



# PATRIOT

SMEN

VOLUME 32, NO. 1

SEPTEMBER 2024

## Elementary Summer Program



This summer our PreK-5th grade students sharpened their academic skills all while having fun in the sun with their friends. We had an ice cream stand in PreK, camping fun in Kindergarten, Olympic games, glow in the dark slime, volcanoes erupting, airplane races and so much more. We can't forget our fun filled day with water games and our Christmas in July celebration on our last day together with guest appearances by Olaf, The Grinch and Santa himself. We all had a great time and we can't wait to see everyone back in September to make more fun memories.



# WELCOME *back to* SCHOOL

## Superintendent's MESSAGE

**Dear Parents, Caregivers, and Community Members,**

As we prepare to welcome a new school year, I am delighted to share that our maintenance team has done a fantastic job getting the school ready, evident in the gleaming floors! Our summer programs were a hit, with many students expressing their enthusiasm to keep the fun going.

**We have several events planned for September to kick off the school year:**

- Grade 7 and Grade 9 Orientation: Tuesday, September 3 at 6:00 PM (Grade 7) and 7:00 PM (Grade 9)
- PK/Kindergarten Orientation: Wednesday, September 4 from 1:30 to 2:45 PM
- Electronic Devices Public Forum, Wednesday, September 11 at 6:00 PM
- Open House for All Students (PK-12): Thursday, September 26 from 6:00 to 7:00 PM

We encourage you to attend these events with your children and to meet our new faculty and staff at the Open House. To stay informed about upcoming events, please refer to the flippie calendar that was mailed home in August.

Enjoy the remaining days of summer, and we eagerly anticipate welcoming our students back on Thursday, September 5th. We look forward to seeing their smiling faces!

Warm regards,  
**TheriJo Snyder**  
Superintendent

### Middle School Summer Enrichment Program Summary

This summer program arrived and is somehow already over. Our middle school students will agree that our month together went by quickly—but time flies when you are having fun. That's just what our program is about—fun learning. From our creative writing workshop at Glimmerglass State Park, creating our own countries, learning how to play sudoku and making boats to race—our students saw that learning can be different and fun. Along with this students reviewed core subjects and ideas, as well as learning middle school expectations and routines.

Thank you for the opportunity to spend time with your students. We truly enjoyed our time with them.





## School Based Health Center Update

Cherry Valley-Springfield Central School District is proud to share that our new School-Based Health Center (SBHC) has had a great first school year. For those families who may still be undecided about whether our SBHC is the right fit for your student and family please read on.

First, although providing primary and preventive medical, dental, and mental health services right in the school is a new concept for many of us in this district, it's a tried-and-true healthcare model. The benefits of enrolling your child in School-Based Health are broad. Perhaps the most basic is the convenience: parents don't need to use personal time or lose work hours to drive students to appointments for regular checkups, follow-ups, mental health counseling, or dental work. Perhaps the most important is the cost savings. The SBHC will bill students' health insurance for all services provided, including physical examinations, but no family will ever have to pay out-of-pocket for any service provided at the SBHC. Any additional costs not covered by insurance are covered by the School-Based Health Program. If your child already has another pediatrician, the SBHC team can also work with that practitioner if care is needed in school.

There are other benefits that, for some families, can be the most important. Students attending health appointments using a hall pass rather than a half-day absence from school helps reduce the academic impact of an illness or injury. Bassett also has telehealth arrangements with pediatric specialists at the University of Rochester who can help treat rare cases of illness—asthma, for example—making specialized appointments much easier to arrange.

Whatever enrollment choice you make, remember that our SBHC will be able to handle various needs—like physical exams needed for sports or working papers—regardless of whether or not a student is enrolled. Plus, our school nurse's office will still be available for all the services it is now.

School-Based Health Centers begin teaching children about the importance of good health habits and responsibility that lasts a lifetime. We are pleased to partner with Bassett Healthcare Network to offer this critical service to you and your family!

Want to enroll your child? Call 607-695-1450 to request an enrollment package be mailed to you at home or stop and visit in-person.

Learn more about Bassett's School-Based Health Program by visiting [Bassett.org/SBH](http://Bassett.org/SBH) or calling toll-free at 844-ALL-SBHC (844-255-7242).

## Arrival/Dismissal

We will use three entrances for students at arrival. Doors will open at 7:50 AM and students will be dismissed from the buses at 7:50 AM. PK-6 students will use the elementary entrance, grades 9-12 will use the main entrance and grades 7/8 will use the District Office entrance. Elementary breakfast change: Breakfast carts will be in the K-2 and 3-6 wings for students to pick up their breakfast and take to their classroom to eat. PK will have breakfast delivered to their classroom. Students in grades 7-12 will pick up breakfast from the cart and eat in their classroom.

Dismissal for PK-6 students will be approximately 2:40 PM and the bell for grades 7-12 will be at 2:45 PM. Our goal is for the buses to pull out of the parking lot at 2:50 PM.

Reminder to parents/caregivers who are dropping off or picking up students in the drop off circle. Please do not get out of your car. We need to keep traffic moving so it does not get backed up.

## Health Office News

### Physicals

New York State Education Law, Article 19 and Regulations of the Commissioner of Education require physical examinations of public school students for the following:

- Students entering Grades Pre-K, K, 1, 3, 5, 7, 9 and 11
- New students entering the school
- All athletes
- Students requesting working papers
- Students being evaluated or reevaluated who are suspected of or have a disability.

Please note: physicals are valid for one year only and must be within one year of the start of the school year for grade level physicals, one year from the date of entry into the school for new students, one year from the start of the sports season for athletes and one year from applying for working papers.

Please provide a copy of your child's most recent physical or ask your provider to fax a copy to 607-203-3772. Students can also obtain a physical by enrolling in the School Based Health Center. Physicals not done by a family provider can be arranged with the School Medical Director by contacting the School Nurse at 607-264-3265, ext. 514.

### Immunizations

Students who are not in compliance with New York State immunization requirements are not allowed to attend school beyond 14 days. Please contact Mrs. Meehan RN, School Nurse at 607-264-3265, ext. 514 with any questions.



Golf Foursome - 4 Person Scramble **\$400/team**  
(Discount for Canjo Country Club Member)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**4 Person Scramble includes:**

- 18 holes of golf and cart
- Buffet Dinner and Beverages
- Skins
- Closest to the Pin
- Gift Bags
- \$25,000 Prize for Hole-in-One

Please return this completed form with a check payable to "CV-S Athletic Booster Club"

Cherry Valley-Springfield CSD Attn: CV-S Athletic Booster Club  
PO BOX 485 Cherry Valley, NY 13320



# News & Notes

## Mark Your Calendars

### SEPTEMBER

- |                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>3 Grade 7 Orientation at 6:00 PM</li><li>Grade 9 Orientation at 7:00 PM</li><li>4 PK &amp; K Orientation 1:30 PM</li><li>5 First Day of School</li><li>11 Electronic Devices Public Forum, 6:00 PM</li><li>26 Open House 6:00-7:00 PM</li></ul> | <ul style="list-style-type: none"><li>• Students in grades 7-12 may view their schedule under their SchoolTool account. Students will receive an updated schedule when they arrive at school the first day.</li></ul> <hr/> <ul style="list-style-type: none"><li>• Some of the beginning of the year paperwork will be sent out through ParentSquare. If you cannot complete online please request the paperwork through your classroom teacher or call the Main office at 607-264-3265, ext. 220.</li></ul> <hr/> <ul style="list-style-type: none"><li>• Bus routes were printed in the Calendar that was mailed home in August.</li></ul> <hr/> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
- 
- We are a CEP (Community Eligibility Provision) school again which means ALL students receive free breakfast and lunch.
- 
- School Supply lists are on the website under News & Updates
- 

## Personal Electronic Devices

On a national, state and local level there has been an alarming increase in mental health concerns facing our children due to the impact of cell phones and social media. After careful consideration, we have decided as a District to ban the use of all personal electronic devices including but not limited to cell phones, smart watches, tablets and earbuds. The ban will take place from the time students enter the school building until they leave the building at the end of their school day. This will go into effect on September 20, 2024.

This decision is driven by our commitment to enhance the academic environment and overall well-being of our students. There have been significant advances in smartphones, smartwatches, apps, earbuds, artificial intelligence and wifi technologies in the past few years. The increased use and exposure to these has coincided with an increase in anxiety, depression and emotional isolation, as well as a decrease in focus, physical activity and face-to-face social interaction. These variables have resulted in lower academic achievement, an impaired ability to resolve conflict, and fewer students participating in sports, clubs or other extracurricular activities.

### **Banning the use of personal electronic devices promotes:**

- Increased Focus and Academic Performance
- Increased Physical Activity and Face-to-Face Social Interaction
- Improved Mental Health and Social-Emotional Wellbeing

### **Specific details of the implementation and enforcement of this policy will be available in our Student Handbook and attached guidelines. The protocol will include:**

- Student personal electronic devices in grades 7-12 will be placed in a Yondr pouch. Each student will be assigned a pouch.
- Students in grades PK-6 will keep any personal electronic devices in their backpacks.

### **Emergency Situations:**

In case of emergencies, parents and guardians can contact the main office. We will ensure that messages are promptly delivered to students. Additionally, students will still have access to the office phone if they need to contact their parents/home.

We are aware this change may be challenging. The use of technology has become an addiction for many students. Our counseling team will be available to provide support for those who may struggle with this adjustment.

To address any questions or concerns you might have, we will be hosting a public forum on Wednesday, September 11, at 6:00 PM in the auditorium. We encourage you to attend this forum to discuss the policy and its implications in more detail.

We believe that this policy will contribute to a more positive and productive school environment, ultimately benefiting our students' academic performance and mental health. We appreciate your support and cooperation in this matter. Together, we can create a better learning environment for our children.

Our (CEP) Community Eligibility Program entitles every student to a free breakfast and lunch every school day



# SEPTEMBER 2024

## Cherry Valley-Springfield Central School

Offer vs. Serve  
Cafeteria must offer all 5 meal components  
Students **MUST** choose a fruit or vegetable & at least 2 other components (Total of 3)  
Students may choose up to all 5 components.

### Monday

No School

### Tuesday

No School

### Wednesday

No School

### Thursday

New York State Hot Dog  
Whole Grain Bun  
Baked Beans,  
Corn on the Cob  
Watermelon, Milk

### Friday

Boneless Chicken Wings  
Assorted Sauces  
Whole Grain Roll  
Baby Carrots, Celery  
Fresh Fruit, Milk

Chicken & Cheese Wrap  
L.T.O.P.  
Baked Lays  
Peaches  
Milk  
\*Daily Sub Station Starts\*

Baked Mozzarella Sticks  
Marinara Sauce  
Garlic Bread  
Romain Salad  
Fresh Fruit, Milk

Ham & Cheese on Pretzel Roll  
L.T.O.P  
Celery/Cucumber Slices  
Fresh Fruit, Milk

Chef Salad w/ Ham, Turkey &  
Cheese, HB Egg, Tomatoes,  
Lettuce, Olives  
Whole Grain croutons  
Pears Milk

Pepperoni or Cheese Pizza  
Whole Grain Crust  
Baby Carrots/Red Peppers  
Fresh Fruit, Milk

Turkey & Cheese Wrap  
L.T.O.P.  
Baby Carrots, Broccoli Salad  
Fresh Fruit, Milk

Beef & Cheese Nachos  
WG Tortilla Chips  
Salsa, Sour Cream, Lettuce  
Black Bean Corn Salad  
Fresh Fruit, Milk

Crispy Chicken Sandwich  
WG Bun, Special Sauce  
L.T.O.P.  
Waffle Fries  
Fresh Fruit, Milk

Hamburger/Cheeseburger  
w/ NYS Beef  
Whole Grain Bun  
L.T.O.P  
Pasta Salad  
Fresh Fruit, Milk

**Brunch for Lunch**  
French Toast, Hashbrown,  
Sausage Links  
Applesauce  
Milk

Cheese Filled Breadstick  
Marinara Sauce  
Baby Carrots, Red Pepper  
Salad Dressing  
Fresh Fruit, Milk

Fishsticks w/ Tartar Sauce  
Whole Grain Roll  
Baked French Fries  
Coleslaw  
Fresh Fruit, Milk

Chicken & Cheese Quesadillas  
Seasoned Black Beans,  
Salsa, Sour Cream, Lettuce  
Fresh Fruit, Milk

NYS Meatballs w/  
Marinara & Mozzarella  
Whole Grain Roll,  
Romaine Salad  
Fresh Fruit, Milk

Buffalo Chicken/Cheese Pizza  
Whole Grain Crust  
Sliced Cucumbers  
Black Olives, Green Peppers  
Fresh Fruit, Milk

Herb Roasted Chicken  
Whole Grain Roll  
Baked Potato w/ Sour Cream  
Fresh Fruit, Milk

Our school is participating in the NYS Farm to School Initiative.  
A majority of our fruits and vegetables are coming from local farms, such as Limespring Farm and Dream Weaver Farms.

**Alternative Entrée's offered Daily**  
Peanut Butter & Jelly  
Yogurt & Cheesestick  
Salad Bar



## Calendar

The 2024-25 Calendar was mailed to families in August. Important dates have been included on the calendar along with pertinent information.

We will continue to use Schedule Galaxy for Athletic practices and games, [www.schedulegalaxy.com](http://www.schedulegalaxy.com). You can sign up for alerts such as cancellations and rescheduled games.

## Athletic Booster Club

The Athletic Booster Club meets the second Monday of each month at 7:00 PM in the cafeteria. We are always looking for new members to join the booster club. Events such as the Patriot Open golf tournament, Basket Bingo, 50-50 raffles at basketball games, and concession stand when needed, are a few of our fundraisers. 100% of the money raised goes back to the athletes. We also have our line of apparel. We sell Patriot t-shirts, sweatshirts, long sleeved shirts, etc. We will also have sport specific clothing (soccer, basketball, softball, baseball and track & field).

We will be adding our online store this fall. We are looking for new ideas and members to help support our athletes. Our next meeting is September 9. We hope to see you there! Here are our additional meeting dates: 10/21, 11/12, 12/9, 1/13, 2/10, 3/10, 4/21, 5/12, 6/9.

## Cherry Valley-Springfield Central School CONTINUING EDUCATION COURSES

(607) 264-3265, ext. 518  
**FALL 2024**

We are gearing up for Fall 2024 Continuing Ed classes. Already scheduled are an AARP Smart Driver Class (October 19), two Basket Weaving classes (September 21 & October 19), Karate (September 17 & 19), and Pickleball (September 23). Other classes (Cricut Workshops, Glass Etching, Sewing, etc) are in the works.

If there is a class you'd like to see us offer or might be interested in teaching a class, please email or call PJ Johnson at [pjohnson@cvsd.org](mailto:pjohnson@cvsd.org) or (607) 264-3265, ext. 518.



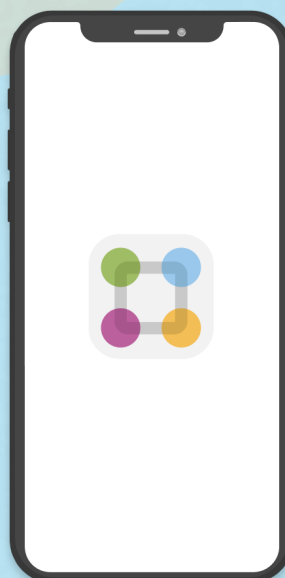
## ParentSquare

We will continue to use ParentSquare as our mode of communication. This unified communication platform is designed to keep parents and caregivers informed and encourage greater engagement and connection with CV-S. It provides a safe way for superintendent, principals, teachers, staff, and parents to:

- Send and receive school and class information
- Share pictures and files
- See calendar items—New this year!
- Paperwork—New this year!
- Receive progress reports and reports cards—New this year!

All district and school, grade level and classroom information will now be sent to your computer or phone via email and/or text. For even more convenience, download the ParentSquare app (available for free for iOS and Android devices).

Have questions? Click the question mark in the top right corner of the desktop version or the Help tab on the app (tap the triple bar icon at the top left) to find answers to most of your questions.



## Download the ParentSquare mobile app

Send and receive  
school communications  
on the go



# IMPACT OF PHONE-FREE SCHOOLS

Studies, legislation, feedback, and survey results underscore the impact of phone use on adolescents.



## SURGEON GENERAL WARNS THAT SOCIAL MEDIA MAY HARM CHILDREN AND ADOLESCENTS

The report by Dr. Vivek Murthy cited a "profound risk of harm" to adolescent mental health and urged families to set limits and governments to set tougher standards for use.

The nation's top health official issued an extraordinary public warning on Tuesday about the risks of social media to young people, urging a push to fully understand the possible "harm to the mental health and well-being of children and adolescents."

## MENTAL HEALTH



A cross-sectional study of almost 500 adolescents (age = 11–15) found a **positive association** between **social media use and poorer sleep quality, anxiety, and depression**; this association was even more pronounced for adolescents who had higher levels of emotional investment in social media.

Social Media Use and Display of Depressive Symptoms Online by Adolescents and Young Adults

The mere presence of **smartphones diminishes the attention resources** for engaging with the task at hand. Defined and protected periods of separation from devices are recommended to reduce interruptions and to increase available cognitive capacity.

Adrian Ward, et.al., "Brain Drain," *Journal of the Assoc. for Consumer Research*, 2017



## ACADEMIC PERFORMANCE & BEHAVIOR

- After a ban on phones in high schools, students in the lowest quartile improved by 14.23% of a standard deviation.
- Banning cell phones could be a low-cost way for schools to address educational inequality.

Beland and Murphy, "Ill Communication," *London School of Economics*, 2015



An observational study of middle school, high school, and college students shows how easily young people are distracted by technology... Observers recorded minute-by-minute activities over a 15-min period and found that participants averaged less than 6 min on their main task before being distracted by technology such as checking their social media and texting with friends.

Media Multitasking and Cognitive, Psychological, Neural, and Learning Differences



"Rates of teen depression and suicide have skyrocketed since 2011. It's not an exaggeration to describe iGen as being on the brink of the worst mental-health crisis in decades. Much of this deterioration can be traced to their phones."

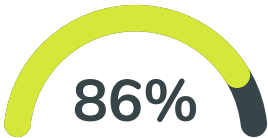
- Jean M. Twenge, The Atlantic (2017)  
Have Smartphones Destroyed a Generation?



## LEGISLATION

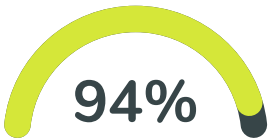
Since 2018, all legislation highlights mental health as the main concern when focusing on cell phone use and adolescents. The impact is global and so is the growing conversation.

California, France, Australia, Canada, Israel and China have all passed legislation to limit or prohibit student cell phone use.



86% of school leaders indicated that parents would support a policy limiting cell phone use during the school day.

"Cell Phone Use Policies in US Middle and High Schools,"  
JAMA Pediatrics, 2021

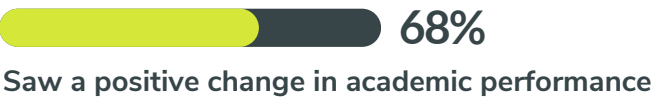
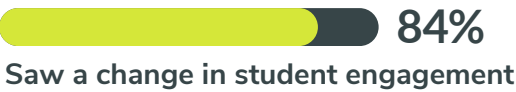


Of teachers identified more teaching and learning time in their classrooms after implementing Yondr

Wyong HS: 2021 Yondr Impact Study

## YONDR'S IMPACT

We received responses to our annual surveys from **over 1,200 school partners**, and after implementing the Yondr Education Program:



Of our most recent impact survey of over 370 of our school partners: **86% saw a positive impact in student safety and wellness.**

...

"The changes have already been profound. There's so much more joy and interaction, and I can't count the number of parents who have asked me, 'How do I buy this for my home?'"



"We **reclaimed the classroom learning environment**. Kids spoke to one another in the cafeteria. We had two lockdown situations and without student phones we were able to deliver critical info to families without misinformation being spread. We also keep the **building more secure and calm because of it**. My CEO said it was her most important purchase of the year."

— Mariana Bracetti Academy Charter HS, New Jersey

# SCHOOL BUS SAFETY TIPS

## School bus transportation is safe.

In fact, buses are safer than cars! Even so, last year, approximately 26 students were killed and another 9,000 were injured in incidents involving school buses. More often than not, these deaths and injuries didn't occur in a crash, but as the pupils were entering and exiting the bus.



**STAY AWAY** from the bus until it comes to a complete stop and the driver signals you to enter.

**HAVE A SAFE PLACE TO WAIT** for your bus, away from traffic and the street.

**KEEP A SAFE DISTANCE** between you and the bus. Also, remember that the bus driver can see you best when you are back away from the bus.

**BE AWARE** of the street traffic around you. Drivers are required to follow certain rules of the road concerning school buses, however, not all do.

**WHEN BEING DROPPED OFF,** exit the bus and walk ten giant steps away from the bus.

**USE THE HANDRAIL** to enter and exit the bus.

***PROTECT YOURSELF AND WATCH OUT!***