversity of celebrations: Valentine's Day, Presidents Day, and the one extravaganza that



Robert Restaino

Americans get really excited about: the Superbowl. Likewise, all of Western New York was recently—and rightly—excited about the Bills ending their play-off drought. It occurred to me amidst all the discussion of that, that 17 or 18 years is the usual amount of time it takes to birth, raise, and educate a child, and then send them off in whatever direction they are going—college, trades, the service.

Every 18 years, in effect, parents are having their own personal Superbowl.

Like any team at the big dance, every bit of training, learning, and discipline comes into play to determine how the individual player—or child—will perform. Parents are not only mentors, but coaches, trainers, and from time to time, referees.

As a District, we have always done well at turning out good athletic teams. We've had our State Basketball Champions in 2005, our excellent bowlers, a football team full of character, even a highly competitive chess team. We are also proud to honor the very high number of scholar-athletes, whose performance in the classroom is equal to

that in the sporting arena. The whole community is lifted when a team—even the local high school team—excels. We have active social media feeds for our Wolverine teams, and people love to follow them.

As parents, we often to wait much longer than 18 years to really see our efforts bear fruit. And there are no crowds cheering us. We all know friends and family who follow our children's progress, but with much less enthusiasm than they follow their favorite football or hockey team.

But the reward at the end of the run is so much more important than a trophy or a trip to Disneyland. And we so badly need the next generation to be quality draft prospects. We need community leaders, service members, artists, and computer gurus. We need morally upright people who don't crumple when things go wrong. And we as parents and as teachers, grandparents, neighbors, and friends must do our part to support the team that matters to all of us: the next generation.

We, as community made up of all those people, are part of a team. We are the coordinators, the media team, the fans in the stands. To earn a Championship title, we have to pull together, with the same goal: to launch a generation of successful, tough, likable young people, who will lead the next team coming up and earn us the glory of having done something more important than succeeding ourselves: causing someone else to succeed. In doing that, we win our own Superbowl title.

Mathews (Assistant Director of Customer Service) came by Abate School at the holidays to donate more than \$1,300 dollars from the Buffalo Bills for Christmas presents to a deserving family, Crystal Ausiello, Savannah, and Michael.

Around the District: CogAT testing

OFFICIAL NOTICE

Elementary Enrichment/Acceleration Program Testing The Niagara Falls City School District will be holding the annual CogAT testing to determine eligibility for entrance into the Elementary Enrichment Program, as well as into the Preparatory School Acceleration Programs for the 2018-19 School Year. This year, the CogAT will be a computer-based test. This means that all students will be taking the CogAT on a computer.

There will be no paper and pencil test. Testing will take place in class during the regular school day. The test will be administered March 14-23. All current Grade 1 and Grade 6 students will be taking the test. Students currently in Grade 2-5 will be tested based on teacher recommendation or parent request. Any student living in the City of Niagara Falls who would like to take the CogAT, but attends a char-

ter school or other private school, will be tested at their NFCS home school. There will not be any Saturday testing this year.

If you would like to request that your child be tested, you must submit a letter of request to: Marcia Capone, Administrator for Assessment/CIO Assessment Office

Niagara Falls Board of Ed. 630 - 66th Street, Niagara Falls, NY 14304

Fax: 286-4123

Letters must be received no later than Friday, February 23, 2018. Make sure to include in the letter your child's full name, school, grade, and home address, as well as your name and telephone number. Call the Assessment Office at 286-4285 with any questions.

Coming Up

The Second Annual LaSalle Prep Olympics will take place February 15th from 2:30 p.m.-4:30 p.m. in the first floor gym.

Only 20 teams made of four students, (two male, two female,) and a teacher can compete in the four mini competitions.

Thank you

Thank you to the vets and patrons of the American Legion on Hyde Park Blvd for the new hats and gloves donated for students at Henry J. Kalfas School.

Thank you

Buffalo Bills personnel De-Mario Rhodes (Customer Service Coordinator), Andy Levulis (Customer Service Coordinator), Briana Ridge (Customer Service Coordinator), and Pat



Maple: To Grandmother's house we go



Lori Spanbauer's Pre-Kindergarten class at Maple Avenue School enjoyed an old-fashioned field trip that has become exceedingly rare: they hiked down the street to Grandma's house to celebrate the holidays.

Henry Johnston, a student in the class, has a Grandmother, Rita Majka, residing near Maple Avenue School. He and his classmates were invited to frost cookies and decorate the tree with ornaments they made in class.

The throwback field trip was the perfect choice for the school, which is celebrating its 95th birthday this year.

THE WELLNESS CENTER

OPENS
January 8, 2018
Monday—Thursday
6:30 pm—8:30 pm

WHERE
Niagara Falls High School
4455 Porter Road
ENTER DOOR #3

FOR SCHEDULE AND MORE INFORMATION -
WWW.NFCSCHOOLS.NET

NOTE—THERE IS NO OPEN GYM

KEEP YOUR NEW YEAR'S RESOLUTION



THE POOL
Family Swim
6:30pm—7:30 pm
Adult Swim
7:30pm—8:30 pm

FITNESS ROOM
→ ELLIPTICAL MACHINES
→ WEIGHTS
→ TREADMILLS
AND SO MUCH MORE!

WALKING TRACK
Twelve (12) times around the track is one (1) mile!



FREE

Teachers Desk, BAK USA help District



Teacher's Desk in Buffalo has made yet another generous donation to our District, this time to our Pre-K and K students. They sent 1,000 Olaf-themed bicycle helmets -- one for every Pre-Kindergarten and Kindergarten student. Here, Paula Spacone's Pre-Kindergarten class at Hyde Park Elementary School shows off their gear.

Not content to stop there, it also partnered with BAK USA to donate 10 tablets to teacher Shannon Savage for use with speech students.

Teacher's Desk Mission Statement: Mission Statement: The Teacher's Desk is the store where teachers shop free for students in need existing to show others the goodness of God

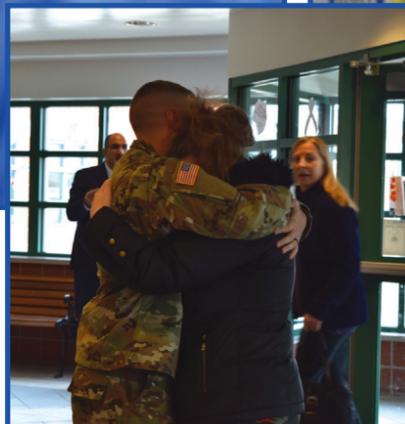
in 3 specific ways: distribute free school supplies to students in need, encourage teachers and provide purpose through volunteerism.

CES: Welcome, home, Soldier



PFC Michael Nest, a former Cataract student and NFHS Class of 2014 graduate, came to visit Cataract from South Korea where he is stationed with the US Army. It was a holiday surprise for the family when his sister, Ashley Nest, arrived under the guise of picking up her sick son from school. Colton Barrett, a grade one student in Susan

Richard's class was not sick. He was just as excited and surprised when his Uncle Michael, whom he had not seen since June, showed up in his classroom. While waiting for Ashley to arrive, Michael was able to surprise his cousin, Chris Melson, who is working in the



third grade at Cataract. It was also Michael's first time meeting his new niece, Sophia Barrett, who was born in November. When they left Cataract, they went on to surprise Nest's

parents, Rich and Nicole Nest. Michael's wife, the former Carleigh Hanover, helped orchestrate the surprises for his family.

Cornell Cooperative Extension: February is Heart Health Month

By Jen Regan, *Creating Healthy Schools and Communities*

February is American Heart Month and with Valentine's Day around the corner, it's time to get our hearts in tip top shape in order to spread the love we have for our family and friends! The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. Heart disease is the leading cause of death for men and women in the United States, so it is important to start healthy habits at a young age.

During this special month, small changes can make a big difference:

Add exercise to your daily routine. Start off the month by walking 15 minutes, 3 times each week. By mid-month, increase your time to 30 minutes, 3 times each week. Along with this you need to stay hydrated especially in the cold. Drink before you feel thirsty. By the time you feel thirsty, you're already dehydrated. Water is readily

available, inexpensive, and exactly what your body needs. Drink water before you go out and bring some with you. If your lips are chapped, this means you need more water. Cold is a stress on the body. So is exercise. Together they may be too much. Start slowly and don't overdo it.

Increase healthy eating. Cook heart-healthy meals at home at least 3 times each week and make your favorite recipe lower sodium. For example, swap out salt for fresh or dried herbs and spices. To get the most benefit for your heart, you should choose more fruits, vegetables, and foods with whole grains and healthy protein. You also should eat less food with added sugar, calories, and unhealthy fats.

February Thrifty Holiday Healthy Heart Recipes:

Healthy Super Bowl Snack

Recipe: Makes: 4 servings

Ingredients:

4 corn tortillas

1 can kidney beans (16 ounce)

1/4 cup salsa

1/4 cup sour cream, non-fat

1/2 cup cheddar cheese (shredded)

1 cup lettuce (shredded)

Directions

1. Preheat oven to 400 degrees

2. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight pieces, forming triangles or wedges.

3. Lay tortillas pieces out in single layer on baking sheet. Set aside while making dip.

4. Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish.

5. Measure salsa and spread over beans.

6. Measure sour cream and spread over beans.

7. Grate and measure cheese; sprinkle over bean mixture.

8. Place lettuce wedge on cutting board. Slice into thin strips; set aside.

9. Place both the baking sheet with tortilla pieces and the dip in preheated oven. Bake about 8 minutes or until tortilla pieces are crisp and dip is bubbly. Sprinkle lettuce over dip and serve with tortilla chips.

Create-a-Flavor Changes

- Use Monterey Jack or another cheese.

- Substitute black beans for kidney beans.

- Spread one small can

chopped green chilies over beans.

*Source: Cornell Cooperative Extension, Division of Nutritional Sciences, Cooking Up Fun

Valentine's Day Fudgy Fruit Makes: 4 servings

Ingredients

6 teaspoons chocolate chips (semi-sweet)

2 bananas (large, peeled and cut into quarters)

8 strawberries (large)

1/4 cup peanuts (chopped, unsalted)

Directions

1. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.

2. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit.

3. Sprinkle the fruit with chopped nuts.

4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

*Source: California Champions for Change

Modie Cox: Winning Because I Tried



LaSalle Prep School again welcomed LaSalle Senior High

School Alumnus Modie Cox for the seven-week program, Winning Because I Tried. The program was first run at LPS last school year, and was so popular it was brought back again.

Mr. Cox was a basketball star at LaSalle Senior High School who played professional ball with a full scholarship to the University at Buffalo. He worked as a substitute school teacher in the Buffalo Public School District while pursuing a masters degree in Urban Planning, then went on to pursue his dream of motivating youth. After serving as the director of Buffalo PAL program, he decided to pursue his goal full-time.

Through his Winning Because I Tried program, run with business partner John Wallace, he has devoted himself to helping youth make good choices and believe in themselves. Winning Because I Tried has worked successfully with Erie County Youth Services, the Boys and Girls Club, Kids Escaping Drugs, the Gow School, Sweethome High School, and many others. Mr. Cox also spoke to a mixed group of Lockport High School and Niagara Falls High School athletes after a bit of

a melee took place in Lockport following a boys basketball game last year.

It should be noted that spectators and adults--not athletes participated in that incident.

Nonetheless, in October the two teams came together with Mr. Cox to discuss the leadership role of the student athlete.

While he enjoys working with all youth, coming home to LaSalle is special for Mr. Cox.

"For me, this is monumental because I was a student at LaSalle," Mr. Cox said. "It is exciting to be back at home; it feels good."

The Winning Because I Tried program includes topics like leadership skills, decision-making, and etiquette.

Principal James Spanbauer is always pleased to welcome the program back.

"We had received positive feedback from schools in the Buffalo and Syracuse areas that had worked with the program," Principal James Spanbauer said. "So



we identified grade eight boys to participate in the program. We ran two sessions last year and will have run two more this year before June."

The mentoring program promotes positive youth development by increasing self-esteem, advancing a can-do attitude, and promoting habits to ensure a healthy lifestyle.

It features games, lectures, and activities to re-enforce positive messages.

Mr. Cox knows whereof he speaks. He recalled his time in school, and how positivity was not always his motivating factor. He ran afoul of the law as a young adult and spent a year in jail. He turned his life around to become a role model, but his experiences give him credibility with youth. He had a difficult up

bringing, he made some mistakes, he's been there, he knows what he's talking about.

"I was always in the office because I was in trouble; now I'm there to provide something different."

Those students who complete the program are celebrated at a ceremony at the school and are treated to pizza.

Visit *Winning Because I Tried* at: <http://winningbecauseitried.com>

Researching the late Deputy Superintendent Harry F. Abate



Above, members of Harry Abate's family; above at right, Professor Joseph Tropea.

Since Professor Joseph Tropea retired from George Washington University, he has been researching the Monongah Mine Disaster, a calamity which took the lives of more Italian miners Monongah West, Virginia, than the better-known mining disaster in Marcinelle (Belgium). The Monongah event happened December 6, 1907 and took the lives of members of the Abate family.

When he came across the Harry F. Abate Elementary School, the Professor wondered if there was a connection to the subject he had been studying; sure enough there was.

Professor Tropea came to the school to share some of he learned. He explained that Harry Abate lost his father, Enrico, and two brothers, Carlo and Giuseppe, in the disaster. Giuseppe only 14 years old. Harry also lost an uncle, Francesco Gaetani in the mine. The Gaetani family took up residence in Niagara Falls but they changed or their surname, or it was changed for them, to Gaetano.

Harry F. Abate's mother, Maria, and her other children were outside making soap in the morning of December 6,

when explosions threw them to the ground. Harry himself was thrown to the ground by the blast.

Monongah Mine Disaster

The worst mining disaster in American History, the explosion occurred in Fairmont Coal Company's No. 6 and No. 8 mines at 10:28 a.m. The cause is undetermined, but largely supposed to have been caused by an electrical spark or flame from a miner's helmet igniting methane gas or coal dust. Many miners were killed instantly, as mines collapsed. It was ordinary at the time for workers to bring their children with them to help.

The ventilation system was destroyed, and anyone left alive faced peril as oxygen was depleted. One Polish miner was rescued and four Italian miners escaped. The official death toll was 362.

A lack of modern rescue equipment exacerbated the already horrific situation. There was poor government regulation of the mining industry at the time, but the disaster helped usher in new legislation for mining safety.

After being widowed by the greatest mine disaster in US history, Abate's mother

moved to Niagara Falls, and raised what remained of her family.

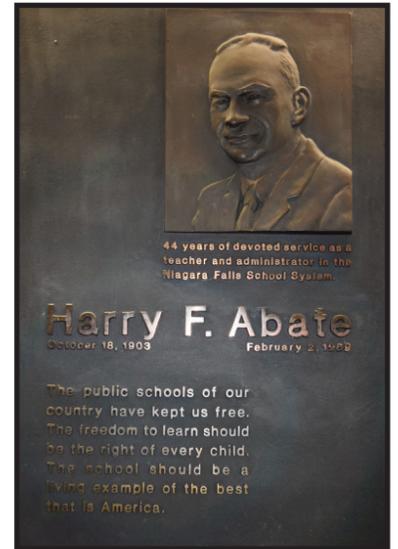
According to Wikipedia, in "2003, to commemorate the explosion, the Italian commune of San Giovanni in Fiore, from which many of the miners emigrated, erected a memorial to the dead.

In 2007, to commemorate the 100th anniversary of the explosion, the Italian region of Molise presented a bell to the town of Monongah. Today the bell sits in the Monongah town square.

On May 1, 2009, the President of the Italian Republic, Giorgio Napolitano, conferred the honor of "Stella al Merito del Lavoro" (Star of Reward of Work) upon the victims of the disaster."

Members of Harry Abate's family, including his sister, attended the talk at Abate School, and presented the school with Harry's green card and naturalization papers.

Harry Abate was a native of Italy who began teaching in the District in 1928. In 1942 he was appointed Principal of Niagara Street School; in 1960, he became Director of Secondary Education. In 1961 he became Deputy



The plaque dedicated to Harry Abate that hangs in the school named after him. His family shared that Harry Abate was not a fan of naming schools after people, because, he said, over time few people would remember who the individuals were.

Superintendent. He was the head of a committee of District personnel and residents working on the plans to integrate Beech Avenue Schools at the time of his death in 1969.

See also Tropea, Joseph (2013). "Monongah Revisited: Sources, Body Parts, and Ethnography". WEST VIRGINIA HISTORY, New Series, vol. 7, no. 2 (Fall 2013)

From the Archives



At left, an image from Hyde Park School; at right, from 79th Street School.



A listing of Adult Community Education Class Offerings

Following is a listing of adult Community Education Classes being offered now through the end of the school year. These are just titles; full information, including cost, time, and place are available in the Adult Community Education catalogue mailed to your home, or by calling 2867-4211.

NIAGARA FALLS CITY SCHOOL DISTRICT Adult Winter/Spring 2018 Community Education

ARTS & CRAFTS

- Altered Art Card Class
- Beginner Basket Weaving
- Crochet - Beginner and Intermediate
- Pottery
- Quilling - The Art of Paper Filigree
- Quilted Candle Mats
- Ribbon Sculpture Pins / Hair Clips
- Stained Glass Patchwork
- Heart in Stained Glass
- Shamrock Sun Catcher
- Stained Glass Dragonfly
- Ground Stake
- Ukrainian Easter Egg Decorating
- Beginner pysanky
- Pysanky 2
- Romanian Wax embossed eggs
- American Red Cross lifeguarding Course
- Reiki level 1 Certification Class
- Beginner Ballet
- Beginning Yoga
- Belly Dance
- Cardio Tai Box

- Chair Exercises for Seniors
- Hatha Yoga
- Hula Dance
- Swimnastics
- Walk 15®
- Waterwalking
- Zumba
- Woman's self-defense
- Emotional release for inner peace
- Attitude and gratitude
- An introduction to Emotional Freedom Techniques (EFT)/Tapping.
- Meditation
- Basics essential oils of the Bible
- Chemical free living
- Learn which oils to use for targeted support specifically for animals.
- Beginner pierogi Making for two
- German Cooking
- Italian food 1
- Italian food 2
- Polish food
- Assisted Living vs. Skilled Nursing
- Beginner Italian
- Find Your Purpose Through Numerology
- Full Moonology 101
- Insights Into the Paranormal
- Interview As the Best You!
- LEARNING & LEISURE
- Genealogy
- Fundamentals of Digital Photography
- Digital Cameras for Beginners
- Digital SLR Camera lenses
- Photography lighting
- Action photography
- Wildlife photography
- Wedding and event photography
- Ladies tea talk, session I
- Ladies tea talk, session II
- Resume, e-portfolio Building
- Manifest 2018 now (two-hour
- Vision Board Workshop)

- Manifest your dreams through the law of Attraction
- Relationship rescue Starting seeds for spring
- Urban explorer
- Beginning Email
- Beginning Facebook Create an Organizational Facebook Page
- Digital Photos 1
- Digital Photos 2
- Intermediate Computer Skills
- Introduction to Computers
- Introduction to Spreadsheets-Two Day Course
- Introduction to Word Processing - Two Day Course

TRAVEL

- Know How Tours - Hit the road in 2018. All reservations are based on seating availability. Early registration is recommended. To book your trip or for more information call our registration department directly at (716) 286-0771.
- New York City - 12 Hours in the City
- April 7, 2018 - \$99 Per Person
- Depart Friday Night - Spend 12 Hours Saturday
- Return Early Sunday
- Travel to the Big Apple with rest/food stops.
- Arrive in Midtown Manhattan (Rockefeller Center) @ 8:00 a.m.
- Saturday and have free time until 8:00 p.m.
- Amish Brown Bag Tour
- Featuring Amish Wedding Dinner
- April 28, 2018 \$115 Per Person
- Receive gifts & goodies along the way in Middlefield, OH

- "39 steps" Lucille Ball Little Theater Jamestown
- March 18, 2018
- \$105 Per Person
- Washington D.C.
- Cherry Blossoms in the Capitol
- April 13, 2018
- \$109 per person
- Depart Friday Night- Spend 12 Hours Saturday-Return Early Sunday
- Travel to Washington D.C. with two rest stops.
- Arrive and depart from Union Station and "Do Your Own Thing" from about 8:00 a.m. to 8:00 p.m. Washington is yours to discover!
- Refund Policy
- Requests for refunds must be made in person or in writing and received no later than four (4) school business days prior to the start of class. Weekends and days that the school is closed are not considered business days.
- Make requests to the NFCSD Community Education Center, 6040 Lindbergh Ave., Niagara Falls, NY 14304. There will be a \$5 processing fee applied to all refunds.
- Classes are held based on a minimum enrollment of students registered for a class. As such, NO REFUNDS will be issued past the deadlines stated above. We regret that no exceptions can be made to this policy due to life events, personal or business conflicts that would cause you to cancel. Trips and tours have specific deadlines and are excluded.

Athletic Hall of Fame Nomination Form

The Niagara Falls City School District is seeking nominations for its Athletic Hall of Fame. The hall honors athletes, coaches and teams who have had an outstanding high school athletic career while enrolled in the Niagara Falls City School District. This includes honorary membership for administrators and support staff who have made a major impact on the District athletic program. The criteria for nominees are: 1. An athlete must have graduated a minimum of five years prior to nomination; 2. A coach must be retired from a particular sport s/he is nominated for a minimum of two years; 3. Teams with outstanding achievements must have participated a minimum of five years prior to nomination; 4. Honorary nominees, if a District employee, must be retired from the district a minimum of two years. If the honorary nominee is not a District employee, the nominee must be away from the participation in the sports program for a minimum of two years. The community is encouraged to take part by nominating those who meet this criteria. Nominations should be mailed to:

Niagara Falls High School Athletic Office
 Joe Contento, Athletic Director
 4455 Porter Road
 Niagara Falls, NY 14305.

Nominations will be accepted throughout the year, and will be reviewed annually by the selection committee. An induction dinner will be held to honor those who are selected.

Hall of Fame Nomination				
Name of Nominee _____				
Category (circle one)	Athlete	Coach	Team	Honorary
Nominee's Years of Participation _____				
School _____		Sport(s) _____		
Nominee's Present Address _____				
Phone _____				
Nominator's Name _____				
Address _____				
Phone _____				

Safety Corner

Center for Disease Control offers flu advice. Retrieved from <http://www.cdc.gov/flu/protect/preventing.htm>.

Flu is a serious contagious disease that can lead to hospitalization and even death. CDC urges you to take the following actions to protect yourself and others from influenza (the flu):

Step One

Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

- While there are many different flu viruses, a flu vaccine protects against the three or four viruses that research suggests will be most common. (See upcoming season's Vaccine Virus Selection for this season's vaccine composition.)

- Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.

- Everyone 6 months of age and older should get a flu vaccine as soon as the current season's vaccines are available.

- Vaccination of high risk persons is especially important

to decrease their risk of severe flu illness.

- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.

- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

Step Two

Take everyday preventive actions to stop the spread of germs.

- Try to avoid close contact with sick people.

- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your 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.

- See Everyday Preventive Actions[257 KB, 2 pages] and Nonpharmaceutical Interventions (NPIs) for more information about actions – apart from getting vaccinated and taking medicine – that people and communities can take to help slow the spread of illnesses like influenza (flu).

Step 3

Take flu antiviral drugs if your doctor prescribes them.

- If you get the flu, antiviral drugs can treat your illness.

- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.

- Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. For people with high risk factors[702 KB, 2 pages], treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.

- Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high-risk health or is very sick from the flu. Follow your doctor's instructions for taking this drug.

- Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

Calling parents of Seniors, others

Each year, teachers and staff, supported by parents and community volunteers, host the Post Prom Party at Niagara Falls High School. The basic idea is that, in the hours after the Senior prom, Seniors and their dates return to NFHS and remain there until several hours later.

The bounce houses, mechanical bulls, free food and drink, magicians, fortune tellers, basketball court, Velcro walls, and all the other activities which have been offered for entertainment in the past have proved very popular with Seniors and have kept them off roads and away from unwholesome activities.

Many communities have suffered tragic losses of teens around prom and graduation time, as excitement has given way to poor decision making. Drunk or reckless driving has cost lifelong heart-ache. In other cases, inappropriate intimacy has resulted in curtailed opportunities, and life-

changing ramifications. The Post Prom Party aims to avoid all those things, and to provide a popular, safe alternative, so teens can have fun and parents can enjoy prom night worry-free.

Although it is a noble goal, State Education Law prohibits the use of tax dollars to fund such an undertaking. That is why the community is key to successfully hosting the Post Prom Party, which typically costs around \$25,000.

the prom and post prom party take place June 16, 2017.

Here are three ways you can help:

Do you own a business? Donations of cash are appreciated! So are donations of items that can be used for door prizes (gift certificates, items for dorm rooms, technological merchandise, car washes, and the like). Also needed are donations of food to be served that evening: pizza, subs, fruit, smoothies,

snacks, coffee -- nothing goes to waste at Post Prom. These are teens; they are capable of consuming copious amounts quite effortlessly.

Are you an individual? Monetary donations are greatly appreciated; make checks out to NFHS Student Council and mail them to Ricco Slaiman, c/o NFHS, 4455 Porter Road, 14305. Also needed are volunteers to work the event (yes, 11:30 p.m. or so until the wee hours of the morning). Volunteers help serve food, provide supervision, and keep the atmosphere fun.

Are you a parent or teacher? Each year, the District publishes a commemorative graduation book, which is distributed on graduation day, June 24. It contains ads from proud parents and teachers congratulating specific graduates. Prices range from \$25 to \$100 per ad in

the 8.5 x 11 book. Typical ads contain text or text and photographs. Often, an image of the graduate is presented with a baby picture of the young man or woman. Sometimes people have written poems. Frequently college, work, or plans to join the military are included in the ads.

Ads can be submitted ready to print, or our Public Relations Director can design the ad for you at no additional cost. Again, checks would be made out to NFHS Student Council, c/o Judie Glaser, NFCSD, 630 66th Street, 14304.

Here are the price points:

Full page: \$100

Half page: \$75

Quarter page: \$50

Eighth page: \$25

The deadline for ads is May 17.

Looking Ahead

March 1
NFHS Parent Teacher
Conferences

March 8
BOE Review Session
5:30 p.m.

March 8
NFHS Spring Musical

March 21
Elementary Swim
Championship

March 22
BOE Regular Meeting
7 p.m.

March 26 - 30
Spring recess through
April 6

Bits & Bobs

Congratulations are in order to the NFHS Music Department students who study under Veronica Schucker and Brian Chmaj. In all, 22 students perform 27 solo auditions at our Niagara County Music Educators Association Music Festival. All of the students scored between 89-100 points, with the bulk of scores between 95-100. Based on these scores, some students will represent NFHS in the All-County Ensemble Festivals this winter.

The following is a list of our highest scores as well as names of all auditioning students:

Grant Asklar scored 100 on both his classical saxophone and jazz saxophone solos (also performed a classical vocal solo)
Emma Cook and Julia Pitaressi both scored 100 on their vocal solos.
Karissa Drake and Carly Washcalus both scored 99 on their vocal solos.
Mckenzie Gilmore scored 99 on her vocal jazz solo (also performed a classical vocal solo)

Auditions:

Justin Ciccone - French Horn and Voice
Vocal auditions - classical solos:
Dominique Butera (jazz)
Lexus Hale (jazz and classical),
Anthony LeVick, Talia Denney ,
Lena Dzialak, Khawanilah Hooks, Dymond Howell
Savannah Hick, Hailie Jeffords, Havana Bancroft-Billing, ,
Ryan Washcalus, Elijah Smalls
David Stewart, Maliq Howell, Joseph Fournier.

Louise Dunning (below) and Sam Fruscione and Elizabeth York were recently recognized as Outstanding Employees.



**2017-2018
Board of Education
www.nfschools.net**

Nick Vilardo
President
283-3206 (h)

Robert Restaino
Vice-President
285-8185 (h)

Ron Barstys
299-8233 (c)

Earl Bass
471-9775 (c)

Vincent "Jimmy" Cancemi
284-2688 (w)

Kevin Dobbs
282-5152 (h)

Art Jocoy Jr.
283-9329 (h)

Anthony Paretto
283-0372 (h)

Russell Petrozzi
297-8663 (h)

Mark Laurrie
Superintendent
286-4253 (w)

**THE PUBLIC IS WELCOME
at all Board of Education
Meetings.**

February 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Abate PEG Meeting 5:30 p.m.	2	3
4	5	6	7	8 BOE Review Meeting 5:30 p.m. Hyde Park PEG Meeting 6 p.m. NFHS Parent Mtg. 6:30p.m.	9	10
11	12	13 UNYTS Blood Drive at NFHS 79th Street PEG Ntg. 6:30 p.m.	14	15	16	17 NFHS Winterfest Dance
18	19 No School Presidents Day	20 No School for Elementary, Prep	21 Elementary, NFHS No School Sup. Conf. Day/Staff Dev./Parent Teacher Conf.	22 BOE Regular 7 p.m. Regular	23	24
25	26	27 District Parent Meeting 5:30 p.m.	28 All Parent Tech Night Abate 6 pm to 8 pm Prep: Half Day-Parent Teacher Conf.			