

The Lyncourt Ledger

Winter 2023

COMMUNITY NEWSLETTER

Issue 2

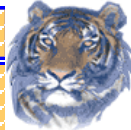
<http://www.lyncourtschool.org>

Superintendent—James J. Austin

Phone Number (315)455-7571

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LYNCOURT UNION FREE SCHOOL DISTRICT



SITE IMPROVEMENTS:

1. Asphalt walkway leading to existing playground area.
2. New outdoor classroom space with perimeter seating for classroom instructional use and/or passive recreation.
3. New curb and concrete perimeter walk around playground. Will allow for better access, as well as potential for tricycle circuit.
4. New exterior staircase from upper parking lot on west side of building down to the playground area. Includes safety railings along top of parking lot edge.
5. Existing basketball hoop remained. Extended asphalt behind and alongside of the hoop to increase playable area and added pavement striping.
6. New concrete curb and walkway along north side of building to accommodate building addition. New ADA curb ramp and extend parking spaces (net gain 3 spaces - 3 ADA spaces required for total east and north parking lots).
7. Playground surfacing in new courtyard and additional playground equipment and activities.

ORDER YOUR YEARBOOK TODAY!



Scan the QR Code above to order your yearbook! There's nothing else like your school yearbook. Get your hands on the limited edition collection of our stories from the year. Share it with your friends today and hang on to it for years to come!

Our Mission

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

Thank you Lyncourt Community for supporting the Capital Project. Official ribbon cutting and tours Spring 2023!

The Vision Fulfilled:

- ◆ Updated some existing spaces to enhance program offerings and address the changing needs of our students, while adding much needed instructional space.
- ◆ Repurposed two existing classrooms into a fitness and wellness room. (Opening for public use in Spring 2023)
- ◆ This fitness/wellness room contains cardio equipment, yoga mat space, and strengthening and exercise equipment. (We are currently looking for a Fitness Trainer.) Given our limited outdoor area, this has enhanced our offerings in Physical Education class instruction. The space also provides a quiet stress release area for students working with counselors and the school psychologist.
- ◆ The fitness/wellness addition to our school facility provides school-wide opportunities for targeting obesity, strength training, emotional and behavioral outlets and physical activity. Given our ever-changing demographics, proper use of fitness equipment and the opportunity to use a fitness gym is something many of our student population may otherwise not experience.
- ◆ Four additional instructional space classrooms. (Much needed with our population.)
- ◆ The new outdoor classroom space, with perimeter seating for classroom instructional use and/or passive recreation, will provide a school and community space for outdoor learning and entertainment. This will be equipped with large screen projection capability, outdoor WiFi, and speakers.

Great Expectations for Achievement, Respect, and Caring

Principal's Message....

Academic Recognition Breakfast

The 1st Marking Period Academic Recognition Breakfast was held on Wednesday, November 30th, 2022 and 75 students and their families were recognized. The dedication to academic excellence on behalf of these students has truly been one of the key highlights of this scholastic year. We, at Lyncourt School, are extremely proud of their success as they continue to meet and exceed our "Great Expectations for Achievement, Respect, and Caring." Congratulations to everyone and keep up the good work!



Parent Square

Parent Square is our primary way to communicate.

If you are not receiving messages from this platform, please call the Main Office and we will send you the login information.

Happy New Year to all!

Respectfully,

Kimberly Davis, Building Principal



Handicap Parking

Please do not park in spots that are reserved for people with a disability. We have students that require handicap parking, so please leave those spots open for the people who need them.



Lyncourt Tiger Den

Parents and Guardians:

Did you know we have a closet filled with gently used clothing? It's called our Lyncourt Tiger Den. We have clothes, shoes, boots and winter coats that we would love to give away. If your child or children could use some of our clothing donations, please contact Amy MacCaull at amaccaull@lyncourtschool.org or Randi Sherman at rsherman@lyncourtschool.org or by phone at (315) 455-7571. Please let us know what items and sizes that you are interested in and we will check our inventory. **All requests are kept confidential.**



News from Mrs. Lowery
When to keep your child home –

Lyncourt School Policy states:

In order to prevent the spread of communicable disease including influenza in school, to protect the health of all children and staff at school and optimize your own child's health, it is advisable that you keep your child home for the following reasons:

A temperature of 100°F or more is considered a fever. Your child should be fever free for 24 hours and not require medication to remain fever free before returning to school.

- A diagnosis of strep throat. Your child should remain home until he/she has been on antibiotics for a full 24 hours before returning to school.
- Keep your child home if he/she:
 - Has vomited during the previous night or that morning.
 - Has several episodes of diarrhea.
 - Has moist, productive cough, chest congestion or thick nasal discharge.
 - Has eye(s) that are swollen, red or draining.
 - Has a rash you cannot identify.



REMEMBER: Washing your hands is the best way to stop the spread of germs and stay healthy.

The Lyncourt Student Services Team is excited to share with our community a new program called, "Pawsitive Parenting"! In August, we sent out a survey to our parents and families asking for their feedback regarding the types of resources and information that could best help them during these challenging times. The results of the survey showed our team that families were interested in various topics, including:

- Supporting children with difficult emotions
- Strategies to improve cooperation and self-regulation skills
- Helping children develop problem solving skills
- Improving communication and family stress reduction strategies
- Navigating the teen years (specifically for families of 11-17 year olds)

Based on these results, we have collaborated with the Central New York Prevention Network to bring helpful information sessions right to our building. Working together, we have created this new program, "Pawsitive Parenting" for our Lyncourt Tiger Families. Each month we hold a 1-hour session, on a Tuesday evening from 6-7 p.m., with childcare and dinner provided. We send out the month's topic and a registration form to everyone through our Parent Square communication portal 2 weeks in advance, so we can plan for food and childcare. All events, informational materials, food, and childcare are free of charge. Our upcoming Pawsitive Parenting events will be on the following dates: 1/10, 2/7, 3/14, 4/11, 5/9, 6/13.

If you are interested in attending, please register for the events through your Parent Square account or call the Lyncourt Main Office for more information. We are looking forward to working with all of our Lyncourt "pawsitive" parents and families this year!



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.

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.



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 and District social media sites, please inform the school principal, Mrs. Davis, in writing or email Beth Cusick at: bcusick@lyncourtschool.org.

High School Choice News

High School Choices:

After graduating from the Lyncourt Union Free School District, current 8th-grade students can attend the two districts listed below:

[East Syracuse-Minoa Central High School](#)



[Solway High School](#)

Please contact [School Counselor Amy MacCaull](#) at (315)455-7571 whenever you have a question about what high school will be the best fit for your child. We have included some helpful information below about High School choices but speaking with Mrs. MacCaull is the best way to get answers to any questions you may have.

Transition Timeline

The students will visit and tour ESM HS on Friday, January 13, at 9:15 and tour SHS on Thursday, January 26 at 9:00 am.

Both ESM and Solway offer these programs:

OCC Advantage:

The OCC Advantage program is a college and career-readiness program offered to entering freshmen. The program supports the development of skills, behaviors and habits that prepare a student for success in high school, college and career. Students who successfully complete the OCC Advantage program while in high school will be eligible to receive a first semester full-tuition scholarship with the opportunity to earn three subsequent semesters at Onondaga Community College.

Spartan Academy (ESM) or Solway Success Academy (SHS):

Students can earn 24-60 College credits during their 4 years of High School. If a student fulfills the 60 college credits that would equal a 2-Year College Associate Degree. The degree would be in Math/Science from Onondaga Community College.

How to know what's happening at Lyncourt UFSD

District Website

The Lyncourt UFSD website is updated routinely. There is information about school activities, health office updates, daily announcements, calendars, registration, counseling, yearbook and many other topics.
www.lyncourtschool.org

Parent Square

The Parent Square system is what we use to send messages via telephone, text and email to notify staff/parents of emergency events, upcoming school events closings and delays. This is only available if you have signed up to receive the notifications. If you need your contact information updated please call the main office.

Social Media

If you are looking for up-to-date district news, view photos, and get additional information on events happening in the school follow us on Facebook and Twitter. Facebook: [@LyncourtSchools](#) Twitter: [@Lyncourt_UFSD](#)

SchoolTool

The parent portal is a password protected secure website that offers parents and students online access to information about a student's academic program and progress. SchoolTool is also where we pull the SchoolMessenger information from, so it is important to review your contact information and ensure it is correct. Need help with logging in to SchoolTool? Call the main office at 315-455-7571.

Google Classroom

Google classroom is a tool educators are using to manage and assess progress, while learning from school, home or on the go. Need help with Google Classroom? Contact your child's teacher.

Urgent Matters

Lyncourt Main Office 315-455-7571

Lyncourt District Office 315-455-7571 ext. 7

Lyncourt School Psychologist Ms. Schroeter email: kschroeter@lyncourtschool.org

Lyncourt Social Worker Ms. Sherman email: rsherman@lyncourtschool.org

Thank you, Dr. Salamino!

On behalf of the entire Lyncourt Community I would like to thank Dr. Salamino for his 25 years of service to the Lyncourt Community. On December 13, 2022, at the regular Board of Education Meeting, Dr. Salamino announced he would be stepping down as the Lyncourt Board Of Education President.

Dr. Salamino has shown tireless dedication to the success of our Lyncourt School Community and will be missed. During his tenure as President, of the Lyncourt Board Of Education, Dr. Salamino consistently demonstrated leadership and innovative qualities and solved difficult situations with grace and poise. With the help and guidance of the entire Board Of Education, Dr. Salamino steered us through difficult decisions regarding the COVID pandemic, and remained student focused. These were challenging times, but Dr. Salamino always kept what was best for student on the forefront.

As a learner himself, Dr. Salamino sought understanding and demonstrated a desire to learn from others. This translated into tremendous growth for our District. Our District was fortunate to have a community member in the pursuit of higher standards for the benefit of the students and the community as a whole.

**On behalf of the entire Lyncourt School Community-
Thank You, Dr. Salamino!
You will be missed.**



A message from Dr. Salamino:

It is with a heavy heart that I must resign my position on the Lyncourt School Board. I will be moving out of the district to be closer to my family. Lyncourt School has been a part of my life for as long as I can remember. I attended what was then Lyncourt "Junior High" school from kindergarten to ninth grade. I continued my connection to Lyncourt as a member of the summer "Select Band" program for another 8 years. After college and dental school, I moved back into Lyncourt after my daughter was born. Both of my daughters attended Lyncourt School. It was during that time, I was first elected to the Lyncourt School Board.

I am so proud of the improvements we have made to the district during my tenure as president. I have enjoyed working with a number of superintendents and board members, but nothing compares to the current group that I work with. Working together with Dave Florczyk, Mike Leonardo, Tony Maggi, Kim Vespi, and our superintendent, Jay Austin, has been a pleasure and an honor. It is amazing how much can be accomplished when a school board functions as one unit with one simple goal: Provide the best education for our students.

Thank you to the administration, led by Mr. Austin. Thank you for all you do to allow our board meetings to run so smoothly. I would also like to thank all the teachers and staff, past and present, who have helped me along the way. As I proceed with future educational endeavors, I will always keep Lyncourt close to my heart.

Although my address may be changing, my feelings for this school will never change. I love Lyncourt School. To quote Dr. Seuss: "Don't cry because it's over, smile because it happened." Thank you all!

Promoting Good Attendance All Winter Long



Every winter, bad weather — snow, slush, freezing temperatures or even heavy rains — can present challenges to getting children to school. So do the illnesses such as colds, flu, fevers and earaches that often come with the winter months. Students might also have to stay home due to Covid-19.

1. Develop back up plans for getting your children to school in bad weather.

- Check to see who can give your children a ride to school if you aren't able to take them or the bus doesn't arrive.
- Talk with your school about forming a "walking school bus" with other families to get students to school safely.
- Contact your local government if roads to school are not regularly plowed.
- Join other families to clear snow from the sidewalks closest to the school.
- Tell school administrators about transportation challenges, including safety, and ask if they have plans for transporting students.

WHAT CAN PARENTS DO?



2. Keep your children healthy.

- Maintain a regular bedtime and morning routine.
- Ensure students eat a good breakfast every morning or check to see if your school serves breakfast.
- Ensure your children visit their medical provider and have received their vaccines, including flu and Covid.
- Stress hand washing, particularly before and after eating, and after using the restroom.
- Reinforce the importance of avoiding close contact with individuals who are sick, and not sharing cups and/or utensils with others.
- If your children seem anxious about going to school, ask teachers, school counselors, your medical provider and parents for advice on how to make your children feel comfortable and excited about learning.
- If you are concerned your children may have Covid, call your medical provider or school nurse for advice.

3. Keep your children engaged in learning if they cannot attend school in person.

- Ask your teacher or school for resources that you can use at home to keep your children learning, including computer tablets, internet access and online learning platforms.
- Identify who can support your children's learning at home, especially if you must go to work.
- Encourage your children to call classmates and stay connected to the teacher to find out about what they missed.

To learn more about attendance and strategies that make a difference visit www.attendanceworks.org

Flu Information for Parents

What is flu?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Flu viruses cause illness, hospital stays, and deaths in the United States each year.

How serious is flu?

Flu illness can vary from mild to severe. While flu can be serious even in kids who are healthy, it can be especially dangerous for young children and children of any age who have certain chronic health conditions. Children younger than 5 years old—especially those younger than 2—are at higher risk of developing serious flu-related complications. Children of any age with certain chronic health conditions like asthma and diabetes are also at higher risk.

What are the signs and symptoms of flu?

Symptoms of flu can include:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)

Some people may have vomiting and diarrhea, though this is more common in children than adults.

* It's important to note that not everyone with flu will have a fever.

Protect your child

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

Ask your health care provider which flu vaccine is right for your child.

Everyone 6 months of age and older should get a flu vaccine by the end of October, if possible.

Children 6 months through 8 years of age may need 2 doses of vaccine.

Parents, siblings, and people who care for infants should be vaccinated in order to help protect younger children that cannot be vaccinated.

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs. ■ Stay away from people who are sick, cover your coughs and sneezes, wash your hands often with soap and water, do not touch your eyes, nose, or mouth.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor right away if you are worried about your child's illness.

- Make sure your child gets plenty of rest and drinks enough fluids. If your child is at higher risk for flu complications, call your doctor or take them to the doctor right away if they develop flu symptoms.
- If your child becomes sick with flu illness, CDC recommends that they stay home for at least 24 hours after their fever is gone and their symptoms have improved or resolved. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)* or higher.

*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

Is there medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antiviral treatment of the flu works best when given as soon as possible, ideally 1-2 days after flu symptoms develop. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at higher risk of serious flu complications who get flu symptoms. Antivirals can be given to most children and pregnant people.

#FIGHT FLU



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

School Closings

It is very important that we continue communicating with our community members in a fast and efficient manner. Whenever weather conditions in the Lyncourt Union Free School District require closing school, for all or part of the regularly scheduled school day, major commercial radio stations will be notified as soon as possible, as well as T.V. channels 3(NBC)/5 (CBS) CNY Central, 9 (ABC), and 10 (Time Warner YNN News Channel 10) and our Parent Square system. Please listen carefully to the phone messages and read text messages from the school, as they contain very valuable information. There may be an occasion where we delay the start of a school day or a very rare occasion of a weather related early dismissal. Please be certain that you have reviewed with your child(ren) the plans made with them for either of these circumstances.

During inclement weather, district officials closely monitor weather forecasts using a variety of weather services. The decision to close or delay school varies, with many factors being considered, including weather conditions and the ability to operate the building with full utilities. The decision to close or delay can usually be made by 6:00 a.m. It is possible that a delay will become a **closing if the conditions fail to improve or worsen. The safety of our students is top priority in making these decisions.**

The

Lyncourt

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

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ECRWSS

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The Lyncourt Union Free School District Board of Education, in partnership with the community, is committed to educating all students to reach their full potential as inspiring, confident, passionate, life-long learners. Please let our Board members know how much you appreciate their efforts in this most important mission.

**Our board meets the second Tuesday of every month.
Meetings start at 6:00 PM and are located in the District Conference Room.
Audit Committee Meetings start at 5:45 PM.**

January 10, 2023
February 14, 2023
March 14, 2023 (Audit Committee)
April 11, 2023
April 17, 2023 at 8am -- Special Meeting--Annual BOCES Admin Budget Vote/Election
May 9, 2023
June 13, 2023 (Audit Committee)
July 11, 2023