

Cat Prints

District Newsletter

2009-2010, Issue #2

New York State School Board Recognition Week.

*Governor Paterson has declared October 19-23 as
New York State School Board Recognition Week.*



(Front L-R) Roger Cook, DVM; Barry Smith; Clark Porter; Randy Slate;
(Back L-R) Pam Adle; President Dayle Burgess; Carla Gates; Vice-President Nancy Cappellino (not pictured: Laurie Roberts)

Gouverneur Central School 2009-2010 Board of Education



- Dayle Burgess – President**
- Nancy Cappellino – Vice President**
- Pamela L. Adle – Member**
- Roger B. Cook, DVM – Member**
- Carla Gates – Member**
- Clark R. Porter – Member**
- Laurie M. Roberts – Member**
- Randy Slate – Member**
- Barry R. Smith – Member**

This special week has been set aside to recognize our community volunteers who serve without pay on the Gouverneur Board of Education. Please offer your support and words of encouragement to our Board members who serve unselfishly and make decisions in the best interest of the boys and girls of our community.



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Notes from the Superintendent

Christine J. LaRose

Winter weather is just around the corner and soon I will be making decisions whether or not school is in session. Please let me clarify the process and explain how the decision to delay or close school is made and what the considerations are.

If bad conditions develop during the night or early morning, a phone contact is established with the transportation supervisor, ordinarily around 5:00 a.m. By then, she has checked with the highway superintendents from the towns in our district, driven to the bus garage, and possibly contacted transportation directors from neighboring districts. If conditions are clearly risky at that time, we may close school and put our notification process in motion. If it looks like the conditions may improve so that transporting children will not be risky, we may opt for a two-hour delay.

The decision is usually made by 5:30 a.m. because the first bus leaves the bus garage at 5:45 a.m. Whenever there is a delay or a closing, we notify local radio and television stations.

Unfortunately, the decision made will not suit everyone. We cover such a wide geographic area that some people will see weather in their neighborhood and are convinced the delay was uncalled for and, at other times, some people may believe that by having school we are not being considerate of their child's safety. Please know that the decision is always based on the welfare of our students. Sudden changes and unpredictable weather is a constant challenge we face during the winter months. Parents always have the prerogative to keep their children home and write an excuse if they believe that transporting them to school is too risky. Please do not judge us too harshly as we make the difficult school closing decisions throughout the winter. Your child's safety is never taken for granted.

Please see page 15 for a list of radio and television stations that announce our school delay and cancellation notices.

Cordially,

Christine J. LaRose
Superintendent of Schools



Under the New York State Sex Offenders Registration Act, the Gouverneur Central School District is notified if a paroled sex offender moves into our district. It is our policy to notify building principals, staff members, bus drivers, custodians, security personnel, coaches, after-school program personnel, building PTOs, and various youth organizations to be aware of these individuals.

It is our intent to provide all reasonable protection for the children of our school district and our community. Our school health and safety curriculum contains instruction about child abuse and related programs such as DARE, which encourage appropriate safety measures.

The St. Lawrence County Sheriff's Office maintains a Sex Offender Website. The website allows residents to find out if there are convicted sex offenders living in their area. The website address is:

www.st-lawrencecountysheriff.com

The site will allow you to search your area for all offenders within one mile from your home or get a listing of all offenders living in your town or village. Details on offenders include their picture, description of offenses, and addresses for Level 3 offenders. You can also register to receive an email notification whenever an offender registers within one mile of an address of your choosing.

If you have any questions regarding the website, you can contact the St. Lawrence County Sheriff's office at 379-2222.



School Board Recognition Week

October 19-23, 2009

Gov. David A. Paterson has proclaimed the week of Oct. 19th as School Board Recognition Week in New York State. During this time, local communities across the state are encouraged to honor this group of dedicated volunteers for their service and commitment to their school district.

“School board members devote countless hours to ensuring our schools help students learn at a higher level,” said Wayne Schlifke, president of the New York State School Boards Association (NYSSBA) and a member of the Erie 1 BOCES board. “Although school boards are annually recognized in October, school board service is a year-round commitment.”

School boards provide adequate resources to ensure student achievement, serve as fiscal stewards of the district and ensure accountability to taxpayers, establish key goals for their school district, form partnerships with others in the community, and create a safe, orderly learning environment.

“School board members give their communities a voice in educational decision making,” said NYSSBA Executive Director Timothy G. Kremer. “They make tough decisions, study a variety of education issues, prepare budgets and track performance in order to provide the kind of accountability that their communities expect.”

Thank You

Board of Education 2009-2010

Meetings are held in the High School Cafeteria at 7:00 PM

Regular Meetings

September 28
October 19
November 23
December 14
January 25
February 22
March 22
April 19
May 24
June 21

Workshop Meetings

September 14
October 5
November 9
January 11
February 8
March 8
April 5
May 10
June 7

Administration

Christine J. LaRose (287-4870) <i>Superintendent of Schools</i>	Janine Manley (287-3200) <i>West Side Principal</i>
Cammy J. Morrison (287-4870) <i>Asst. Superintendent for Curriculum & Instruction</i>	Sue Watson (287-1949) <i>Interim Fowler Principal</i>
Connie J. Timmerman (287-4836) <i>Business Manager</i>	Christine Bristol (287-1690) <i>Food Services Manager</i>
John Dixon (287-1900) <i>High School Principal</i>	Isaiah Serviss (287-1013) <i>Supt. of Building & Grounds</i>
Lauren French (287-1903) <i>Middle School Principal</i>	Linda Erdman (287-4836) <i>Treasurer</i>
O. Michael Wills (287-1900) <i>Interim Assistant Principal</i>	Jennifer Bell (287-4972) <i>CSE Chairperson</i>
Gary West (287-2260) <i>Interim East Side Principal</i>	Robert Garofalo (287-1902) <i>Athletic Director</i>



Linkages for Youth

Linkages for Youth has been an integral part of the Gouverneur Central School District for the past fifteen years. In January of 2006, Linkages expanded programming to include Hermon-Dekalb and Richville. Linkages is a Community Based Adolescent Pregnancy Prevention and Youth Development Program funded by the New York State Department of Health. In our effort to achieve program goals, the Linkages Team provides students with positive youth development experiences and opportunities. To date, Linkages sponsors students in the following activities and programs:



All Linkages Programming is free and open to all students.

The Linkages Office is located directly across from the Middle School Cafeteria. Please feel free to stop by! Thank you!

Lori Streater — Linkages for Youth Program Coordinator

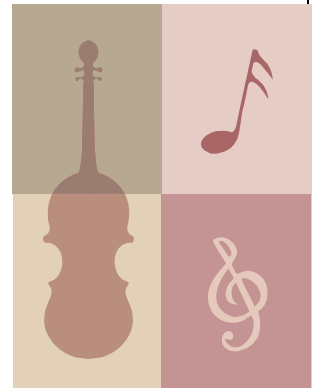
Phone: 287-2661 or 778-3392

- Adventure-Based Programming “Challenge Quest”
- American Kang Duk Won Karate
- Alcohol, Tobacco and Other Drug (Prevention) Education
- “Baby Think It Over”
- Babysitter Training
- Breakfast Club
- Community Service/Service Learning
- “Eat Smart New York” Nutrition Education
- Guitar Club
- Hospitality Club
- Rite Aid Drug Quiz Team
- S.P.O.R.T. (Supporting Peer Options To Resist Tobacco)
- Student Assistance Program
- Teen Fitness — Including Dance-Dance Revolution and Yoga
- Teen Talk
- “Linking Families” Advisory Board

ORCHESTRA NEWS

Sheree A. Scott, Orchestra Director

Congratulations to the thirteen Gouverneur High School Orchestra students who were selected to play in the Area All-State Orchestra at Indian River in November. Selected were: **Kaitlyn McGregor**, violin I, **Bryant Farley**, violin II, **Rachel Hooley**, violin II, **Brielle Farley**, violin II, **Lizabeth Hart**, violin III, **Mariah Love**, violin III, **Brooke Forney**, viola, **Tyler Sargent**, viola, **Justine Wells**, viola, **Timothy Backus**, cello, **Tyler Mayer**, cello, **Shayna Hotrum**, cello, and **Delany Mason**, cello.



Upcoming Events and Concerts:

- | | |
|---|---|
| Friday—Saturday, Nov. 20-21 | Area All State Music Festival
Indian River School District |
| Tuesday, Dec. 8 th , 7:00 pm | East Side Chorus, Elementary Band and <u>Orchestra</u> |
| Thursday, Dec. 10 th , 7:00 pm | Middle School Band, <u>Orchestra</u> , Concert Choir, and Jazz Band |
| Tuesday, Dec. 15 th , 7:00 pm | High School Chorale, Band, <u>Orchestra</u> , and Chamber Singers |



BAND NOTES

Kathleen M. Moses, Band Director

Congratulations to **Steven Moses** for his selection to play bass trombone in the All-State Symphony Orchestra in Rochester in December. He was selected as the top bass trombonist in New York State.

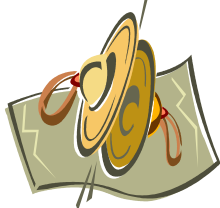
Congratulations to the nine Gouverneur High School Band students who were selected to play in the Area All-State Band and Orchestra at Indian River in November. Selected were **Amy Amesquita** and **Rebeca Cotton-Baez**, flute; **April VanOrman**, clarinet; **Nick Leonard**, bass clarinet; **Katelynne Kulp**, trumpet; **Lauren Fishel**, French horn; **Steven Moses**, trombone; and **Chelsea Erdman** and **Nate Burgess**, percussion. In addition, Nick Leonard, Steven Moses, and Chelsea Erdman were selected as first chairs on their instruments.



The *Friends and Parents of Gouverneur Marching Band* will hold their first meeting on Wednesday, October 14, at 6:30 p.m. in the High School Cafeteria. All are invited to attend. Meetings will continue at the same time the second Wednesday of every month.

The following dates have been set aside this year. All concerts are at 7:00 p.m. in the Gouverneur High School Auditorium, free of charge, and open to the public:

Wednesday, Nov. 4	All-County Jazz Auditions at Gouverneur
Tuesday, Dec. 8	Elementary Band Concert
Thurs., Dec. 10	MS Band and HS Jazz Band Concert
Tuesday, Dec. 15	High School Band Concert
Wed.—Thurs., Dec. 16 - 17	Concert Make-up Dates
Fri. – Sat., Jan. 15 – 16	All-County Festival I at Crane – HS Jazz and Junior High Band
Fri. – Sat., Feb. 5 – 6	All-County Festival II at Canton – Senior High Band
Tuesday, April 6	All District Band Concert
Fri. – Sat., April 30 - May 1	NYSSMA Festival at Crane
Monday, May 31	Gouverneur Memorial Day Parade
Friday, June 4	CODA Battle of the Bands
Tuesday, June 8	Tri-M Music Honor Society Inductions
Friday, June 25	Graduation



Gouverneur School District Continuing Education Department

The Gouverneur School District's continuing education program has scheduled a wide selection of courses and activities for adult and youth members of the community, all open to the general public.



RECREATIONAL SWIMMING

Instructor: GHS certified guards supervise.

What better way to start your day than with a low impact and relaxing exercise routine?

Dates & Times:

Mon—Fri, 6:30-7:30 a.m. Wed, 6-7:00 p.m. Sun, Family Swim, 1:00-3:00 p.m.

Children must be accompanied in the pool with a parent!

Students—\$1.00
Adults—\$1.25
Golden Age Pass—No Fee



NYS DRIVER'S LICENSE 5-HR COURSE

(GHS, 287-1900)

Sign-ups are conducted at 8:15 a.m. at the Gouverneur High School (prior to instruction). Must have driver's permit to register.

Cost is \$30



Nov. 7, Dec. 5, Jan. 9, Feb 6
(Saturdays), 8:15 AM—2:30 PM



AMERICAN KANG DUK WON—ES School

(Master Frank Palumbo, 8th degree certified Black Belt of AKDWA, 386-3029 or 287-1900)

Adults and Youth (12 years and older)—Tuesdays (6:00-7:30 PM), ES Gym
Martial Arts Training improves fitness, confidence, energy levels, self-discipline, and safety awareness.

Kids (7-11 years)—Tuesdays (6:00-7:00 PM), ES Gym
Workouts offer lessons in discipline, control, concentration, and physical fitness.

YOGA

GHS Media Center

Instructor: Ellen Beeler

Wed. 6:30-8:00 pm, 6weeks

On going!



Upcoming Classes:

Pen and Ink Drawing with Wilson Bickford

If you have a program you would like to see offered, or you have skills that could be shared in an instructional setting, contact Gouverneur School District Continuing Education Program director, Frank Palumbo, 287-1900.

Newsletter Comments

Please address any comments and/or questions to:



Christine J. LaRose,
Superintendent of
Schools
Gouverneur Central School
133 East Barney Street
Gouverneur, NY 13642
287-4870

For a personal response, please include your name, address, and telephone number.

GOLDEN AGE PASS

If you are at least 55 years of age, retired, and a resident of the school district, be sure to get your GOLDEN AGE PASS that entitles you to free admission to any activity or event sponsored by the Board of Education of the Gouverneur Central School District and open to the general public. Passes may be obtained from the **Superintendent's Office, or call Mrs. Kennedy at 287-4870** if you would like one mailed to you.



*Gouverneur Central School's Athletic
Department is pleased to announce:*

2009 

 Winter Sports
 Sportsmanship 
Pre-Season Meetings  

*Modified—JV—Varsity
Basketball, Wrestling, Boys Swim,
Cheerleading and Indoor Track*

ALL WINTER SPORT

ATHLETES are

REQUIRED to attend.

*Parents of the athletes are
encouraged to attend.*

Please note:

***The 2009 JV/Varsity Fall Sports Awards
will immediately follow this meeting***

from 6:30—7:30 on

Thursday, November 5..

JV/Varsity Meeting

Thursday, NOVEMBER 5 at 6:00

Modified Meeting

Monday, NOVEMBER 9 at 2:00

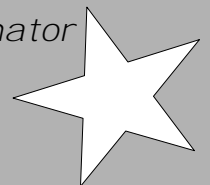
In the High School Auditorium

If you would like more information, contact:

Gouverneur Central School

**ATHLETICS DEPARTMENT
133 East Barney Street
Gouverneur, NY 13642**

*Robert Garofalo, Athletic Coordinator
Bonnie Walker, Secretary
Phone: 315-287-1902*



GHS Teacher and Family Visit Distinguished Author Ray Bradbury

The final weeks of the summer of 2009 proved to be a particularly gratifying time for GHS English teacher Frank Palumbo, his wife Jennifer, and their sons Francesco (13) and Cristiano (11). Not only did the Palumbo family complete a three week train trek across the United States, they were also able to share in events that culminated in meeting Mr. Palumbo's favorite author, Ray Bradbury.

The Palumbos departed from Schenectady, NY, and then travelled to Cleveland, OH (Rock & Roll Hall of Fame, Science and Technology Museum); Chicago, IL (Chicago Art Museum, and a visit to the Windy City's Downtown district); Denver, CO (Denver Zoo, Historic Equitable Building, Coors Baseball Park); Roton, NM (an Old West village); L.A./Glendale/Pasadena/Malibu/Venice, CA (RB book signings, theater performances, and Pacific Ocean activities); Flagstaff, AZ (Grand Canyon hikes, Native American communities and museums, and travels along *Route 66*). Their adventures allowed them to view over 6500 miles of American landscape, including mountains, deserts, and the Great Plains. They met and conversed with people from all regions of the USA and from all corners of the world.

However, the highlight of their journey proved to be meeting Ray Bradbury, the world renowned writer. Mr. Bradbury has been in touch with the Gouverneur English teacher since 1996. Their initial correspondence was established when Mr. Palumbo's ninth and tenth grade classes sent essays to the author relating to his classic science fiction works *The Illustrated Man* and *Fahrenheit 451*. To the English teacher's pleasant surprise, not only did Mr. Bradbury actually respond, but he also forwarded signed books and a large poster from one of his Disney produced movies, *Something Wicked This Way Comes*. Communications have remained constant between the writer and the Gouverneur HS teacher ever since.

Throughout the years, Mr. Bradbury has sent a vast number of autographed books, essays, tapes, and videos based on his life's works. Prior to their meeting this summer, occasional phone calls have been exchanged as well. GHS students in Mr. Palumbo's English classes have continued to share compositions and person messages to Mr. Bradbury when his works are being studied.

On August 22nd, Mr. and Mrs. Palumbo and their sons spent several hours with Mr. Bradbury. An afternoon book signing and an evening of performances based on several of his short stories had been specially arranged to coincide with the celebration of the author's 89th birthday. Present at events held in honor of Mr. Bradbury were many of his closest friends. Literary and stage personalities on hand included: actress Bo Derek, George Clayton Johnson (writer of numerous Twilight Zone TV episodes), William Nolan (Sci-Fi author and RB editor), Michael Prichard (actor and *Books on Tape* audio artist), and Terry Pace (Theater/literature professor - University of Alabama). Mr. Bradbury remains quite busy writing daily, speaking at colleges and libraries, and making appearances to promote his current publications and theater works.

Ray Bradbury has written nearly 500 short stories, 40 books (with themes of science fiction, fantasy, non-fiction, drama, and critical essays). He wrote the scene play for the classic movie of Herman Melville's *Moby Dick*. This project involved two of Hollywood's all time greats and Academy Award recipients, producer John Huston and actor Gregory Peck. A number of years later, the author published *Green Shadows, White Whale*, a collections of stories based on his own adventures in Ireland during the completion on that movie.

Teaching the works of Ray Bradbury has presented Mr. Palumbo countless opportunities to encourage his students through the imaginative and challenging topics Ray Bradbury stories present. The teacher often receives messages and converses with former students who readily recall the Bradbury stories discussed in his English class. The family journey of 2009 afforded Mr. Palumbo the ideal situation for personally expressing his gratitude for the many kindnesses received from Mr. Bradbury over the years.



GHS Teacher and Family Visits Legendary Author Ray Bradbury



Ray Bradbury autographs one of his books for GHS English teacher Frank Palumbo



Ray Bradbury celebrated his 89th birthday on August 22. The Palumbo family met and thanked the author for his countless gifts and letters over the years.

From the Health Office...

Deborah Colton, RN—Head of Health Services (287-1902)

WHEN TO KEEP A CHILD HOME FROM SCHOOL

Sometimes it can be difficult for a parent to decide whether to send children to school when they wake up with early symptoms of an illness or complaints that they do not feel well. There are some situations in which it is best to plan on keeping your child home for a day to rest or to arrange for an appointment with your health care provider. The following are a few such situations that warrant watching or possibly conferring with your health care provider:

- ⇒ **Persistent fever greater than 100.4 orally, including a fever that requires control with medication, like Tylenol.**
- ⇒ **Child is too sleepy or ill from an illness, like vomiting and/or diarrhea, to profit from sitting in class all day.**
- ⇒ **Significant cough that makes a child feel uncomfortable or disrupts the class.**
- ⇒ **Sore throat that is severe, accompanied by fever and/or feeling ill, that persist longer than 48 hours, OR after known exposure to a confirmed case of Streptococcal throat infection.**
- ⇒ **Honey-crusted sores around the nose or mouth, or a rash in various stages including boils, sore and bumps, OR a significant rash accompanied by other symptoms of illness such as fever.**
- ⇒ **Red, runny eyes that distract the child from learning.**
- ⇒ **Large amount of discolored nasal discharge, especially if accompanied by facial pain or headache.**
- ⇒ **Severe ear pain or drainage from the ear.**
- ⇒ **Severe headache, especially if accompanied by fever.**
- ⇒ **Any condition that you think may be serious or contagious to others.**

Remind and show your children to discard used tissues promptly, not to share personal items, to cover their mouths when they cough or sneeze, to keep their hands away from their face and to wash hands thoroughly and often with soap and warm water. Suggest that they silently sing the Happy Birthday song twice while washing their hands.

Finally, if you know your child is still running a fever, it is not a good idea to simply give them Tylenol and send them on to school because as soon as the medicine wears off, you are apt to get the dreaded call from the school nurse to leave work and come to pick up your feverish child. It is better to let them stay home in bed with a fever and take their medications at home until they are off all medicines and ready to learn for a full day in a classroom.

GUIDELINES FOR PARENTS TO CONTROL HEAD LICE

Head lice are parasitic insects that are transmitted by contact with an infested person or item such as a rug, couch or car seat and/or by the exchange of hats, clothing, helmets, headphones, or personal hair items.

As we approach the winter season, it is important to be vigilant both at home and in the school setting.

1. INSPECTING A CHILD'S HEAD FOR LICE AND NITS

Inspect all family members' hair thoroughly, especially in areas close to the scalp at the neckline and behind the ears for lice and nits (head lice eggs). Nits are firmly attached to hair shafts and are usually yellow to white. The adult louse is about the size of a sesame seed and is grayish-white to tan. It may be helpful to use a magnifying glass when inspecting your child's head.

Correct identification of actual nits (head lice eggs) is critical. Anything that slides along the hair shaft is not a nit.

Crawling lice are difficult to see, but finding nits within a ¼" of the scalp confirms the presence of live lice and the need for treatment.

2. TREATMENT FOR HEAD LICE

Permethrin or *pyrethrins* is the active ingredient in most over-the-counter products. Follow the label directions carefully, first washing the hair with a non-conditioning shampoo.

Treat individuals with lice/nits. It is important to apply one treatment per infested person. Do not divide treatments among infested people. Do not treat a second time until at least 7-10 days following the first treatment. Repeat treatments may be dangerous and are unnecessary.

Daily removal of lice and their nits from a child's hair with a nit or flea comb with long metal teeth is the most effective lice control measure. Complete nit combing of the entire head has to be performed every day (dampen hair for easier combing) until no more lice or nits are found. Any nits that cannot be combed out must be removed either by picking them out with the fingernails or snipping the hair above where the eggs are attached. A useful method for nit combing is to part the hair into small sections. After each section is combed, secure each section to keep track of what has been combed.

3. LICE BIOLOGY AND WASHING RECOMMENDATIONS

Lice die quickly (within 2 days) without a human blood meal (off a person).

Nits take 8-10 days to hatch and then about 9 or more days to become adults and lay eggs.

The following may be done to decrease the chance of re-infestation from lice or nits:

- Clothing and bedding may be washed in hot water (130°F) then dried on a hot cycle for at least 20 minutes.
- Items that are not washable may be dry cleaned or put in a sealed plastic bag for two weeks to prevent lice hatched from nits from re-infesting.
- Soak combs, brushes, hair bands, and barrettes in rubbing alcohol for 1 hour, or boil for five minutes.
- Carpets and furniture should be vacuumed.

These measures may decrease re-infestation, but should not be substituted for above treatment.





ABOUT THE SHOW

Now in its **30th** season, *Whiz Quiz* is a proud tradition of academic competition and achievement for WPBS-TV and its broadcast community. High school students in teams of four play match after match until it's down to just one. The program has been around so long that some of the teams' "advisors" or coaches remember their days on a team. Watch Whiz Quiz at 7:30pm, Monday - Thursday, October thru December on WPBS-TV.

Whiz Quiz is made possible by Corporate Support from the following organizations



Scholarships awarded on Whiz Quiz are provided in part by [The Watertown Noon Rotary Club](#) and [The Ogdensburg Rotary Club](#)

2009 Whiz Quiz Broadcast Schedule Each match begins at 7:30pm

(Except for 1 hour matches)

Monday	10/12/09	Sackets Harbor vs. LaFargeville
Tuesday	10/13/09	Carthage vs. Edwards-Knox
Wednesday	10/14/09	Thousand Islands vs. Lyme
Thursday	10/15/09	General Brown gets a bye
Monday	10/19/09	Massena vs. Norwood-Norfolk
Tuesday	10/20/09	Hermon-Dekalb vs. St. Lawrence Cnt.
Wednesday	10/21/09	Sandy Creek vs. Beaver River
Thursday	10/22/09	Franklin Academy vs. Indian River
Monday	10/26/09	Heuvelton vs. Ogdensburg
Tuesday	10/27/09	Copenhagen vs. Colton-Pierrepont
Wednesday	10/28/09	Gouverneur vs. Morristown
Thursday	10/29/09	Alexandria vs. South Lewis
Monday	11/02/09	South Jefferson vs. Lowville
Tuesday	11/03/09	Canton vs. Belleville-Henderson
Wednesday	11/04/09	Madrid-Waddington vs. Lisbon
Thursday	11/05/09	Watertown vs. IHC
Monday	11/09/09	Playoffs Begin (through 12/8/09)
Thursday	12/09/09	U.S. Championship (1 hour) 8 PM



Whiz Quiz is celebrating it's 30th Season!

Were you a part of a team, a judge or an advisor?

We want to hear from you!

Contact Cari McAvoy at:

CMcAvoy@wpbstv.org

Or call 782-3142 x314 to share your story, photos ... or a video of your Whiz Quiz experience.

For more information visit the website at: <http://www.wpbstv.org/Edu-WhizQuiz.htm>



Traffic Safety News

Volume 6 Issue 1

80 State Highway 310, Suite 1, Canton NY 13617-1493
Phone: 315-379-2306; E-mail: mdavison@stlawco.org

Fall 2009

Funded by the National Highway Traffic Safety Administration with a grant from the Governor's Traffic Safety Committee

WALK TO SCHOOL

Health experts are sounding the alarm about the "obesity epidemic" that is occurring in the United States. According to the Centers for Disease Control, the percent of overweight children aged 6 to 11 years has more than doubled during the past 30 years. This is in part due to inactivity, as nearly half of US youth aged 12-21 years are not vigorously active on a regular basis.



One way to increase physical activity is to find ways to incorporate movement into everyday activities. "Walk to School" programs are a great way for children to integrate exercise into their school routine. Where safety is an issue, or for young children, students can form a regular walking group. In the "Walking School Bus" or "Bike Train" models, groups of children walk or bike

together to and from school. Parents organize adult supervision of the walkers, often by taking turns accompanying the children to and from school. Even youngsters who live too far to walk the whole way to school every day can find ways to participate. Parents can drive most of the way to school, but drop off children at a prearranged spot to either continue in their own group, or to join an existing group of walkers.

Even when walking every day is not practical, students can often participate in special "Walk/Bike to School" events. This year Wednesday, October 7 is International Walk to School day, when all are reminded of the benefits of going car-free en route to school.

Safety

One of the safety benefits of a Walk to School program is simply the decrease in traffic congestion during arrival and dismissal. Walking to school is also an opportunity for parents to observe and teach children safe pedestrian behavior.

Children should be taught to always stop at the curb and look "left-right and left again" to watch for cars in both directions. Adults should reinforce that it is always safest to cross at a marked crosswalk or intersection rather than mid-block. NY state law states that you "must" walk on the sidewalk where there is one, and if the sidewalk is blocked, you should walk **facing** oncoming traffic.

The Safe Routes to School web site advises that bicycle trains are best suited for older elementary children, and that all participants (including the grownups) wear helmets when riding. They recommend a higher level of adult supervision than for walkers, with one adult for



every three to six children. They also promote practice sessions to train the children in bike handling skills and rules of the road before the bike train travels together.

Drivers of vehicles **and bicycles** must yield the right-of-way to pedestrians in crosswalks and at all intersections. They should use care to avoid blocking the crosswalk or driveways, alleys, etc. It is against the law to pass a vehicle that has stopped to allow a pedestrian to cross.

Speed matters

Even relatively small increases in vehicle speed have a huge impact on pedestrian survival rates. A person struck at 20 mph has an estimated 95 % survival rate, but one struck at 40 mph has only a 10 % chance of surviving the impact.

For more information about these issues, please contact Mary Davison at mdavison@stlawco.org or by phone at 315-379-2306.

More Facts

- ◆ YOUNG PEOPLE AGED 2-17 YEARS SPEND AN AVERAGE OF 4.7 HOURS OF SCREEN TIME PER DAY, OF WHICH ABOUT 2.5 HOURS IS WATCHING TELEVISION. (MEDIA IN THE HOME, ANNENBURG PUBLIC POLICY CENTER, 2000) (CITED IN CDC WEB SITE)
- ◆ ABOUT 14% OF YOUNG PEOPLE REPORT NO RECENT PHYSICAL ACTIVITY. (SOURCE: CDC WEB SITE)
- ◆ PEDESTRIANS REPRESENT 10% OF HIGHWAY FATALITIES IN ST. LAWRENCE COUNTY (INSTITUTE FOR TRAFFIC SAFETY RESEARCH MANAGEMENT, 2007 STATS)

Booster Seat Law Extended to Age 8

Starting in November, New York State's booster seat law will better protect young children in motor vehicles. Currently, only four, five, and six-year-olds are required to use a booster seat or other appropriate restraint. However, most safety experts believe that booster seats should be used until the child is about 4'9" tall and weighs about 80 pounds. According to standard growth charts, most seven-year-olds are still well within those parameters.

Seat belts alone don't protect young children. Because they are designed for adults, the lap belt rides up over the child's abdomen, and the shoulder belt crosses the child's face or neck, increasing the potential for injury. Booster seats are designed to help the lap and shoulder belts to cross the bones over the child's pelvis, chest and shoulder. The Children's Hospital of Philadelphia found that children from 4-8 years old who use

booster seats are 60 percent safer than those who ride using seat belts alone.

Lawmakers decided to amend the law to make it more consistent with the safety recommendations, and



have extended the requirement for booster use until age 8. New York will still require that children be *properly* restrained in motor vehicles. Booster seats must be used with both a lap *and* shoulder belt. If the child has behavior issues, parents may want to consider using one of the seats that have a harness rated to 50 or more pounds.

The St. Lawrence County Traffic Safety Program advises that for best protection, parents also follow the "5-step test" for determining if children should be in booster seats past age 8.

The 5-Step Test

1. Does the child sit all the way back against the auto seat?
2. Do the child's knees bend comfortably at the edge of the auto seat?
3. Does the belt cross the shoulder between the neck and arm?
4. Is the lap belt as low as possible, touching the thighs?
5. Can the child stay seated like this for the whole trip?

If you answered "no" to any of these questions, your child needs a booster seat to make both the shoulder belt and the lap belt fit right for the best crash protection!

(source: Safety Belt Safe USA)

TEXTING Update

In the Late Spring 2008 issue of Traffic Safety News, it was mentioned that legislation to outlaw behind-the-wheel texting was pending in New York State. Governor Patterson recently signed into law a "texting while driving" bill. As of November 1, 2009, it will be illegal to send or receive text messages or data from any hand-held device (including cell phones, PDAs and laptop computers) while operating a motor vehicle. The ban is a "secondary" law, meaning that you can only be cited if you have apparently violated some other law, such as speeding or failing to wear a seat belt. Penalties for those who are convicted are up to 150 dollars. The law also will make changes to the graduated licensing law for young drivers that will become effective early in 2010. Details of those changes will be discussed in a future issue of this newsletter.

The risks of texting while walking have also been in the news this summer. MSNBC reported that a young pedestrian who was apparently focused on her phone screen, actually fell into an open manhole. Although reportedly there were no warnings or cones nearby to mark the area, news sources indicated that the pedestrian's inattention to her surroundings was a factor in the incident.



"Texting Teen Falls Down Manhole" - MSNBC 7/13/09



Solutions to Your Questions:

- 1. Are You Looking for Child Care?**
- 2. Do You Have a Family Member or Friend Providing Care?**
- 3. Need Assistance Paying for Child Care?**
- 4. Looking to Start a New Career or Make a Career Change?**

Our staff would be happy to assist you in finding the quality child care you need in your area. We can pre-qualify you to see if your family meets the income guidelines and other requirements to receive assistance through the Subsidy Program. Did you know that the grandparent, aunt or next door neighbor who is currently providing care can also get paid through this Subsidy Program if you qualify?

Have you thought about making a career change? Have these tough economic times put a crimp in your finances? We are currently recruiting new providers in your school district. Do you think you have what it takes to provide a fun, safe and nurturing day care program in your home? Contact our office to speak with one of our registrars to get the information you need to make a decision. Call us today!

St. Lawrence Child Care Council
318 Ford Street
Ogdensburg, NY 13669

2009 Subsidy Program Income Guidelines

Family Size	Income
1	\$21,660
2	\$29,140
3	\$36,620
4	\$44,100
5	\$51,580
6	\$59,060
7	\$66,540
8	\$74,020

Each additional member, add \$7,480

School Closing Due to Inclement Weather or Other Emergencies

It is that time of the year when the need to close or delay school due to weather conditions becomes a reality. There also may be times when it is necessary to release students before regular dismissal time. In the event of a delayed opening or school closing, the announcements are broadcast on the following radio and television stations:



FM Radio Stations:

PAC 93
Z-93
Oldies 95.3
YES 96.7/98.7
Froggy 97
99 Hits FM
Real Rock 100.7
101.5 The Fox
QCountry 102.9
Magic103.1/104.1/104.3
The Border 106.7/102.7
WSLU North Country Public Radio

AM Radio Stations:

WTNY 790
WATN 1240
WMSA 1340
WSLB 1400
ESPN 1410
WPDM 1470

Local television channels:

WWNY Ch 7
WKL Ch 24
FOX 28
WWTI Ch 50
Time Warner Cable News10Now

If school is open but you determine that conditions are too severe to send your child, please contact the school to inform us of his/her absence. When a decision is made to close school, all after school activities scheduled are also cancelled. Generally speaking, once school and classes are underway, we make every effort to maintain the students in school for the entire day. In the rare event when an emergency situation forces us to send students home prior to the end of the instructional day, we will attempt to communicate with parents by informing the radio and television stations of the emergency closing.

