



Brookside
Elementary
School
2019

PRINCIPAL'S MESSAGE



February starts the second half of the school year! Report cards will be heading home, please take a moment to review the report card and do not hesitate to touch base with any questions or concerns.

We "love" to hear from you! Will you provide us with feedback on the current report card? If so a link to an anonymous short survey will be sent via email. Please complete by February 14. Thank you.

Your Partner in Education,

Erin P. Eckert

Proud Principal of Brookside

State Testing In Grades 3-5

NYS Assessment Reminder

April 2-4: English Language Arts

May 1-3: Mathematics

May 22: 4th Grade Science

DATES TO REMEMBER

PTA Meetings First Tuesday of the Month @3:20

Feb 1st - Report cards issued Grades 1-5

Feb. 5th - Pastries with the Principal 9AM

Feb 8th - Me and My Man Dance 6-8pm

Feb. 15th - Midterm Recess - No School

Feb 18th - No School - President's Day

Feb 20th - Board of Ed Meeting - 6pm

CHARACTER EDUCATION

ACTION OF THE MONTH:



"A true friend accepts who you are, but also helps you to become who you should be."

News from the Art Room

Great things are done by a series of small things brought together."- Vincent Van Gogh, Dutch painter of Starry Night

Mrs. Volkert's students demonstrated the power of outstanding listening skills as they created these impressive Winter Fox drawings with Ms. Sumner in art class.

Each student began by crafting their own drawing step by step with white charcoal pencil on black paper; focusing on the relationship between shape and size.



Next, a more "authentic" foxy- brown color was made by mixing red and orange to produce a red orange.



Working on black construction paper made the red-orange then appear more of a red brown, like a real fox.

To add contrast, students outlined the finished drawing in black craypas to really make the fox "pop" from the surroundings.



Ms. Sumner is super proud of these fine pieces by her students!

Please make sure your student has an art shirt (old shirt) for keeping their clothes clean during art projects!



pre-K + Kindergarten Registration



February Is Heart Healthy Month

Be on the lookout for tips on how you can be Heart Healthy!



From Mrs. Barry, Social Worker

Our C.U.B.S./Olweus program continues to thrive at Brookside. The word of the month for February is **Friendship**. Next month's word is **Cooperation**.

Winter is upon us! Heating your home may be a financial burden for your family. If so, our community offers program such as H.E.A.P through the Broome County Department of Social Services (778-2504) and Citizen Action Fuel Group (1-800-559-4645).

We still have extra coats and snow pants in the CUBS closet, should you need any.

Calling all 2019-2020 Kindergartners

Susquehanna Valley Central School District will register children who will be five (5) years of age on or before December 1, 2019. Registration will be held at the District Office March 11- March 29 from 8am to 3:30 pm and on March 20th until 6:00pm. You must register in person. Please call 607-775-0170 ext. 0 if you have any questions.

Calling all 2019-2020 Pre-Kindergartners

Susquehanna Valley Central School District will register children who will be four (4) years of age on or before September 1, 2019. Registration will be held at the District Office March 11 – March 29 from 8:00am to 3:30pm, and on March 20th until 6:00 pm. You must register in person. Please call 607-775-0170 ext. 0 if you have any questions.



News from the PE Department

February is Heart Healthy Month! This month we are going to give you some ideas to stay physically active which will help make your heart healthy and strong!

Five Fun Ways to Make Your Heart A



1. **WALK** as much as possible! Walk to a friend's house, or around the mall with your family. While you're at it, walk your dog. Or offer to walk your neighbors's dog. Ask to park your family vehicle in a parking space farther away from the building you are visiting. This will give you a few extra steps in your day!
2. **DANCE, DANCE, DANCE!** Turn up the music and dance with your friends or on your own. Dance while you talk on the phone. Dance while you watch tv. You can even dance while you clean your room.
3. **RIDE** for good health! Make your muscles do the work on your bike, skates or scooter. Don't forget to wear protective gear!
4. **GO OUTSIDE AND PLAY!** Bring a few friends together to shoot hoops, kick around a soccer ball or throw a football or baseball.
5. **Bored during tv commercials?** This is a great time to do some sit-ups, crunches or push-ups. Get your whole family involved!



The Brookside Chorus will be busy this year with three performances. Below are the dates and times of these concert events.

March 12th Oakdale Mall Concert at 11:15am-11:45am. The Advanced Band will be performing at this event as well.

Permission slips for the Mall Concert are due on March 8th. Chorus and Advanced Band Members will be bringing these forms home this month.

April 25th Good Shepherd Nursing Home at Fairview Performance (*Binghamton Location*) from 7:00pm-7:40pm. This Concert is not a required performance.

June 4th Music and Arts Festival: 9:00am School Assembly and 6:00pm Evening Concert. This concert is also on the District Calendar.

Reminder that your child will need to wear the following for these performances: **Nice black pants, black dress shoes and a nice white long or short sleeve blouse or shirt.**

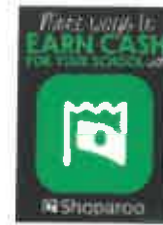


Save the Science Fair Date



Calling all scientists!!!! It's time to start thinking about what project you would like to explore, learn about, and present at the upcoming Science Fair. Mark your calendars for **Thursday March 28, 2019 from 6:30 to 8:00.**

This is a week later than on the school calendar, so be sure to change the date. It is fun and rewarding to explore an idea with your family guiding you. Everyone learns and has tons of fun at our Science Fair. Check out sciencebuddies.org, education.com/science-fair/, sciencebob.com, or visit the library. So, start researching and planning so you can be ready with a great experiment, model, or project!!!



Shoparoo

Brookside is close to 100,000 high equals \$100 so far!! A huge thank you to the families on our leader board. Mrs. Eckert, Krystal Staff, Maria Giammarino, Lorna, Carei Hannigan, Anita Barry, Amy Williamson, Steve Yoder, Brenda Webb, Jessica Short, Kelly Rodriguez, Margaret Gnad, Kristy Timm, Kristi Frantellizzi, Jennifer Edwards, Shannon, Jaime Welch, Allyson Beauharnois, Karen McMichael, Patti, Holly, Bobbijo Hatton, Erlin Schofield, Judy Soden and Melinda Barrett.

Not a member yet? It's Easy to join!



We all shop...so why not earn money for our school? It's easy and free!

- Sign up for Shoparoo App on your smart phone
- Each time you shop snap a picture of your receipt
- Food related purchases earn dollars and all other purchases earn points for a chance at additional money.

Use code: CRAZ4255 or GRER6589 to get started today! Need help setting up an account, or have questions contact PTA President Maria Giammarino



Sabers Community Night

This year, the District is excited to host a Community Night on Tuesday, May 21, 2019 from 4:00-6:00 pm on the High School campus. All families are invited to participate in Community Night, which will include the following activities and events:

- Face Painting
- Open Swim
- Games
- Crafts
- Free ice cream and hot dogs
- And more to come...

As a part of this night, the District will consolidate its building-level art shows into a District-wide Art Show. Art works from all students in grades PK-12 will be displayed in our hallways and gymnasium for all members of our community to enjoy. All art will remain in the buildings for the entirety of the night. Work will be returned to children at a later date.

At 6:30pm, the Middle School Spring concert will be held in the High School Auditorium as planned.

Stay tuned for more information to follow in the months to come!



Box Tops Race is On!

We are beginning our next Box Tops Race here at Brookside. Remember to clip your box tops and attach them to the collection sheet (see attached). Our race ends March 22nd.

To date Mrs. Volkert and Mrs. Zabadal's classes are in the lead! Can you help your class catch up? Each box top is worth \$.10 and they can add up to big money for our school. Thank you for your support.

From the Health Office--Mrs. Eggleston



Here are a few ways to stay healthy this winter and free from the flu, according to the CDC:

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

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

Everyday preventative actions can help slow the spread of germs that can cause many different illnesses including flu.



With colder weather approaching, it is important for students to be properly protected against cold weather and wind to avoid frostbite and/or hypothermia: Dress children warmly using boots, hats, and mittens. Layer clothing, Dress children in water repellent outer clothing, Make sure clothing is dry and stays dry, Tuck in loose scarves & drawstrings, Limit length of exposure, especially in colder temperatures and windy conditions. Tell children to come inside if they get wet or if they're cold. Use sunscreen. Children and adults can still get sunburn in the winter. Sun can reflect off the snow, so apply sunscreen.

- If your child suffers from winter nosebleeds, try using a cold air humidifier in the child's room at night. Saline nose drops or petroleum jelly may help keep nasal tissues moist. If bleeding is severe or recurrent, consult your pediatrician.

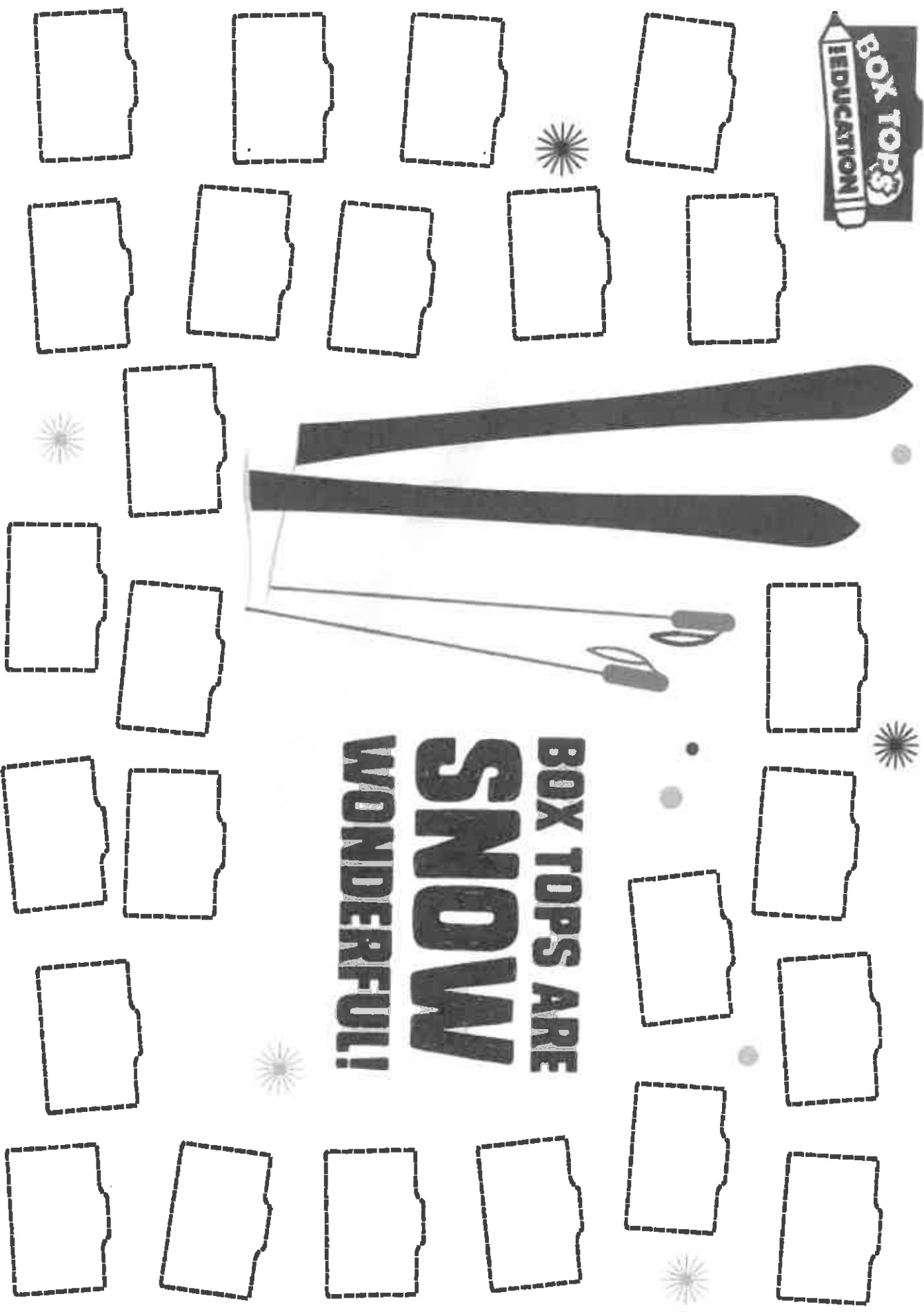


Brookside Elementary School PTA has recently signed up with AmazonSmile as a way to raise funds that can be used towards the end of school year field trips, as well as, other programs funded by the PTA.

AmazonSmile is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when customers shop at AmazonSmile (smile.amazon.com) the AmazonSmile Foundation donates 0.5% of the price of eligible purchases to our PTA. There is no cost to you or the PTA to use AmazonSmile.

By using this link: <https://smile.amazon.com/ch/22-2819620> it will automatically bring you to AmazonSmile with the PTA chosen as your charitable organization. Just enter your regular Amazon username and password and let the shopping begin. You can also search for our charitable organization under PTA New York Congress 15-062 Brookside Elem School PTA.

Please help support Brookside Elementary School PTA. Thank!



**BOX TOPS ARE
SNOW
WONDERFUL!**

Thank you for helping! Clipped Box Tops are each worth 10¢ for your child's school. Bonus certificates should not be attached to this sheet - please submit them separately. To see more ways to earn cash for your child's school, go to BTFE.com. See more collection sheets at BTFE.com/collectorsheets.

Brookside Elementary School

Menus for February 2019

This institution is an equal opportunity provider. Menus are subject to change.

Available Daily

Weekly Salads:
 2/1: Chicken Spicidie Salad
 2/4-2/8: Chef Salad
 2/11-2/14: Turkey Bacon Ranch
 2/19-2/22: Popcorn Chicken Salad
 2/25-3/1: Chef Salad

Weekly Sandwiches:
 M, W, F: Turkey/Cheese
 T, Th: Ham/Cheese

Served Daily
 Yogurt Meal
 4 oz. yogurt, string cheese
 Served with:
 Mon/Tues/Wed: Soft Pretzel
 Thurs: UBR Fri: Granola
 PB & Jelly Sandwich

*All salads served w/same sides as Yogurt Meal
 *All options served w/same fruit and vegetable of the day
 *100% Juice available daily at lunch

Daily Breakfast Options:
 Student's must select 1 Fruit and/or Juice (pick one or two)
 M/W/Th/F: Cereal and/or Muffin Top (pick one or two)

Milk Choices:
 Unflavored—1% & Fat Free
 Chocolate—1%

Friday, February 1

Breakfast
 Breakfast Sandwich
 Assorted Fruit
 Milk

Lunch
 Stuffed Crust Pizza
 Garden Salad
 w/Chickpeas
 Assorted Fresh Fruit
 Milk

Friday, February 8

Breakfast
 Breakfast Sandwich
 Assorted Fruit
 Milk

Lunch
 School's Choice Pizza
 Garden Salad
 w/Chickpeas
 Assorted Fresh Fruit
 Milk

Thursday, February 7

Breakfast
 French Toast Sticks
 w/Syrup
 Assorted Fruit
 Milk

Lunch
 NY Thursday!
 Chili Baked Potato
 Bar
 Shredded Cheese
 Sour Cream
 Corn Bread Muffin
 Steamed Broccoli
 Fresh Apple
 Milk

Wednesday, February 6

Breakfast
 Breakfast Pizza
 Assorted Fruit
 Milk

Lunch
 Grilled Cheese Sand.
 Tomato Soup
 Fresh Broccoli &
 Tomatoes
 w/Hummus & Dip
 Fresh Banana
 Milk

Tuesday, February 5

Breakfast
 Choice of Two:
 Cinn. Bun, Cereal or
 Yogurt
 Assorted Fruit
 Milk

Lunch
 Hot Dog on a Bun
 Oven Baked Fries
 Baked Beans
 Chilled Mixed Fruit
 100% Fruit Juice
 Milk

Monday, February 4

Breakfast
 Mini Pancakes
 Assorted Fruit
 Milk

Lunch
 Cheeseburger on a
 Bun w/Lettuce &
 Tomato
 Oven Baked Seasoned
 Fries
 Glazed Carrots
 Fresh Apple
 Milk

Monday, February 11

Breakfast
 Fritzel
 Assorted Fruit
 Milk

Lunch
 Chicken Patty on a
 Bun
 Sweet Potato Crinkle
 Fries
 Green Beans
 Fresh Apples
 Milk

Tuesday, February 12

Breakfast
 Choice of Two:
 Cinn. Bun, Cereal or
 Yogurt
 Assorted Fruit
 Milk

Lunch
 Taco Salad
 w/Assorted Toppings
 Seasoned Rice
 Corn
 Chilled Applesauce
 100% Fruit Juice
 Milk

Wednesday, February 13

Breakfast
 Bagel Breakfast Pizza
 Assorted Fruit
 Milk

Lunch
 Chicken Mac &
 Cheese
 Garlic Breadstick
 Steamed Broccoli
 Fresh Banana
 Milk

Thursday, February 14

Breakfast
 Breakfast Sandwich
 Assorted Fruit
 Milk

Lunch
 Stuffed Crust Pizza
 Garden Salad
 w/Chickpeas
 Assorted Fresh Fruit
 Milk

Friday, February 15

**Mid-Term
 Recess**

**No School
 Today!**

mySchoolBucks®

Breakfast Lunch

\$1.70

\$2.60

Go to: myschoolbucks.com

Farm to School
 February Highlight:

**BYRNE
 DAIRY**
 Since 1933



In 1933 Byrne Dairy began selling high quality milk in glass bottles and delivering it to Central New York homes in horse-drawn wagons. Today, Byrne Dairy is a fourth generation, family-owned producer and distributor of Greek Yogurt, Conventional Yogurt, Sour Cream, Milk, Cream, Ice Cream and a variety of other dairy products. Based in Central New York, Byrne Dairy works with local family farms.



WHAT OTHER PRESIDENT HAS A B-DAY THIS MONTH?

Other than George Washington and Abraham Lincoln only one other U.S. President has a birthday this month – President Ronald Reagan who was born February 6, 1911. Happy Presidents Day!



Every complete meal we serve comes with your choice of milk!



What's on YOUR plate?

Q: Why is fish often prepared and served with lemon?



A: Lemon, it's usually for flavor. But beyond that it that people find served lemon with fish because they believed it would eliminate any fish bones they might swallow! With or without lemon, salmon fillets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also extremely tasty!

Learn more at www.ChooseMyPlate.gov or <http://kidshealth.gov/diet/healthy/food/nyr/and.html>



NO SCHOOL TODAY

Monday, February 18

Tuesday, February 19

Breakfast
Mini Pancakes
Assorted Fruit
Milk

Lunch
Popcorn Chicken
Oven Baked Potato Wedges
Baby Carrots w/ Dip
Chilled Mixed Fruit
100% Fruit Juice
Milk

Wednesday, February 20

Breakfast
Breakfast Pizza
Assorted Fruit
Milk

Lunch
Brunch at Lunch!
French Toast Sticks
Sausage Patty
Potato Puffs
Fresh Orange
Milk

Thursday, February 21

Breakfast
Mini Cinnis
Assorted Fruit
Milk

Lunch
Cheese Ravioli
Garlic Breadstick
Harvest Apple Kale Salad
Fresh Broccoli w/Dip
Chilled Peaches
100% Fruit Juice
Milk

Friday, February 22

Breakfast
Breakfast Sandwich
Assorted Fruit
Milk

Lunch
Homemade Cheese, Pepperoni or Garlic Pizza
Garden Salad
w/Chickpeas
Assorted Fresh Fruit
Milk

Monday, February 25

Breakfast
Fruited Assorted Fruit
Milk

Lunch
Chicken Nuggets w/Dipping Sauce
Seasoned Brown Rice
Glazed Carrots
Fresh Apple
Milk

Tuesday, February 26

Breakfast
Choice of Two:
Cinn. Bun, Cereal or Yogurt
Assorted Fruit / Milk

Lunch
Breaded Mozzarella Sticks w/Dipping Sauce
Side of Pasta w/Sauce
Garden Salad
w/Chickpeas
Chilled Peas
100% Fruit Juice
Milk

Wednesday, February 27

Breakfast
Bagel Breakfast Pizza
Assorted Fruit
Milk

Lunch
Indoor Picnic!
Lupo's chicken Spiciede Sub
Oven Baked Seasoned Fries
Veggie Cruncher Cup
w/Dip
Fresh Orange
Pudding Dirt Cup
Milk

Thursday, February 28

Breakfast
French Toast Sticks
w/Syrup
Assorted Fruit
Milk

Lunch
Pasta w/Meat Sauce
Garlic Breadstick
Steamed Broccoli
Chilled Applesauce
100% Fruit Juice
Milk

STRANGE

BUT TRUE!

DID YOU MISS HIM? WELL, HE'S BACK! LAST YEAR, THERE WAS NO FULL MOON IN THE ENTIRE MONTH OF FEBRUARY. THAT CAN ONLY HAPPEN IN THE MONTH THAT HAS JUST 28 DAYS!

