



# YOUR SCHOOLS

www.sweethomeschools.com

Sweet Home Central School District

January 2011 Your Schools - The Newsletter for the Residents of the Sweet Home Central School District

## AWARD WINNING DESIGN

A wedding dress designed by senior **Ashley Arter** was recently on display at the Festival of Trees for Women & Children's Hospital. Ashley is enrolled in Erie 1 BOCES Fashion Design and Merchandising program.



While working on this project, Ashley commented on how she enjoys designing and creating clothing that reflects her personality and was honored to have her design chosen.

The dress was featured in a black-and-white themed booth sponsored by New Era Cap during the two-week run of the Festival of Trees at the Hyatt Regency Hotel.



Congratulations Ashley!

## Board of Education to Host Three Meeting on 2011-12 Budget

Sweet Home Central Schools Superintendent Anthony J. Day and the Board of Education invite community members to an **open 2011-12 community budget meeting** to learn about the overall budget process and to ask questions of the Board of Education. Because of anticipated drastic cuts in state aid to Sweet Home, this budget season will prove to be one of the most challenging in Sweet Home history. The meeting will be held on **Thursday, January 20 at 7pm** in the Norman C. Vergils Community Center of Sweet Home High School, 1901 Sweet Home Road in Amherst. The meeting is not a Board of Education meeting, but rather a chance for community members to learn more about budget plans and voice opinions. The special meeting is open to all district residents. Those interested in attending the community budget meeting are asked to RSVP to the Office of the Superintendent.



The Board of Education of the Sweet Home Central School District has also set two 2011-12 budget study sessions. The board will discuss the budget on the following dates and times:

**Saturday, January 22 - 8:00am**

**Saturday, February 12 - 8:00am**

Both meetings will be held in the Office of the Superintendent in the district offices at 1901 Sweet Home Road in Amherst. All budget study sessions are open to the public.

Future budget study sessions will be announced as needed.

### IMPORTANT DATES FOR 2011-12 BUDGET DISCUSSION

**Thursday, January 20 • 7pm • Open Community Meeting**  
**Saturday, January 22 • 8am • Board Budget Study Session**  
**Saturday, February 12 • 8am • Board Budget Study Session**



*Superintendent of  
Schools  
Anthony J. Day*

## A Message from the Superintendent of Schools...

One of the most important- if not the most important- tasks that our Board of Education addresses is the creation of the annual school district budget recommended for community adoption each May. The budget outlines a plan to provide the resources needed to craft, support and maintain our District's educational program as well as our physical plant.

Through the years, our program has evolved to include elements that exceed those required by New York State in our efforts to offer the best possible experience to our students. These program elements range from enrichment experiences and smaller class sizes at the elementary level to elective offerings at our middle school. They include specialized music opportunities and modified sports as well as honors and advanced placement courses. These and many other areas have all become part of a Sweet Home core program- a program guided by a vision of high levels of learning and achievement for all students. In recent years, maintaining these programs has proven increasingly difficult.

At its most basic level, the process used to craft the District's annual budget is actually quite simple- finding a balance between expenditures and revenues. Over the past three years, the amount of revenue the District has received from New York State has dropped precipitously. These reductions have been partially offset by an infusion of federal stimulus funds that will come to an end during 2011-12. Meanwhile, the New York State government continues to experience its own well-publicized fiscal crisis and will soon begin grappling with budget deficits that promise even further reductions in aid.

As revenue sources have shrunk, the District has had to find ways to reduce its program expenditures without cutting into this core. Our 2010-11 budget includes over \$2 million in spending reductions from the prior year. The climate of this year's budget process is even more challenging and forecasts even further program cuts. Sharp increases in mandated retirement contributions as well as increases in other required expenditures point to significant budget gaps. Given the magnitude of the anticipated shortfall and recognizing the strain that increasing taxes would impose upon families, we are scrutinizing every expenditure and may have to consider reductions in programs and elements of these programs that our schools and community have long counted upon.

Our Board of Education is committed to giving voice to our school community in the critical process of recommending a spending plan for 2011-12. This year, the Board will seek community input before actually beginning its formal budget deliberations. To that end, I have scheduled a special open community budget meeting on **Thursday, January 20, 2011**. This meeting will be held in the Norman Vergils Community Center at our District offices beginning at **7:00 PM**. Open to all community residents, the forum will seek discussion and input on a variety of key questions and topics related to key educational issues such as class size, enrichment and intervention efforts and non-required academic and extracurricular programming. We will also ask for community feedback related to balancing our program needs with the potential tax impact they might impose on our community.

The Board of Education's actual budgeting process will begin with its first formal budget hearing on January 22<sup>nd</sup> at 8:00 am. The Board's process will continue with another budget hearing scheduled on February 12<sup>th</sup>. These sessions are also held in our District offices and offer additional opportunities for residents to voice their thoughts and opinions. Throughout our budgeting process, I would urge you to visit our District website, **[www.sweethomeschools.com](http://www.sweethomeschools.com)** for updated information.

This budget season will prove to be one of the most challenging in our District's history and we need your voice. I hope that you will consider attending the open community meeting on January 20 and if you do, please RSVP to my office at 250-1402.

## “PROJECT SUCCESS: COMING TOGETHER FOR OUR CHILDREN”

### **Meeting with Current 8th Grade Parents**

The presentation of the required drug and alcohol education program for parents of incoming 9<sup>th</sup> graders for the 2011-2012 school year is scheduled for **Wednesday, March 23 from 7-8:30pm** in the Sweet Home District Office-Norman Vergils Community Room. Presenters include representatives from Amherst Town Court, Amherst Police, Erie County Council for the Prevention of Alcohol and Substance Abuse and the school district. Attendance to the program is necessary if the new 9<sup>th</sup> grade students are to attend any dances at the High School. Parents of current 9<sup>th</sup> and 10<sup>th</sup> grade students are also encouraged to attend if they have not yet done so. A letter will be sent out to all 8<sup>th</sup> grade parents in the near future further explaining the reasons for this district initiative. Please contact Mrs. Reinholz, Sweet Home High School Principal, with any questions at 250-1200.

### **HARKNESS STUDENT OF THE MONTH**



Congratulations to **Phillip Rhodes** on being named the Harkness Student of the Month for October. Phillip was described as having many skills and is especially good at fixing and operating machinery.

## Middle School Presents *Guys & Dolls Jr...*

Sweet Home Middle School presents “*Guys and Dolls Jr*” on Friday, February 11, 2011 at 7 p.m. and Saturday, February 12, 2011.

A 1950s classic originally made popular by artists Marlon Brando and Frank Sinatra, this year’s middle school musical will take you back to a New York City filled with gamblers and their “dolls.” This group of men think they have it all figured out...except when it comes to the ladies they love!

“Guys and Dolls” features **Julia Stoll** as Miss Sarah Brown, **Christian Peth** as Sky Masterson, **Lindsay Moran** as Miss Adelaide and **Ben Graham** as Nathan Detroit.

You’ll fall in love with songs like “Luck be a Lady” and “Adelaide’s Lament,” and laugh along with the characters’ crazy shenanigans.

Tickets are \$4.50 and available by calling the show’s producer, Mrs. Dena Lunetta at 570-2130.



*Christian Peth, Julia Stoll and Ben Graham are the leads in Guys and Dolls Jr. Not pictured is Lindsay Moran.*

## High School Offers Practice PSAT/SAT...

Save the date of Saturday, March 5 for the opportunity to take a practice PSAT or SAT. The PSAT/SAT Practice Test, which is being sponsored by Kaplan Test Prep and Sweet Home Dollars for Scholars, will be offered to all students in the sophomore (PSAT) and junior (SAT) classes on **Saturday, March 5** at 9:00am. **Students must preregister and can do so February 16 and March 1 and 2 between 10:30am and 1:30pm outside the high school cafeteria. Cost of the test is \$7.** Following the practice test, students and parents are invited to come back on Thursday, March 10 at 7pm where students will be given a computer-analyzed printout detailing their strengths and weaknesses. For more information, please call 250-1414.

## Parent Advocates Needed...

Have you ever considered becoming a parent member for the Committee on Preschool Education (CPSE) or the Committee on Special Education (CSE) in the Sweet Home school district?

The CPSE and CSE are multi-disciplinary teams appointed by the Board of Education, that coordinates evaluations and makes recommendations for services and/or programs for children identified as having an educational disability. The committee, as stated by law, is comprised of the child's teacher, a school psychologist, a special education teacher, the parents of the child and a parent member. Depending on the purpose of the committee, other members may also be in attendance.



### **What is a parent member?**

A parent member of the CPSE/CSE is a parent of a child with a disability who lives in the school district or a neighboring school district. They attend the Committee meetings to support the parents/guardians and to help insure that the focus of the meeting is on the child.

The role of the parent member at a Committee meeting is:

- Support the parent(s) and explain the process as needed
- Participate in discussions involving eligibility for special education services and IEP development
- Seek clarification and explain to the parent as needed
- Participate in decisions as an equal member of the Committee
- Keep all student and family information strictly confidential

If you have as little as one half a day per month, please consider serving in this vital capacity. The amount of time you devote is at your discretion, and all meetings occur during school hours. A brief training prior to serving as a parent member will be provided. We are confident that you will find being a parent member a worthwhile and educational experience. For more information about training or if you have further questions please contact the Special Education Office at 250-1235 or [jcole@shs.k12.ny.us](mailto:jcole@shs.k12.ny.us).

## Middle School Super Spellers...

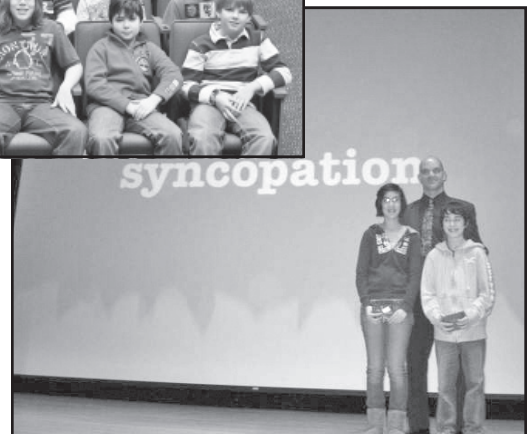
In a thrilling, down-to-the-wire spelling bee this morning, **Joey Gerlach** took first place by spelling **chihuahua**, **hydronautics** and **syncopation** correctly. Joey is Mrs. Petrie's 8th-grade student. Congratulations, Joey! He wins a Barnes and Noble gift card from the Sweet Home Parent Student Teacher Association, a brand new dictionary, and has a chance to represent our region in the National Spelling Bee in Washington D.C.

Another of Mrs. Petrie's students, **Chloe Thai**, took runner-up in the competition. This is the second top-two finish for Chloe in two years. Before misspelling **guernsey**, Chloe spelled **laureation** correctly. Chloe's efforts are to be commended.



*Middle School  
2011 Spelling Bee  
Contestants*

*Mr. Etkin with first and  
second place winners  
Joey Gerlach and Chloe  
Thai.*



## Congratulations Mrs. Galli...

The Executive Committee of the New York State Athletic Administrators Association, Chapter Six, has selected **Mrs. Karen Galli**, Athletics secretary, to receive the 2011 Judith Martens Secretarial Award. The award will be announced at the Executive Committee's conference on March 16-18, 2011 in Saratoga Springs and will be presented to Mrs. Galli at some point after the conference.

Sweet Home student athletes, parents, faculty and administrators congratulate Mrs. Galli on this well deserved honor.



## Kaminski Signs National Letter of Intent...

**Kaylee Kaminski**, a member of Sweet Home's girls varsity bowling team, signed a National Letter of Intent on Friday, December 10 to play bowling for the Tigers of Campbellsville University (Kentucky).

Pictured with Kaylee are her parents Bonnie and Tom, Athletic Director Chris DeMarco and girls bowling coach Jim Russo.

Kaminski has been a member of the girls varsity bowling team since seventh grade and currently serves as the team's co-captain.

Kaylee will have a dual major of Spanish and Math Education at Campbellsville and hopes to teach math in South America after graduation.

Best of luck at Campbellsville in the fall Kaylee.



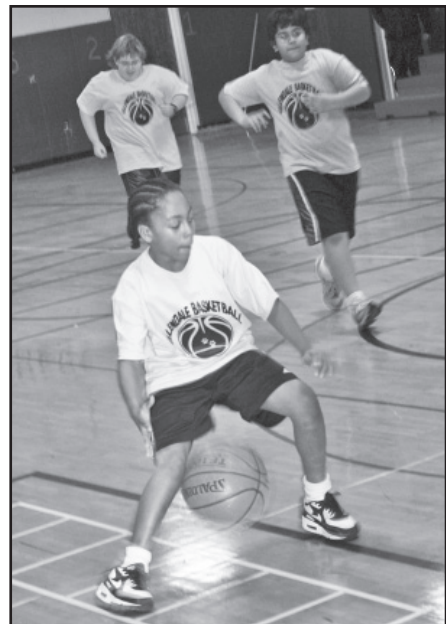
## Presenting the Distinguished Athletes of Glendale Elementary...

What better way to celebrate a good week at school than with a weekly basketball game with your friends and teachers as coaches? Glendale fourth and fifth graders are doing just that as part of the school's new Distinguished Athletes program.

Created by teachers Morgan Chase and Derek Dunstan, the Distinguished Athletes program is a way to recognize exemplary students: those who have all of their work completed and up to date, follow classroom and school rules and turn in homework on time. Their are four teams assembled and each play once a week afterschool. Students must have permission from their classroom teachers to participate. That is if they fall behind in work, it must be made up or they can not play. The program has been very successful in its early stages with students working extra hard to ensure they can be part of the team. Parents are invited to attend and sit in the bleachers and watch their super students.

The school's drill team has also been part of the weekly contests performing at halftime of games.

Way to go Glendale Elementary - keep up the great work!



## Maplemere Elementary Adopts a Platoon...

The Goscinski family (Gary, Heather, Aaron, Jon and Josh) of Maplemere Elementary wanted to give back in some way to the men and women serving in the military of our country. They decided to adopt a soldier through adoptaplatoon.com. They were assigned and adopted Sergeant Matthew Snow. Aside from supporting this soldier, they wanted to teach their sons, Jon, Josh and Aaron who attend Maplemere Elementary the importance of thinking of and giving to others in need. The Fourth Graders in Mrs. Herbold's Writing classes and 1st Graders in Mrs. Mackowiaki's Class wanted to support Sgt. Snow and his platoon as well, so Mrs. Goscinski spoke to the classes and they wrote thoughtful letters to be sent to the platoon he serves in. Students in 4th grade also sent their letters all over the world to family members of Maplemere serving in the Military this holiday season.



## Sweet Home Spreads Holiday Cheer to Troops Overseas...

Many students throughout the District remembered those serving our country and away from home this holiday season. Many worked on holiday cards and care packages and sent them overseas in time for the troops to receive them for Christmas. Pictured below are just a few of the examples: students in **Mrs. Conway's Willow Ridge kindergarten class** and students at the high school in **Mrs. Lehman's class** are hard at work on holiday cards and packaging items up for the troops.



## Heritage Heights Takes Flight in Career Exploration...

Mr. Phil VanDette, pilot and student at Embry-Riddle in Daytona, Florida, spoke to fifth graders at Heritage Heights Elementary School on December 16, 2010 as part of a Career Exploration Unit co-taught by Patricia Reich, Instructional Media Specialist and Sal Glorioso, Elementary School Counselor. Mr. VanDette shared information regarding the field of aviation and how his past school experiences have prepared him for the world of work.

*Left to right: Eli Alvarez, Tuan Banh, Phil VanDette, Hanaa Harding, Lauren White*



The following students were inadvertently left off the list of Junior High Area All-State Musicians in the last edition of Your Schools: **Alyssa Strom (violin), Kaylee Barrett (violin), Seth Rait (cello), Rebecca Jasen (cello) and Stephen Gagnon (bass)**

## Rise Above Tobacco Prevention Program Update...

High School Rise Above Street Team students met on Tuesday, December 7, 2010 and provided radio interviews with Deborah Pettibone and Anthony G. Billoni, Director Of Erie-Niagara Tobacco-Free Coalition, Roswell Park Cancer Institute for WNEB and WBFO. (<http://www.buffalohealthyliving.com/News.html>)

Mr. Billoni also spoke with Rise Above members on in-store tobacco retailing. He made the students aware of how tobacco companies pay local merchants to display their products in ways that make them attractive and visible to anyone who enters the store. When some students said that they did not notice tobacco products in stores, Billoni related that studies have actually shown that when tobacco products are hidden from view, young people entering these stores are less likely to think about smoking and report that fewer people overall smoke. Tobacco company documents reveal that in-store tobacco displays promote impulse purchasing and increase sales by over 20%. These same company business records talk openly about the importance marketing is to recruit new young smokers as “replacements” for adult smokers who quit and/or die.

“The students were amazed at how much tobacco advertisement is aimed at them and students even younger. The students left determined to not let tobacco advertising companies sway their younger siblings, cousins and friends”, states Mrs. Heidi Mussachio, High School Librarian who attended the meeting. Mussachio, and Library Assistants Kathy Magnani and Susan Webb have been assisting with increasing visibility of the Rise Above Program through student membership and library displays.

Mr. Billoni was asked to return and is willing to help promote Rise Above initiatives, along with other community speakers who will inform members of other tobacco prevention & smoking cessation information. Program students meet monthly to plan tobacco free program events and to educate themselves on how tobacco companies encourage youth to use their products. The Rise Above Program provides an opportunity to educate school age kids about the strategic effort that tobacco companies make and promoting their products at retail. All High School students are welcome to join. Each month, 8 high school Rise Above students are randomly drawn to receive Boulevard Mall discount card incentives if tobacco free. Currently, 64% of High School students are enrolled in Rise Above.

### Middle School Joins the Rise Above Program!

Five hundred and thirty nine Sweet Home Middle School students, representing about 67% of the entire student body, signed up for the Rise Above Tobacco Prevention Program which was introduced to students in a December 7, 2010 assembly program featuring Rick Stoddard. Students entering the program are asked to make a pledge to not use tobacco for the duration of the school year and will be entered into two drawings where they could win prizes for being tobacco-free. Middle and high school students joining the program also receive a wristband and community store discount card to ten establishments for food and fun.



Sweet Home High School Rise Above students **Bridget Burch, Alexxis Butera, Jen Green and Alexa Hutchinson** helped promote Rise Above and register Middle School students to the program after Rick Stoddard’s powerful and moving program presentation on December 7th to Grades 6 - 8 Middle School students. Rise Above is open to all students whether they use or not. For those who do not use, a commitment and pledge helps

sustain the resolve to lead a drug free lifestyle, and for those who are using, Rise Above provides incentives and encouragement to quit. We have had several High School students who have quit using in the last year from Rise Above Program efforts, and many students comment of the positive effect on friends and family members. We thank our administration and community leaders for supporting this initiative.



*Front Row: Charles Ingram, Bridget Burch, Jacob Pandolfi, Chloe Hirschfelt Back row: Katelyn Monda, Justin Texido, Jen Green, Beverly Ann Shipe, Kailey McDonald, Alexa Hutchinson, Jennifer Graf, Roswell, Heidi Mussachio*



*Asst. Superintendent  
for Instruction  
Larry J. Leaven*

## An Update from the Office of Instruction...

I always enjoy the excitement of the New Year. January affords me the opportunity to reflect upon past accomplishments and allows me time to revise my thinking to conquer new endeavors and opportunities that certainly await me in the coming year. As educators, we too must take time to reflect upon our practice to ensure that we are continually meeting the needs of our students.

These are exciting times to be in public education. Never in my 21 years in education have I felt such an urgency to deeply know and to hone my craft. Changes in learning and assessment standards coupled with the decrease in state and federal funding create obstacles for each of us in the field. Access to quality staff development and ongoing personal study will most certainly reduce such obstacles to mere steppingstones, giving us the ways and the means to raise the bar for our students and ourselves.

I am currently reading *Outliers*, Malcolm Gladwell's study of conditions that allow for extraordinary success. Gladwell states that the single most important condition is that a person be allowed an opportunity to work hard. Without that opportunity, all else is for naught. This demands an expertise and passion on the part of each of us as educators to thoughtfully create opportunities for students to work hard, to self-initiate, and to become the kind of young adults who have agency in their educational futures.

In this New Year we are reviewing on our current staff development initiatives and we are working to ensure that these learning experiences will have a direct impact on students and student learning. At each level, we are delving into the literature and adjusting our focus to fine tune our practice and create opportunities for our students to work hard and grow more proficient each day.

At the elementary level we are continuing our literacy initiative. We have established a 3-year literacy plan that will provide a clear focus in instructional practice, embedded instructional supports and professional development necessary to accomplish our goals. Teachers throughout the K-5 levels and ELA teachers in grades 6-8 are studying reading assessment practices to better understand individual readers and to help each child build stamina and foster independence. The process of "ratcheting up" our literacy work within the literacy block at every level will ensure that students are engaged in a variety of opportunities to read and learn.

Our staff development initiatives at the Middle and High School involve an ongoing 5-year collaboration with Vic Klein and the support of Thoughtful Education. Vic is an educator with nearly 40 years of teaching and administrative experience on the PK-12 levels. His work at the 6-12 levels includes working directly with teachers in their classrooms to ensure successful implementation of key content and classroom strategies. Teachers spend time reviewing best practice, designing learning goals and instructional experiences that directly support student learning. Each experience includes an opportunity for teachers to observe each other in the classroom. This important work has allowed teachers to reflect on the learning and in turn to refine individual teaching practice to propel students forward as learners.

On Friday, January 28<sup>th</sup>, teachers and administrators across the district will come together to participate in a Staff Development Day that is clearly focused on our individual goals for student learning. At each level we will reflect upon student data and we will work hard to ensure that our practice provides opportunities for our students to engage in thoughtful, challenging and meaningful learning experiences. This is no easy task but each of us welcomes the challenge.

I hope that 2011 provides you with opportunities to grow and learn. I welcome your input to the instructional programs here in Sweet Home and encourage you to meet with your child's learning team should you have any questions about your child's school experience. If you would like to speak with me directly, I can be reached through email at [lleaven@shs.k12.ny.us](mailto:lleaven@shs.k12.ny.us) or by phone at 250-1422.

Happy New Year!

## District Head Injury/Concussion Management Policy...

Head injuries vary in severity from mild to severe. The real extent of the head injury can only be determined after careful examination and observation of the student over a period of time. The first 24 hours following the injury are the most critical. Parents should consult their child's Health Care Provider for guidance and evaluation of your child's injury.



- 1) If any of the following conditions occur or current symptoms worsen, you should immediately contact your physician or go to your local emergency room:
  - Lethargy or Drowsiness
  - Severe headache (deep throbbing) that worsens
  - Vomiting/nausea
  - Convulsions/seizure
  - Inability to maintain balance or severe dizziness
  - Confusion– unable to quickly answer questions with regard to own name, present location, date
  - Become agitated and/or restless
  - Altered visions (blurred, double, etc)
  - Unequal, dilated or nonreactive pupils
  - Numbness/tingling in extremities
  - Bleeding or clear fluids draining from ears, nose or mouth
  - Change in personality or uncharacteristic actions
  - Decreasing/irregular pulse or respirations
- 2) Do not give any medication unless prescribed by a physician.
- 3) Student should rest/sleep, drink plenty of fluids, consume a light diet and use an ice pack on head/neck as needed for comfort.

The protocol for any student suspected of suffering a concussion is that first (s)he must see a physician. Sweet Home Central School District's *Concussion Management Policy* states that a student will not be allowed to return to sports, physical education, or playground activities until asymptomatic and medically cleared by a physician.

**Note:** Any student athlete registered in an after school district sport activity, along with being cleared by a physician, will follow the *Return to Play Protocol* supervised by the Athletic Trainer and/or School Nurse before returning to sport activities.

## SWEET HOME WELCOMES RICK STODDARD...

On Friday, December 10, 2010, national speaker Rick Stoddard visited Sweet Home Middle and High schools to talk about smoking and how it affected his life. In his emotionally charged presentation, Stoddard shared his story of the loss of his wife, Marie, who at the age of 46 died from lung cancer caused by cigarette smoking. Stoddard is dedicated to bringing the anti-smoking message to young people throughout the United States. His ability to reach students at every level, hold their attention, motivate thoughtful questions and change behavior was inspiring.

Stoddard also encouraged student participation in Rise Above Tobacco Prevention Program, which is funded by a grant to Roswell Park Cancer Institute in collaboration with Yale University. Rise Above uses incentives to reward students who make a positive choice to not use tobacco. The program is offered under the administrative guidance of Beverly Ann Shipe, Sweet Home Central School District Nurse Practitioner and Health Teacher.



Stoddard's visit to the Sweet Home Central School District was supported by Roswell Park Cancer Institute.

## Health & Wellness Corner...



*Beverly Ann Shipe, SNT/P  
District Nurse  
Practitioner &  
Health Teacher  
250-1269*

### **SAVE THIS DATE: Internet Safety/ Child Abduction Prevention Parent Workshop: January 26, 2011 at 6:30 – 7:30 PM at Norman C. Vergils Community Center**

The National Center for Missing & Exploited Children will present an evening program at Sweet Home Central for parents and community adults. Childcare will be offered through the Town of Amherst Youth Board YES Program. Program information flyers will be sent home in early January.

During this presentation, parents will learn about the dangers children and teens may encounter online, the characteristics of Internet predators, why children are targets and, how Internet safety resources can help families prevent online victimization. Keeping children safe is the responsibility of the entire community. Please come and bring a friend! Adults only, please. Contact Mrs. Shipe to register or for further information.

### **Internet Safety Health Education Instruction for Students**

Elementary and Middle school students also will be attending Internet Safety sessions by the National Center for Missing Exploited Children community educators beginning January 5, 2011. Please generate discussions with your family members on Internet safety, child abduction, cyberbullying and sexting prevention issues.

### **Public Access Defibrillation [PAD] in Schools Program CPR/ERT Drills**

Each school year, Emergency Response Team [ERT] drills are conducted in each building/department area to practice Cardiopulmonary Resuscitation [CPR] and Automated External Defibrillation [AED] skills on real 'patients' [adults as well as children] who feign unconsciousness. Emergency Response Teams in each worksite area respond to the medical emergency drill and simulate skills practicing school plan steps in emergency settings. Contact Bev Shipe if you would like to volunteer as a "patient" to assist. Sweet Home Central has 27 AEDs located throughout the district and offers free CPR/AED certification training to all employees.

### **Sport-Related Concussion in Children and Adolescents**

Concussion education in youth and high school sports communities must change to accept that a concussion should not be "toughed out" and does require a physician visit. Management plans and a protocol has evolved to decrease the risk of potential long-term complications from concussions. See separate article on Sweet Home Central's head injury policy in this issue, page 9.

See below excerpts from Fall 2010 Pediatrics: Official Journal of the American Academy of Pediatrics article, Sport-Related Concussion in Children and Adolescents, <http://pediatrics.aappublications.org/cgi/reprint/126/3/597.pdf>

'The signs and symptoms of concussion fall into 4 categories: physical, cognitive, emotional, and sleep.' Although headache is the most frequently reported symptom, loss of consciousness occurs in less than 10% of concussions but is an important sign that may herald the need for further imaging and intervention. Along with loss of consciousness, amnesia may be an important indicator of more serious injury. Young athletes' brains are still developing and may be more susceptible to the effects of a concussion.' Head injuries for girls and boys should be taken seriously and properly evaluated, especially athletes who may be reluctant to report injuries for fear of removal from competition.

'Symptoms may not appear until several hours after a concussive episode. In addition, young athletes may not be forthcoming with their symptoms for fear of activity restrictions. Mental foginess may be a good predictor of a slower recovery from concussion in athletes. The signs and symptoms of concussion are similar to depression, anxiety, and attention-deficit disorders.' Excessive sleep or difficulty falling asleep should be evaluated.

'Physical exertion and cognitive exertion, such as doing schoolwork, reading, playing video games, using a computer, and watching television, may worsen symptoms. Athletes who develop symptoms during and after exertion indicates incomplete recovery.'

'Athletes with head injury should be evaluated and monitored by medical personnel to identify concussion, and plan for re-entry to school and physical activities. Athletes may be followed through his or her recovery with the use of the postconcussion symptom scale. Return to sport should be accomplished by using a progressive exercise program while evaluating for any return of signs or symptoms; a symptom-based approach for determination of return to play.'

[See American Academy of Pediatricians Policy Statement on concussion.](http://www.aap.org/advocacy/releases/aug3010studies.htm)

<http://www.aap.org/advocacy/releases/aug3010studies.htm>

[See Centers for Disease Control: Injury Prevention and Control](http://www.cdc.gov/concussion)

<http://www.cdc.gov/concussion>, [http://www.cdc.gov/concussion/HeadsUp/high\\_school.html](http://www.cdc.gov/concussion/HeadsUp/high_school.html)

**Continued on Page 11**

## Continued from Page 10

### **Study: Boys, Girls Suffer Different Concussion Symptoms**

'The next time you see a girl soccer player yawning on the sidelines, don't just assume she was up late the night before the game. She might have a serious concussion. According to a new study to be published in the January 2011 issue of the Journal of Athletic Training, girls and boys report different types of symptoms after suffering sports-related concussions. Researchers studied 812 reported concussions from 100 high schools across the nation and found that girls were more likely to suffer neurobehavioral and somatic symptoms, namely drowsiness and sensitivity to noise, than boys. Male high school athletes, on the other hand, were more likely to report cognitive symptoms, particularly amnesia and disorientation, than girls.'

<http://healthland.time.com/2010/12/07/study-boys-girls-suffer-different-concussion-symptoms/#ixzz19XqxaNmU>

### **Fun and Educational Websites for Kids**

**Math Goodies** – 'Math Goodies is your free math help portal featuring interactive lessons, worksheets, and homework help. A pioneer of interactive instruction, our goodies have received rave reviews from the media! Today, we have hundreds of unique resources for students, educators and parents.'

[http://www.mathgoodies.com/lessons/more\\_on\\_decimals/multiply\\_by\\_whole.html](http://www.mathgoodies.com/lessons/more_on_decimals/multiply_by_whole.html)

### **Internet Safety Websites**

**NetSmartz.org** – 'NetSmartz Workshop is an interactive, educational program of the National Center for Missing & Exploited Children® (NCMEC) that provides age-appropriate resources to help teach children how to be safer on- and offline. The program is designed for children ages 5-17, parents and guardians, educators, and law enforcement. With resources such as videos, games, activity cards, and presentations, NetSmartz entertains while it educates.'

**GetNetWise.org** – 'GetNetWise.org is a project created by the Internet Education Foundation to help ensure that Internet users have safe and rewarding online experiences.'

**iKeepSafe.org** – 'The Internet Keep Safe Coalition is a broad partnership of governors and/or first spouses, attorneys general, public health and educational professionals, law enforcement, and industry leaders working together for the health and safety of youth online. iKeepSafe® uses these unique partnerships to disseminate safety resources to families worldwide.'

**OnGuardOnline.gov** – 'OnGuardOnline.gov provides practical tips from the federal government and the technology industry to help you be on guard against Internet fraud, secure your computer, and protect your personal information.'

**Cybertipline.com** - The Congressionally-mandated CyberTipline is a means for reporting crimes against children regarding child sexual exploitation.

## **"STOP TARGETING KIDS" TO AIR ON TIME-WARNER CABLE**

Parents, teachers, students and the Western New York community is invited to view the television special "Stop Targeting Kids," a program which focuses on tactics used by the tobacco industry to target young people. The show will air on Time-Warner Government/Educational Access Channel 22 beginning Sunday, January 9, 2011 through the last week of February at the following times.

- Sundays at 2 PM • Mondays at 7:30 PM • Fridays at 6 PM

"The program explores what parents, teachers and teens should know about nicotine addiction, how cigarettes are designed and marketed and the influence of smoking in movies and on the Internet. We strongly encourage parents to watch this show and talk with their children about rejecting tobacco," said K. Michael Cummings Ph. D., leading tobacco researcher and Chair of Health Behavior department at Roswell Park Cancer Institute.

The educational program was written and produced by Peter Ostrow, MD, PhD, medical reporter for WIVB-TV. Dr. Ostrow added, "Tobacco companies need to replace millions of their customers who die or quit smoking. 'Stop Targeting Kids' was produced to raise public awareness of the past and present cigarette marketing practices that target youth. By publicizing these tactics, we hope to make young people aware of how they are being manipulated and influence them to reject tobacco."

For more information or a free DVD copy of "Stop Targeting Kids," contact the Erie-Niagara Tobacco-Free Coalition at 716-845-4919 or visit [www.stoptargetingkids.com](http://www.stoptargetingkids.com)



**SWEET HOME CENTRAL SCHOOLS  
OF AMHERST & TONAWANDA**

NON PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
BUFFALO, N.Y.  
Permit No. 4095

1901 Sweet Home Road • Amherst, NY 14228

**BOARD OF EDUCATION**

Carol A. Nowak, President  
Marianne Jasen, Vice-President  
Douglas J. Galli  
Scott M. Johnson  
Joe Miranda  
Michael F. Morrow  
Dirk D. Rabenold  
Angelina Bruno, ex-officio student member

**SUPERINTENDENT OF SCHOOLS**

Anthony J. Day

**FAMILY FUN DAY & CHICKEN BBQ  
SATURDAY, JANUARY 29 • HIGH SCHOOL**



**2-4pm**

Bounce Houses, Rock Wall and  
Open Swim in Pool  
otton Candy, Snow Cones & Pop-  
corn  
\$3 adults • \$2 Kids

**3-5pm**

Chicken BBQ  
\$8 for 1/2 chicken, 2 sides & Roll  
Call 250-1267 for dinner tickets

**See you there!!**

**Your District...**



*(Left) United States Attorney William Hochul speaks with high school business and technology education students.  
(Right): The high school varsity and junior varsity girls basketball teams stop for a picture while holiday shopping for a needy family they adopted for the holidays.*



*(Left) Eighth graders Katie Bridger and Ali Lerner pose with clothes middle school students collected for the Salvation Army with the help of the social studies faculty.  
(Right): Superintendent of Schools Anthony Day poses with Connor Orrico after he was presented "The Heart of a Champion" Award at the boys soccer banquet.*

