

News from the Elementary & Middle Schools

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FEBRUARY 2018

The Principal's Pen

Dear Parents,

I hope this newsletter finds you well. This month Friends of Rachel worked with Pawsitive Peers to organize national No-Name Calling activities for the Elementary/Middle school students. Students were asked to write poems, essays and songs or create a poster that represented what No-Name calling means to them. We had several students participate in this activity. Entries will be posted on the school website, the school walls, Friends of Rachel's webpage and on the television in the lobby. As part of this week we asked homeroom teachers to nominate the one student from their homeroom who showed kindness and respect throughout the week. Each of the students received a certificate of recognition and their pictures will be posted along with the above entries. Thank you all for a successful week. Keep spreading your kindness. Kindness month is coming soon.

As a general reminder, please check the lost and found which is located in the Main Lobby. There are many shirts, sweatshirts, coats, lunch boxes, etc that are lost and hoping to be reunited with their proper owners. Friday, February 17 is the deadline to reclaim lost items. After that, we will donate them to a local charity.

This is a reminder 8th grade students: Applications for Tech Valley High School are due to Mr. Tuczinski by February 15, 2018.

School will not be in session from February 20-24 due to Winter Recess. Enjoy the time off with your children!

Sincerely,
Tim Farley
 Principal

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SPECIAL POINTS OF INTEREST:

- Rachel's Challenge & Pawsitive Peers
- Lost & Found
- Tech Valley Applications Due
- Winter Recess

From the Nurse's Office:

Sports & Health Info

Important Dates:

- 1/29 - Sign-ups for Spring sports begin
- 2/16 - Deadline for all JV & Varsity & APP Process permission forms due to nurse
- 3/9 - All Modified permission forms due to the nurse
- 2/28 - Athletic Placement Process Maturity Exams to be administered by Dr. Baillargeon in MS Health Office (*Parents encouraged to accompany students)
- 3/1 - Sports Physicals will be given by School physician in HS Health Office by appointment only
- 3/5 - JV & Varsity Spring Sports Begin
- 3/15 - Sports Physicals will be given by School physician in MS Health Office by appointment only
- 3/19 – Modified Spring Sports Begin

A sports physical is required to participate in the athletic program. Physicals are valid for 12 months. Students will be notified by the school nurse should a sports physical be necessary. *The School Nurse will conduct a preliminary exam during the school day which consists of height, weight, blood pressure, and pulse. Sports physicals will be conducted by a School Physician. Students requiring physicals will be scheduled by the nurse and given an appointment to meet with the School Physician.

*Middle School students interested in signing up for a sport that is higher than the modified level (i.e. JV or Varsity), must pass the Physical Maturity Exam by the School Medical Director & the NYS Selection Classification test prior to trying out.

From Mrs. Kuhn:

“Learning to be Fiscally Responsible”



Mrs. Kuhn’s seventh grade FACS classes are learning how to budget and save money for their future. Students construct budgets using www.themint.org and practice balancing income and expenses as they imagine what it will be like to pay their bills without help from their parents.



“Planning Healthy Meals”

The sixth grade FACS classes are using the choosemyplate.gov website to practice planning nutritionally balanced menus and learn about serving sizes. Later they will learn to prepare healthy recipes.

Ichabod Crane CSD

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Non-Discrimination Compliance Statement

The Ichabod Crane Central School District hereby advises students, parents, employees, and the general public that it offers educational opportunities including vocational opportunities without regard to sex, race, color, national origin, handicap or religion. Inquiries regarding this non-discrimination policy may be directed to: Title IX and Section 504 Compliance Officer, Ichabod Crane Central School District, Valatie, NY 12184 (518) 758-7575. A copy of the "In Compliance with Section 1.4 (a)" is available in the Superintendent's Office.

Happy
Valentine's
Day

Upcoming Events:

February

- 2 - Activity Night (Grades 4/5) - 6:00-8:00 pm
- 6 - BOE Meeting, 7:00 pm, HS Library
- 7 - PTA Meeting, 6:30 pm
- 9 - Activity Night (Grades 6-8) - 6:30-8:30 pm
- 14 - Valentine's Day
- 15 - Grade 8 Orientation - 6:30 pm @ HS
- 19-23 - **NO SCHOOL**, Winter Recess