Go Green in 2017!

Dear Families,

During a speech at an international summit on climate change in 2014, UN Secretary-General Ban Ki-moon said, “There is no Plan B, because we do not have a planet B.”

He’s right—and the time for action is now. We share Earth together, so each of us has a responsibility to protect the environment for future generations. We can start by making small changes at home, teaching our children to respect nature, and incorporating the three R’s (recycle, reduce, reuse) into our daily lives.

Here are some other simple ideas to help make this year an eco-friendly one!

**Eat a meatless meal once per week (or more often)**

Adjust your diet to include plant-based foods more often. This reduces your carbon footprint and helps conserve natural resources. Start with one vegetarian meal a week or participate in “Meatless Mondays,” an international campaign to not eat meat for one entire day each week.

**Right-size your meal to avoid food waste**

Controlling portion sizes is great for your personal health and the environment. Use smaller dishes during meals, try not to eat directly out of the bag or carton, and practice the Japanese food philosophy of *hara hachi bu* (eating until you’re 80 percent full).

**Opt for reusable containers instead of disposable ones**

Styrofoam containers are harmful to the environment and can’t always be recycled. Several major cities, including New York City, have banned foam materials. Choose reusable water bottles and pack your lunch in Tupperware or other more eco-friendly containers. Got takeout? Rinse the container and then recycle it.

**Rethink how you rinse produce**

It's always a good idea to rinse off your fruits and vegetables before consuming them. Instead of cleaning them off under running water, fill a bowl and then wash your produce in that. Once you're finished, pour the leftover water on your houseplants or garden.

**Tap into the power of tap water**

In the Rochester area, we’re able to take advantage of the city’s award-winning water supply, which is primarily drawn from Canadice and Hemlock lakes. Studies have shown that most bottled water is no cleaner than tap water, and in fact many bottled waters are from municipal sources. And, of course, opt for reusable water bottles instead of drinking from disposable plastic bottles.

Sincerely,
Pearl Tokar
DATES TO REMEMBER

February

February 1  On line registration begins for Cub Care Zone – please call (585) 359-7806 if you have any questions about registration - see more information about the program in this newsletter.
February 2  Groundhog Day
February 6-14  Valentine Craft Sale
February 8  Preschool Story Time - 9:45 a.m.
February 12  Abraham Lincoln’s birthday
February 13  Parent Music Program with Michelle – 11:15 a.m. room 114
February 14  Valentine parties for children in their classrooms
               Arts and Crafts Night – grades K-5th – 6:30 p.m. – gymnasium – please call to register at 359-7915.
February 20-24  No school – February recess
February 20  Presidents’ Day
February 21, 22, 23  Open swim at the High School – 1:30-2:30 p.m. and 2:30-3:30 p.m.
February 22  George Washington’s birthday
February 27  Classes resume

March

March 2  Dr. Seuss’ birthday
March 6-11  National Foreign Language Week
March 6, 20  Parent Music Program with Michelle – 11:15 a.m. room 114
March 8  Preschool Story Time 9:45 a.m.
        Nacho Sale to benefit the Even Start Program Scholarship Fund
March 12  Daylight Savings Time Begins – Turn your clocks ahead one hour.
March 12-17  Used Book Sale
March 17  Happy St. Patrick’s Day
March 20  First Day of Spring
March 22  Popcorn Sale to benefit the Even Start Program Scholarship Fund

R-H Cub Care Zone
Universal Pre-Kindergarten (UPK) Extended Care is available to all pre-school students who attend UPK at the Rush-Henrietta School District’s program site.
Before and after care is provided for students enrolled in the morning or afternoon UPK classes at this location.

Visit the R-H Cub Care Zone website at www.rhnet.org and clicking Cub Care Zone under Quick Links on the left hand side of the page and see what other programs we offer.
Did you know that . . . .

♦ February 14 is St. Valentine’s Day in the United States? This is not a legal holiday, but it is a very well-celebrated day in our country. It is a special time for people to say “I Love You” to those they really care about. Traditional celebrations include: sending Valentine cards; giving chocolate, candy, flowers and jewelry; going out for dinner; dressing in pink and red. Schools are not closed on Valentine’s Day. School children usually have a Valentine’s party and give each child in their class a small valentine. They eat heart-shaped cookies.

On Valentine’s Day there are many engagements (to be married) and also many weddings. It is the most romantic holiday of the year. Happy Valentine’s Day.

♦ the Even Start program will celebrate its 25th Birthday in May? We are looking for current and former students to write an essay about their experience. Please give your essay to your teacher or email it to Kim Fiscus at kfiscus@rhnet.org.

♦ you can register your child beginning in March to attend Even Start classes in September? See Linda McGory in room L2 (library) for registration information.

♦ there is no school February 20-24? It is February recess.

♦ February is Dental Health month and National Bird Feeding month?

♦ all children need warm coats, hats, and mittens every day at school? We take the kids outside every day weather permitting.

♦ applications for Universal Pre-Kindergarten beginning in September 2017 were mailed out. You can call Denise Ambrose, Universal Pre-Kindergarten Coordinator, at (585) 359-7914 if you don’t receive one by February 1st.

♦ February 20th is President’s Day? We honor Presidents Lincoln and Washington that day.

♦ that we are feeding the birds with the students? If you would like to donate birdseed or a birdfeeder please give it to your child’s teacher.

Reminders from the office of the Even Start Program …

♦ If you need a statement of what you paid for your child’s tuition during 2016 for income tax purposes, please see Linda in room L2 (library). You will receive a statement with a week of the time you request it.

♦ For children who will be four by December 1, 2017, we are now accepting applications from Rush-Henrietta district residents for the free Universal Pre-Kindergarten program for September.

Presidential Facts

Did you know that…

♦ Andrew Jackson was the first president to ride in a train?

♦ Martin VanBuren was the first president born an American citizen? All presidents before him were born in the British colonies.

♦ the only president to be unanimously elected was George Washington (1732-1799). He also refused to accept his presidential salary, which was $25,000 a year.

♦ Lincoln Logs are named after Abraham Lincoln and the log cabin where he was born. John Lloyd Wright, son of famous architect Francis Lloyd Wright, invented them.

♦ George Washington never lived in the White House. The capital was actually located in Philadelphia and other cities when Washington was president. He is also the only president who didn’t represent a political party.

“Whatever you are, be a good one.”
— Abraham Lincoln
How to say “I love you…….”

The Even Start Program is a culturally diverse program, with students representing as many as 30 to 40 countries in any given year. We thought you would like to know how people say “I Love You” around the world. If you would like to add to this list just send me an email ptokar@rhnet.org, let your child’s teacher or adult literacy teacher know. Thank you.

* Laotian people say “Koi Huk Jao” or “Koy Hak Joa.”
* Hindi (India) people say “Main tumse pyaar kari hoon.”
* Vietnamese people say “Em yeu anh.”
* Spanish people say “Te amo” or “Yo te amo.”
* Arabic people say “Ana Ohepek.”
* Chinese people say “Wo ai ni,” although one student said that is only for a man and woman in love.
* Turkish people say “Seni Seviyorum.”
* Kurdish people say “Az ta hazdikima.”
* Urdu (Pakistan) people say “Mujay tum say pyaar hai” or “Mujhey tum say Muhabbat hai.”
* Greek people say “S’agapo!”
* Korean people say “Sa lang hae Yo” or “Sa Lang He.”
* Portuguese people say “Eu te amo.”
* Japanese people say “Aishiteimasu” or “Watashi wa Anata.”
* Malayalam (India) people say “Njan ninne snehkkunnu.”
* Ukrainian people say “Ya kohaiu tebe.”
* Malay people say “Aku cinta kamu” or “Saya cinta awak.”
* German people say “Ich liebe Dich.”
* French people say “Je t’aime.”
* Russian people say “Ya tebya lyublyu.”
* Italian people say “E Volio’ Bene’”
* Somali people say “WAN Kujecelehaay”
* Persian people say “dosted daram”
* Hungarian people say “Szeretlek.”

No matter how you say it, here at Even Start we love having you be a part of our school. Happy Valentine’s Day to you all.
Don’t miss the February break fun and exercise!

**FAMILY OPEN SWIM SESSIONS**

Rush-Henrietta Senior High School Pool

Tuesday, February 21, 2017

thru

Thursday, February 23, 2017

Two sessions:

1:30 to 2:30 p.m.

or

2:30 to 3:30 p.m.

The fee is $2 per person, per hour!

All ages, pay at the door, no registration required!

QUESTIONS?

Contact Donna Marshall

359-7913

- See pool rules on next page -
The Rush-Henrietta Central School District pool, located at the Senior High School, is open for Family Open Swim during the school year. No preregistration is required; all registrations will be taken at the door. All participants in Family Open Swim must comply with the following rules for pool admittance.

1. Participants in 5th grade or younger must be accompanied by an adult over the age of 18 who remains in the pool area and who provides appropriate emergency information at the door.

2. Participants who are middle school students must be signed in and out by an adult over 18 and provide appropriate emergency information at the door.

3. Participants who are Ninth Grade Academy and Senior High School students must sign in and out, and provide appropriate emergency information at the door.

4. Adult participants must sign in and out, and provide appropriate emergency information at the door.

The first time you attend an open swim, please allow a few extra minutes to complete an emergency registration card for each participant.

- Only Coast Guard approved flotation devices may be used in the pool. NOT acceptable are swimmies, bathing suits with flotation pockets, bubbles, and any other non-regulation flotation device.
- Swimmers must wear appropriate swim attire. Street clothes are not permitted in the pool.
- Non-swimmers must be accompanied in the water by an adult. To be classified as a swimmer, a participant must be able to enter and exit the water without assistance; float on stomach and back without assistance; and proceed across the width of the pool, without assistance, using any stroke. At any time, a lifeguard has the right to remove any participant who is deemed to be in an unsafe circumstance.
- Separate locker rooms are available for male and female participants. Only children five years old and younger may enter the locker room of the opposite sex with their accompanying adult.
- The school district, the Continuing Education staff, and the pool staff are not responsible for lost or stolen items. A lock may be used to secure personal belongings during open swim. All locks must be removed at the end of each open swim. Any locks not removed shall be subject to removal by school personnel who shall be authorized to damage or destroy the same if necessary.
- Once admitted to the pool, all rules posted on the premises must be followed. Failure to do so will result in immediate removal from the pool and, if appropriate, the participant’s emergency contact will be notified.
- Anyone entering the Senior High School to participate in open swim, who is found to be in areas of the high school other than the pool, including school grounds, shall be deemed to be trespassing and shall be subject to appropriate disciplinary action.

The Rush-Henrietta Central School District
Family Open Swim Rules
Cost for all open swims is $2 per person, per hour.

The published hours for Family Open Swim may be changed at any time to accommodate school activities or pool maintenance. For up-to-date information, contact the pool office at 359-5262 or the Continuing Education office at 359-7805.
Helping your child feed the birds for winter………

Bird feeding isn't just a winter activity; it might surprise you to learn that even in spring, food is still scarce for our feathered friends. The temperatures are usually cool enough that many insect populations haven't emerged, and that's sad news for those birds that eat insects. Also, the fruit eating birds won't see their favorite foods naturally appearing until harvest! You don't need to buy fancy bird feeders to feed your backyard friends.

Valentines for the Birds

You will need floral wire, thread (cotton, preferably, as it’s biodegradable) or ribbon, and something delicious – popcorn, bits of dried apples, berries, dried orange pieces – whatever you’ve got.

If you’re stringing popcorn, let it sit for a couple of days (up high so the babes don’t eat your precious stale popcorn).

If you’re making hearts, cut a length of wire that suits you – twelve inches or so – and bend in half so you have the pointed part of the heart at the bottom where it bends. Just fill up either side with goodies. Then twist the ends (forming the heart shape) and tuck to make it hold.

If you’d like to make stars, cut 20-25 inches of wire, and bend it after you fill up four or five inches, to make the star. (If you wait ‘til the very end to bend it and you’re doing popcorn, you may lose a lot of it in the process.)

Tie a thread on the top, and hang them up outside.

CHEERIO Chains

1. Wrap tape on one end of a long length of yarn.
2. Tie a knot with a Cheerio on it at the other end.
   Demonstrate how to string the chain by sliding a Cheerio (or any “O” shaped cereal) over the tape (needle) and dropping it to the bottom.
   Invite children to help you until the entire chain is strung.
3. Drape these chains around outside trees for birds/animals to enjoy.

Pop Bottle Feeder

Punch holes on either side of a plastic pop bottle.

Stick a twig all the way through with its ends sticking out for perches; poke more holes nearby for the birds to pull the seeds out.
Hang the bottle by tying a string around its neck.
(Finches really like these.)
Helping your child feed the birds for winter continued

Molded Bird Ornaments

Bird seed ornaments

These are a lot of fun to make, and very inexpensive. You may already have all the materials you need in your home.

- 3/4 cup flour
- 1/2 cup water
- 1 envelope unflavored gelatin
- 3 tbsp. corn syrup
- 4 cups birdseed
- molds (muffin tin, cookie cutters, etc.)
- nonstick spray
- drinking straw
- waxed paper
- ribbon/twine

1. Combine the flour, water, gelatin and corn syrup in a large mixing bowl. Stir until well-combined.
2. Add the birdseed to the mixture, stir until well coated.
   Spray your mold(s) with cooking spray, and spoon birdseed mixture into each mold. Use the bottom of a measuring cup to pack it down, and make the top smooth.
3. Poke a hole through the top of each birdseed mold using a drinking straw, making sure it goes all the way through.
4. Leave the birdseed mixture in the molds for two to three hours. Then, remove the straws and lay out a sheet of waxed paper. Gently remove the hardened ornaments from the mold, and place them on the wax paper upside down. Allow them to dry for at least two to three more hours, or overnight.
5. Cut your ribbon and carefully put it through the hole.

Molded bird seed balls

- 2 cups shortening
- 2 cups peanut butter
- 5 cups bird seed

1. Mix all ingredients together.
2. Shape into balls.
3. Wrap each ball in netting from onion bags, and secure with a plastic twist.

   This recipe makes about 12 feeders.

“A bird does not sing because it has an answer. It sings because it has a song.”

Chinese Proverb
News from the Infant/Twos Room

We would like to welcome a new child to the Twos room. Her name is Miral Shaibi. We also want to welcome back Riko. She has been away and we awaited her return.

We will be celebrating Valentine’s Day on February 14th with a party in our classroom. The children will make Valentine hearts by sponge painting. We have been enjoying gym time and ABC Music with Michelle Whitt. The children are enjoying interacting with one another.

Enjoy your children during February recess, which is February 20-24. We will see you February 27 when classes resume.

Happy Valentine’s Day to all of our families.

Chris Miner and Karen Minotti

News from the Preschool 1 Room

January was a busy month, we did lots of winter activities. The children learned about different winter animals and did crafts related to them. We also read different stories about winter, decorated mittens and learned about our favorite color.

February will also be a busy month as we will be preparing Valentine’s day gifts. We will be learning about Valentine’s day, friendship, friends, caring and sharing. The children will also have a Valentine’s day party and will pass out their Valentines to their classmates.

School will be closed from February 20-24. Classes will resume on February 27.

Happy Valentine’s Day!

Sobia Zulfiqar and Celeste Nicholas

News from the Preschool 2 Room

We had a wonderful time in January.

During the month we talked about the winter season. We read books about snowy days and learned how animals deal with the harsh winter. We talked about hibernation and discussed how some birds migrate to warmer areas where they can more easily find food and live during the winter. We discovered all snowflakes have six sides. They are very unique and have different designs.

We learned what kinds of clothes to wear to keep us warm during the winter. We made a booklet about the story of “The Mitten in the Snow”, decorated snowmen with different shapes, cut out snowflakes and matched mittens and boots.

According to the Chinese Zodiac, 2017 is the year of the “Rooster”. In the classroom, Miss Angeli taught the children about some of the traditions of the Chinese New Year. We said “Kung Hat Fat Choy” and passed “Red Envelopes” around the class.

February is Dental Health Month. We will be learning about how to keep our teeth strong and healthy. Groundhog Day and Valentine’s Day are other topics. We will have lots of fun activities.

Happy Valentine’s Day!

Angeli Wong and Lindsay Vaeth-Halbrook

“The advancement and diffusion of knowledge is the only guardian of true liberty.”

— James Madison (1751–1836)
Rush-Henrietta Cub Care Zone

Rush-Henrietta School District offers a variety of fee-based care programs for children eight weeks old to those in 6th grade. All programs have enrollment requirements and regulations, and require advance registration followed by an enrollment process. Visit the Rush-Henrietta School District website at www.rhnet.org and use the Quick Link to the Cub Care Zone for more information.

What is available in the Zone?

**Before and After School Care** is for students who attend the Rush-Henrietta School District in grades K-6. Care is provided at the school building a child attends. This care is available on all days when school is in session and follows the district calendar. The program is open from 6:30 a.m. until schools starts, and again from the end of the school day until 6:00 p.m. Registration typically begins in early February; the enrollment process (completion of all required paperwork) is done in the Spring.

**Non-School Day Care** is available at The Carlton O. Webster Building, a central location in the district. Non-school day care is available for all Pre-School through 6th grade students residing in the Rush-Henrietta School District, even if they do not attend an R-H school. Days available will depend on the approved district calendar and will include conference days, and some holidays. Care is available from 6:30 a.m. to 6:00 p.m. Registration typically begins in early February; the enrollment process (completion of all required paperwork) must be completed two weeks before the first non-school day you plan to attend.

**As-Needed Care** is available for any Rush-Henrietta School District student who is registered with the Cub Care Zone and has completed the enrollment process. This ‘family insurance plan’ allows you to call and have your child sent to before or after school care as needed. Registration typically begins in early February; the enrollment process (completion of all required paperwork) is done in the Spring.

**Summer Care** is available at The Carlton O. Webster Building, a central location in the district. Summer care is available for all Pre-School through 6th grade students residing in the Rush-Henrietta School District, even if they do not attend an R-H school. Care is available from 6:30 a.m. to 6:00 p.m. Registration for the Summer program is done every Spring.

**Even Start** is a quality multi-cultural program offering developmentally-appropriate curriculum and a family literacy preschool experience for children three to five years old. There is a morning and an afternoon session available. In addition, the program is open to children eight weeks to three years old who have a parent in our Adult Literacy program.

**Universal Pre-Kindergarten (UPK) Extended Care** is available to all pre-school students who attend UPK at the Rush-Henrietta School District program located at the Carlton O. Webster Building. Before and after care is provided for students enrolled in the morning or afternoon UPK classes at this location.
Poetry Day
January 25, 2017
Thank you to all the parents who read poems to the children on Poetry Day.

Many nationalities – one language!

I look up to you, Dad!

Poetry is when an emotion
Has found its thought and the thought has found words.
-Robert Frost

Let’s look into the future!

2017-2018
Kindergarten Registration

Kindergarten registration has begun and will run through Friday, March 31, 2017.

• Registration packets were mailed out the first week of January.
• After receiving a packet, parents may then call to schedule a registration appointment.
• Appointments will be held between 8 a.m. to 3 p.m. daily; additionally, five (5) evening dates (from 4:30-7:00 p.m.) will be offered on various Mondays throughout the registration period.

Registration appointments will be held at the Ninth Grade Academy, at the specific entrance for the District Registrar.
Books for the Month of February

Valentine and I Love You

1. My First Valentine’s Day book by Marian Bennett
2. I love you, Grumpy Bunny by Justine Korman
3. Disney Winnie the Pooh – Pooh’s Valentine by Isabel Gaines
4. Arthur’s Valentine by Marc Brown
5. Jennifer Jones won’t leave me alone by Frieda Wishinsky
6. Valentine friends by Ann Schweninger
7. Huggly’s Valentines by Tedd Arnold
8. Sweet Hearts by Jan Carr
9. Dinofours It’s Valentine’s Day! by Steve Metzger
10. Clifford’s Puppy Days – Lots of Love by Sarah Fisch
11. Valentine Mice! by Bethany Roberts
12. Clifford the Big Red Dog – Valentine Surprise by Quinlan B. Lee
13. Will You Be My Valentine? by Steven Kroll
14. Guess How Much I Love You by Sam McBratney
15. I Love You Forever by Robert Munsch
16. I Love You the Purplest by Barbara M. Joosse
17. I Love to Cuddle by Carl Norac
18. I Love My Mama by Peter Kavanagh
19. Dora the Explorer – I Love My Mami! By Judy Katschke
20. I Love You Because You’re You by Liza Baker

Dental Health

1. A Quarter From the Tooth Fairy by Caren Holtzman
2. A Trip to the Dentist by Penny Smith
3. A Trip to the Dentist by Fran Campbell
4. Loose Tooth by Lola M. Schaefer
5. A Tooth Story by Margaret McNamara
6. Arthur’s Loose Tooth by Lillian Hoban
7. My Tooth is Loose! By Martin Silverman
8. I lost my tooth by Hans Wilhelm
9. My loose tooth by Stephen Krensky
10. Arthur Tricks the Tooth Fairy by Marc Brown
11. Tiger Toothache by Patricia M. Stockland
12. Clifford’s Loose Tooth by Norman Bridwell
13. Tooth Fairy by Audrey Wood
14. My Tooth Is About to Fall out by Grace Maccarone
15. The Crocodile and the Dentist by Taro Gomi
16. The Tooth Witch by Nurit Karlin
17. Albert’s Toothache by Barbara Williams
18. Teeth by Sneed B. Collard III
19. Fang the Dentist by Mike Thaler
20. Dora the Explorer-Show Me Your Smile! (A visit to the dentist) by Christine Ricci
If you have a child who will be eligible for enrollment in the Universal Pre-kindergarten Program, we have some information to share:

Universal Pre-Kindergarten (UPK) Extended Day Program

Available for students enrolled in the UPK program
at Rush-Henrietta School District program site

Hours of operation:
7:00 a.m. – 6:00 p.m. Monday - Friday
Following the Rush-Henrietta Central School District calendar.

Minimum sign up of three days/week
Staff-to-student ratio 1:8

Rates

Annual registration fee: $20.00 per child

Care for those who attend morning UPK:
Before Care  7:00 a.m. – 9:00 a.m.  $ 6.50 per day
After Care   11:30 a.m. – 6:00 p.m.  $20.50 per day
Both        $27.00 per day

Care for those who attend afternoon UPK:
Before Care  7:00 a.m. - 12:30 p.m.  $17.50 per day
After Care   3:00 p.m. - 6:00  p.m.  $  9.50 per day
Both        $27.00 per day

Care available for non-school days:
6:30 a.m. - 6:00 p.m.    $39.00 per day

- Activities include arts and crafts, music, gym, outside time, and interest centers.
  Interest centers include sand/water table, easel, writing center, housekeeping, puzzles, blocks, manipulatives, playdoh, cars and trucks, dinosaurs/animals, etc.

Snack will be provided.

Pearl Tokar, Coordinator of Child Care Services
(585) 359-7912
ptokar@rhnet.org
or
Kim Fiscus (585) 359-5522
kfiscus@rhnet.org
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<td>Parent Music Program with Michelle – 11:15 a.m. – room 114</td>
<td>Preschool School Time 9:45 a.m. Nacho Sale to benefit the Even Start Program Scholarship Fund</td>
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<td>National Foreign Language Week</td>
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<td>Daylight Savings Time begins – turn your clocks ahead one hour</td>
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<td>St. Patrick’s Day – wear green</td>
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<td>Popcorn Sale to benefit the Even Start Program Scholarship Fund</td>
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National Foreign Language Week
Used Book Sale

Parent Music Program with Michelle – 11:15 a.m. – room 114
Preschool School Time 9:45 a.m. Nacho Sale to benefit the Even Start Program Scholarship Fund
St. Patrick’s Day – wear green
First Day of Spring Parent Music Program with Michelle – 11:15 a.m. – room 114
Popcorn Sale to benefit the Even Start Program Scholarship Fund
HOW CAN WE HELP YOU?

Return this form to Pearl Tokar

RUSH-HENRIETTA
Central School District
2034 Lehigh Station Road
Henrietta, New York 14467
Phone: (585) 359-5000
Fax: (585) 359-5045
www.rhnet.org

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