

The Lyncourt Ledger

Fall 2024

COMMUNITY NEWSLETTER

Issue 1

<http://www.lyncourtschool.org>

Superintendent—James J. Austin

Phone Number 315-455-7571

October 14th— No School

October 28th
PTO Meeting

October 31st— PreK-5th grade
dismissal at 11:00,
parade at 10:30
Grades 6-8 Full day school

November 1st—Spirit Day

November 7— Prek-5th grade
NO SCHOOL.
Grades 6-8 Full day of school

November 11th— No School

November 12th— Staff Day—
No School for students

November 12th—
BOE Meeting

November 13th— Picture retake

November 21st— Cultural Fair

Nov. 27th— 29th No School

Join Us for Our 2nd Annual Culture Night!



We are excited to invite you to our **2nd Annual Culture Night!** This event celebrates the rich diversity of our school community and provides a wonderful opportunity for everyone to share their unique cultures, traditions, and stories.



Event Details:

Date: November 21, 2024

Time: 5:30—7:30 pm

Location: Lyncourt School

Join us for an evening filled with food, music, dance, and art from around the world! We encourage families to set up booths representing their cultural heritage, showcase performances, and share traditional dishes. We would like to have families involved in the event representing the cultures of our student body. We are hopeful students/parents/community members will help with leading demonstrations about their culture.

How You Can Participate:

1. **Showcase Your Culture:** Reserve a booth to share artifacts, art, and stories from your heritage.
2. **Perform:** Sign up to present a dance, song, or any performance that reflects your culture.
3. **Bring a Dish:** Contribute a traditional dish for our potluck to share with everyone.
4. **Volunteer:** Help us organize and make this event a success!

Please RSVP by November 15, 2024 if you would like to participate. You can contact Meghan Cunningham mcunningham@lyncourtschool.org at Lyncourt School or call the school office at 315-455-7571. Let's come together to celebrate our vibrant community and learn from one another.



INSIDE THIS ISSUE:

| | |
|------------------------------|-------|
| Culture Night | Cover |
| Fitness Center News | |
| News from the Superintendent | 2 |
| Culture Corner | |
| SRO Introduction | 3 |
| Health Office Information | 4 |
| School Nurse Introduction | 5 |
| Pawsitive Parenting | 6 |
| Parent Notifications | 7 |
| BOE Schedule | Back |



Take advantage of our Lyncourt Fitness Center!

Our facility is equipped with fantastic equipment designed to help you reach your fitness goals.

What You'll Find:

- **Cardio Machines:** Treadmills, ellipticals, and bikes for your cardio workouts.
- **Strength Training Equipment:** Free weights, resistance machines, and more to build strength.
- **Open Space:** Room for stretching, yoga, and group exercises.

Open: 4:00—8:30 Monday-Thursday Evenings

Come and experience our community's commitment to health and wellness! Whether you're a seasoned athlete or just starting your fitness journey, our center has something for everyone. Feel free to drop in anytime during our operating hours. Information can also be found on the Lyncourt Community Fitness Center Facebook page.

There is no cost for you to join the center, however you do have to fill out a registration packet and show proof of residency. In the future we are hoping to start fitness classes, based on community interest.

Our Mission:

Building Foundations for Lifelong Success.



Dear Lyncourt School Community,

As we prepare for the fall and winter season, I want to take a moment to reflect on the incredible journey we are on together. The colder months bring new opportunities for growth, reflection, and connection within our diverse community.

Our work on the Blueprint for Excellence is progressing well, and I am excited about the potential it holds for each student and family. This blueprint is not just a plan; it represents our shared commitment to fostering an inclusive environment where every voice is heard and valued.

As we embrace the fall and winter, let's also embrace the beauty of our diverse backgrounds and experiences. Together, we can create a warm and welcoming atmosphere where all students feel safe and inspired to learn. I encourage you to engage with one another, share your unique stories, and support our efforts to make our school a place of belonging for everyone. Please consider joining us for our 2nd Annual Culture Fair, on November 21st. All are welcome to attend.

Thank you for your continued support and dedication to our students. Let's look forward to a season filled with warmth, collaboration, and exciting growth. On behalf of the Board of Education, Faculty, Staff, and Administration of the Lyncourt Union Free School District, I would like to thank you for your continued support.

As always, if you have any questions or concerns don't hesitate to call my office at 315-455-7571 or email me at Justin@lyncourtschool.org

Thank you for your continued support.



Culture Corner ~ Nepal 7% of Lyncourt families are from Nepal

Nepal lies between China and India in South Asia. The country is slightly larger than the state of Arkansas.

FAST FACTS:

OFFICIAL NAME: Federal Democratic Republic of Nepal

FORM OF GOVERNMENT: Federal democratic republic

CAPITAL: Kathmandu

POPULATION: 29,717,587

OFFICIAL LANGUAGES: Nepali, English

MONEY: Nepalese rupee

AREA: 54,363 square miles (140,800 square kilometers)

MAJOR MOUNTAIN RANGES: Himalaya, Annapurna

MAJOR RIVERS: Karnali, Koshi



PEOPLE & CULTURE

Most people practice Hinduism, but some people practice both Hinduism and Buddhism. The caste system has been outlawed by the government but it still makes up the social structure of everyday lives. Nepalese are from four main groups: the Hindu caste, the Bhotes, the Hill Tribes, and the Newar. The Hindus originally came from India and continue to follow the caste system. Hill people include the Sherpas and other tribes.

Sherpas are born way up in the mountains at elevations above 12,000 feet (3,658 meters) and are known for their ability to guide tourists in high altitude climbs. They teach visitors about Sherpa culture and Buddhism's love of the land. The Bhotes live in mountains in the north and are originally from Tibet. The Newar are the original native people of the Kathmandu Valley. Most Nepalese live in the central, hilly region, which embraces the Kathmandu Valley, and in the southern plain known as the Terai. The Ganges River floods this area and makes the land very fertile for growing crops. About 10 percent live in the mountains over 10,000 feet (3,048 meters) and are traders, farmers, and herders. (National Geographic Kids)



New Staff Spotlight

SRO SHANNA STASSI ~ SCHOOL RESOURCE OFFICER



FUN FACTS

- I'm not a huge history buff, so currently if I had to pick and could have dinner with someone famous, I'd probably choose Jelly Roll as I'm intrigued by his life journey.
- The most unusual thing I have eaten happened when I was on vacation in Belize. We were on an excursion and the guide asked if anyone wanted to try a termite. He said they tasted like mint. No one volunteered so I finally said I would try one. He showed me a pile of live termites on a piece of wood and I picked one up and ate it. It did actually taste like mint.
- If I could have any superpower, I'd choose the superpower to be able to be at two places at once!
- If I could travel anywhere in the world, I would travel to Hawaii. I've never been there before and I love sunshine, heat and beaches!!
- When I am not working, I like to play golf, watch SU sports, camp, do outside activities with my son, travel, boating, swimming, garden, cook, and attend concerts / live music.
- I'm most excited to learn about the duties of an SRO and meeting lots of new friends!



AN INTERVIEW WITH SRO STASSI

What inspired you to become a police officer?

I've always enjoyed helping people and knew I wanted to get into law enforcement or nursing. I always did better with "hands-on" type of learning and tasks and knew I'd enjoy either field. I decided to take a Police Civil Service test towards the end of college and did well on the test. I got hired by the Onondaga County Sheriff's Office right after I graduated college and had a fulfilling law enforcement career.

Can you tell us about your background in law enforcement and any experience you have working with youth?

After high school I attended SUNY Oswego and graduated with a BA in Public Justice. I got hired by Onondaga County Sheriff's Office the summer after I graduated college. After the police academy, I worked road patrol, then transitioned to be an Evidence Technician, and then got promoted to Detective in the Abused Person's Unit where I investigated numerous cases involving children and adults. I then became a member of the Internet Crimes Against Children Taskforce and as a detective I investigated internet/ social media, child exploitation, provided education on Internet Safety to schools (students, adults and parents) and to community groups.

What motivated you to pursue a role as a School Resource Officer, specifically in an elementary/middle school?

My son motivated me to pursue a role as an SRO. I wanted to be able to spend more time with him on breaks and during the summer. I enjoy the elementary / middle school age kids as my son is currently in elementary school and I think the age is fun and exciting.

What do you believe are the most rewarding aspects of being a School Resource Officer?

I think the most rewarding aspects of being an SRO are making the positive connections with the students and staff and having them feel like they are in a safe and secure environment. Being a positive role model and showing students police officers can be fun and that police interaction isn't always negative.



IMPORTANT INFORMATION FROM THE HEALTH OFFICE

Medical Director:- Dr. Triana MD—School Nurse Carol Hayes, RN

New York State Immunization Requirements for the 2024-2025 School Year can be found at www.lyncourtschool.org

Onondaga County Health Department Immunization Clinic Information:

John H. Mulroy Civic Center, Room 30 (Basement Level)- *Appointments Required

421 Montgomery Street

Syracuse, New York 13202

Phone 315-435-2074

For more information, please visit : <http://www.ongov.net/health/immunizationclinic.html>

Health Examination - New York State Requirements for the 2024-2025 School Year

Education Law requires all New York State public school students to have a health exam when they are a new student in a school district and when they enter Pre-K or Kindergarten, and grades 1, 3, 5, 7, 9, and 11. The examination must be completed by a New York State licensed physician, physician assistant or nurse practitioner. Physical exams are valid for the twelve months prior to the start of the school year. For more information, please visit www.lyncourtschool.org

Dental Health Certificate

Parents/guardians are encouraged, but not required, to submit a completed certificate of dental examination form signed by their dentist or registered dental hygienist to the school.

Health Screens: Vision and Hearing

According to New York State, health examinations and screenings are required for new students and at mandated grade levels. The required screenings are:

Vision screening for distance, near vision & color perception required for new students to the school district; distance & near vision in grades Pre K or K, 1, 3, 5, 7, 11, and at any other time deemed necessary.

Hearing screening to all students new to the school district and in grades Kindergarten, 1, 3, 5, 7, and 11, and at any other time deemed necessary.

*The school nurse will contact a parent or guardian when there is a need for follow-up on screening results.

Medication Policy

In order for a student to receive medication during the school day (prescription or non-prescription) please see below:

The Health Office needs a written medication order from the student's health care provider, including medication name, dosage and time to be given. This order can be faxed or brought in with the medication.

Prescription medications must have a pharmacy label that displays the following:

- Student name
- Name and phone number of pharmacy
- Licensed provider's name
- Date and number of refills
- Name of medication/dosage
- Frequency of administration
- Route of administration and other directions
- Over the counter (OTC) medications must be in the original manufacturer's container/package with the student's name written on the container/package.
- A parent or guardian must give written permission for the medication administration.
- A parent or guardian must bring the medication into the Health Office. The students are not permitted to transport medications at any time.

These directives are mandated by the New York State Education Department.



New Staff Spotlight

Mrs. Carol Hayes - School Nurse



FUN FACTS

- I enjoy spending time taking care of my golden retriever, Lacey. My goal is for her to become a therapy dog. I'm not sure if we will succeed. She is very sweet. I have also taken yoga for over 15 years. I try to attend at least 1 class per week.
- If I could have any superpower, I would like to have the superpower to heal people. I wish I could just lay my hands on someone and heal any physical or emotional problem.
- The most unusual thing I've ever eaten is frog legs.
- If I could have dinner with a famous person, I would like to have dinner with Hoda Kotb from Good Morning America. She seems to have a good sense of humor as well as being down to earth.

AN INTERVIEW WITH MRS. HAYES



What inspired you to become a nurse?

I was inspired to become a nurse when I was about 4 years old. My father had an illness that took some time to figure out. There is a picture of me with the nurses' outfit on standing by his bedside.

What are you most excited about this school year?

I am the most excited about getting to know the children at Lyncourt.

What's one thing on your bucket list that you want to achieve?

For my bucket list, I hope to stay healthy enough to see at least one of my grandchildren graduate from high school.

If you could travel anywhere in the world, where would you go and why?

If I could travel anywhere, it would be to Italy. I would love to take in the history and eat the food.

We are very excited to let you know Lyncourt School has opened registration for "*Pawsitive Parenting*" for the 2024-25 school year! If you are new to Lyncourt School, "*Pawsitive Parenting*" is a program we offer once a month for parents and caregivers of our students. These events are focused on empowering our families with helpful information on raising children in the ever-changing 2020's, keeping our children safe in the physical and digital world, local community resources available to you, and managing family stress. We also offer fun family events where you can just enjoy some time together and take a break from your daily to-do list.

Some of our presenters include, The CNY Food Bank, SNAP-ed through the Cornell Cooperative Extension, Salina Free Library, and more! In addition to the helpful information our community partners will provide, Lyncourt School will also be serving free pizza and salad starting at 5:45 p.m. and have free childcare for your kindergarten-6th grade children. Please complete the registration form below so we can plan for food and chaperones.

We look forward to seeing you at Lyncourt "*Pawsitive Parenting*" events during the 2024-25 school year! If you are interested in attending, please call the main office at 315-455-7571 and ask to speak with Mrs. Sherman our School Social Worker or email rshepherd@lyncourtschool.org

[Pawsitive Parenting Schedule 2024-2025](#)

***Please Note: All sessions take place on a Tuesday in the Cafeteria.
Dinner is served at 5:45 pm. Workshops are from 6:00 pm-7:00 pm.
Child care is provided for Lyncourt students ages 5-12.***

Dates:

Topics:

November 12, 2024

TBD

**December 10, 2024
January 14, 2025**

**Family Holiday Party
Pax CommunityTool
-Presented by: the Prevention Network**

February 11, 2025

**Coping with Stress
-Presented by: the Prevention Network**

March 11, 2025

**Internet Safety
-Presented by: McMahon Ryan Child Advocacy
Center**

April 8, 2025

**Creating Healthy & Affordable Family Meals
-Presented by: Cornell Cooperative
Extension**

May 13, 2025

**End Of The Year Celebration
-Presented by the Prevention Network**

PARENT NOTIFICATION

During the school year, your son or daughter may have the opportunity to have his/her photo taken, video image and voice recorded, and/or art and written work published in connection with a school district activity or program. Your child's photo (image) and school work may be published in local newspapers, posted (displayed) on the District's Internet Site, or used by the requesting organization (local TV or print media) for programming and their news stories.



If you **DO NOT** want your child's picture or schoolwork to be used in newspaper articles, video, and/or District publications, including our District's website, please inform the school principal, Mrs. Davis, in writing or email bcusick@lyncourtschool.org

Child abuse hotline:

If you suspect a child is being abused or maltreated (neglected), report it by calling 1-800-342-3720, a toll-free 24-hour hotline operated by New York State Office of Children and Family Services. If you believe a child is in immediate danger, call 911 or your local police department. Information about reporting child abuse and maltreatment (neglect) is available online at <http://ocfs.ny.gov/main/cps>.

The Dignity Act seeks to provide public elementary and secondary school students with a safe and supportive environment free from discrimination, intimidation, taunting, harassment, and bullying. See Lyncourt School's website for more information. If you hear about or witness incidents that might be in violation of the Dignity Act, please contact the school's Dignity Act Coordinator:

Kelly Schroeter, School Psychologist
315-455-7571
kschroeter@lyncourtschool.org



PARENTS' RIGHT TO KNOW

Under Federal "No Child Left Behind" legislation, it is the right of the parent of any student attending Lyncourt School to request information regarding their child's classroom teacher(s) and paraprofessional staff assigned to teach their children. Minimum information parents may request includes:

- ◆ Whether the teacher has met State qualification and licensing criteria for the grade levels and subject areas in which the teacher provides instruction;
- ◆ Whether the teacher is teaching under emergency or other provisional status through which State qualification or licensing criteria have been waived;
- ◆ The baccalaureate degree major of the teacher and any other graduate certification or degree held by the teacher, and the field of discipline of the certification or degree; and
- ◆ Whether the child is provided direct services by paraprofessionals and, if so, their qualifications.

The Lyncourt Union Free School District is pleased to inform parents of students that all classroom teachers have the requisite New York State certification for their employment. Our paraprofessional staff does not provide direct services to students. Questions regarding a teacher's specific baccalaureate or advanced degrees should be sent in writing to:

Superintendent of Schools
2707 Court Street
Syracuse, New York 13208
(315)455-7571

Did you know you can sign up for the Onondaga County Sex Offender Registry Notification System? It will alert you if an offender moves into your area. Information is available 24 hours a day, 7 days a week and is updated by the Sheriff's office in real time.

To access the Offender Watch registry, visit: http://www.sheriffalerts.com/cap_main.php?office=56540



The 2021-22 enacted New York State budget includes language requiring local education agencies, such as school districts, that receive funding from the Federal Elementary and Secondary School Emergency Relief Fund allocated by the American Rescue Plan Act of 2021 (ARP-ESSER), to post on their website a plan by school year of how these funds will be spent. The Lyncourt Union Free School District has posted our [approved plan](#) on the Superintendent's Office page of our website. Any community member who does not have internet access can request a hard copy of the plan by contacting the Lyncourt School Main Office at (315) 455-7571.



MISSION:
Building Foundations for
Lifelong Success.

VISION:
Lyncourt: A Thriving Learning
Community for All.

**Partnerships Responsibility
Integrity Diversity Excellence**

Board Of Education

- Mrs. Kimberly Vespi (BOE President)
- Mr. Hans Meyer (BOE Vice President)
- Mr. Michael Leonardo (Trustee)
- Mrs. Kenda Carfagno (Trustee)
- Ms. Judy Wilsch (Trustee)

Board of Education meetings in 2024-25 will generally be held once a month. As per the meeting scheduled posted on the Board of Education page on the district website, www.lyncourtschool.org and below, in the district conference room at the school building located at 2707 Court Street. Please check for location updates as well as announcements of special meetings on the website.

The Lyncourt UFSD Clerk is Beth Cusick
bcusick@lyncourtschool.org

Schedule for 2024-2025 Regular Board Meetings

- August 13, 2024
- September 10, 2024
- October 8, 2024
- November 12, 2024
- December 10, 2024 (Audit Committee)
- January 14, 2025
- February 11, 2025
- March 11, 2025
- April 8, 2025
- April 21, 2025 at 8am -- Special Meeting--Annual BOCES Admin Budget Vote/Election
- May 13, 2025
- June 10, 2025 (Audit Committee)
- July 8, 2025

**Postal
Customer
ECRWSS**

**Non-Profit Org.
US Postage Paid
Syracuse, NY
Permit No. 581**

**Onondaga County Health Department
Immunization Clinic**

Make an appointment today!

**Stay up to date on your vaccines.
The Clinic serves:**

Children

Children ages 2 months to 18 years old with no insurance or covered by Medicaid or Child Health Plus

Adults

Adults 19 years and older
Adults without insurance
Adults whose insurance doesn't cover the cost of vaccines

**Call 315-435-2074 to
schedule your appointment!**
(Appointments required)



John H. Mulroy Civic Center
421 Montgomery Street, Basement Level, Room 30
Syracuse, New York 13202



Bureau of Disease Control
Immunization Program



Jayden Le
Voices in the Snow
(Black Winter Book One),
by Darcy Coates

