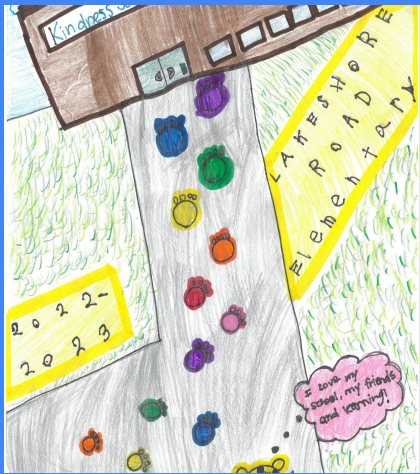
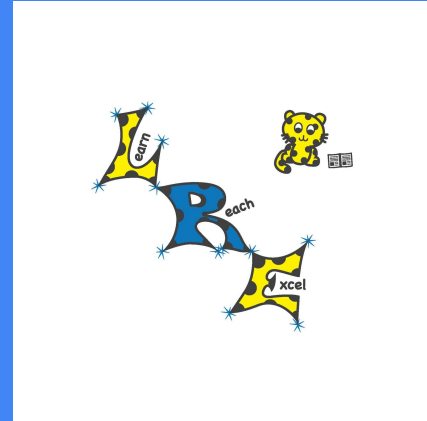


# THE LAKEWINDS



OCTOBER 2024



## OUR MISSION:

The community of Lakeshore Elementary School, in accordance with the North Syracuse Central School District, will work collaboratively with students, staff, and families to:

- **Provide** all students with the skills, knowledge and confidence they need to become independent seekers of knowledge
- **Help** all students discover their passions for learning
- **Encourage** all students to develop a growth mindset
- **Support** all students' social and emotional growth
- **Celebrate** the personal achievements of all students

**TINA CHMIELEWSKI, PRINCIPAL**  
[www.nscsd.org](http://www.nscsd.org)

Office: 315-218-2600  
FAX: 315-218-2685  
NURSE FAX: 315-218-2686  
Attendance: 315-218-2615  
Transportation: 315-218-2107

NORTH SYRACUSE CENTRAL SCHOOLS  
5355 West Taft Road  
North Syracuse, New York 13212  
Phone: 315-218-2100 FAX: 315-218-2185

**BOARD OF EDUCATION MEMBERS**

Michael Mirizio, President  
Xavier Moody-Wusik, Vice President  
Robert Crabtree      Matthew Hermann      Beth Kramer      Joshua Ludden  
Paul Fargaglia      Amanda Sugrue      Mark Thorne

**CENTRAL ADMINISTRATION**

Michael Schiedo, Interim Superintendent of Schools: 315-218-2151  
Dr. Christopher Leahey, Associate Superintendent for Teaching & Learning:  
315-218-2124  
Jamie Sullivan, Director of ELA & Elementary Education: 315-218-2147  
Donald F.X. Keegan, Associate Superintendent for Business Services:  
315-218-2119  
Jilian Herrera, District Clerk: 315-218-2131

**2024-2025 PTO OFFICERS**

President - Amanda Webb  
Treasurer - Amanda Webb  
Co-Treasurer - Sara Mowers  
Secretary - Jennifer Fuller  
Co-Secretary - Amy Dygert  
Sunshine/School Spirit - Angel Fikes  
Staff Treasurer - Vina Fedeale



## Contact us:

Principal:

Tina Chmielewski  
315-218-2600

School Secretaries:

Mrs. Nicolini &  
Mrs. Krupke  
315-218-2600

School Nurse:

Mrs. Cooney  
315-218-2603

Attendance:

Mrs. Nichols  
315-218-2615

School Psychologist:

Miss Harter  
315-218-2606

Kitchen:

Mrs. Graveline  
315-218-2617

PTO President:

Mrs. Amanda Webb  
315-766-8217

- The Main Office and Health Office are open from 8 am to 4 pm
- Children arrive between 9 am and 9:15 am. School begins at 9:15 am
- ALL CALL starts at 3:20 pm in the GYM so parking will be on the Rt. 11 side of the building to the right of the Church canopy, with buses loading at 3:20 pm
- ***PLEASE NOTIFY the school whenever your child is absent by calling the dedicated attendance line at 315-218-2615. The answering machine is on 24/7 for your convenience.***
- If you have not phoned in your child's absence, please send a note into school when your child returns to school stating the reason for the absence.
- If your child is arriving late for school (past 9:15 am), you will need to sign him/her in at the Main Office. If you let the school know about an appointment in advance, you can avoid getting calls from the attendance system.
- When visiting or volunteering at the school, please sign in and out at the Main Office and get your visitor tag to wear during your visit.
- **NOTE TO PARENTS:** When you drop off or pick up your child(ren), PLEASE PARK IN THE BIG LOTS PARKING LOT CLOSEST TO ST. MARGARET'S MAIN DOOR.





# October 2024

Thank you to all that participated and volunteered to assist with our Walk-a-thon. The students had a great time and it turned out well despite our lack of a track.

**Fridays are School Spirit Days!** Wear your LRE clothing, black & yellow (school colors) or Leopard Print to show your school spirit!

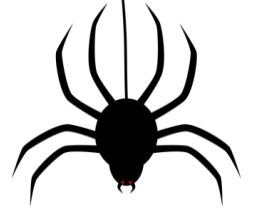
October is a busy month at Lakeshore Road Elementary and we have many fun events lined up. This month is Fire Safety Month, and we have presentations from the South Bay Fire Department. Rev Theater Group will be here for a presentation for third grade.

**Reminder students do not wear Halloween costumes during school hours on Halloween, as we have many families that do not participate in Halloween. You are welcome to join us at our Trunk or Treat sponsored by our PTO (details included in flyer).**

**Family Kindness Challenge:** Start each morning holding a smile for 1 minute! Studies show just by smiling you increase your serotonin levels and it's a great way to start your day in a positive way! See if your family can do this practice 30 days in a row.



# News from PTO:



We would like to thank everyone for a great start to the school year! We had a wonderful turn out for our first ever “Back to School BBQ” held before the start of the school year! Our Lakeshore Kindness Matters T-shirts were a big hit at Open House! If you missed the opportunity to purchase one, we will be selling them at events throughout the year. If you ordered from Papa’s Sports during our online spirit sale, those orders will be distributed to your child at school within the next few weeks. Remember Lakeshore wears their spirit wear (or anything Leopard, black/yellow) on Fridays!

On September 27<sup>th</sup>, students participated in our annual Walkathon Fundraiser! It was such a fun day! We send a huge Thank You to all the families who sent in generous donations to support us throughout the school year. We also want to thank Mr. DeVries for his awesome DJ skills that provided the students with some fabulous tunes! We will follow up with our top earners and the class with the most participation in our November Lakewinds.

Coming up in the month of October is our **Build-a- Stuffy** event. Currently the event is sold out. For those signed up, reminder it’s October 9<sup>th</sup> @ St. Margarets! Stay tuned for details about a second opportunity for those who missed out on this round.

## MARK YOUR CALENDARS!

**Trunk or Treat!** We are looking for families who would like to participate by decorating a car and passing out candy! Please read the picture below for more details.



Please join us for Lakeshore  
Road Elementary's

# TRUNK or treat

October 25th

6:30-8pm

**GILLETTE ROAD MIDDLE SCHOOL**

• FREE  
• ADMISSION •

• APPLE  
• CIDER &  
• DONUTS  
• FOR  
• PURCHASE •

• CANDY •

IF YOUR FAMILY WOULD LIKE TO DECORATE  
A CAR, PLEASE EMAIL US:  
[Lakeshorerdpto@gmail.com](mailto:Lakeshorerdpto@gmail.com)



## Lakeshore Road Elementary School

Picture date is 10/21/2024. The retake date is 11/25/2024.

Online Code:  
Lakeshore24

SCAN HERE TO  
PRE-ORDER

Escanea aqui  
para preordenar



School pictures will be taken by Upstate-Images for ALL Lakeshore students (regardless of location due to renovations) on **MONDAY, OCTOBER 21<sup>ST</sup>**. ALL students will be photographed for school records, regardless of purchases made by families.

The QR code above may be used to pre-order picture packages. If you have questions, please reach out to the Main office at 315-218-2600.

# October Nurse Updates



- NY state requires a physical exam for students in 1st and 3rd grades and NEW students. If you have not already, please send your child's physical exam, dated *after September 3th, 2023*, to the Health Office.
- A reminder to *never* send medications in with your student, including over the counter medications (creams, cough drops). This is against our district policy and can endanger other students.
- Hearing and vision screenings have started for students in 1st and 3rd grades and new students. You will receive a call with any referrals or concerns regarding your student.
- Don't forget to send a healthy snack and water with your student, daily.
- A reminder, cold and flu season is upon us. To reduce the spread, students are required to stay home until they are free of fever (100°F), vomiting and diarrhea for 24 hours, without medications that may ease these symptoms (Tylenol/Pepto). Students should be able to fully participate in class upon their return to school.
- The best way to prevent the Flu and its spread is to get a Flu shot!



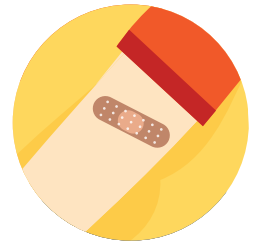
Stephanie Cooney BSN RN CPN NCSN





# Flu:

## A Guide for Parents



Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold and usually comes on suddenly. Each year flu causes millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 2010 - 2020, between 6,000 and 27,000 children younger than 5 years old have been hospitalized from flu each year in the U.S. Flu vaccine is safe and helps protect children from flu.

## What parents should know

### How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years old and children of any age with certain long-term health problems are at increased risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

### How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

### What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with flu will not have a fever.

## Protect your child

### How can I protect my child from flu?

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

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for most children.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at higher risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at higher risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant people should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination during pregnancy can protect the baby from flu for several months after birth.
- Flu viruses are constantly changing so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

### Are flu vaccines safe?

Flu vaccines have an excellent safety record. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

### What are the benefits of getting a flu vaccine?

- **A flu vaccine can keep you and your child from getting sick.** When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce risk of getting sick with flu by about 40 to 60%.
- **Flu vaccines can keep your child from being hospitalized for flu in the pediatric intensive care unit.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.
- **Flu vaccine can be life saving in children.**

A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with higher risk medical conditions



and by nearly two-thirds among children without medical conditions.

- **Flu vaccination also may make your illness milder if you do get sick.**
- **Getting yourself and your child vaccinated also can protect others** who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

## What are some other ways I can protect my child against flu?

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 as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

## If your child is sick

### What can I do if my child gets sick?

**Talk to your doctor early 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 5 years or older and does not have a long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

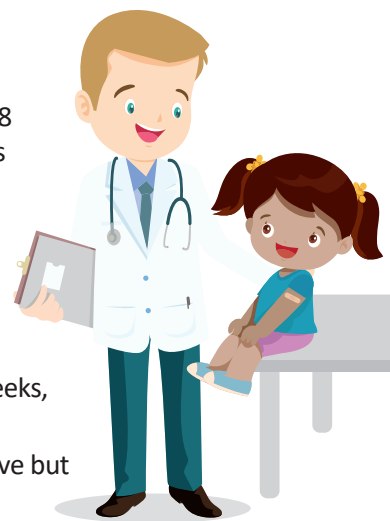
Children younger than 5 years old – especially those younger than 2 years – and children of any age with certain long-term health problems (including asthma or any lung disease, heart disease, diabetes and disorders of the brain or nervous system), are at higher risk of serious flu complications. Because children at higher risk of serious flu complications can benefit from early antiviral treatment of flu, parents of such children should contact their child's doctor if they develop flu symptoms.

### What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain

- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions



This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

### Is there a 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. Antivirals work best when started during the first two days of illness. 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.

### How long can a sick person spread flu to others?

People with flu may be able to infect others from one day before getting sick to up to five to seven days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

### Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

### When can my child go back to school after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (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.

**For more information, visit**

**[www.cdc.gov/flu/protect/children.htm](http://www.cdc.gov/flu/protect/children.htm) or call 800-CDC-INFO**



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

# 2024 OCTOBER

## Elementary School Menu

Free Meals for All Students

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

#### Secondary Choices:

Monday: Popcorn Chicken  
Tuesday: Beef Hot Dog  
Wednesday: Cheeseburger  
Thursday: Chicken Patty  
Friday: Beef Hot Dog

1

Homemade Chicken and Cheese Quesadilla  
Refried Beans w/ Scoops  
Seasoned Corn  
Fresh Fruit

2

Hot Meatball Sub  
Tossed Salad w/ Dressing  
Cherry Tomatoes w/ Dip  
Assorted Fruit

3

Brunch for Lunch  
French Toast Sticks w/ Syrup  
Hash Brown Rounds  
100% Vegetable Juice Cup  
Fresh Fruit

4

Big Daddy Pizza  
Tossed Salad w/ Dressing  
Fresh Broccoli Bites w/ Dip  
Fresh Fruit

7

BBQ Rib Sandwich  
BBQ Baked Beans  
Sweet Potato Wedges  
Assorted Fruits

8

Turkey and Cheese Pretzel Melt  
Baby Carrots w/ Dip  
Smile Fries  
Fresh Fruit  
Mini Rice Krispy Treat

9

Cheese or Pepperoni Calzone w/ Sauce  
Tossed Salad w/ Dressing  
Green Pepper Strips w/ Dipping Sauce  
Assorted Fruits

10

Fish Nuggets w/ Breadstick  
Potato Gems  
Homemade Coleslaw  
Fresh Fruit

11

½ Day  
No Lunch

14

Indigenous Peoples Day  
Columbus Day

15

Pizza Crunchers w/ Marinara Sauce  
Tossed Salad w/ Dressing  
Cucumber Slices  
Fresh Fruit

16

Chicken & Waffles w/ Syrup  
Hash Brown Rounds  
100% Vegetable/Fruit Juice  
Assorted Fruits

17

Mini Turkey Corn Dogs  
Sweet Potato Wedges  
Baby Carrots w/ Dip  
Fresh Fruit

18

French Bread Pizza  
Tossed Salad w/ Dressing  
Steamed Broccoli  
Fresh Fruit

21

Mini Pizza Bagels  
Tossed Salad w/ Dressing  
Baby Carrots w/ Dip  
Assorted Fruits

22

Breaded Chicken Drumstick  
Potato Gems  
Steamed Broccoli  
Fresh Fruits

23

Soft Beef Taco w/ Lettuce, Cheese and Salsa  
Refried Beans  
Seasoned Corn  
Assorted Fruits

24

Meatloaf Slice w/ Gravy  
Mashed Potatoes  
Seasoned Carrot Coins  
Fresh Fruit

25

Assorted Homemade Pizza  
Tossed Salad w/ Dressing  
Fresh Broccoli Bites w/ Dip  
Fresh Fruit

28

BBQ Rib Sandwich  
Potato Gems  
Baked Beans  
Assorted Fruits

29

Pizza Dippers w/ Sauce  
Tossed Salad w/ Dressing  
Steamed Beans  
Fresh Fruit  
Halloween Ice Cream Treat

30

Toasted Cheese Sandwich  
Tomato Soup w/ Goldfish Crackers  
Baby Carrots w/ Dip  
Assorted Fruits

31

½ Day  
No Lunch

Available Daily:  
PBJ UnCrustable's and The Yogurt Meal.

# OCT. 2024



## LAKESHORE ROAD ELEMENTARY SCHOOL

Tina Chmielewski, Principal	Nurse	315-218-2603
7180 Lakeshore Road	Attendance	315-218-2615
Cicero, New York 13039	NURSE FAX	315-218-2686
Telephone: 315-218-2600	Cafeteria	315-218-2617

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Food Service Appr. Week →	1	2 Rosh Hashanah begins	3	4	5
6	7 6 pm-BOE Mtg.	8	9  6 –7:15 pm- Make a Stuffy Event	10 School PT Appr. day	11 11:45 dismissal for HALF DAY- Staff workshops  YOM KIPPUR begins	12
13	14 NO SCHOOL 	15	16 Sukkot begins (til 10-23-24)	17	18	19
20	21  School Picture Day (at all LRE locations)  6 pm-BOE Mtg.	22	23	24	25 Fire Safety Assembly  6:30-8 pm-Trunk or Treat @ GRMS	26
27	28	29	30	31 HALLOWEEN Half day-12 pm dismissal (staff workshops) 		