



NEWCOMB

CENTRAL SCHOOL DISTRICT

January 2022

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A New Year's Resolution

A message from Superintendent Chris Fisher

Organizational skills are a critical tool for school success. Today, “Increased demands placed on students requires them to better organize and manage their learning.” (Polloway, Patton and Serna 377). From the early elementary experiences, students need to develop organizational skills so that they are able to manage their time to complete tasks as workload demands increase. Desks, backpacks, notebooks and daily schedules that are in disarray do not assist students with accessing materials, managing their time and completing their work. When time is wasted, materials can be lost or damaged which can result in a decrease of student focus and increase in frustration. Exhaustion can set in, grades may suffer and the vicious cycle can have a tendency to repeat itself.

NO SCHOOL

Jan 17th
(Martin Luther King Day)

Cont'd on page 2



Helping to support students of all ages with organizational skills both at home and while at school can be one of the keys to academic success. Organizing physical spaces such as backpacks, lockers, desks, notebooks, daily planners and work areas can prove beneficial. Organizing the overall structure of the day is another component of organization that is sometimes overlooked. Learning how to budget time for homework, sports, cell phone use/gaming, family time and bedtime can have profound effects on academics for students of all ages. Often, we underestimate the importance of sufficient sleep and a regular bedtime and wake routine. An additional hour can make all the difference as can setting boundaries for time with preferred activities such as streaming videos, accessing social media and gaming. Consistency with the daily schedule, to the extent possible, can help students when multiple classes, deadlines and projects need to be managed. With the start of the new year, we encourage all families to have a reflective discussion with their children and brainstorm ways that can help to support organizational skills.

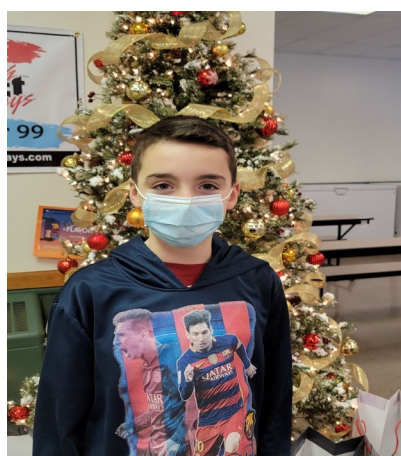


Retirement Wishes

She's been an icon at NCS. Shaping the lives of the youngest children to working collaboratively with the upper level students. She has had an undeniable influence on learning for so many children throughout her tenure with the district. Students have met goals and reached dreams because of their experiences with Mrs. Dina Bernat, A.K.A. Dinabee. How do we ever find the words to say goodbye? Simply put, we don't. We say, "We'll see you again soon." Or, "Until the next time our paths cross again." On behalf of the Newcomb Board of Education, the faculty, staff, student body and school community at large, thank you for your contributions as an educator and mentor. You will surely be missed! Health and happiness to you always in retirement!

Tomorrow's Leaders are in the Classroom Today

Igniting the potential leadership skills in students is an expertise that can last a lifetime. Students not only drive instructional practice at NCS, but they are also afforded a number of opportunities to accelerate growth in the area of leadership as well. Students experience firsthand collaborative decision making and the multifaceted role of leadership. These experiences open doors for students to have a voice in the decision making process and a positive impact on the school culture. Please join me this month in recognizing the following youth leaders in celebration of their accomplishments.



Bentley Lamphear, Grade 5
Safety Committee
Elementary Student Representative



Gavin Fifield, Grade 10
Safety Committee
Secondary Student Representative



Eadie Brannon, Grade 12
Student Council



Joshua Armstrong, Grade 12
Student Council



Jayden Dick, Grade 8
Shared Decision Making Committee
Representative

Capital Project Update

NCS has received four bids for the upcoming Capital Project. They consist of one bid for general construction, one bid for the removal of the oil tank and two bids for electrical. Our architectural partners at CSArch are currently in the process of interviewing the contractors over the next couple of weeks. Overall, the bids have come in close to the pre-bid estimates and we anticipate awarding the bids at our January Board of Education meeting. The district is still expected to break ground this spring with an anticipated completion date by fall of 2022.

Happy New Year from the Fisher's!



If you have any comments, suggestions, or would like to add an article to the bulletin, you can e-mail them to Caryn Draper at cdraper@newcombsd.org



School Closing Information

When the decision has been made to delay or close school, a Connect-Ed message will be activated to all school personnel, student homes, and other contacts noted in the school messaging system. The following radio/TV stations and their websites will carry our closings/delays:

The School Closings Network:

The Post Star
The Times Union
WRGB/WCWN TV
WFLY - Fly 92
WTEN/WXXA TV
WGY - 810 WGY
WRVE - The River
WNYT/WNYA TV
WYJB - B-95.5
Spectrum Local News

NCPR (North Country Public Radio)
WCAX Ch. 3 TV - Vermont
WPTZ Ch. 5 (NBC5) TV - Plattsburgh

In the event the Connect-Ed message system is not working properly, you will receive a phone call from a staff member of the school. If you have any changes in phone numbers, please contact the school so we may update our records.



SUNY ESF and Newcomb Partner to develop an Eco-Challenge

PJ Motsiff, Director of Curriculum and Instruction

School partnerships are vital to help one another by sharing their knowledge, experience and resources, so that we can provide better learning outcomes for students. Over the years, Newcomb Central School has participated in a number of educational programs with SUNY Environmental School of Forestry (ESF). In November our NCS students used the ESF Adirondack Interpretive Center as their classroom by participating in an Eco-Challenge that was created in partnership with the staff at ESF and Newcomb.

What is an Eco-Challenge? Simply put, participants follow a marked course on set trails through an unknown landscape. It is an exploration, an expedition and a scavenger hunt all rolled into one fun experience. It has its rules, of course, but this is an activity that rewards creativity, mental ability, and teamwork. It's not about who is fastest or who is strongest, it is about building community and connection.

The 2021 Newcomb Eco-Challenge was designed to be a 2 hour student-driven program. Teachers were asked to become "officials" and observe how their assigned groups worked together. Once at the Adirondack Interpretive Center, students were given access to the ESF Newcomb Naturalist app. This app is an interactive map that was used to assist small groups in planning their TREK to investigate and explore the extraordinary ecosystems, waterways and geology of the Adirondack Park. Once the entire route was planned by each team at headquarters, points were then awarded for taking pictures at specified locations and completing various activities that helped them learn about the local environment. To pass time while walking the trails, students also discussed a variety of social-emotional questions in order to get to know their classmates at a deeper level. Judging by the smiles on our students' faces at the end of the TREK experience, it was a very positive outdoor learning opportunity.

	<p>Gr. K-3 "Dangerous Deer" Leah. Will. Ellie. Liam Mrs. A-P and Miss Lafond</p>	
<p>2021 CHAMPIONS!</p>	<p>Gr. 4-8 "The Wind" Kaitlin. Jayden. Hope. Vanessa. Taylor. Mrs. Yandon and Mrs. Belden</p>	
	<p>Gr 9-12 "Fire Breathing Rubber Duckies" Lemmy. Travis. Max. Mrs. Gagnon, Mrs. LaFountain and Miss Armstrong</p>	





Cafeteria Manager: Elise Yandon
 52100101@newcombschool.com
 (518)582-3341 Ext #1021

JANUARY 2022

NEWCOMB CENTRAL SCHOOL

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
3 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Oatmeal	4 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Spanish Egg & Cheese Bake	5 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Bagels & Cream Cheese	6 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Egg Burrito Bake w/Sausage	7 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Waffles & Sausage
10 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Oatmeal	11 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Quiche (Egg & Biscuit Bake)	12 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Bagels & Cream Cheese	13 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Husky Sand w/Tky Bacon	14 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Pancakes & Sausage
17 NO SCHOOL Martin Luther King Jr Day	18 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Scrambled Eggs w/Cheese	19 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Bagels & Cream Cheese	20 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Breakfast Pizza w/Tky Bacon	21 Milk 1% or FF, Yogurt Juice, Fruit WG Muffin Cereal OR Sausage & French Toast Sticks
24 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Oatmeal	25 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Spanish Egg & Cheese Bake	26 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Bagels & Cream Cheese	27 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Egg Burrito Bake w/Sausage	28 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Waffles & Sausage
31 Milk 1% or FF, Yogurt Juice, Fruit 51% WG Muffin Cereal OR Oatmeal				

BREAKFAST ALTERNATIVE DAILY: Whole Grain cold Cereal, Milk, Fruit Juice, and Homemade 51% Whole grain Muffin. In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against, write immediately to the Department of Agriculture. Please note that our menu is subject to change based on availability of food items.

LUNCH

Kitchen Manager: Ellie Yandon
 eyandon@newcombsd.org
 (518)582-3341 Ext #1021

**JANUARY 2022
 NEWCOMB CENTRAL**

Monday

3 Milk/white 1% or FF or
 Chocolate FF
 Cottage cheese, Fruit, Veggies.
 Chicken Alfredo & Pasta
 OR Tuna Salad Sandwich

10 Milk/white 1% or FF or
 Chocolate FF
 Cottage cheese, Fruit, Veg
 Italian Dunkers or
 Chicken Salad Sandwich.

17 **NO SCHOOL**
Martin Luther King Jr
Day

24 Milk/white 1% or FF or
 Chocolate FF
 Cottage cheese, Fruit, Veg
 Fish Patty & Bun with
 Mac N Cheese or
 Egg Salad Sand

31 Milk/white 1% or FF or
 Chocolate FF
 Cottage cheese, Fruit, Veggies.
 Cheese Pizza OR
 Ham & Cheese Sandwich

Tuesday

4 Milk/white 1% or FF or
 Chocolate FF
 Cottage cheese, Fruit, Veggies.
 Enchilada Bake, Rice
 OR Tuna Salad Sandwich

11 Milk/white 1% or FF or
 Chocolate FF
 Cottage cheese, Fruit, Veg
 Sloppy Nachos, Rice
 OR Chicken Salad Sand

18 Milk/white 1% or FF or
 Chocolate FF
 Cottage cheese, Fruit, Veg
 Beef and Bean Burrito, Rice
 OR Turkey & Cheese Sand

25 Milk/white 1% or FF or
 Chocolate FF
 Cottage cheese, Fruit, Veg
 Chicken Tacos & Rice
 OR Egg Salad Sand

Wednesday

5 Milk/white 1% or FF or
 Chocolate FF
 Cottage cheese, Fruit, Veggies.
 BBQ Chicken, Garlic Mash Potatoes
 OR Tuna Salad Sandwich

12 Milk/white 1% or FF or
 Chocolate FF
 Cottage cheese, Fruit, Veg
 Chicken & Biscuits, Mash Pot.
 OR Chicken Salad Sand

19 Milk/white 1% or FF or
 Chocolate FF
 Cottage cheese, Fruit, Veg
 Hamburger & Bun with
 Sweet Potato Fries or
 Turkey & Cheese Sand

26 Milk/white 1% or FF or
 Chocolate FF, Cottage cheese,
 Fruit, Salad, Porcupine Balls,
 Mashed Potatoes & Roll
 OR Egg Salad Sand.

Thursday

6 Milk/white 1% or FF or
 Chocolate FF,
 Fruit, Salad Bar, Roll
 Goulash OR
 Tuna Salad Sandwich

13 Milk/white 1% or FF or
 Chocolate FF, Cott. cheese
 Fruit, Salad, Roll
 Lasagna OR
 Chicken Salad Sand.

20 Milk/white 1% or FF or
 Chocolate FF
 Cottage cheese, Fruit, Veg
 Roll, Spaghetti & Meat Sauce
 OR Turkey & Cheese Sand

27 Milk/white 1% or FF or
 Chocolate FF, Cott. cheese
 Fruit, Salad, Roll
 Lasagna OR
 Egg Salad Sand.

Friday

7 Milk/white 1% or FF or
 Chocolate FF
 Cottage cheese, Fruit,
 Corn Chowder w/ Bacon
 Grilled Cheese or Tuna Sand

14 Milk/white 1% or FF or
 Chocolate FF
 Cottage cheese, Fruit,
 Broccoli cheddar Soup &
 Grilled cheese or Chix Salad

21 Milk/white 1% or FF or
 Chocolate FF
 Cottage cheese, Fruit,
 Tomato Soup & Grilled Chs
 Turkey & Cheese Sand

28 Milk/white 1% or FF or
 Chocolate FF, Fruit,
 Cottage Cheese,
 Veg. Beef Barley Soup &
 Grilled cheese OR Egg Salad

[Enter Additional Info]

**SCHOOL
 BUCKS**
 PAY FOR MEALS ONLINE
 MySchoolBucks.com

FROM THE GUIDANCE OFFICE

CONGRATULATIONS!

Ehab Al-Qtam was accepted at LeMoyne College

SENIORS

- All seniors going off to college will need to fill out the **FAFSA** which began in October this year. You can apply on-line, which saves a lot of time. Before you can do that **you and a parent** need to register for a **FSA ID**. To get your **FSA ID** you can go to **fsaid.ed.gov**.
- Make sure you have a copy of everything for your own records, **BEFORE** you mail it out. **Be sure to check your college deadlines for financial aid forms! YOU NEED TO APPLY FOR FINANCIAL AID EVERY YEAR!!!!**
- If you have not done so already, you need to get your college applications ready to send out. The sooner the better!
- Parents of seniors: Please keep an eye out in the mail for scholarship opportunities. I usually send them out in the winter/spring. I send all scholarship opportunities home to each senior's family. You will need to read the qualifications to see if your child/family qualifies for the scholarships, before your child applies.

SELECTIVE SERVICE/DRAFT REGISTRATION

All male citizens of the United States are required to register with the Selective Service within 30 days of their 18th birthday. Registration forms are available at the post office or at www.sss.gov. Federal financial aid programs for college will be withheld from students who fail to comply.

DATES TO REMEMBER

SAT Testing Dates

March 12, 2022
May 7, 2022
June 4, 2022

Registration Date

February 11, 2022
April 7, 2022
May 5, 2022

ACT Dates

February 12, 2022
April 2, 2022
June 11, 2022

Register By

January 7, 2022
February 25, 2022
May 6, 2022

Newcomb Central School CEEB Code is: 333-330. You will need to know that when you register to take the exams, so that I will receive your test scores.

To The Parents of Juniors and Seniors

If you have not done so already, we need a check written out to Newcomb Central School for your child's Fall college classes. Thank you.

Happy New Year!!
Mrs. Markwica

THE CHARLES MATHER EDUCATIONAL OPPORTUNITIES PROGRAM



A Two-Part Program Sponsored by the Newcomb Historical Museum Scholarships & Lifelong Learning Awards to be Applied during Summer or Fall 2022

A. SCHOLARSHIPS:

In recent years, the Newcomb Historical Museum has awarded several scholarships to Newcomb Central School graduates who have completed at least one year of successful full-time attendance at a two- or four-year academic institution and who will be enrolled for full-time study for the following semester. We have supported both undergraduate and graduate students. NHM has been able to participate in this program largely because of the generosity of Charles Mather, a former resident of Tahawus and a graduate of the Class of 1957, who has donated in memory of his excellent N.C.S. teachers. As an educational and cultural institution, as well as an IRS designated public charity (501c3), the Museum will continue to offer traditional college or university scholarships to students who qualify.

B. LIFELONG LEARNING AWARDS:

Next year (2022), we plan to expand our efforts toward providing some non-traditional assistance. The focus will remain on educational pursuits but will broaden to fit different training needs. In some cases, these may be "Second Chance" opportunities. Believing that educated and well-trained citizens promote community advancement, we encourage residents of all ages to apply.

We will consider many opportunity areas, particularly those that would benefit both the individual recipient and our Adirondack community. Recent needs are most crucial in childcare, medical professions, and vocational certification programs (such as those for truck drivers, plumbers, electricians, carpenters, automotive technicians). You might also be interested in other short courses and/or workshops in food service, tourism, arts, and culture.

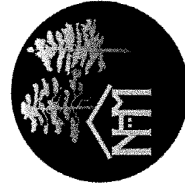
HOW TO GET STARTED:

1. If you have a goal for either program and think we can help you reach it, write us an introductory letter explaining your interests and the plans you might be considering. It's important that you also address cost estimates and your financial needs. Be as specific as you can. Also tell us some of the ways you are or have been connected to the Newcomb community. In the letter, please provide your current mailing address, email, and phone number(s) so we can respond to you. Please postmark your introductory letter no later than **February 10, 2022**, and send it to:

Newcomb Historical Museum
ATTN: Mather Educational
Opportunities Program
P.O. Box 408
Newcomb, NY 12852

2. After the Program Committee reviews all the letters, we will be in touch. Depending on what kind of program you are interested in, we may ask you to provide more information.

3. As you are thinking through this process, we are here to listen to your plans and answer questions. Feel free to stop by the Museum or call Joan Burke at 518-582-2274.



FROM THE HEALTH OFFICE



Healthy Sleeping Habits

According to the Centers for Disease Control and Prevention adolescents aged 13-18 should get, on average, eight to ten hours of sleep every night. Younger children aged 6-12 need nine to twelve hours of sleep per night. 72.7% of adolescents report not sleeping the recommended hours every night. This can lead to school tardiness, health concerns, behavior concerns, and school performance issues (Centers for Disease Control and Prevention, 2020). However, it is not the amount of sleep that matters most. Establishing a consistent schedule will help align the natural circadian rhythm, which will improve the quality of sleep. Not following our bodies natural cycle to sleep at night can lead to negative effects. Many studies have found “SCRD (sleep and circadian rhythm disruption) precedes a clinical diagnosis of mental illness, and the reduction of SCRD improves the level of mental illness” (Foster, 2014). Many teenagers often stay up later than they had in previous years, which is actually normal due to “biological changes that push their circadian rhythm back by around two hours” (Sleep Foundation, 2020). To encourage a consistent schedule regardless of this natural change it will help to ensure bedrooms are dark, quiet, a comfortable temperature, avoid large meals and caffeine prior to bed, encourage physical activity during the day, and limit electronic devices in the bedroom (Centers for Disease Control and Prevention, 2016).

It is a common myth that napping throughout the day can supplement sleep lost at night. While it may provide you with extra energy and allow you to continue your day, naps do not follow the ideal sleep cycle and may alter your sleep patterns. It is recommended to only nap for thirty minutes, and in the afternoon if one is needed.

Centers for Disease Control and Prevention. (2020, September 10). *Sleep in Middle and High School Students*. Centers for Disease Control and Prevention. <https://www.cdc.gov/healthyschools/features/students-sleep.htm>.

Centers for Disease Control and Prevention. (2016, July 15). *Sleep Hygiene Tips*. Centers for Disease Control and Prevention. https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html.

Foster, R.G. and Kreitzman, L. (2014), The rhythms of life: what your body clock means to you!. *Experimental Physiology*, 99: 599-606.

<https://doi.org/10.1113/expphysiol.2012.071118>

Sleep Foundation. (2020, November 4). *Common Myths and Facts About Sleep*. Sleep Foundation. <https://www.sleepfoundation.org/how-sleep-works/myths-and-facts-about-sleep>.

SCREENING FOR SPECIAL NEEDS

Attention Parents of ALL Children from Infancy to 5 Years Old:

Independent of whether you intend to enroll your child in the pre-kindergarten or kindergarten program at Newcomb Central School, any child who will be 3 years of age on or before December 1, 2022 is eligible to be screened for special needs.

Please indicate below the requested information, so we can prepare a census and plan accordingly.

Return to Newcomb Central School as soon as possible.

Child's Name: _____

Child's Date of Birth: _____ Gender: _____

Parent(s)/Guardian(s) Name(s): _____

Address: _____

Phone: _____

**Please contact Steve Wilk at school
at 518-582-3341
or
swilks@newcombcasd.org**

CLASS NEWS



CreaTE-AM
Enjoying the latest food trend
– Ramen Bowls



CreaTE-AM Holiday Centerpieces
in Collaboration with Mr. Gazaille's ADK Resource Class





National Honor Society News

First of all I would like to thank Terri Smith for her 25+ years of service as the advisor of the Newcomb Chapter of the National Honor Society. We all wish Terri a very happy and fulfilling retirement.

I, Edward LaCourse, have taken on the responsibility of advisor for the local chapter. We currently have 4 students who are members of this elite society. Lauren Hai, Emily Fifield, Braden Bush and Eldaa Ouedraogo. It is my responsibility to ensure these members continue to provide service to the community in order to fulfill their obligations. I also encourage students who may qualify for membership to also provide service to enhance their resume.

Recently, the Town of Newcomb honored community members who have volunteered their service to the community. A wonderful dinner was served by the Lake Harris Lodge. Not only did the current membership assist at the event, two of our International students also volunteered to provide much needed assistance. They helped set up and serve dinner.

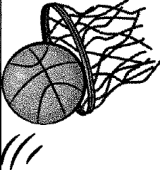
Prior to Thanksgiving the NHS also did a Food Drive to provide much needed food for our local pantry. Thanks to the staff, students and parents, it was a huge success. A truckload of food was successfully delivered to the food pantry at the Town Hall.

For Christmas the NHS also does a Christmas Bag for selected senior citizens in Newcomb. A large bag for each senior citizen is placed under the tree in the cafeteria. The staff buys gifts and places them in each bag. The bags are delivered just in time for Christmas and much appreciated by the deserving senior.

I am very proud of the student members and prospective members who assisted.

Ed LaCourse

FROM THE SPORTS CORNER

JANUARY BASKETBALL GAME SCHEDULE					
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	
3	4	5	6	7	
10	11	12	13	14	
BM @ Newcomb vs. Jburg/Minerva, 5:00 BV @ Newcomb vs. Jburg/Minerva, 6:30		BM @ Bolton, 5:00 BV @ Bolton, 6:30	BM @ Long Lake, 5:00 BV @ Long Lake, 6:30		
17	18	19	20	21	
	BM @ Newcomb vs. Wells, 5:00 BV @ Newcomb Vs. Wells, 6:30				
24	25	26	27	28	
31					

*1st game time is 5:00 p.m. followed by 2nd game at 6:30p.m. unless otherwise noted. Scheduled dates/times are subject to change.

UPCOMING IN THE DISTRICT

January 2022

- 3 Classes Resume
- 13 Board of Education Meeting, 6pm
- 14 Youth & Government Conference @ Silver Bay
- 17 Martin Luther King Jr. Birthday - NO SCHOOL
- 28 End of 2nd Marking Period

February 2022

- 4 Youth & Government Conference @ Silver Bay
- 10 Board of Education Meeting 6pm
- 21-25 No School - Winter Recess

NEWCOMB CENTRAL SCHOOL DISTRICT
P.O. Box 418
5535 STATE ROUTE 28N
NEWCOMB, NY 12852

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