

Leopard's Tale

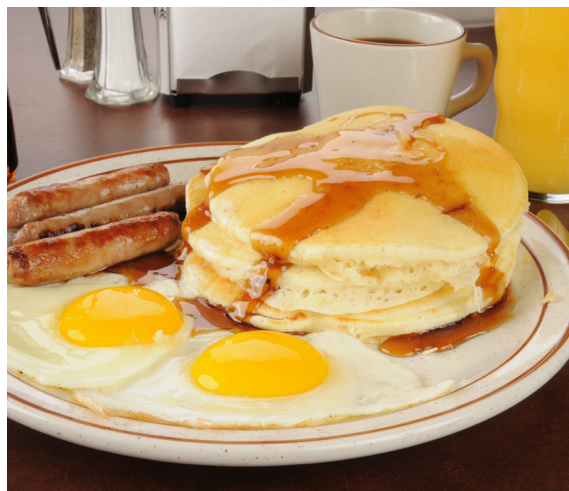
Volume IX, Number III

March 2024

LAURENS CENTRAL SCHOOL NEWSLETTER

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PANCAKE BREAKFAST

SATURDAY, MARCH 23

Come enjoy a delicious breakfast while you support the Laurens/Milford Girls Varsity Softball team on Saturday, March 23 in the LCS cafeteria. Cost is by donation. Breakfast (pancakes, sausage, eggs, coffee, and juice) will be served from 8 a.m. until noon.

We hope to see you there!

Pre-Kindergarten Registration

If you have a child that will be turning four-years-old on or before December 1, 2024, please contact Lindsey Gifford at 607-432-2050, ext. 2100 so that we may place your child on the Pre-Kindergarten list for the 2024-2025 school year.

Kindergarten Registration

If you have a child that will be turning five-years-old on or before December 1, 2024, please contact Lindsey Gifford at 607-432-2050, ext. 2100 so that we may place your child on the Pre-Kindergarten list for the 2024-2025 school year.

Coaches vs. Cancer – Zumbathon

We want to send out a HUGE THANK YOU to the Zumba Instructors and participants for putting on the Zumbathon. Also, to anyone who donated items for raffles, spectators of the basketball games that gave donations at the door, and everyone that bought raffle tickets for helping us raise money for Coaches vs. Cancer/Hoops for Hope. We raised over \$5,400 to donate to the American Cancer Society in the names of our former employees Linda Reeves and Danielle Geissinger.

We could not have done this without your help.

THANK YOU!

Thank you to
the Jaguar
Advocates for
sponsoring
this issue of the
Leopard's Tale.

Order Your Yearbook!

Name: _____ Class: _____

____ Hard Cover Full Edition \$35 ____ Elementary Only \$15 ____ Name on Cover + \$5

All sales include the spring edition of the yearbook.

Checks made out to the Laurens Yearbook.

From the Superintendent

I hope this message finds you all well and that our March is as mild as our January and February have been so far. Wishful thinking, I'm sure!

We are getting closer to having our budget for 2024-2025 ready to present to the public. The Board of Education will make a final decision on a tax levy increase when we are given more solid numbers by New York State, but is always cognizant of the desire to keep taxes as low as possible for our residents while still sustaining our staff and programs for students.

One factor that is affecting budget development in many small rural school districts like ours is the Governor's inclusion of "transition aid" as part of her Executive Budget proposal. The Governor and her team feel that since rural schools are losing enrollment they no longer need as much in state education aid. As you see in your everyday lives, costs rarely go down and are almost always increasing for everything. For approximately two decades schools have been held "save harmless" and have never received less in aid than they did in the prior year. Most of our districts are heavily reliant on state aid, so any reduction will force districts to make difficult choices. I am confident that due to years of sound fiscal management LCS will be able to weather the storm for the 24-25 fiscal year, but further reductions in upcoming school years could be potentially devastating for student programming.

I want to commend Senator Peter Oberacker for his support, his speech about rural education funding and his advocacy for the students in his constituency.

Students who are in danger of losing course credit or not meeting the mandated attendance policy have been receiving letters from the school nurse. I encourage you to contact Mr. Mushtare as soon as possible if you have received one of these letters so that you can develop a plan of action to improve your child's attendance. It is my hope that instances where we need to deny credit because of attendance are fewer and farther between as we approach the end of the school year.

Congratulations to our girls' varsity basketball team on their successful season as they enter sectional play. I would like to wish our spring sports teams good luck as they begin practices and to our winter guard program as they conclude their show season! Be sure to check out the annual "Contrast of Colors" on March 9.

Sincerely,



William F. Dorritie
Superintendent

Board of Education Petitions for the 2024-2025 School Year

We will have one seat on the Board of Education that is up for reelection. Mr. Gerald Murello, incumbent, plans to run for another five (5) year term. Other interested individuals for the seat may pick up petitions in the District Office. Petitions nominating candidates are due in the office of the district clerk of Laurens Central School by 5:00 p.m. on Monday, April 22, 2024. Each petition shall be signed by at least twenty-five (25) qualified voters of the District.

Please contact Pam Weir, District Clerk at 607-432-2050, ext. 1120 for more details.

From the Principal

NEW YORK STATE ASSESSMENTS

New York State exams for grades 3-8 will begin Wednesday April 10, 2024. The state exams in grades 3-8 do not determine the promotion or retention of students, nor are they used to determine final grades. The purpose of these assessments is "to help teachers identify individual strengths and weaknesses, and to use this information to better plan for and prepare instruction." It is extremely important to know what learning students have mastered so that we can plan to close any learning gaps that students may have developed.

New York State is transitioning to Computer Based Testing beginning this year. 5th and 8th grade students will be required to take their state exams on computers. In January, 5th and 8th grade students participated in a test simulation which allowed student to become familiar with the computer based testing platform. In the spring of 2026 all students will be taking 3-8 state tests on the computer.

Parents can help their children prepare for the state exams in a variety of ways. Students perform better on exams when they have had a good night's rest the night before the test. Children also perform at higher levels when they have a good breakfast on the day of the exam. Parents should also encourage their children to do their best on each exam but avoid adding any unnecessary pressure before the test.

While we highly recommend that all students take the state assessments, parents have the right to "opt out" of the exams. Parents who wish to have their children opt out of these tests must submit a letter in writing to Mr. Mushtare stating that you intend to refuse the tests on behalf of your child, and indicate if you are opting out of the ELA, Math, Science (5th and 8th grade only), or all three of the exams. If possible, please submit any "opt out" letters to Mr. Mushtare by April 8, 2024.

Please feel free to reach out to Mr. Dorritie, Mr. Mushtare, or Mrs. Gifford with any questions at (607) 432-2050.

—Mr. John Mushtare, Principal

EXAM SCHEDULE

- April 10 and 11—Grade 3,4,6,7 ELA Paper-Based Tests
- April 16 and 17—Grade 5 and 8 ELA Computer-Based Tests
- April 30 and May 1—Grade 5 and 8 Math Computer-Based Tests
- May 7 and 8—Grade 3,4,6,7 Math Paper-Based Tests
- May 14—Grade 5 Science Computer-Based Test
- May 15—Grade 8 Science Computer Based Test

March 2024 School Counseling News

CLARK SCHOLARSHIPS

Clark Scholarships will be announced sometime in late March or early April. If your son or daughter is a recipient of a scholarship, a thank you note should be written as soon as possible to Mr. Gary Kuch, Director of the Clark Scholarship Office. The students will be invited for a brief interview in Cooperstown in April or May. If you have a college student who is currently receiving a Clark Scholarship, a copy of his/her first semester grades should be sent to the Scholarship Office. At the end of the second semester, grades should also be sent. In May or June, returning students should call for an appointment to discuss continuation of the scholarship for the fall 2024 semester at (607) 547-9927 or 9928.

6TH AND 8TH GRADE PARENT NIGHTS

The 8th Grade Parent Night will be held in April or May to review graduation and testing requirements and 9th grade schedules. The 6th Grade Parent Night will also be held in April or May. During this meeting we will discuss testing, 7th grade course and junior high requirements and 7th grade schedules. School staff and faculty will also share curriculum, programming and services available for students. Parents will be notified in the future, giving the time, location and dates of these meetings. The dates will also be posted in future newsletters.

NEW VISIONS AND CTE/BOCES

10th graders will be taking a field trip to BOCES on March 7th or 8th. Soon after this trip, first year applications for CTE programs will become available. Applications will be due within a few weeks afterward. Some programs, such as Welding and NRO, are very popular and more selective. Current grades and attendance will be a strong factor in consideration of applications. For juniors interested in applying for the New Visions programs, those applications are due by the middle of March and require letters of recommendation and short essays.

Music Notes

Laurens Central School students **Bailey Rondeau, Ryleigh Williams, Hannah Weiss, Haven Bodor, and Jason Czarnecki** participated in the 2024 All-County festival, which took place on February 1 and 3 at Edmeston Central School. Jason played alto saxophone in the junior band, Bailey sang soprano in the senior chorus, and Ryleigh, Hannah and Haven sang alto in the senior chorus.

These students were chosen to participate by a committee within the county according to their submissions to the recorded NYSSMA solo festival or by being selected by an auditioning committee last October. Way to go, Bailey, Ryleigh, Hannah, Haven, and Jason!



Laurens Town Library News

Check out the new titles listed below! We are in the process of digitizing the collection and will bring the catalog online by Spring of 2024.

The library hours are M, W, F from 7:00-8:00 p.m. and Tues. 1:30-3:30 p.m. Volunteers maintain the library, and we are looking for more volunteers to extend the hours. Book donations are accepted upon approval, and should be newer than 2014. Call Eileen Coryat before dropping off donations and if interested in volunteering. (607) 433-1424.

- The Exchange: after The Firm by John Grisham
- Shadow Reel by C.J. Box
- Walk the Wire by David Baldacci
- Righteous Prey by John Sandford
- Targeted by Stephen Hunter
- Death Fall by Brad Thor
- Killing the Killers by Bill O'Reilly
- Collection of Louise Penny Books
- Billy Summers by Stephen King
- The Truth About Melody Brown by Lisa Jewel

Thank You!

A great big THANK YOU goes out to Chobani for donating funds to pay off student account debt in our cafeteria.

We are fortunate to have such a generous local business to help our students and families.

Hygiene Backpack Program

LCS is happy to announce that our LCS Hygiene Backpack Program will continue. This will be the third year that we are able to assist with hygiene products for your family. If you are interested in participating, please complete the form below and have your child return it to his/her teacher. This program is 100% confidential and you may sign up at any time. If you have more than one child in the school, please only list one child's name on the student name line below. We will ensure that there are enough supplies for the entire family.

THE HYGIENE BACKPACK WILL CONTAIN

Shampoo, toothpaste, soap, deodorant, and at times other toiletries. The backpack will be sent home with your child once a month, usually the first Monday of the month.

We ask that your child return the backpack to one of the backpack boxes located in the main office or the entrance by Ms. Shean's desk.

HYGIENE BACKPACK

Student's name: _____

Grade: _____

Number of people in family: _____

Class of 2024 College Acceptances

TRINITY BEASLEY for Business—SUNY Cobleskill, SUNY Delhi

TARA BOOKHOUT for Prelaw/Political Scienc—Hartwick, SUNY Oneonta, SUNY University of Albany, University at Buffalo, SUNY Stony Brook, University of Hartford

JAIDON BRODIE for Engineering—SUNY Morrisville, Niagara University, SUNY Polytechnic Institute, Hartwick, SUNY UAlbany, Nazareth University, Clarkson University

EOWYN CHICKERELL for Health Sciences—Hartwick, St. Bonaventure, SUNY Oneonta, SUNY UAlbany

ANGELINA CONLEY for Animal Science/Vet Tech—SUNY Cobleskill, SUNY Delhi, SUNY Morrisville, SUNY Broome

ALEXANDRIA GEISSINGER for Business—Hartwick, SUNY Oneonta

RYELEY GRAVELDING Undecided—Hartwick, SUNY Oneonta, SUNY Cortland, SUNY Stoneybrook, SUNY UAlbany

LOGAN GREEN for Graphics—SUNY Cobleskill, Tompkins Cortland CC, Alfred State

JACOB GRISWOLD for Studio Art—Herkimer CCC

HUNTER HUFFMAN for Criminal Justice—Hartwick, SUNY Delhi

ALYSA HUNT for Business—SUNY Broome, Herkimer CCC, SUNY Delhi, SUNY Cobleskill

ALESA JOHN for Nursing—Hartwick, Morgan State University, Binghamton University, Elmira College, SUNY Delhi, Keiser University, University of South Florida

KADANCE LEBEAU for Criminal Justice—Hartwick, Herkimer CCC, SUNY Broome, SUNY Cobleskill, SUNY Delhi, Elmira College, SUNY Oswego, SUNY Potsdam, St. John Fisher, SUNY Brockport, SUNY Oneonta, Utica University, SUNY Canton

ETHAN MARTINDALE for Mechatronics—SUNY Delhi, Alfred State

JADE MOXLEY for Childhood Education—Hartwick, SUNY Oneonta

NEVAEH NORTON for Nursing—SUNY Delhi, ONC BOCES Practical Nursing Program

SPENCER PLATT Undecided—Herkimer CCC

BAILEY RONDEAU for Criminal Justice—Hartwick, SUNY Broome, Alfred State, SUNY Brockport, SUNY Delhi, SUNY Morrisville, Herkimer CCC, SUNY Oneonta, SUNY Cobleskill

LOGAN RONDEAU for Vet Tech—SUNY Cobleskill, SUNY Delhi, SUNY Canton

VICTORIA STEVENS for Aerospace Engineering—SUNY Buffalo Honors Program, Clarkson University

STARLENE STILSON for Childhood Education—SUNY Cobleskill, SUNY Delhi, Onondaga CCC, Jamestown CCC, Dutchess CCC, SUNY Plattsburgh, Orange CCC

Laurens Central School Honor Roll Second Quarter

12TH GRADE

High Honor

Tara Bookhout, Jaidon Brodie, Eowyn Chickerell, Angelina Conley, Alexandria Geissinger, Ryeley Graveling, Logan Green, Kadance LeBeau, Ethan Martindale, Jade Moxley, Bailey Rondeau, Logan Rondeau, Victoria Stevens

Honor

Hunter Huffman, Alysa Hunt, Harley Loudon, Nevaeh Norton, Spencer Platt, Starlene Stilson

11TH GRADE

High Honor

Libby Cox, Cadence Koren, Brooke Mann, Jaidyn Simon

Honor

Orion James, Carlton Long, Ashlynn Maier, Dylan Pettit, David Rotolo

10TH GRADE

High Honor

Mackenzie Loudon, Nicole Stanley, Alicia Stevens, Hannah Weiss, Ryleigh Williams

Honor

Kyrah Andrades, Colin Capraro, Wyatt Christian, Emma Hughes, Allison Johnson, Mallory Kovacs, Savannah Maynard, Alyssa Stevens, Logan Wright

9TH GRADE

High Honor

Ethan Barnes, Nathaniel Kovacs, Kayla Lewis, Courtney McCarthy, Moses Tafel

Honor

Rylee Balbuena-Solovitch, Kendall Capraro, Mark DeMeo, Ariana LeBeau, Ryan Lindsay, Tyler Loudon, Jonathan Smith, Ashton Solovitch, Bailey Wilcox

8TH GRADE

High Honor

Lucie Benada, Arianna Bormann, Kelsey Cox, Anella Croston, Andrew Hausmann, Kendra Lindsay, Carter Rossman, Cole Williams

Honor

Stella Amerson, Jacob Hendrich, Kaitlyn Hughes, Olivia Rogers, Degan Smallin, Kalee Stilson

7TH GRADE

High Honor

Jason Czarnecki, Lucas McCarthy

Honor

Liam James Brown, Ariella Cohen, Alexander Fleury, Elizabeth Hendrich, Emanuel John, Logan Loudon, Oskar Lyons, Wesley Olive, Seth Phillips, Maxine Schidzick, Jaecob Stoltenborg, Owen Wright

Share and Shine

The character trait we are focusing on for the month of March is Honesty! The following “I can” statements can remind us how to be honest each and every day. I can tell the truth. I can keep my word. I can admit when I make mistakes. Students who have demonstrated honesty at school or on the bus, throughout the month of March, will receive individual awards. Classes can also win awards in their special area classes, in the cafeteria, and even for having the neatest classroom! On Thursday, March 28 at 2:00 p.m. in the MPR, we will be holding a Share and Shine assembly. Parents/Guardians will receive a notice if their child will be getting an award. We hope you can join us!

**If you plan to sign your child/children out after the assembly, PLEASE send in a note or call the main office by that morning. This greatly helps us with dismissal time.

Share & Shine Award Winners for Responsibility





Laurens Youth League Sports Association Baseball/Softball Registration

*****Registration Fee is Non-Refundable*****

Registration fee: \$25.00 for first child and \$20.00 for each additional child

Player's Name _____ Birth Date _____

Address _____ Town _____ Zip Code _____

Home Phone _____ Parent Work Phone _____ Cell Phone _____

Email Address _____

Boy _____ Girl _____ Age player will be on July 31, 2024 _____ Grade _____ T-Shirt Size _____

Emergency Contact information is to be used in your absence and if we cannot reach you through our available information

Emergency Contact #1 _____ Phone _____

Emergency Contact #2 _____ Phone _____

Allergies _____

Other Medical Conditions we should be aware of _____

Medical Insurance _____ Choice of Hospital _____

Doctor's Name _____ Doctor's Phone _____

I, the undersigned, am the parent/legal guardian of the above named child. I grant permission for my child to participate in all the activities of the Laurens Youth Leagues. I will assume all risks and hazards incidental or in such participation in these activities. I also release the Laurens Youth League Association, its officers, the coaches, organizers, sponsors, supervisors, participants, and persons transporting my child to and from these fields in order to participate in the programs, from any claim arising out of an injury to my child or liability for any injury incurred by my child, whether the result of negligence or from other cause, except to the extent and in the amount covered by accident or liability insurance.

I also agree to return any equipment and special uniforms issued to my child in as good condition it was received, except for normal wear and tear. Any uniforms returned are to have been laundered.

I authorize the Laurens Youth League or its representatives to request or allow any emergency medical treatment recommended or deemed necessary by any qualified physician, emergency room staff or emergency squad personnel until such time as I am physically present.

I know of no reason(s), other than the information indicated on this form, why my child should not participate in the described activities of the Laurens Youth League, except as noted.

Parent/Legal Guardian Name (please print) _____

Signature of Parent/Legal Guardian _____

What program is your child eligible for? _____

Tee ball (5 & 6 boys and girls) Minors Baseball (7 & 8 & 9) Majors Baseball (10 & 11 & 12) Minors Softball (7 & 8 & 9)

Majors Softball (10 & 11 & 12)

Team that your child played for last _____

Are you interested in helping out? Coaching _____ Assistant Coach _____ Fundraising _____

MARCH 2024

Laurens Central School

Breakfast Elementary \$2.00
Breakfast H.S. \$2.15
Lunch Elementary \$2.25
Lunch H.S. \$2.50

Monday

4
Scrambled Eggs w/Cheese & Hash Fries
Pasta w/ Alfredo or Marinara Sauce
Garlic Bread
Broccoli
Soup/Salad w/Chick Peas or Sandwich

11
French Toast Sticks
Goulash
Garlic Bread
Green Beans
Soup/Salad w/Chick Peas or Sandwich

18
Scrambled Eggs w/ Hash Browns
Chicken Bacon Ranch Bake
Broccoli
Garlic Bread
Soup/Salad w/Chick Peas or Sandwich

25
Chocolate Chip Pancakes
Chicken Parm Wrap
Brussel Sprouts
Soup/Salad w/Chick Peas or Sandwich

Tuesday

5
Breakfast Sandwich
Soft or Hard Shelled Tacos
Refried Beans
Soup/Salad w/Home Fries or Sandwich

12
Breakfast Biscuit Sandwich
Ultimate Chicken Bowl
WW Roll
Soup/Salad w/Chick Peas or Sandwich

19
Pancakes w/Bacon
BBQ Chicken Breast on a Bun
Tater Tots
Cauliflower
Soup/Salad w/Chick Peas or Sandwich

26
Scrambled Eggs w/Home Fries
Macaroni & Cheese
Carrots
Soup/Salad w/Chick Peas or Sandwich

Wednesday

6
Oatmeal w/Brown Sugar & Raisins
Chicken Patty
French Fries
Carrots
Soup/Salad w/Chick Peas or Sandwich

13
Waffles w/Bacon
Hamburger/Cheeseburger
French Fries
Carrots
Soup/Salad w/Chick Peas or Sandwich

20
Breakfast Burrito
Fish Nuggets
Sweet Potato Fries
WRAP DAY- Assorted Wraps
Soup/Salad w/Chick Peas

27
French Toast Sticks
Chili
Corn Muffin
Soup/Salad w/Chick Peas

Thursday

7
Sausage Gravy w/Biscuits
Grilled Cheese
Tomato Soup
Soup/Salad w/Chick Peas or Sandwich

14
Breakfast Pizza
Chicken Stir Fry
Egg Roll
Soup/Salad w/Chick Peas or Sandwich

21
Scrambled Eggs w/Ham & Cheese
Chicken Quesadillas
Corn
Soup/Salad w/Chick Peas or Sandwich

28
Waffles w/Sausage
Chicken Tenders
Tater Tots
Green Beans
Soup/Salad w/Chick Peas or Sandwich

Friday

1
Pancakes w/Sausage
Assorted Stromboli's
Spinach and Romaine Salad
Soup/Salad w/Chick Peas or Sandwich

8
Breakfast on a Stick
Assorted Pizza
Spinach and Romaine Salad
Soup/Salad w/Chick Peas or Sandwich

15
NO SCHOOL
SUPERINTENDENT'S CONFERENCE DAY

22
Breakfast Sandwich
Assorted Stromboli's
Spinach and Romaine Salad
Soup/Salad w/Chick Peas or Sandwich

29
NO SCHOOL
GOOD FRIDAY

Breakfast and Lunch must include 3 items and one MUST be a fruit and/or vegetable. USDA is an equal opportunity provider and employer

MY SCHOOL BUCKS
PAY FOR MEALS ONLINE
MySchoolBucks.com



2024 LCS

Drama Club and

Music Department

Proudly Presents

The
Addams Family
A New Musical Comedy

Coming April 19th and 20th

Application Deadline
June 7, 2024

21st Century Community Learning Center
Creating Rural Opportunities Partnership (CROP)
APPLICATION AND CONSENT FORM

Application Deadline
June 7, 2024

Child's Full Name: _____ **DOB:** _____ **Grade:** _____ **School:** _____

Parents'/Guardians' Full Names: _____

Mailing Address: _____

Physical Address: _____

Mother/Guardian – Home #: _____ **Cell#:** _____

Place of Work: _____ **Work #:** _____ **Ext.** _____

Email address: _____

Father/Guardian – Home #: _____ **Cell#:** _____

Place of Work: _____ **Work #:** _____ **Ext.** _____

Email address: _____

Emergency Medical Information

Physician Name: _____ **Phone:** _____

In the event that I, or my child's physician cannot be reached in an emergency, I hereby give my permission to the physician/hospital selected by the CROP Program to secure proper medical treatment for my child.

Parent/Guardian Signature: _____ **Date:** _____

Allergies and/or Special Needs (Please list any allergies to foods, bees, etc., and/or any special needs)

Allergy or Special Need	Reaction	Action To Be Taken

Emergency Contacts / Authorized Adults for Student Pickup

Name	Phone	Relationship to child	May this person pick up your child? (yes/no)

Bus Pickup/Dropoff Locations (If your student will require bus transportation)

Location (home, babysitter, etc.)	Physical Address

SCHOOL YEAR - Student Attendance and Dismissal Plan

√	Day	Early pick up (Time)	Depart at regular time via... (parent pick up, bus to ???, walk, etc.)
	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		

Please Note: Any change in this dismissal plan on a daily, weekly or permanent basis **MUST** be given to the Site Coordinator **IN WRITING** by the parent or guardian.

Please complete page 2 (over)

CROP STUDENT DATA and EVALUATION CONSENT FORM

Dear Parents,

Creating Rural Opportunities Partnership (CROP) after-school program is funded by the 21st Century Community Learning Centers grant. In order to monitor the effectiveness of the afterschool program and ensure its future success, an independent evaluator is conducting an ongoing evaluation. It is the intention of the evaluation to learn how these after-school services help students, and how they can be improved in order to meet the grant requirements.

Any information we collect will be used only to assess the afterschool program and will not be made public. Participating in the evaluation will not affect your child in school, in the after-school program, or in any other way. We will not use your name or your child's name in any report.

Please answer the following options:

- I give consent for access to my child's records for the sole purpose of data collection (including grades and state assessment scores) for the Department of Education, in accordance with continued funding of the CROP Program. I understand that my child's name will not be used. **YES NO**
- I give permission for my child to participate in surveys, focus groups or interviews (as ability and age allows) about the afterschool program and its effects including the Short-term Student Outcomes Survey. **YES NO**
- I give consent for my child to be photographed, or video-taped while in CROP for educational material, promotional articles or any other lawful purpose. **YES NO**

Parent/Guardian Signature _____ Date _____

Parent/Guardian Memo of Understanding:

I have been given a Parent Handbook that provides information regarding the CROP Program, and I am aware of the policies explained within. I agree to comply with the policies outlined in the handbook, and will fulfill my responsibilities to provide current and accurate emergency information to CROP staff. I will encourage my child to participate fully and with appropriate behavior in activities and events planned by staff. I understand that failure to fulfill these requirements may result in my child becoming ineligible to remain in the program.

Parent Signature _____ Date: _____

Student Memo of Understanding:

I understand that I am expected to learn and follow the CROP program rules. In the event that I choose not to follow the rules, I may have to leave the program. The policy for discipline will be: 1) Verbal warning. 2) Conference with Site Coordinator and parent/guardian. 3) Extended time out of program or release from the program.

RULES TO REMEMBER: 1) Respect yourself 2) Show respect for adults and peers 3) Respect school property 4) Follow the school's rules of conduct 5) Be helpful to others in the program 6) Have Fun.

Student Signature _____ Date: _____

(A parent may sign for a kindergarten or first grader indicating they have explained this to their child.)

Vapes and e-cigarettes are devices that people use to inhale nicotine. Instead of burning tobacco, vapes heat liquid nicotine to make "vapor." Vape companies say vaping is safe, but is it really? Take this quiz to test your knowledge and get the facts!

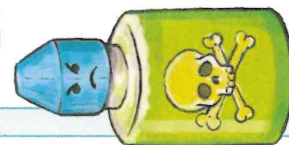
1. True or False? The vapor is just water.

Answer: False. The "vapor" that e-cigarettes make is actually an aerosol (a fine mist of tiny particles). The aerosol can contain nicotine, toxic chemicals and heavy metals. It is way more than just water.

2. Which of the following is true about nicotine?

- ☐ A. Nicotine is a drug. It is as addictive as cocaine or heroin.
- ☐ B. Nicotine affects your heart rate, blood vessels and brain development.
- ☐ C. Nicotine is safe.
- ☐ D. Liquid nicotine is poisonous when swallowed or absorbed through the skin.

Answer: A, B and D. Nicotine in any form is addictive and bad news for your health. There are safety issues too! Reports of children and pets poisoned by liquid nicotine are on the rise.



4. Vaping can lead to which of these health issues?

- ☐ A. Asthma attacks
- ☐ B. Popcorn lung
- ☐ C. Lung and throat irritation
- ☐ D. All of the above

Answer: D. Vaping can lead to all these health problems. (Popcorn lung is a lung disease. It was first seen in workers at a popcorn factory who got sick after breathing the dust of a flavoring chemical. That same flavoring is used in many vapes.)

5. True or False? Vaping helps people quit smoking tobacco.

Answer: False. If vaping really helped people quit smoking it would be an approved quit tool, but it's not. In fact, many smokers who have tried vaping, to help them quit, have found they just end up using both cigarettes and vapes.

3. The liquid used in vapes can contain which of the following?

- ☐ A. Formaldehyde
- ☐ B. Nickel
- ☐ C. Acetaldehyde (a chemical used in paint stripper)
- ☐ D. All of the above

Answer: D. People who vape may be inhaling all of these chemicals as well as others. Some are known to cause cancer.

ADDICTIVE
means you feel
like you need
nicotine, and may
feel sick without it.
Not fun!



LAURENS CENTRAL SCHOOL
Laurens, New York 13796

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March Calendar of Events

- 1 Blood Drive, Café, 3:00 p.m.
- 2 All-County Festival 2 @ Cooperstown
Colorguard @ Central Square
Zumba, MPR, 9:00 a.m.
- 3 Community Basketball, Gym, 6:00 p.m.
- 4 Colorguard Advocates, Trophy Hallway, 6:00 p.m.
- 5 Zumba, MPR, 6:00 p.m.
Village Meeting, rm 129A, 7:00 p.m.
- 7 Zumba, Café, 6:00 p.m.
- 9 Colorguard Home Show, 5:00 p.m.
Zumba, MPR, 9:00 a.m.
- 10 Community Basketball, Gym 6:00 p.m.
- 11 Start of Spring Sports
- 12 Zumba, MPR, 6:00 p.m.
- 13 POMP Meeting via Teams, 7:00 p.m.
- 14 Zumba, Café, 6:00 p.m.
- 15 Superintendent's Conference Day
- 16 Colorguard @ Rome
Zumba, MPR, 9:00 a.m.
- 17 Community Basketball, Gym, 6:00 p.m.
- 18 Booster Club Mtg., Rm 129A, 7:00 p.m.
- 19 Zumba, MPR, 6:00 p.m.
- 20 BOE Meeting, rm 115, 7:30 p.m.
- 21 Zumba MPR, 6:00 p.m.
- 23 Colorguard @ Union-Endicott
Softball Pancake Breakfast, Café, 8:00 a.m.-12 p.m.
Zumba, MPR, 9:00 a.m.
- 24 Community Basketball, Gym, 6:00 p.m.
- 26 Zumba, MPR, 6:00 p.m.
- 28 Share and Shine, MPR, 2:00 p.m.
Zumba, Café, 6:00 p.m.
- 29 **Good Friday—NO SCHOOL**
- 30 Zumba, MPR, 9:00 a.m.
- 31 Community Basketball, Gym, 6:00 p.m.

CROP News

The CROP Program will be offering a Summer CROP Session from July 15-26, Monday through Friday from 8:00 a.m. to 4 p.m. Wednesday and Friday will be field trip days. We will continue to offer academic assistance as well as enrichment activities to students from K-8th grade.

CROP Applications

Applications for the program are available in this newsletter and may also be obtained at the Main Office, or on the school website. Please note the DEADLINE for SUMMER APPLICATIONS is JUNE 7. Feel free to reach out with any questions or concerns about the program by calling (607) 432-2050, ext. 1110 or jdeboer@laurencs.org.

