Upcoming Dates:

Friday, 2/7
Sweetheart Dance (6:00 pm)

Thursday, 2/13
Board of Ed Meeting (7:30 pm) Falls School

Monday, 2/17 -

Friday, 2/21
Winter Recess - School Closed

Wednesday, 2/26
SEPTO Meeting - 7:00 pm (Falls School)

Wednesday, 3/4
Site-Based Meeting (4:00 pm)
PTO Meeting (6:15 pm)

Friday, 3/6
Elementary Marking Period Ends
Superintendent Conference Day
(School closed for students)

If you are sending checks to purchase lunches for your children, the checks should be made payable to "Mahopac School Lunch Fund."
<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Specials</th>
<th>Notes</th>
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<tr>
<td>3</td>
<td>WG Popcorn Chicken Mashed Potatoes Baked Beans Strawberry Cup</td>
<td>WG French Toast Sticks W/ Turkey Sausage Tater Tots, Carrot Sticks Peach Cup</td>
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<td><strong>DOLLAR DAY</strong> $</td>
<td>Baked Pasta W/ Tomato Sauce and Melted Cheese Slice of French Bread Broccoli Fresh Grapes</td>
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<td>Oven Baked- WG Chicken Nuggets Oven Baked Fries Baked Beans Fresh Apple</td>
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<td>Oven Baked- WG Chicken Nuggets Oven Baked Fries Green Beans Mixed Berry Cup</td>
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**EVERY WEDNESDAY IS “DOLLAR DAY”**
All complete lunches are only $1

More info...
Lunch Price is $2.35
If you have a food allergy please speak to the nurse or food server about it.
WG = Whole Grain  ** = Pork Product

More info...
Available Daily...SANDWICHES; Turkey, Ham, PBJ. Entrée salad lunch, yogurt parfait, Entrée veggie platters. Dinner Roll. Carrot or celery sticks. Assorted Fresh Fruit Available Daily

# Menu subject to change
January 2020

Dear Austin Road Families,

The winter months have always proven to be a time when our students become ill more frequently. We monitor student absences very closely at this time of year. As you all know, the flu is hitting fairly hard this winter. We want to keep our students and staff as healthy as possible. You can assist us with maintaining a healthy school environment in the following ways:

- When you call in to report an absence, please provide a specific reason for the absence. If the diagnosis is confirmed by your doctor, can you please state that when leaving your message. The Attendance Line is (845) 628-1346 Ext. 2.
- Your child must remain fever and vomit free for 24 hours before returning to school.
- Studies have shown that the best way to prevent the spread of illness is thorough and frequent hand-washing. It really does help prevent the spread of germs, and believe it or not, students need frequent reminders of this.

The District takes a proactive approach to keeping our schools as germ-free as possible. Our custodial staff is mindful of areas/equipment needing extra disinfecting each night. On a related note, I cannot stress enough the importance of keeping sick children home to help prevent the spread of germs. I understand that sometimes it is difficult to know if a child is really sick or not. If you administered medication such as Tylenol or Motrin in the morning, it is probably best to keep them home that day.

Our goal is to maintain a safe and healthy environment for our students. The winter months always challenge us in this area. I am sure with everyone’s cooperation we can reduce the spread of illnesses as we anxiously await the warmer weather.

Sincerely,

Jim Gardineer
Principal

390 Austin Road, Mahopac, NY 10541-2777 (845) 628-1346 Fax (845) 628-5521
Nationally Recognized Blue Ribbon School of Excellence
www.mahopac.org
Influenza (also known as 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 viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The 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 and children of any age with certain long-term health problems are at high 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 the 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 vaccination.
- It’s especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and 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.

Is flu vaccine safe?
Flu vaccines are made using strict safety and production measures. 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 the risk of getting sick with flu by about half.
- Flu vaccines can keep your child from being hospitalized from flu. One recent study showed that flu vaccine reduced children’s risk of flu-related pediatric intensive care unit admission by 74%.
Flu vaccine can prevent your child from dying from flu. A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high 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 of age — especially those younger than 2 years — and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away 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 2 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 high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 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 or call 800-CDC-INFO
Kindness is...... helping others in our community!

Attn: Austin Road Students & Staff
Please donate to the St. John’s Food Pantry by bringing in canned or boxed goods to Austin Road School during the week of February 3rd-7th. Look for drop off boxes in the main hallway. Cash donations are also accepted.

Thank you!
MAHOPAC CENTRAL SCHOOL DISTRICT

2020 - 2021
REGISTRATION FOR INCOMING KINDERGARTEN STUDENTS

Must be five years old on or before 12/01/2020
(No Exceptions)

Kindergarten Registration for the 2020-21 School Year will be held at The Office of Central Registration located at The Falls District Office, 100 Myrtle Avenue, Mahopac, between the hours of 8:15 am and 3:00 pm on the following dates:

**Austin Road ES:** January 13th, 15th & 30th
February 5th & 13th

**Fulmar Road ES:** January 24th & 28th
February 7th, 25th

**Lakeview ES:** January 17th & 22nd
February 3rd, 11th & 27th

Registration is by appointment only. To schedule an appointment and request a registration packet, please contact the Office of Central Registration at 845-621-0656, Ext. 13902 or 13905.

Registration packets are also available on our District website under Departments/Registration/Registration Packets/Grades K-12. Our web address is www.mahopac.org

Thank you
4th Annual SEPTO Bowling Event

FUN FOR THE ENTIRE FAMILY

Date: Sunday March 1, 2020    Time: 11:00 A.M. – 1:00 P.M.

Place: SPINS BOWL 23 Old Route 6 Carmel, New York 10512 845-225-8787

www.spinsbowl.com

Cost: $20 per person: Includes 2 hours bowling, shoes, pizza lunch, drink

(Lane bumpers available)

Registration Form

Family Name ____________________________________________

Names of People Bowling (for scoreboard) ____________________________________________

E-Mail address: ____________________________________________

Amount Enclosed: _______ Please make checks out to: “SEPTO” and mail to

SEPTO, 960 Route 6, Mailbox # 136, Mahopac, NY 10541 OR drop off form and check at your school’s main office. Thanks

In order to reserve your spot you must make payment by Monday, February 24, 2020.
The Austin Road PTO is once again teaming up with the Leukemia & Lymphoma Society to sponsor the Pennies for Patients program. Through the extraordinary generosity of our families, Austin Road has donated thousands of dollars over the past several years to assist in various research efforts. This year’s program will run from Monday, February 24 through Friday, March 13. Any monies donated may be accumulated in the student collection box sent home with your child, then sent in and deposited in a collection bag that each homeroom will house. You may also wish to accumulate donations by creating a family account online under our school team by visiting the following link: www.penniesforpatients.org/find-your-school. Should you wish to participate, we ask that all donations be submitted by Friday, March 13.

Thank you, in advance, for your continued support.

Susan Downey
downeys@mahopac.org
Putnam County Youth Bureau

Pegasus Program

Is About:
- Understanding alcohol and drug dependency
- coping skills
- fun activities
- new friends

Pegasus is held on Thursday nights
Beginning March 19th, 2020
at the Putnam County Youth Bureau
From 6 pm to 7:30 pm
(Dates: 3/19, 3/26, 4/2, 4/16, 4/23, 4/30, 5/7, 5/14)

Children and their adult caregivers will have fun in an engaging and supportive environment.

A free confidential program for children ages 6 to 12, who have a parent or family member suffering from alcoholism or other drug dependencies.

*Pre-registration is required
For more information or to register contact:

Stephanie Nocera, Pegasus Coordinator
(845) 808-1600 ext. 46126
Stephanie.Nocera@putnamcountyny.gov
Pegasus@putnamcountyny.gov

Sponsored by the New York State Office for Children and Family Services and the Putnam County Youth Bureau
You are invited!

Venue: Mahopac High School
Date: February 11, 2020
Time: 6:30pm - 7:30pm
For: Families Grades K-5

Looking for fun, simple and effective ways to help your kids outside the classroom? Come join us! Learn, play and enjoy new math activities you can do with your kids that will improve their math skills. Fluency starts at home!

Parents — Discover ways to help your kids.
Students — Play fun games with your friends.
Families — Enjoy math in a whole new way!

www.TANGMATH.com
Save The Date!

Casino Night

12th Annual Auction Fundraiser
Friday, April 24th 2020 - 7pm
Austin Road PTO

THIS IS OUR BIGGEST FUNDRAISER OF THE YEAR!

ADULTS ONLY

All proceeds go directly to our school. Please tell your friends and family and spread the word. There will be hundreds of raffles, prizes, and auction items!
Book Clubs For Kids

Book Clubs Begin January 27 & 29
Last Week March 23 & 25
~ Registration Required ~

Online www.mahopaclibrary.org or Call 628-2009 ext. 139

Grade 1
Wednesdays ~ 4:30-5:15

Grade 2
Mondays ~ 4:30-5:15

Come share your love of books!
Meet new friends!
Have fun with book-related games & activities!
Saturday Italian Class!

- Classes will teach children important, basic Italian language and vocabulary
- Snacks will be served (we will check for allergies)

Taught by: Students of Mahopac High School's Italian National Honor Society

Place: Mahopac Public Library
       Meeting Room (3rd Floor)

Cost: $30 per child For families: $40 for two children
       We will cover the 11 sessions, supplies, and snacks.

Dates: Saturdays starting February 1st
       February 8th, 15th, 22nd
       March 7th, 14th, 21st, 28th
       April 4th, 11th
       SNOW DATE April 25th

Time: 10:00 am - 11:30 am

For: Students grades 1 - 5 (Please no students below 1st grade)

Contact: Nina @ ngp2098@gmail.com to register or for any questions or concerns

NOTE: If you are interested please contact this email, not Mahopac Public Library, as this is not a library-run program.
We encourage carpooling and parking off-site.
Dear Families,

Welcome to the 2019-2020 school year! We hope the summer has been restful and enjoyable. As you know, the PTO facilitates numerous programs throughout the year that help earn money for Austin Road, thus providing the children with an exciting and memorable elementary school experience. One such program is Box Tops for Education.

Box Tops coupons can be found on hundreds of different products, ranging from food to household cleaning supplies. While unexpired traditional coupons may still be clipped and sent in on the attached collection sheet, Box Tops for Education is now changing to fit today’s families. The new and improved Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products, and instantly add Box Tops to our school’s earnings online.

For your convenience, please find a sample of both the old and new Box Tops label on the back of this page. Should you have any questions as to how the program works, or require additional information pertaining to the collection process, please feel free to contact me. Thank you, in advance, for your support and participation.

Laura Valentin, Box Tops Coordinator
striker412@comcast.net
THE OLD
BOX TOPS CLIPS

Traditional Box Tops clips are being phased out of production, but may continue to be found on many products throughout the store. You can still clip and send them to school.

Every valid Box Tops clip is worth 10¢ for your school. Make sure each one has a clearly visible product acronym and expiration date.

THE NEW
BOX TOPS LABELS

Eventually the Box Tops program will become digital-only. Participating brands are starting to change their packaging from a traditional Box Tops clip to the new Box Top label.

If you see this label, use the new Box Tops app to scan your receipt. Box Tops are still worth 10¢ each for your school. The app will find participating products purchased at any store and instantly add cash to your school’s earnings online.
YOU CAN STILL SEND IN TRADITIONAL CLIPS... UNTIL THEY'RE GONE!

CLIP: If your package has a traditional Box Tops clip, cut it off and attach it below. Each clip is worth 10¢ for our school. Please be sure each clip has a valid expiration date.

SCAN: If you see this label, use the new Box Tops app to scan your store receipt within 14 days of purchase. The app will find participating products and instantly add Box Tops to our school’s earnings online. No clipping required!
BRRRR! IT'S A Box Tops Blizzard

Bring Box Tops to school by:

Be sure to write your name and your teacher's name on your collection sheets, baggies and envelopes!

Design by Hemig
YEARBOOKS on SALE!

Austin Road 2019/2020 Yearbook Orders

*****YEARBOOKS ARE ON SALE ONLINE ONLY*****

Order your child’s yearbook ONLINE today at:
YearbookOrderCenter.com or call toll free at
1-866-287-3096
Your ONLINE Order Number is 13647

Yearbook pricing is as follows:
   Today through November 30, 2019 -  $32.50
   December 1, 2019 to January 20, 2020 - $35.00
   January 21, 2020 to May 9, 2020 -  $40.00 (if available)

Personalize your Yearbook with a Name Stamp for an additional $5.00.
NAMES ONLY!! No phrases. Phrases will be corrected to the student's

Please note - If you do not preorder a yearbook before January 1,
2020, extra books, if available, will be on sale on a first come, first
serve basis only.

If you have any questions, please contact:
Patria Tardio  austinroadptotreasurer@gmail.com

**ALL ORDERS ARE ONLINE ONLY AT THIS TIME**
BUY A BOOSTER!!!! SAY SOMETHING SPECIAL TO YOUR CHILD IN THE AUSTIN ROAD ELEMENTARY SCHOOL 2020 YEARBOOK.

To place a BOOSTER ONLY order, please complete the following information:

Student’s name: ____________________________________________
Teacher’s name: ___________________________________________ Grade: ______
Email: _____________________________________________ Phone# ___________________

CHECKS FOR BOOSTERS ONLY MADE OUT TO: Austin Road PTO
ALL SPACES AND PUNCTUATION MARKS ARE COUNTED AS CHARACTERS.
PLEASE USE SPACES IN BETWEEN WORDS.

Prices are as follows:

0 to 40 Letters, Characters (use spaces below)-------------$5.00:

Austin Road PTO
Yearbook Needs Your Help!

Help us make Austin Road’s 2019-2020 yearbook fun filled with your photographs.

Upload all of your children’s and their friends’ wonderful memories from Austin Road (such as Bingo, Class Parties, Movie Night, 5K Run, Monster Mash, Book Fair, etc.) for our possible consideration for submission in the yearbook. All photographs can be sent in digitally via EShare at www.hjeshare.com using our School Code: austinroad

Thank you for all of your support!
Austin Road PTO Membership 2019 - 2020

We invite you to support the Austin Road PTO by joining our PTO membership! The membership fee is $10.00 per family, all of which goes to support our school. By becoming a member, you are informed first about all of the upcoming activities and volunteer opportunities through a PTO weekly email.

The Austin Road PTO offers many programs, both during and after school for our children. School pictures, Yearbook, Monster Mash, Book Fair, Holiday Shop, Color Run, Spirit Day, and many other activities are all run by the PTO. These programs are not self-supporting. We need your help to continue these programs and create awesome memories for our children and families. All PTO fundraisers and monies raised go towards our children and school, providing cultural, educational, and social enrichment. This helps pay for field trips, assemblies, the Learning Lab, and special events for over 600 students who attend Austin Road. Volunteers and support are needed to help run these events and ensure they are successful. Becoming a member in no way obligates you to volunteer; however, any assistance and time that you can provide would be much appreciated.

Thank you, in advance, for your support!

Samantha Gumina, VP-Membership
segumina@gmail.com

Yes, I would like to join the Austin Road PTO!

Please complete and return this form, along with your $10.00 payment, to school in an envelope marked PTO Membership. Checks should be made payable to Austin Road PTO.

Name: _______________________________ Phone Number: _______________________________

Email Address: _______________________________

Home Address: _______________________________

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<th>Child's Name</th>
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SCHOOL NOTE

DATE: _____________

TEACHER'S NAME: __________________________

STUDENT'S NAME: __________________________

FROM: ___________________________________
       Parent/Guardian's Name

_____ Will be picked up at dismissal in cafeteria (3:15 p.m.)

_____ Early pick up in main office at: _________
       Time

___________________________________________
Name of person picking up the student. Please have photo I.D. available

_____ Will be going on AR ROUTE #________

with and/or where: __________________________

_____ Will be staying after school for: ___________
       After-School Activity

Any questions, please contact me at: ________________
       Cell/Phone

___________________________________________
Parent Signature