

Preparing your kids for a smooth back-to-school transition

BY ROBERT M. DUFOUR, ED.D. **DISTRICT SUPERINTENDENT, SULLIVAN COUNTY BOCES**

s summer winds down, the thought of sending your kids back to school can bring excitement and anxiety. The start of a new school year is an important time for children and parents alike, full of new beginnings and opportunities. Opening day for students will be September 3 for Eldred CSD, September 4 for Fallsburg CSD, and September 5 for the remaining Sullivan County school districts and BOCES.

As parents plan for the new school year, they should periodically check their mail, email, and designated school communication platforms. Districts typically send back-toschool informational packets before the start of the school year.

It is also essential to provide your school district with your current phone number, cell phone number, and email address. Correct contact information allows the district to communicate important information, changes, and events with parents and guardians. Bookmarking the school's website and following them on social media is also helpful for obtaining quick access to the district's latest updates.

School districts encourage parents to schedule their child's physicals early, as getting an appointment just before the new school year begins can be challenging. If a family does not have a pediatrician, parents can also contact the Sullivan County Public Health

Nursing Service at (845) 292-5910 to inquire about vaccine clinics.

To help make this transition as smooth as possible, here are ten essential tips:

1. Establish a Routine

Routines provide a sense of security and stability for children. A week or two before school starts, begin transitioning back to the school-year schedule. Set regular bedtimes and wake-up times to help your child adjust to the early mornings.

2. Visit the School

If your child is starting a new school or moving to a different grade, visiting the school beforehand can alleviate anxiety. Walk through the school, find their classroom, and meet their teacher. Familiarity will make the first day less daunting.

3. Organize School Supplies **Together**

Involving your child in the process of gathering and organizing school supplies can build excitement and reduce nervousness. Let them choose their backpack, notebooks, and other essentials.

4. Create a Homework Station

Designate a quiet, well-lit space in your home as a homework station. Having a specific place for schoolwork can help your child focus and establish good study habits.

5. Set Goals and Expectations

Discuss with your child what they hope to achieve in the upcoming school year. Setting realistic academic and personal goals can give them a sense of purpose and motivation. Talk about your expectations for behavior, homework, and

extracurricular activities to ensure you're on the same page.

6. Encourage Open Communication

Maintain open lines of communication with your child about their feelings regarding school. Encourage them to share any worries or concerns they might have. Being a supportive listener can help them feel more confident and less anxious about returning to school.

7. Plan Healthy Meals and **Snacks**

Proper nutrition is crucial to your child's ability to concentrate and perform well in school. Plan balanced breakfasts, lunches, and snacks that provide sustained energy throughout the day.

8. Limit Screen Time

As summer winds down, gradually reduce your child's time spent on electronic devices. Encourage activities that stimulate their minds, such as reading or puzzles, to help them transition back to the structured learning environment of school.

9. Foster Independence

Encourage your child to take on age-appropriate responsibilities that promote independence. This could include packing their own lunch, laying out their clothes for the next day, or managing their time for homework and leisure activities. Building these skills will boost their confidence and self-reliance.

10. Stay Positive and **Enthusiastic**

Your attitude towards the new school year can significantly influence your child's outlook. Express enthusiasm and optimism about the year ahead, highlighting the exciting aspects of learning new things, making friends, and participating in activities.

While the above tips are practical steps to ease the back-to-school transition, it is important to address parents' concerns, such as social adjustments and academic

Back to School

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concerns.

For many children, the social aspect of returning to school can be challenging. Encourage your child to reconnect with friends before school starts. Arrange playdates or meetups with classmates to help them re-establish social connections.

Worries about academic performance are common. Reassure your child that feeling nervous about new subjects or teachers is normal. Emphasize effort and perseverance over perfection to encourage a growth mindset.

The back-to-school transition can be a time of mixed emotions for parents and children. By preparing in advance and taking proactive steps to ease into the new school year, you can help ensure a positive and productive start. Remember, your support, encouragement, and involvement play a crucial role in your child's success and well-being. Embrace the new school year with confidence, which will likely reflect your child's attitude and performance.

Here's to a great year ahead!



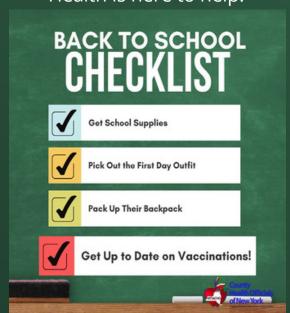
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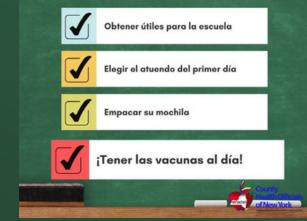
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4S BACK TO SCHOOL SULLIVAN COUNTY DEMOCRAT AUGUST 2024



+ CATSKILLS FOOD HUB

Educating students about real food and healthy eating habits.

Our middle school **Real Food Education Program** is an interactive, four-part series that highlights our local food system. This school year, **700 Sullivan County students** will benefit from these free presentations.

They learn:

- What real food is and where it comes from.
- How to distinguish between whole and processed foods.
- To try new foods
- The role of nutrition in good health.
- The connection between food and farms.
- To build healthy eating habits for a lifetime.



To learn how you can support these programs:
Visit asinglebite.org, call (845) 482-1030
or email info@asinglebite.org

A Single Bite is a nonprofit organization founded by FOSTER SUPPLY

ASB's Real Food Education Program

BY A SINGLE BITE

ho is A Single Bite?
A Single Bite is a nonprofit organization in Sullivan County. Founded in 2019 by Foster Supply Hospitality, their mission is to feed and educate children and their families with real, local food.

Why they do it

Many families in the community lack financial means, nutrition education, transportation, or a combination of barriers to access nutritious food. In fact, one in five children in Sullivan County do not get enough to eat. Thirteen percent of residents live below the poverty line, and the percentage of children who are food insecure — those do not have adequate access to enough food to live an active, healthy life — is 18.3%. That's 2.2% higher than the national average and the highest in New York's Hudson Valley. As a result, children and families are at risk for poor health outcomes.

Their Solutions

A Single Bite works with schools, local pantries, food banks, and assistance programs to help low-income, rural families access healthy, locally grown food.

A Single Bite's free Family Meal Program, provides complete, scratch-made meals to those that need them tonight. Since 2020, A Single Bite has been a reliable source of healthy, nutritious food, providing 170,000 prepared meals. Each week volunteers deliver 600 servings to food insecure children and their families.

They continue to work toward a generational solution to Food Insecurity and related health challenges by providing their Real Food Education Program to middle school students. Through a four-part Real Food Education Program, they teach children about the nutritional difference between processed food and real food and how those choices can affect their health now and for a lifetime. This experiential program has been provided FREE in every Sullivan County school district since 2019, reaching more than 2,600 different students — up to 700 youth each year.

The Future for A Single Bite

Their recent relocation to the Catskills Food Hub in Liberty has enabled them to expand their core programs further and become an essential part of the region's food economy. Supporting local producers and farm-to-school programs helps increase the volume and variety of fresh produce on school menus, at local food pantries, and for working families.

And, a newly constructed commercial kitchen will enable A Single Bite to increase the number of meals they can deliver — helping them to better meet the needs of local families.

A Single Bite is also a key player in a County-wide Farm-to-School initiative. At the Liberty location we procure, aggregate, lightly process and distribute NYS product directly to schools. By working with the Hudson Valley Food Bank and the not-for-profit Sullivan 180, they are supporting School Food Pantries and Backpack programs to deliver more local food to students.

Entering only their fifth year serving the community, A Single Bite partners with schools, local pantries and soup kitchens, food banks and assistance programs, to help low income, rural families access healthy, locally grown food.

There's information at: asinglebite.org. If you'd like to help or need help, visit asinglebite.org or call 845-482-1030.



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6S BACK TO SCHOOL SULLIVAN COUNTY DEMOCRAT AUGUST 2024 AUGUST 2024 SULLIVAN COUNTY DEMOCRAT BACK TO SCHOOL 7S

School Contact Information 2024

ELDRED

Contact information: Eldred Junior-Senior High School, 600 Route 55, P.O. Box 249, Eldred, NY 12732; 456-1100; fax: 456-1112

George Ross Mackenzie Elementary School, 1045 Proctor Road, P.O. Box 249, Glen Spey, NY 12737; 456-1100; fax: 456-1115

Website: www.eldred.k12.ny.us

Superintendent: Mrs. Traci Ferreira, ferreirat@eldred.k12.ny.us

School Counselor: Kim Gueren, JSHS
School Psychologist: Elizabeth Regan regane@eldred.

k12.ny.us

Grades: Pre-K -12

Registration: Forms are available to complete online. Call 456-1100 ext. 5143 to make an appointment.

Registration: By appointment; call 456-1100 ext. 5180

Starting date: Tuesday, September 3 **Hours:** High School: 7:30 a.m. – 2:05 p.m.; Elementary School; 8:25 a.m. – 3 p.m.

FALLSBURG

Contact information: Fallsburg Junior Senior High School, 115 Brickman Road, P.O. Box 124, Fallsburg, NY 12733; 434-6800; fax: 434-0168 Benjamin Cosor Elementary School, 15 Old Falls

Road, P.O. Box 123, Fallsburg, NY 12733; 434-6800; fax: 434-0871

Website: www.fallsburgcsd.net

Superintendent: Dr. Ivan Katz, ikatz@fallsburgcsd. net; Superintendent's Secretary's email: ssatz@fallsburgcsd.net

School Counselor: Junior/Senior HS: Joe Levner, 434-6800 ext 2249, Meryl Giarrizzo, 434-6800 ext 2210. Elementary: Gayle Raskin, 434-4110 ext. 3258, Jillian Guerra 434-4110 ext. 3123

Director of PPS: Leighanne Russell 434-6800 ext 1273

Grades: Pre-K-12

Registration: Forms are available through the Fallsburg website, or can be picked up at the central registration office.

Starting date: Wednesday, September 4 **Hours:** High School: 7:56 a.m. to 2:38 p.m., Elementary School: 9:00 a.m. to 3:45 p.m.

LIBERTY

Contact information: Liberty Central School District Office, 115 Buckley St., Liberty, NY 12754; 292-6990; fax: 292-1164

Liberty High School, 125 Buckley St., Liberty, NY 12754; 292-5400, Main office ext 2000; fax: 292-7262 Liberty Middle School, 145 Buckley St., Liberty, NY 12754; 292-5400, Main Office ext 2300; fax: 292-5691 Liberty Elementary School, 201 N. Main Street, Liberty, NY 12754; 292-5400, Main Office ext 2030; fax: 295-9201

Superintendent: Dr. Patrick Sullivan, psullivan@ libertyk12.org; Secretary to Superintendent & District Clerk, Tania DeFrank, tdefrank@libertyk12.org, 292-6990

School Counselor: Kellie White, Meaghan Anstee, Guidance Directors, kwhite@libertyk12.org, manstee@libertyk12.org, 845-292-5400 ext. 2006 **Website:** www.libertyk12.org

Grades: Pre-K-12

Registration: Contact the school or visit the district website for detailed instructions.

Starting date: Thursday, September 5

Hours: District Office: 7:30 a.m. – 4:30 p.m.; High School: 8:05 a.m. – 2:57 p.m.; Middle School: 8:05 a.m. – 2:57 p.m.; Elementary School: 8:05 a.m. – 2:40 p.m.

LIVINGSTON MANOR

Contact information: Central School, 19 School St., P.O. Box 947, Livingston Manor, NY 12758; 439-4400; fax: 439-4717

Superintendent: John P. Evans, john.evans@lmcs.us **School Counselor:** Chris Towsley (HS) christian.

towsley@lmcs.us

Meagan Edwards (PK - 8) meagan.edwards@lmcs.us **Website**: www.lmcs.k12.ny.us

Grades: Pre-K-12

Registration: Enrollment appointment cards must be filled out which you obtain through the attendance office or via online. All forms must be completely filled out before scheduling an appointment in the Guidance Office. Call 845-439-4400 ext 1207 to schedule an appointment.

Starting date: Thursday, September 5 **Hours:** 8 a.m. to 3 p.m.

MONTICELLO

Contact information: Administrative Office, 60 Jefferson Street, Suite 3, Monticello, NY 12701; 794-7700 fax: 794-7710

Monticello High School, 39 Breakey Ave., Monticello, NY 12701; (845) 794-8840; fax: 794-8133
Robert J. Kaiser Middle School, 45 Breakey Ave., Monticello, NY 12701; 796-3058; fax: 796-3099
Kenneth L. Rutherford Elementary School, 26
Patricia Place, Monticello, NY 12701; 794-4240; fax: 794-5137

George L. Cooke Elementary School, 69 Richardson Ave., Monticello, NY 12701; 794-8830; fax: 794-8854 Emma C. Chase Elementary School, 28 Pennsylvania Ave., Wurtsboro, NY 12790; 888-2471; fax: 888-2029 **Superintendent:** Matthew T. Evans, Ed.D., 794-7700

ext. 70910, superintendent@k12mcsd.net **School Counselor:** Pupil Personnel Department, Michele McCoy mleemccoy@k12mcsd, 845-794-8840 ext. 78910, 22 St. John St., Monticello, NY 12701; (845) 794-0128 ext. 78910; fax: 845-796-5098

194-0128 ext. 78910; fax: 845-796-5098 Lead Guidance Counselor: 39 Breakey Ave., Monticello, NY 12701; (845) 794-8840; fax: 845-794-8133

Website: www.monticelloschools.net **Grades:** K-12

Registration: Registration is done by appointment only at 22 St. John St., Monticello, NY 12701. Call district registrar and schedule appointment, 845-794-0128, ext. 78905 or email registrar@k12mcsd.net.

Starting date: Thursday, September 5 **Hours:** High School: 7:09 a.m. – 2:15 p.m.; R.J. Kaiser Middle School: 7:09 a.m. – 2:15 p.m.; Chase

Elementary School: 9:25 a.m. – 3:34 p.m.; Chase Elementary School: 9:25 a.m. – 3:34 p.m.; Cooke Elementary School: 9:25 a.m. – 3:34 p.m.; Rutherford Elementary School: 9:25 a.m. – 3:34 p.m.

POSCOE

Contact information: 6 Academy St., P.O. Box 429, Roscoe, NY 12776; (607)-498-4126; fax: (607)-498-6015

Superintendent: John Evans, jevans@roscoe.k12.org **School Counselor:** Guidance Counselor: Kelly Hendrickson

School Social Worker: Shannon Genovese **Website**: www.roscoe.k12.ny.us

Grades: Pre-K-12

Registration: Registration packets must be completed prior to an appointment. To schedule an appointment, call 607-498-4126 ext 6236. **Starting date**: Thursday, September 5

Hours: 7:40 a.m. -2:40 p.m.

SULLIVAN WEST

Contact info: District Office, 33 Schoolhouse Road, Jeffersonville, NY 12748; 845-482-4610 Ext. 2141; Fax 845-482-3022

Sullivan West Middle/High School, 6604 State Route 52, Lake Huntington, NY 12752; 845-932-8401, Main Office Ext. 1100; Fax: 845-932-8425

Sullivan West Elementary School, 33 Schoolhouse Road, Jeffersonville, NY 12748; 845-482-4610, Ext. 2158; Fax: 845-482-9883

Superintendent: Kathleen Bressler, Ed.D., 845-482-4610 Ext. 3000, bresslerkat@swcsd.org

School Psychologist: Sheri Parucki, Director of Student Services;

Elementary School: Sheri Parucki, Social Worker, Kayla O'Dell, Social Worker, Maureen Casey-Bryant, School Counselor

Middle/High School Counselors: Rachel Van Tuyl;

Kristine Carroll; Amanda Mall Social Workers: Rachel VanTuyl

Website: www.swcsd.org

Grades: Sullivan West Elementary, Pre-K-6; Middle School 7-8; High School 9-12

Registration: A registration form can be found online through Sullivan West's website. Please complete the online form then follow the steps through the website.

Starting Date: Thursday, September 5 **Hours:** Sullivan West Middle/High School: 7:35 p.m – 2:22 p.m., Sullivan West Elementary School: 8:50 p.m. – 3:27 p.m.

 $\label{lem:please visit www.swcsd.org} Please \ visit \ www.swcsd.org \ for \ more \ information \ and \ communications \ from \ the \ Superintendent.$

SULLIVAN BOCES

0

Contact information:

15 Sullivan Avenue, Suite 1W, Liberty, NY 12754 Phone: (845) 295-4000

Fax: (845) 292-8694 Email: info@scboces.org Website: www.scboces.org



TRI-VALLEY

Contact information: Tri-Valley Elementary School, 34 Moore Hill Road, Grahamsville, NY 12740; 985-2296; fax: 985-0046

Tri-Valley Secondary School, 34 Moore Hill Road, Grahamsville, NY 12740; 985-2296; fax: 985-7903 **Superintendent**: Erin Long, 845-985-2296 ext 5102,

ErinLong@trivalleycsd.org
School Counselor: Danielle Cornish, Director of
Pupil Personnel Services, 845-985-2296, ext. 5516,
daniellecornish@trivalleycsd.org

Website: www.trivalleycsd.org

Grades: Pre-K-12

Registration: Call for appointment, 985-2296, ext 5405

Starting date: Thursday, September 5 **Hours**: 8:03 a.m. to 2:50 p.m.

WAYNE HIGHLANDS

Contact information: Central Office, 474 Grove Street, Honesdale, PA 18431; (570) 253-4661; Fax: (570) 253-9409

Honesdale High School, 459 Terrace Street, Honesdale, PA 18431; (570) 253-2046; Fax: (570) 253-

Wayne Highlands Middle School, 482 Grove Street, Honesdale, PA 18431; (570) 253-5900; Fax: (570) 253-5259

Lakeside Elementary School, 129 Lakeside Drive, Honesdale, PA 18431; (570) 253-6820; Fax: (570) 253-6826

Damascus School, 174 High School Road, Damascus, PA 18415; (570) 224-4114; Fax: (570) 224-4997 Preston School, 1493 Crosstown Highway, Lakewood, PA 18439; (570) 798-2516; Fax: (570) 798-2677 Stourbridge Primary Center, 123 ABC Drive, Honesdale, PA 18431; (570) 253-3010; Fax: (570) 253-

Website: www.whsdk12.com

Email: Visit website for directory

Administration: District Superintendent Gregory Frigoletto, gfrigoletto@whsdk12.com; Assistant Superintendent Timothy Morgan, tmorgan@whsdk12.com

Grades: High School (Grades 9-12), the Wayne Highlands Middle School (Grades 6-8), the Preston School (Grades K-8), the Damascus School (Grades PreK-8), the Stourbridge Primary Center (Grades K-2), and the Lakeside School (Grades 3-5).

Start date: Monday, August 26 **Hours**: Approximately 8 a.m.-3 p.m.

What to get for school and where to get it

STORY AND PHOTOS **BY ALEX KIELAR**

ne of the most important aspects of getting ready for the school year is acquiring the proper supplies for the specific grade your child will be going into. Not only is it about what supplies to get, but also where to get them. There are a handful of supply shops in Sullivan County that will help you get everything you need before the 2024-25 school year begins in a couple of

For any grade a student is going into, they will need a backpack. If a new backpack is needed for this school year, two places to look for them are Marshalls and Old Navy in the Thompson Mall in Monticello. There is a variety of backpack selections in each of these stores, including different sizes, shapes and designs. Keep in mind that sturdiness over style is something to look out for with backpacks, especially for high schoolers who will have to hold a lot of weight with many textbooks and notebooks.

Marshalls and Old Navy are also great stores to go clothes shopping for kids of any age with their wide selection of stylish clothing at great value. Marshalls has a large selection of high-quality and brandname merchandise, from coats to jackets to tees to shoes and pants. There is something for a student of any age to enter the school year with style. Old Navy offers fashion and commits to quality and innovation, pairing that with a modern style sense.

Another local place for clothing needs is Delaware Valley Farm and Garden Center (Agway), which carries a variety of clothing and boot brands. They carry boots up to size 15 and have the largest selection of muck clothes in the area. Most of their clothing is tailored towards outside activities and would serve well for fall and winter which includes beanies and flannel shirts. The outdoors and hunting lovers will have a lot to choose from at Agway. Of course, this type of clothing will also be good for staying warm at football games in the fall.

Kristt Kelly Office Systems Corp, located at 369 East Broadway in Monticello, has a variety of supplies that are perfect for fitting the needs of school students. That includes No. 2 pencils sold by the box, pens, staplers, file folders, eraser caps, staplers, staples, paper clips, TI calculators and tape and tape dispensers.

When it comes to younger students or any student with a burst of creativity, Kristt Kelly also has a wide variety of art supplies. The Art Shoppe, as it is locally known, has markers, watercolor paints, canvases, colored pencils, coloring books, airbrushes, oil paints and a lot more. Most art classes will supply the students with art supplies, but it never hurts to have your own at home.

Other important supplies you should look to get for your kid(s) are three-ring binders and looseleaf paper to organize their notes, dividers, pencil sharpeners, a water bottle, index cards for studying, a calendar or planner and a lunchpencil box so that they don't lose their pencils and pens. For middle schoolers and high schoolers,

box. Another potential item is a a flash drive could be of use, to upload and save assignments to. Highlighters, rulers and scissors are also important tools.



Kristt Kelly Office Systems in Monticello has a variety of supplies fitting for school students, including No. 2 pencils, folders, erasers and tape.



Marshalls in the Thompson Mall in Monticello, has a large selection of high-quality and brand-name clothing and other merchandise for school students.



Another store in the Thompson Mall in Monticello, Old Navy, offers a variety of fashionable clothing and shoes for the school-aged kids.



Fishing for something different? Stop in for a huge selection of freshwater fish and aquarium supplies 222 Willow Avenue, Honesdale (570)253-3132 www.finsandfeatherspa.com

Our schools are building a culture of health

2022-23 Sullivan 180 Empowering a Healthier Generation competition winners implement projects

STORY AND PHOTOS BY SULLIVAN 180

ince its inception in 2021 Sullivan 180's Empowering a Healthier Generation (EHG) program has been actively growing into all Sullivan County public school buildings. The 2022-23 school year saw the launch of the inaugural EHG Competition, a year-long initiative that provided participating schools with a \$5,000 grant to implement a project and then compete for larger prize funding. The competition ended in June 2023 and the next phase of work is happening, with schools making meaningful strides toward creating communities of health within their individual buildings.

About the EHG Program

Empowering a Healthier Generation engages Sullivan County School Districts in promoting health and wellness among students, staff, parents and their communities. The goal of the program is to create a grassroots movement that will change policy and environments, while demonstrating that individuals and families have an important role to play in building a culture of health for themselves and the next generation. Efforts focus on access to healthy food and physical activity as well

as social and emotional wellness.

Sullivan 180 has engaged Healthier Generation Advisors representing all Sullivan County public school buildings and Sullivan BOCES. Healthier Generation Advisors receive an annual stipend from Sullivan 180 to serve as liaisons and coordinators for the Healthier Generation work in their school building. In addition, they are eligible to apply for grants to support and implement initiatives that advance the wellness goals of their schools.

An EHG Council is comprised of School District Wellness Coordinators, Healthier Generation Advisors and organizations that offer resources to the schools and the community.

2022-23 EHG Competition

During the 2022-23 school year, Sullivan 180 launched the first Empowering a Healthier Generation Competition. This competition invited school buildings to apply for a Phase 1 grant of up to \$5,000 to support an idea in one of 4 areas of wellness: Nutrition; Connection to Nature; Mental Health/Social Emotional Wellness; and/or Physical Activity. Participating schools also received Sullivan 180 staff support and technical assistance as part of the process.

CONTINUED ON PAGE 10S



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CONTINUED FROM PAGE 9S

Five school buildings were awarded Healthier Generation Competition Grants in the amount of \$5,000 each; and competed for Healthier Generation Awards in the amount of \$75,000 and \$50,000 that were presented in September 2023.

2022-23 EHG Competition

Participants & Awardees Included: Sullivan West Flementary

Sullivan West Elementary - 1st Place - \$75,000

Benjamin Cosor Elementary, Fallsburg - 2nd Place - \$50,000 Livingston Manor Elementary -

Judges' Choice - \$5,000 Livingston Manor High School -

Judges' Choice - \$5,000 Cooke Elementary, Monticello -

Judges' Choice - \$5,000 Awardees have been busy implementing the Phase 2 projects since the start of 2024.

Sullivan West Elementary School used their 1st Place Award of \$75,000 for multiple projects. They created a staff fitness center "to provide a space, equipment and opportunity for staff to work together and support one another's wellness goals," as shared in their impact statement. "Being physically

active contributes to the health and happiness of staff so they can be their best for our students."

Additionally, a Book Vending Machine was unveiled in the spring. The Book Vending Machine offers Positive Behavioral Interventions and Supports (PBIS) by allowing students to earn tokens as a reward for meeting school-related criteria. The tokens can be used in the Book Vending Machine.

Sullivan West Elementary also purchased ten Big Wheel Trikes to be used during outdoor activity, four large picnic tables for students and staff members to use during class and breaks, and the entire elementary school participated in Cornell Cooperative Extension's Earth Defender Program. Lastly, Kindergarten through 4th grade participated in the Yellow Chase Bird Concert through Bethel Woods Center for the Arts.

Benjamin Cosor Elementary, Fallsburg has broken ground on an outdoor learning space with their 2nd Place Award of \$50,000. They are completely renovating one of the school's courtyards so that they can bring the students out of the classroom as often as possible.

Livingston Manor Elementary and Middle/ High School combined their Judges' Choice Awards totaling \$10,000 and invested in new fencing that allowed them to extend their Nature trail, which now runs from the school building, along the Willowemoc Creek, to their outdoor classroom. The fencing allowed for a safe, scenic route that can be an extension of the outdoor classroom.

Cooke Elementary, Monticello used their Judges' Choice Award of \$5,000 to purchase an independent climber, a fresh new addition to their Kindergarten playground, which replaced an older metal piece of equipment.

Sullivan 180 launched a newround of the Healthier Generation Competition in September 2023. This competition will conclude in June 2025. Stay updated on the EHG Program, the EHG Competition projects and how to get involved via social media and at sullivan 180. org/2024-projects.

Sullivan 180 is a nonprofit organization dedicated to building a healthy community through people, places, and policy; with an intentional focus on prevention and empowering a healthier generation. Les de che se entre le rel las communes de la commune de l



CONTRIBUTED PHOTO

Sullivan West Elementary School's Kayla O'Dell with the book vending machine.

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Do you know where lead is hiding?

Most children get lead poisoning from lead-based paint found in homes built before 1978, however lead can also be found in:

- Spices imported from the Middle East, Latin America, India, and China
- Imported cosmetics
- Many types of candy and food items imported from around the world
- Herbal medicines from the Middle East, Latin America, India, and China
- Glazed pottery
- Metal jewelry

Did you know Lead Poisoning is 100% PREVENTABLE?
The only way to test for lead poisoning is through a blood test!
Talk to your child's health care provider and ask about lead
testing for your child!



Sullivan County Department of Public Health
Servicios de salud pública del condado de Sullivan
Liberty, NY 12754



eadFree XIDS r a Healthy Future

Ninos

Libres de Plomo

PRUEBA A TU HIJO POR ENVENENAMIENTO CON PLOMO A LOS 1 Y 2 AÑOS.

¿Sabes dónde se esconde el plomo?

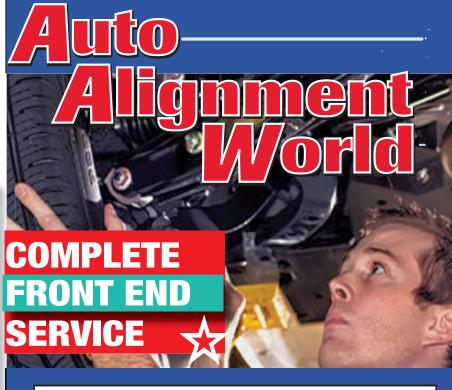
La mayoría de los niños se intoxican con plomo debido a la pintura a base de plomo que se encuentra en casas construidas antes de 1978; sin embargo, el plomo también se puede encontrar en:

- Especias importadas de Medio Oriente, América Latina, India y China
 - cosméticos importados
- Muchos tipos de dulces y alimentos importados de todo el mundo.
- Medicamentos a base de hierbas de Oriente Medio, América Latina, India y China
- Cerámica vidriada
- joyas de metal

¿Sabía que el envenenamiento por plomo es 100% PREVENIBLE?

iLa única forma de detectar el envenenamiento por plomo es a través de un análisis de sangre! iHable con el proveedor de atención médica de su hijo y pregúntele acerca de las pruebas de detección de plomo para su hijo!







THRUST ANGLE

SAS calibration on and additional \$10

*SAS effects vehicle stability/traction/and controls ESC (Electronic Stability Control)



BRAKE RELINE SPECIALS

- Replace 4 Disc Pads
- Inspect Calipers and Rotors
- Includes OEM Hardware FRONT OR REAR





- Replace 4 Disc Pads
- Inspect Calipers and Replace Rotors
- Includes OEM Hardware

REPLACE WORN PARTS WITH MOOG PROBLEM SOLVERS

- **★ HELP MAINTAIN ALIGNMENT ★ EXTEND TIRE WEAR**
 - **★ IMPROVE STEERING CONTROL**
 - ★ REDUCE FRONT-END NOISE AND VIBRATION

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