

# The Lyncourt Ledger

Fall 2023

COMMUNITY NEWSLETTER

Issue 1

<http://www.lyncourtshool.org>

Superintendent—James J. Austin

Phone Number 315-455-7571

September:  
Wednesday, September 6th  
FIRST DAY OF SCHOOL

September 12th—BOE Meeting

September 14th  
LYRB Registration 6-7 pm only  
(Lyncourt Youth Rec. Basketball)

September 15th  
PTO Tag In Party  
LYRB Registration 6-7 pm  
Teen Timers Registration  
7-8 pm only

September 18th  
Meet the PTO Members 7 pm

September 22nd—Spirit Day

September 25th  
PTO Meeting 7 pm

September 26th  
School Picture Day

September 28th  
Curriculum Night/Open House

## Summer Programming Highlight



### SAVING LIVES ONE PAW AT A TIME

The Lyncourt Summer School program hosted a lemonade stand to support Friends Forever Animal Rescue. This was a wonderful learning opportunity that included math, reading, organization, promotion and service to others. Students raised \$237.00 dollars to donate to the Friends Forever Animal Rescue.



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The Lyncourt Community fitness center is staffed by Coach Joe Jaquin. Coach Joe is a motivated fitness instructor, offering 10 years of personal growth and 5 years of group and individual exercise experience. Coach Joe enjoys helping clients at all fitness levels get into and achieve their goals.

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.

Coach Joe has a wealth of knowledge and experience and can answer any questions you have regarding proper use of machines or form while lifting weights. Coach Joe also has excellent people skills and is able to work with a range of individuals with different fitness backgrounds and abilities.

Stop in during fall open hours for a tour. Information can also be found on the Lyncourt Community Fitness Center Facebook page.

## LYNCOURT FITNESS CENTER



MONDAY/WEDNESDAY  
4-8 PM  
TUESDAY/THURSDAY  
6-9 PM  
SATURDAY  
9AM-NOON

Fall Hours start  
9/5/2023

**JOIN NOW**

## Our Mission

*“The Lyncourt Union Free School District, in partnership with the community, is committed to educating all learners to reach their full potential.”*



Dear Lyncourt School Community,

On behalf of the Board of Education, faculty, staff, and administration of the Lyncourt Union Free School District, it is my wish that everyone had a restful and prosperous summer. It has been a busy and productive summer here at Lyncourt School.

This is the first year the Lyncourt Union Free school district is providing school supplies free of charge to students. I am happy to share that since the district can take advantage of discount buying in bulk, we can purchase the supplies much cheaper than what parents would spend. This helps give parents one less thing to worry about as they plan for the new school year. The supplies will include items such as notebooks, glue sticks, pens, tissues, folders, crayons and scissors.

Our new fitness center is up and running. We are very excited for our students, staff and Lyncourt community to enjoy the center. As a reminder you must be a Lyncourt resident to use the facility. The tentative hours for fall are listed on the front page.

To those new to our school community, we welcome you and are looking forward to working with your children. Lyncourt is a very special place. As always, if you have any questions or concerns don't hesitate to call my office at 455-7571 or email me at [Jaustin@lyncourtschool.org](mailto:Jaustin@lyncourtschool.org)

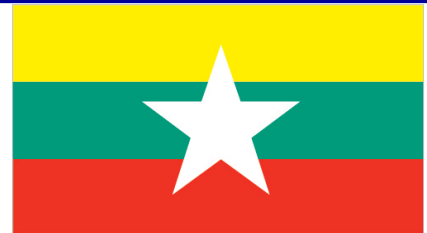
Thank you for your continued support.



Mr. Austin

### Culture Corner ~ Myanmar

Myanmar (formerly Burma) is a Southeast Asian nation of more than 100 ethnic groups, bordering India, Bangladesh, China, Laos and Thailand. Yangon (formerly Rangoon), the country's largest city, is home to bustling markets, numerous parks and lakes, and the towering, gilded Shwedagon Pagoda, which contains Buddhist relics and dates to the 6th century. — Google



#### Amazing Facts About Myanmar

- The major religion followed in Myanmar is Theravada Buddhism. Other main religions of this country include Buddhism, Hinduism, Taoism, Islam, and Christianity.
- The largest city of Myanmar is Yangon, in which the famous Shwedagon Pagoda temple is situated.
- The country was earlier known as Burma until 1989. The military Junta renamed it Myanmar in the same year.
- The capital of Myanmar was changed from Yangon to Naypyidaw in 2006.
- In Myanmar, both men and women wear sarongs, popularly known as lungyi. It is the traditional dress of Myanmar.
- Myanmar is the largest country in Southeast Asia.
- Myanmar is called the land of temples and pagodas. There are mainly Buddhist temples, pagodas, stupas, and ruins.
- The national sport of Myanmar is chinlone. The unique thing about this sport is that it is a mixture of game, dance, and martial art.
- One-leg fishing is famous in Myanmar. The fishermen of Myanmar use the technique of one-leg fishing for catching the fish and rowing the boat at the same time.— unacademy

*Myanmar is the largest country in Southeast Asia. The country is called the “Golden Land,” as it has many beautiful golden temples, such as Shwedagon Pagoda and other calming spots to experience peace of mind. There are many beaches and Buddhist temples, which make Myanmar an incredibly beautiful country.—unacademy*



# LYNCOURT UNION FREE SCHOOL DISTRICT

Dear Lyncourt Families,

## **Welcome Back!**

I hope you are continuing to enjoy your summer! I am thrilled to welcome all of our students, families, and staff back to school. We are excited to begin another incredible and productive school year. Our office team is registering new families, ordering needed materials and updating student files. Our devoted staff is already planning and preparing for the year to begin. Our hard working and conscientious custodians have spent the entire summer thoroughly cleaning the facility and preparing for our students to enter in September! They look forward to seeing you all again!

Lyncourt is a special place to learn and grow. We continue to have high expectations for all our students. Together with all of you, we strive to make connections with students to help them feel valued, accepted, and safe. As our Mission Statement states: "The Lyncourt Union Free School District, in partnership with the community, is committed to educate learners to reach their full potential." With your help, we will continue to guide this mission to provide a rigorous and joyful inclusive school environment to assist in all students reaching their full potential. We will continue to place a strong emphasis on our social emotional learning while continuing to grow our classroom community.

## **New Staff**

We have several new staff to announce joining our Lyncourt Community.

Please welcome:

Special Education Teacher: Julia Mannix

ENL Teacher: Meghan Cunningham

5<sup>th</sup> Grade Teacher: Laura Bowen

UPK 4 Teacher: Amanda Parry

Aide: Alison Gaskins

Aide: Courtney West

Aide: Olivia Hollowell

SRO: Ryan Roman

I eagerly look forward seeing all of you soon! It remains an honor and privilege to serve as your principal. As always, I welcome you to please stop by and say hello. Together, I know we will make this school year, a year that we will continue to encourage all students to reach their full potential. Enjoy the rest of your summer with family and friends. See you all soon!

All My Best,

Kimberly A. Davis  
Building Principal

## **Tips from the Principal:**

Research shows that children do better in school when parents are actively involved in their education. What can you do to support your child? Consider these ideas.

**Making contact.** Try to touch base with your child's teachers at the beginning of the year. You can write a note or attend open house night. Share any information that might help in the classroom. Examples: your child's interests, subjects he's/she's had trouble with in the past.

**Meeting and greeting.** Whenever possible, attend conferences and parent functions throughout the year. By meeting with teachers, you'll learn firsthand how your child is doing, and you'll have a chance to discuss strengths and weaknesses.

**Pitching in.** You can also show support for your child's school. Find out about volunteer opportunities. Working parents often make phone calls, run photocopies, or lead fund raisers.

**Good news.** By showing interest in your child's education, you're also showing interest in him/her. That kind of support can encourage your child to work harder in school.



## IMPORTANT INFORMATION FROM THE HEALTH OFFICE

### Immunizations

**IMPORTANT:** According to The New York State Department of Health all students entering **7th and 12th** grades must receive the meningococcal vaccine before they can attend school. Meningococcal disease causes bacterial meningitis and other serious diseases. Teens and young adults are at greater risk. While this is not a new vaccine (it has been recommended for years), it will now be required for school entry this fall. Please note that students who have received this vaccine in the past may still need a booster to start school. Parents and guardians should check with their family doctors to see whether or not their child needs the vaccine.

Students entering **6th grade** must have the Tetanus and Diphtheria toxoid-containing vaccine and Pertussis vaccine booster (**Tdap**) and 2 doses of the Varicella vaccine (**Chickenpox**) before the start of school in September.

### Physicals

The New York State Department of Education requires a health certificate or health appraisal of each public school student when they enter the school district for the first time in **Grades Pre-K or K, 1, 3, 5, 7, 9 and 11**; participate in interscholastic **sports**; need **working papers**; or are referred to the **Committee on Special Education**.

All students participating in interscholastic sports programs, regardless of grade level, must have a physical exam before participating in any sport practice. These physicals need to be turned into the School Nurse prior to the start of practice. If you child intends to play a sport, it is important that they check with the School Nurse before practice to verify they have a current sports physical on file.

Physicals expire one year from the month they were performed, on the last day on the month.



## When Should I Stay Home?

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
Temperature of 100° F or higher	Within the past 24 hours	Within the past 24 hours	Body rash with oozing, drainage or fever	Check with your school district policy	Redness, itching, and/or pus draining from eye	Hospital stay and/or emergency room visit

## I am ready to go back to school when I am...

Fever free without the assistance of medication for 24 hours (i.e., Tylenol, Motrin, Advil)	Free from vomiting for 24 hours.	Free from diarrhea for 24 hours.	Free from rash or fever and have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home.	Free from drainage and/or have been evaluated by my doctor if needed.	Released by my medical provider to return to school.
<i>It's ok to have a runny nose and/or small cough.</i>						

If your child has strep throat or another bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given permission for your child to return to school. We encourage you to seek medical attention when your child is sick and to follow your health care provider's recommendations about returning to school and other activities.

## Medication in school

If it is necessary for a child to take or use medicine (prescription or over-the-counter) during school hours, the following rules apply:

- The parent or guardian must submit a signed request to the school nurse.
- The family physician must also submit a written request, detailing the frequency and dosage of the medication and the purpose for which it is being taken.
- All medicines must be delivered to the nurse by a parent or guardian.
- The medication will be kept in the nurse's office and will be administered by or under the supervision of the nurse, unless the student has an order from a physician to carry and self-administer medication (i.e., an inhaler).
- The medication must be in the prescription bottle or over the-counter container.

### 988: More than a Number

988 is the new, three-digit number for the National Suicide Prevention Lifeline (NSPL). 988 is now available nation-wide.

988 is more than just an easy-to-remember number. It is a direct connection to caring support for anyone in mental health distress. This may include:

- thoughts of suicide
- substance use crisis
- emotional distress

988 is a free service available to everyone.

HOW TO CONTACT 988- You can contact 988 by chat, text, or phone.

Call or text 988 to be connected with a trained crisis counselor. When you call, you can access support in Spanish by pressing 2. Interpretation services are available in over 150 languages. To access 988 via chat, visit [988lifeline.org](https://988lifeline.org).



### Immunization requirements for school attendance

As a reminder, immunization requirements for students must be met for school attendance. A student may not be permitted to attend school without proof of required immunizations. There is a 14 day grace period following the 1st day of school to provide documentation of required immunizations. For those students who are transferring from out-of-state or from another country and can show a good faith effort to get the necessary evidence of immunization(s) there is a 30 day grace period.

### Family Educational Right to Know Privacy Act (FERPA):

Under FERPA, the school nurse may disclose health alerts involving individual students to individual professionals who have a "legitimate educational interest" or that "need to know" the student's health situation. If you do not want your child's medical information shared with the appropriate staff members, please do not hesitate to contact the school nurse.

The registered nurse, Ms. Lowery, of the Lyncourt Union Free School District believes a healthy child in a safe and healthy environment is the best learner. Please keep Mrs. Lowery updated on your child's health status, such as surgeries, medications, illness/diseases, new diagnoses or other conditions that might affect your child's school performance.

### Contact Information

Melanie Lowery RN

School Nurse

Phone: 315.455.7571 option 2

Fax: 315.455.7573



## New Cardiac Arrest Prevention Information

The Dominic Murray Sudden Cardiac Arrest Prevention Act is a new law as of July 1, 2022. This law requires schools, students, and parents/guardians have information on sudden cardiac arrest risks, signs, and symptoms.

Please note that sudden cardiac arrest in children and youth is rare. The incidence of sudden cardiac death (SCD) on the playing field is 0.61 in 100,000. Sudden Cardiac Arrest (SCA) is an emergency that happens when the heart suddenly stops working. SCA can cause death if not treated immediately, and even with treatment death may occur. Immediate treatment is cardiopulmonary resuscitation (CPR) and use of an automatic external defibrillator (AED). All public schools must have a staff member trained in the use of CPR and AED in school and at all school athletic events.

Preventing SCA before it happens is the best way to save a life. Both your family health history and your child's personal history must be told to healthcare providers to help them know if your child is at risk for sudden cardiac arrest. Ask your child if they are having any of the symptoms listed below and tell a healthcare provider. Know your family history and tell a healthcare provider of any risk factors listed below.

### The signs or symptoms are:

- Fainting or seizure, especially during or right after exercise or with excitement or startled
- Racing heart, palpitations, or irregular heartbeat
- Dizziness, lightheadedness, or extreme fatigue with exercise
- Chest pain or discomfort with exercise
- Excessive shortness of breath during exercise
- Excessive, unexpected fatigue during or after exercise

### Student's Personal Risk Factors are:

- Use of diet pills, performance-enhancing supplements, energy drinks, or drugs such as cocaine, inhalants, or "recreational" drugs.
- Elevated blood pressure or cholesterol
- History of health care provider ordered test(s) for heart related issues

### Student's Family History Risk Factors are:

- Family history of known heart abnormalities or sudden death before 50 years of age
- Family members with unexplained fainting, seizures, drowning, near drowning or car accidents before 50 years of age
- Structural heart abnormality, repaired or unrepaired
- Any relative diagnosed with the following conditions:
  - Enlarged Heart/ Hypertrophic Cardiomyopathy/Dilated Cardiomyopathy
  - Arrhythmogenic Right Ventricular Cardiomyopathy
  - Heart rhythm problems, long or short QT interval
  - Brugada Syndrome
  - Catecholaminergic Ventricular Tachycardia
  - Marfan Syndrome- aortic rupture
  - Heart attack at 50 years or younger
  - Pacemaker or implanted cardiac defibrillator (ICD)

SCA in students at risk can be triggered by athletic activities. To decrease the chance of SCA in a student, health history form for Athletics must be completed and signed by a parent/guardian before each sports season. These questions help identify changes since the last physical examination or health history was completed. School personnel may require a student with health or history changes to see a healthcare provider before participating in athletics.

Finally, the law requires any student who has signs and symptoms of pending SCA be removed from athletic activity until seen by a physician. The physician must provide written clearance to the school for the student to be able to return to athletics.

Please contact the State Education Department's Office of Student Support Services for questions at 518-486-6090.

### 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](mailto: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](mailto: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 OffenderWatch registry, visit:

[http://www.sheriffalerts.com/cap\\_main.php?office=56540](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.



**Lyncourt Union Free  
School District  
2707 Court Street  
Syracuse, NY 13208**

**Non-Profit Org.  
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**Board of Education**

Mrs. Kimberly Vespi (BOE President)  
Mr. Dave Florczyk (BOE Vice President)  
Mr. Michael Leonardo (Trustee)  
Mrs. Kenda Carfagno (Trustee)  
Mr. Hans Meyer (Trustee)

**ECRWSS**

**Postal Customer**

We are all very fortunate to have a Board of Education who supports our school and community, and shares a common vision of doing what is best for our students:

**Mrs. Kimberly Vespi (BOE President)  
Mr. Dave Florczyk (BOE Vice President)  
Mr. Michael Leonardo (Trustee)  
Mrs. Kenda Carfagno (Trustee)  
Mr. Hans Meyer (Trustee)**

Board of Education meetings in 2023-24 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](http://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.

Our board typically meets the second Tuesday of every month. Audit Committee Meetings start at 5:45 PM and Regular Meetings begin at 6:00 PM.

The Lyncourt UFSD Clerk is Beth Cusick [bcusick@lyncourtschool.org](mailto:bcusick@lyncourtschool.org)



**Our board meets the second Tuesday of every month. Meetings start at 6:00 PM and are located in the Board Of Education Room.**

**Audit Committee Meetings start at 5:45 PM**

**Schedule for 2023-2024 Regular Board Meetings**

**August 8, 2023  
September 12, 2023 (Audit Committee)  
October 10, 2023  
November 14, 2023  
December 12, 2023 (Audit Committee)  
January 9, 2024  
February 13, 2024  
March 12, 2024 (Audit Committee)  
April 9, 2024  
April 15, 2024 at 8am -- Special Meeting--Annual  
BOCES Admin Budget Vote/Election  
May 14, 2024  
June 11, 2024 (Audit Committee)  
July 9, 2024**