



# Oceanside Schools

## Anchored Together

### BY PURPOSE, PASSION, AND PEOPLE

November-December 2018

## OMS: “We Need to Talk About Mental Health”

### School to Use State Grant to Combat Mental Illness Stigma

The New York State Office of Mental Health has awarded Oceanside Middle School a \$5,000 grant to conduct a mental health awareness program featuring a schoolwide read-aloud of a young adult novel that explores issues surrounding mental illness.

Teachers and students have been reading *The Science of Breakable Things* by Tae Keller daily during classes in all subject areas. The read-aloud, which will culminate in a visit with the author on December 11 and 12, is part of a larger OMS and school district effort to combat the stigma associated with mental illness. OMS launched the program at Back-to-School Night.

“Our goal is for students to know that they are not alone. It is vital that we are able to convey to students and families that mental illness affects all types of people, it is not insurmountable and that help is available,” said Dr. Glickman-Rogers. The program will include follow-up lessons in Group Guidance classes and will further identify trusted adults within the school from whom students can obtain support.

The middle school is encouraging parents to read the book along with their children and to have discussions at home about the issues it raises. On [December 11 at 7 pm](#), parents, children and school faculty and staff will gather for a community-wide book talk with the author.

“Literature is one of the best entry points into difficult but important conversations, such as the one we need to be having about mental health,” said Dr. Beth Ziropiannis, Oceanside Schools Director of English Language Arts. Dr. Ziropiannis worked closely with the middle school on the grant proposal.

Recently the New York State Education Department amended Education Law §804 to require that health education: a) include several dimensions of health, including mental health, and the relation of physical and mental health and b) enhance student understanding of attitudes and behaviors that promote health, well-being and human dignity.

Dr. Glickman-Rogers said that OMS has always addressed “the whole child” in its focus on the unique needs of developing adolescents and that the changes in NYS requirements offered an opportunity to seek funding for a community-wide effort that the middle school was already planning.

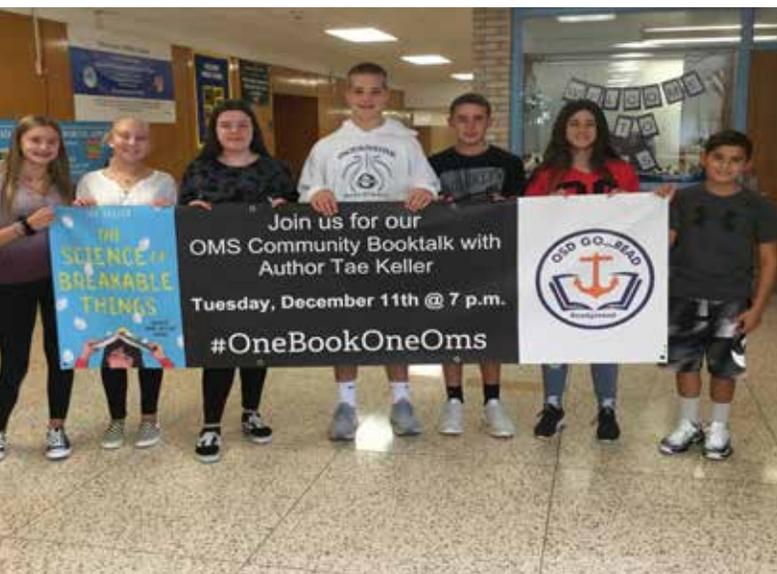
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*“Students must have their social-emotional needs met before they can learn,” said Dr. Glickman-Rogers.*

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Research has shown that the quality of the school climate may be the single most predic-

*continued on page 7*



# Students Explore The Impact of Their Actions

Last year, Oceanside students created a public service campaign aimed at pedestrian safety just in time for Halloween trick-or-treating. This fall's effort was titled **#OSDADayWithout** to explore the impact of giving something up for a day. High School students created a video to support the effort and offered hands-on help for any elementary students who might wish to continue beyond the project's designated week.

Each school chose what to do without. At School #4, for example, the entire school discussed the plan at a Morning Meeting and then voted to do without plastics for a day. School #3 students gave up plastics, paper and energy-wasting behaviors. School #2 also gave up plastics and specifically chose to forego bagged snacks. They also went without electronics to promote better focus.



*First grade teacher Jill Mustich of School #4 talks with students about their ideas for OSD A Day Without, before voting.*

Mitch Bickman, OSD Director of Social Studies, is a proponent of activities that take learning beyond classroom walls and the school day. He also sees social studies as having both long-term and immediate purposes in students' lives. "Our goal is for students to learn that they can take practical and meaningful action to solve some of the problems we see in our world. Every individual can make a difference."

Watch the OHS students' video at:

<https://youtu.be/hW61HPjkGf0>

## Merit Scholars Announced

Jack Candiotti of Oceanside High School has been named a semifinalist in the National Merit Scholarship competition.

Tiffany Chou, Justin Ciocoi, Sera Eviner, Natalie Hissong, Nicholas Mauro, Devang Patel and Dia Zheng were named Commended Students. These students represent the top one to three percent of students taking the PSAT in the country.



## Author to Mentor School #8 Students

**R**ob Vlock, author of *Sven Carter and The Trashmouth Effect* and *Sven Carter and the Android Army*, will serve as a writing mentor to fifth grade students at School #8. Mr. Vlock visited the school in November to meet and talk with the fifth graders about his books and the work of writers.

The mentorship developed from a joint project created by grade five teachers and children's book authors seeking to promote students' love of reading and writing. Teacher Meghan Lewitin of School #8 jumped on the opportunity when she learned about it on Twitter. The initiative

is known as #KidsNeedMentors and it pairs authors who are interested in volunteering with educators seeking writing mentors.

Throughout the year, Mr. Vlock will support students through video lessons and school visits. During his introductory appearance, he read a compelling excerpt from his most recent book.

"We're thrilled," said Ms. Lewitin, adding that the children are eager to tell their own stories under Mr. Vlock's tutelage.



## OHS Castleton Students Recognize Veterans

OHS Castleton students held the first Veterans Flag Ceremony of the school year where they honored Leonard Levine who served in the U.S. Army during the Korean War. It's the fifth such

ceremony since the school launched the program to recognize local veterans last year. Once again, nature provided blue skies and sunshine for the hoisting of a flag that will fly in Mr. Levine's honor until the next ceremony. Students will then lower, fold and present the flag to Mr. Levine and will raise a new flag for another veteran.



Students research and interview the veterans in order to portray their service in a speech at the ceremony. School #6 kindergartners provide an assist by presenting each veteran with a bouquet of flowers. Ceremonies take place in November, December, May and June.

# WELCOME NEW

In June, we said goodbye to a number of beloved educators who retired after many years of dedicated service. Now we welcome a new group of teachers and professionals and wish them every success here at OSD.



**Kaitlin Vidafar**  
#2 Elementary



**Rachel Forman**  
#3 Elementary



**Ann Byrne**  
#3, 5, 8 Art



**Courtney Collins**  
#4 Elementary



**Katelyn Simmons**  
#4 Elementary



**Jennifer Belmonte**  
#4 Special Education



**Candice Lombardi**  
#5 Resource Room



**Leah Goldberg**  
#5 ENL



**Nicole Caputo**  
#5 Social Worker



**Marie DiGennaro**  
#6 Prek



**Victoria Denihen**  
Kindergarten



**Heather Finkelstein**  
#6 Kindergarten



**Sarah Mazeika**  
#6 Kindergarten



**Marissa Alonso**  
#6K ENL



**Owen Correnti**  
#7 Science



Michael Ceccoli  
#7 Special Education



Kerri Chiara  
#7 Special Education



Jeanette Faccio  
#9E Elementary



Kiera O'Hara  
#9E Elementary

## Free and Reduced Price Meals: Eligibility

Free Eligibility Scale						Reduced Price Eligibility Scale					
Free Lunch, Breakfast, Milk						Reduced Price Lunch, Breakfast					
Household Size	Annual	Monthly	Twice per Month	Every Two Weeks	Weekly	Household Size	Annual	Monthly	Twice per Month	Every Two Weeks	Weekly
1	\$ 15,782	\$ 1,316	\$ 658	\$ 607	\$ 304	1	\$ 22,459	\$ 1,872	\$ 936	\$ 864	\$ 432
2	\$ 21,388	\$ 1,784	\$ 892	\$ 823	\$ 412	2	\$ 30,451	\$ 2,538	\$ 1,269	\$ 1,172	\$ 586
3	\$ 27,014	\$ 2,252	\$ 1,126	\$ 1,039	\$ 520	3	\$ 38,443	\$ 3,204	\$ 1,602	\$ 1,479	\$ 740
4	\$ 32,630	\$ 2,720	\$ 1,360	\$ 1,255	\$ 628	4	\$ 46,435	\$ 3,870	\$ 1,935	\$ 1,786	\$ 893
5	\$ 38,246	\$ 3,188	\$ 1,594	\$ 1,471	\$ 736	5	\$ 54,427	\$ 4,536	\$ 2,268	\$ 2,094	\$ 1,047
6	\$ 43,862	\$ 3,656	\$ 1,828	\$ 1,687	\$ 844	6	\$ 62,419	\$ 5,202	\$ 2,601	\$ 2,401	\$ 1,201
7	\$ 49,478	\$ 4,124	\$ 2,062	\$ 1,903	\$ 952	7	\$ 70,411	\$ 5,868	\$ 2,934	\$ 2,709	\$ 1,355
8	\$ 55,094	\$ 4,592	\$ 2,296	\$ 2,119	\$ 1,060	8	\$ 78,403	\$ 6,534	\$ 3,267	\$ 3,016	\$ 1,508
Each Add'l person add	\$ 5,616	\$ 468	\$ 234	\$ 216	\$ 108	Each Add'l person add	\$ 7,992	\$ 666	\$ 333	\$ 308	\$ 154

For more detailed information on eligibility and/or to obtain an application, please contact your child's school.



**Oceanside Public Schools**  
**DEPARTMENT OF COMMUNITY ACTIVITIES**  
 125 Merle Avenue • Oceanside, NY 11572 • 516-594-2336

**Fall & Winter**  
**2018 - 2019**

**THERE'S STILL ROOM TO REGISTER FOR ADULT CONTINUING ED CLASSES!!**

- Defensive Driving • Social Media Marketing • Email Marketing • Is Chemical Stress Causing Health Issues? • Social Security Planning • Body Sculpting & Zumba • Water Aerobics and Toning • Infant/Pre School Aquatics • Cardio Kickboxing for Beginners • Notary Public Training & Notary Signing Agent •

GIVE US A CALL AT (516) 594-2336 FOR MORE INFORMATION!



It's easy to register for Adult Continuing Ed classes!!

Give the DOCA office a call for help with first time online registration. Once you are in our system you may access our Web Trac site by going to [www.oceansideschools.org/doca](http://www.oceansideschools.org/doca)

Log in, view our offerings and begin registering!

**YOUTH PROGRAMS**

**Basketball Registration**



Skills Development • Grades 2-6

Registration Began Mon. Nov. 5th

Fee ..... \$94 (Includes T-Shirt)

Sessions begin in January



**SANTA MAIL BOX**

Co-Sponsored by Oceanside Kiwanis & Key Club

The Santa Mail Box will be in front of the Oceanside Library and will be accepting letters beginning Monday, November 19th through Monday, December 17th

All letters that include a legible return address will be answered!

The Oceanside Community Chorale will present their concert

*"Sounds of the Season"*

Saturday, December 15th  
 8:00 PM  
 School #8 Auditorium

Tickets are available from Chorale members or the Department of Community Activities office. Tickets are \$10 \* Children under 12 Free

**Introduction to Wrestling**



Grades 2-6

Days ..... Tuesdays & Thursdays

Dates ..... November 27th - February 7th

Times ..... 6:00pm

Location ..... H.S. Wrestling Room

Fee ..... \$94 (Includes wrestling T-Shirt)

Registration still going on! Join the fun!!

**HOLIDAY HAPPENINGS**

Co-Sponsored by Oceanside Kiwanis

Date ..... Saturday, December 15th

Time ..... 10:00am - 1:00pm

Where ..... School #8 Merle Ave Sign, Add. & Craft

Free Picture with Santa!  
 10:30am - 12:30pm

Join us for Holiday Songs, Cookie Decorating, Holiday Crafts & Other Surprises!



Look for the January Newsletter with **WINTER YOUTH PROGRAMS!**

Online Registration begins 7:00pm on Monday, January 7th

Walk-In Registration start from January 9th till classes are filled. Come to the DOCA Office • 125 Merle Ave

tive factor in any school's capacity to promote student achievement. When young people are educated about mental health, the likelihood increases that they will be able to recognize signs and symptoms in themselves and others and will know where to turn for help. Health education that respects the importance of mental health, as well as the challenges of mental illness, will help young people, families and communities feel more comfortable seeking help, improve academic performance and, most importantly, can even save lives.

According to the Centers for Disease Control and Prevention (CDC), "focusing on establishing healthy behaviors during childhood is more effective than trying to change unhealthy behaviors during adulthood."

An equally important part of this conversation is to help students identify risk and protective factors, as learning and resiliency can result in positive decision-making and life-long success, the primary goals of health and education.

In its review of *The Science of Breakable Things*, Kirkus Reviews wrote that the novel offers "a compassionate glimpse of mental illness" and the "complex emotions depression can cause"

among individuals and their loved ones.

According to the OMS grant proposal that Dr. Glickman-Rogers and Dr. Ziropiannis submitted with support from colleagues and staff, the book challenges the myths that often impact public perception of mental illness and make awareness and treatment more difficult to obtain. Several novels that address mental illness were reviewed and *The Science of Breakable Things* was selected for its realism, empathy and ability to convey hope and comfort to readers.

Dr. Glickman-Rogers said that the project addresses several goals that are essential to OMS' mission of creating a safe and supportive environment for students, building on efforts begun last year to educate students specifically on mental health awareness. The middle school also participated in staff training to identify problems and work productively with students who have mental illness.

OMS recognized Mental Health Awareness Week last year with a student-created campaign to share statistics and resources.

## Third Time's The Charm

The Oceanside Sailors Marching Band has won the New York State Championship for the third consecutive year. Led by Band Director Michael Vetter, the band competes throughout the region, participates in the Labor Day parade in New York City and in the annual *Newsday* Marching Band Festival.



## Oceanside Union Free School District Board of Education

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### Administrative Offices:

145 Merle Avenue, Oceanside, NY 11572.

Please call 678-7525 with any questions  
about our schools.

Visit our website @ [oceansideschools.org](http://oceansideschools.org)

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U.S. POSTAGE  
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Oceanside, N.Y.  
Permit No. 417

**ECRWSS  
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## We're on social media...follow us!

Take a peek inside classrooms and enjoy photos and videos of our students and teachers in action.

Follow us on



@OSchoolsPR

YouTube

OceansidePR

## Kindergarten Registration Underway

**Who Can Register:** Parents of children who turn five years-old by December 31, 2019

**How to Register:** Make an appointment with the Central Registry at 678-6238. Complete paperwork prior to appointment. Forms can be found at [oceansideschools.org](http://oceansideschools.org)

**Orientation for Parents of Incoming Kindergartners:** March 18, 2019, 7:30 pm, School #6 Auditorium.

**More information:** Call School #6 at 594-2345.

## Upcoming Board of Education Meetings

*Meetings begin at 7:30 pm*

- Dec. 19: Regular Mtg., School #6 Aud.
- Jan. 9: Special Mtg., Merle Board Rm.
- Jan. 16: Regular Mtg., School #6 Aud.
- Feb. 13: Regular Mtg. & Budget Workshop 1, School #6 Aud.