



# Putnam Valley Central School District

“The Child, First and Foremost...  
Building a Foundation for the Future”

A Publication of the Putnam Valley Central School District

## What is Sustainability?

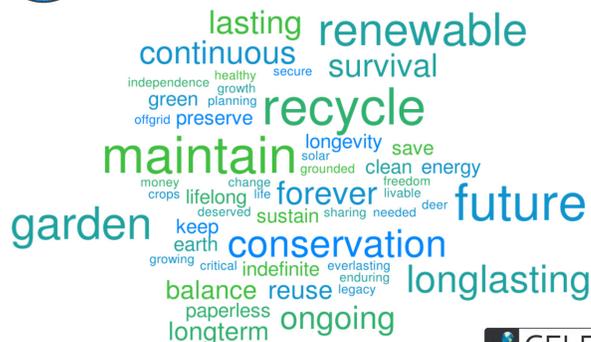
“Nothing important gets done alone.”- Daniel Goleman

Building relationships is reflected in many of the features you will find in our holiday newsletter. Click [here](#) for Board of Education goals. All of our activities are connected to providing a student-centered environment where we engage our community and students in the kind of active involvement that promotes deeper learning and application to the world outside school walls. Relationships and sustainability are connected through through focusing on living together in ways that promote connections. For example, the gardens that are now in various phases of development at every school serve to grow food that has been shared with the Putnam Valley Food Pantry and provides a deeper understanding of healthy lifestyles.

A District-wide sustainability committee is working to embed the theme into the curriculum and has created an informative website featured on our District site. The vision for **Sustain PV** provides the window into our long term exploration of community: *Putnam Valley students will be healthy and productive citizens within our community and our world by understanding and appreciating the history of Putnam Valley, interacting with and studying the natural resources within our community and applying this knowledge to solve issues in and outside of Putnam Valley. Our students will be at the forefront of dialogue and action around sustainability.*



## Sustainability



# Aspires

In our “Wordle” below, our teachers described the factors they aspire to feel every day to benefit our students and their learning. See more information on Yale RULER on page 4.



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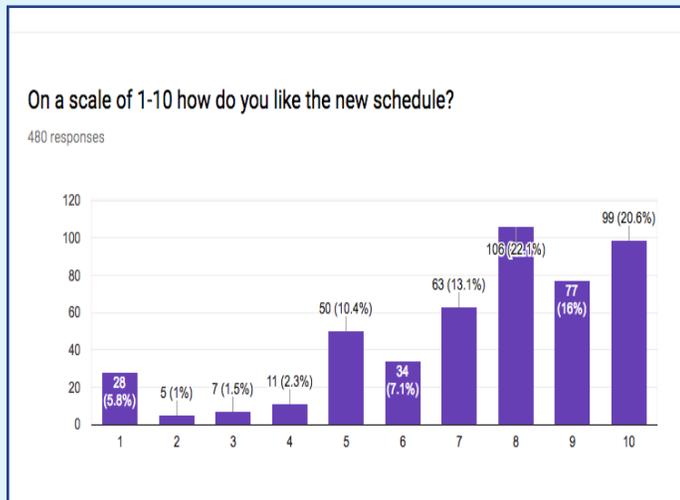


Putnam Valley CSD  
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Free

## New Schedules in the High School this Year



The High School introduced a new schedule this year that includes some rotation and longer periods. This has allowed for more opportunity for project based and active learning and time to master new material. Professional development has been provided by the High School leadership team and the response by the majority of students has been positive. Students are appreciating their time management, expressing the lessening of stress as homework for all classes is not due each night and they are finding more time to study effectively. [Check out this clip](#) from our Student Representative, Sarah Broas.

## New Start Time for PVHS Beginning September 2018

Information on this initiative was sent to the community in early November. In September, the High School start time will move to a start time of 7:50 am in alignment with the Middle School. Research on adolescent sleep patterns and the significant impact the lack of sleep has on our health and wellbeing throughout our lifetimes were a driving force in this change. Issues of driver safety, attendance and academic achievement were also noted with indication that even a ½ hour change could have a positive impact on student wellbeing.

Administrators have found solutions or compromises for athletic practices and clubs. Bus routes will be prepared and sent to the community by the end of January so parents will have time to review the changes. In many cases, the new schedule will result in shorter routes and much less time spent on the bus. In fact, for a number of students, the revised bus schedule can translate into an hour more of sleep.

### Most U.S. middle and high schools start the school day too early



5 out of 6 U.S. middle and high schools start the school day before **8:30 AM**

The American Academy of Pediatrics has recommended that middle and high schools should aim to start no earlier than 8:30 AM to enable students to get adequate sleep.



Teens need at least **8** hours of sleep per night.



Younger students need at least **9** hours.



2 out of 3 U.S. high school students sleep less than **8 hours** on school nights

Adolescents who do not get enough sleep are more likely to



be overweight



not get enough physical activity



suffer from depressive symptoms



engage in unhealthy risk behaviors such as drinking alcohol, smoking tobacco, and using illicit drugs



perform poorly in school

For more information: [www.cdc.gov](http://www.cdc.gov)

*Our District offices have moved to the back lot of the Elementary School campus.*



***“We shape our buildings; thereafter, they shape us.”  
-Winston Churchill***



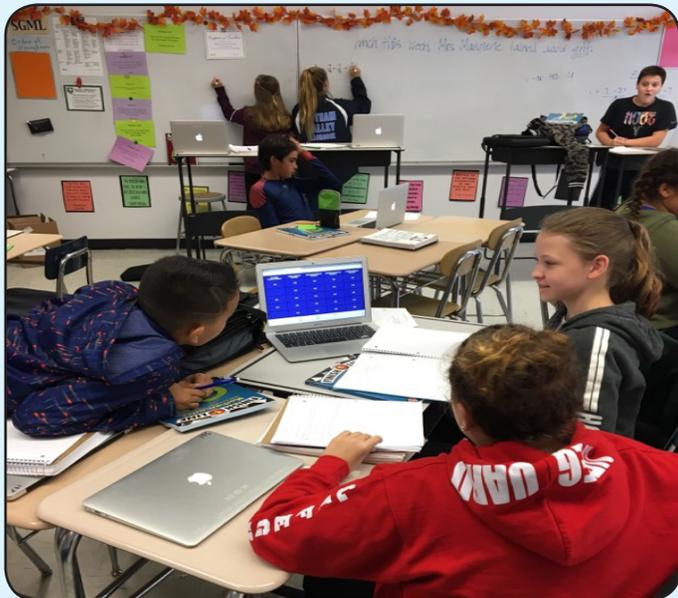
Committee in MS Active Learning Lab (ALL) Room

### ***Facilities Planning Committee Gets to Work***

A volunteer District Facilities Planning committee has met four times this fall to examine District facility needs to upgrade facilities that no longer effectively support the next generation learning program that the District is striving to offer. This is particularly a challenge at the Middle School built in 1972, and sections of the Elementary School facilities originally constructed in the 1930s, 40s and 50s. The committee is developing a plan for capital projects that could begin as a portion of the District’s debt service provides an opportunity to prepare a capital project that would not impact the tax rate. Some of the suggestions include improved academic, arts, athletic and physical education spaces at the middle school and flexible learning environments at the Elementary School. We heard from the architects on the work they are doing in other districts to provide 21st century learning accommodations and are reviewing fiscal estimates and possibilities that are most efficient. [Click to read Superintendent, Dr. Will’s email.](#)

## Training Initiatives

Several teachers have been trained in the instructional process behind the Learner Active Technology Infused (LATI) classroom. Students develop independent thinking and learning skills and build self-directed confidence and collaborative, critical thinking strategies. They are prepared for successful 21st century learning and skill sets. Click here to view the [LATI Presentation](#).



- R**ecognizing emotions in self and others
- U**nderstanding the causes and consequences of emotions
- L**abeling emotions accurately
- E**xpressing emotions appropriately
- R**egulating emotions effectively

The District has been working with the Yale Center for Emotional Intelligence to provide professional development that would support staff and students in greater understanding the role emotions play in learning and building a positive and productive school culture. RULER stands for Recognize, Understand, Label, Express, and Regulate emotions. Emotional intelligence has been found to be a major factor in success and happiness throughout life.

## International Baccalaureate Coming to PVHS

Putnam Valley High School has received approval of its application from the IB organization to become a candidate for admission. Schools that have been accepted into the IB network have transformed their learning process for all students, greatly benefitted students and communities and are seen as lighthouse educational institutions by colleges and universities as well as corporate enterprises with international reputations.

IB is a model that connects our students to their counterparts in international schools around the globe and is based on an inquiry process that prepares students for college and career. It is a learning model that allows students to explore their passions and obtain feedback from scholars in other countries. In our area Dobbs Ferry, Harrison, Red Hook, Millbrook, Rockville Center are IB schools. Somers has also applied for consideration as an IB school.



Click here for the [IB Learner Profile](#) and here for the [IB Approaches to Learning](#).

## Putnam Valley schools have had a busy fall with a number of new initiatives.



Mandarin Chinese is now offered at PVMS. Seventh graders enjoy a special day with their teacher, Ms. Ping Moroney. Check out this [video link](#).



Science Research continues successfully in the HS which will also offer a new AP computer science course next year.

*"There's only one you in this great big world.  
Make it a better place."*



Campus Cleanup  
MS students lead cleanup effort at HS/MS campus.  
[More pictures.](#)



All ES students painted a rock for our beautiful pathway dedicated to Fatima Martinez.

The outdoor classroom at the Elementary School.

*"Rethinking the classroom, not just the curriculum."*



## ***Interview with the Board of Education Student Representatives.***

**You are enrolled in the Science Research Program. What has been your greatest motivation in Science Research and tell us a little bit about your project?**

Sarah: I am excited to be competing with my project in upcoming competitions! As a student in the PV Authentic Science Research program, I am conducting original research at Fordham University. My research is in cardiac tissue engineering. After an individual experiences a heart attack, areas of the heart are damaged. This often results in insufficient functionality of the heart. My research is on the development of a patch that can be implanted onto the damaged area. The patch is meant to integrate with the heart, stimulating new tissue growth, and hopefully bringing back the original or close to the original functionality of the heart. I commute to Fordham University several days a week in order to complete my research.

Erin: I'm in my third and final year of Science Research. My topic is Facial Expression Recognition in Artificial and Real Stimuli with Correlation to Age. I first got into this topic because I'm studying to be a film maker in the future and wanted to be able to direct actors in how to emit certain facial expression. I've had the wonderful opportunity to study with Dr. Matthew Grizzard, Assistant Professor of Communications at the University of Buffalo, who is submitting the research paper we wrote to a national conference in Prague. If it's accepted, I'll be able to have my paper published.

**What extra-curricular activities do you participate in?**

Erin: I keep busy by participating in a total of ten clubs: Make A Difference Club (treasurer), History Club (co-president), World Language Club, Stage Crew (treasurer & production stage manager), Art Club, Student Council (president), Student Government (co-president), Newspaper Club, Guitar Club (founder), and Girl Scouts. I am also in four honor societies: English, Science, National, and Tri-M Music Honor Society.

Sarah: At school, I am involved with the environmental club, Science National Honor Society, English National Honor Society, Foreign Language Honor Society, and Mu Alpha Theta. I hold a Senator position in my class government and the Vice President position in the student council.

**How would you describe your involvement in Student Council?**

Erin Pedersen, President:

We project the students voice for the school by bringing up concerns of the students and planning events. It helps me learn how to voice and express how everybody feels. It teaches me a lot about leadership. Going to the meetings is eye opening learning what the school does behind the scenes that I wouldn't have known as a student and bringing that back to the student body.



Sarah Broas, Vice President:

One of my responsibilities is to attend all BOE meetings. This is an opportunity that I have truly enjoyed. By attending meetings, not only do I get to represent the student population, I get to have a complete understanding of what is going on in the school district, and district goals. This is something I sincerely value as a junior in the District.



**What Community Service do you participate in?**

Sarah: On the weekends I enjoy volunteering for an organization called SPARC. They have a therapeutic horseback riding program for kids with developmental disabilities. I have been working with horses since the age of 8, so volunteering to teach children with disabilities how to ride horses is an activity that I very much look forward to every week.

Erin: I've helped organize and run fundraisers for National Honor Society, Student Government, World Language Club, etc. I participate in the mentoring program with students at the middle school which helps the younger children be a part of a safe, healthy, and fun environment. I also tutor many students in science, english, and playing the flute.

**What are your plans after high school?**

Erin: I will be attending Ithaca College next year to study Film, Photograph, and Visual Arts. I'm very excited and hope to continue doing research with Dr. Matthew Grizzard while I'm there as well.

Sarah: After graduating from high school I plan on continuing my education and pursuing a career in the sciences, possibly research.

*PUTNAM VALLEY  
HIGH SCHOOL*

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**Friday, April 20<sup>th</sup>, 2018 - 7:00 PM**  
**Saturday, April 21<sup>st</sup>, 2018 - 7:00 PM**  
**Sunday, April 22<sup>nd</sup>, 2018 - 2:00 PM**

PUTNAM VALLEY HIGH SCHOOL PERFORMING ARTS CENTER  
146 PEEKSKILL HOLLOW RD. PUTNAM VALLEY, NEW YORK 10579  
FOR INFORMATION CALL (845) 526-7847 x 1369

# META - MOMENTS

Do the holidays have you feeling stressed? Are you overwhelmed? Do you feel like you never have a moment for yourself?

Take a "meta-moment" to help refocus and re-energize yourself!

- If you have a few minutes:
  - listen to your favorite song
  - get up and stretch
  - go for a short walk
  - call a friend
  - get some fresh air
  - make yourself a cup of coffee, tea, or hot cocoa
  - have a snack
  - play with your pet
- If you have a bit longer:
  - watch an episode of your favorite show
  - do a puzzle
  - play a game
  - read

Watch for more "meta-moment" tips as our staff and students learn about the Yale RULER approach to social-emotional intelligence.



171 Oscawana Lake Road  
Putnam Valley, NY 10579

## Board of Education

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Joseph Ferraro, Vice President  
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## Superintendent of Schools

Dr. Frances Wills

## Ten Principles of the Learner-Active, Technology-Infusion Classroom

- Learning from a Felt Need
- High Academic Standards
- Individual Learning Paths
- Student Responsibility for Learning
- Connected Learning
- Technology Infusion
- Higher-Order, Open-Ended Problem Solving
- Working Well Collaboratively
- High Social Capital
- Global Citizenship

## 50 QUESTIONS TO ASK YOUR KIDS AFTER SCHOOL INSTEAD OF "HOW WAS YOUR DAY?"

- What made you smile today?
- Can you tell me an example of kindness you saw/showed?
- What did you do that was creative?
- Who did you sit with at lunch?
- Was anyone in your class gone today?
- Tell me something you know today that you didn't know yesterday.
- Did you like your lunch?
- What was the hardest rule to follow today?
- If you could change one thing about your day, what would it be?
- What made your teacher smile? What made her frown?
- If you could switch seats with anyone in class, who would it be? And why?
- What kind of person were you today?

## Coaching a Growth Mindset

### 5 Questions to Develop a Growth Mindset

- What did you learn from today's performance?
- What steps did you take to make you successful today?
- What are some different strategies you could have used?
- How did you keep going when things got tough?
- What can you learn from your opponent today?



### 5 Feedback Comments to Develop a Growth Mindset

- This will be a challenging concept to learn, but I believe you can master it.
- You haven't got it yet, but you will if you keep working and thinking about it.
- I really appreciated your effort today.
- It is okay to take risks, that's how we learn.
- Getting better takes time and I see you improving.

