RAVING ABOUT A RAIDER (RAR Program)

Social Emotional Learning: Anxiety

8 Signs of Student Anxiety

January Winners

7th Grade
A.J. Erb
Dante LaGasse
Isabella Burgos
Lwe Doh Say
Marta Feliciano-Torres
Joshua Haddock
Adrian Howard
Kennae Turner
Jasmine Geary
Dashawn Underwood

8th Grade
Brooklyn Spratt
Leyla Musa
Jonathan Garcia
Ramadhan Ismail
Alison Ven
Meldin Ferhatovic
Michael DeLaCruz
Alexander Rizzo
Truth Bullock
Lamarcus Brown

Emotional Changes
Social Changes
Physical Changes
Sleep Disturbance
Change in School Performance
Panic Attacks
Refusing to go to School
Obsession with Perfection
Accustomed to Assuming the Worst

If your child is experiencing any of these signs and you need assistance obtaining supports for your child, please contact your child's counselor.

Grade 7
Miss Racci
315-368-6553

Grade 8
Miss Angelhow
315-368-6554

Students earn RARs for academics, behavior and attendance each month. A RAR Raffle is conducted each month.
## Donovan Middle School MARCH 2020

**VISION**
Students will be prepared to be successful in the 21st Century

**MISSION**
DMS Staff will use data driven decision making to provide academically challenging experiences in a respectful, responsible, kind, and safe environment in collaboration with parents.

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<td>1</td>
<td>2 (1) <strong>ELA ELT</strong></td>
<td>3 (2) <strong>MATH ELT</strong></td>
<td>4 (1) <strong>SCIENCE ELT</strong></td>
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<td>6 (1) Musical 7pm FROZEN JR.</td>
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Dear Parent/Guardian,

A new coronavirus called 2019 Novel (new) Coronavirus (2019-nCoV) was first found in Wuhan, Hubei Province, China. This virus had not been found in humans before. This coronavirus can lead to fever, cough and trouble breathing or shortness of breath. There are thousands of diagnosed cases in China and new cases being diagnosed in a number of countries including the United States.

What do we know?
Since this virus is very new, health authorities continue to carefully watch how this virus spreads. The Centers for Disease Control and Prevention (CDC) is working hard to learn as much as possible about this new virus, so that we can better understand how it spreads and causes illness. The CDC considers this virus to be a serious public health concern. Based on current information the CDC recommends avoiding travel to China. Updated travel information related to 2019-nCoV can be found at https://wwwnc.cdc.gov/travel/notices/warning/novel-coronavirus-china

How Does 2019 Novel (New) Coronavirus Spread?
Health experts believe the virus probably spreads from animals to humans and from person to person. It’s not clear yet how easily the virus spreads from person-to-person. The 2019 Novel Coronavirus (2019-nCov) is not currently a concern for the general public and is not actively circulating among New Yorkers at this time. Therefore, there is no need to cancel school or social events, and there is no need for students or school staff to wear surgical masks at school.

Prevention
There are currently no vaccines available to protect against this virus. The New York State Department of Health (DOH) recommends the following ways to minimize the spread of all respiratory viruses, including 2019-nCoV:
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. If you use a tissue, throw it in the trash.
- Routinely clean and disinfect frequently touched objects and surfaces. CDC recommends that travelers avoid all travel to China.
**Symptoms**

Information to date suggests that 2019-nCoV causes mild-to-moderate illness and symptoms like the flu, including fever, cough, and difficulty breathing. Are visitors from China being screened?

Yes, as of February 2\textsuperscript{nd} new screening protocols are conducted for individuals entering the US from China at designated airports. PreK-12 schools may have students who attend school and have traveled to various areas in Asia, including China. Students should not be excluded from school or any school activities based on race, country of origin, or recent travel (or a family member’s recent travel), including to any part of China. Schools may only exclude a student if a local health department informs the school that a student must comply with a quarantine order or the student is symptomatic of a communicable or infectious disease pursuant to Education Law §906.

**Important Health Information for Those Who Have Recently Traveled to Wuhan, Hubei Province, China and Experience Symptoms**

If you recently traveled to Wuhan, China and feel sick with fever, cough or trouble breathing; OR you develop symptoms within 14 days of traveling there, you should:

- Seek medical care right away. **Call ahead and tell them about your travel and symptoms.**
- Avoid contact with others.
- Stay home, except for seeking medical care.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
  - Wash hands often with soap and warm water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Contact your local health department.

This is an emerging, rapidly changing situation. For questions please contact your local department of health or the NYS DOH Novel Coronavirus hotline at 1-888-364-3065.

We encourage you to keep up to date about 2019-nCoV, its treatment and prevention by visiting the following websites:

**Additional Resources**

CDC’s dedicated 2019-nCoV website at [https://www.cdc.gov/nCoV](https://www.cdc.gov/nCoV).


NYSDOH directory of local health departments [https://www.health.ny.gov/contact/contact_information/](https://www.health.ny.gov/contact/contact_information/)

New York State Center for School Health website at [www.schoolhealthny.com](http://www.schoolhealthny.com)
Parents and Guardians,

Have you heard about the School Based Health Center? The School Based Health Center (SBHC) is a doctor’s office located at the school for students who enrolled in the SBHC. The SBHC staff can diagnose and treat acute illnesses or injuries that occur during school hours, similar to an urgent care center. We also provide enrolled students with physical examinations, nebulizer treatments, immunizations, mental health screenings, first aid and many more services.

For children who already have primary care provider, the SBHC staff will work with your child’s primary care provider in caring for your child. We encourage you to bring your child to their regular doctor whenever possible. We DO NOT replace your child’s regular health care provider. For children who DO NOT have a regular health provider, we are capable of becoming the primary source for healthcare.

To receive services at the SBHC, parent(s) or guaridian(s) must complete and sign the enrollment forms. Students who do not have a completed SBHC enrollment packet on file may be seen once with verbal consent from the parent. The SBHC will bill the students’ health insurance for services provided. If the student does not have health insurance, there will be no charge to the student’s family. There will be no out-of-pocket expenses to any family for services provided at the SBHC.

TO ALL PARENTS AND GUARDIAN OF ENROLLED STUDENTS IN THE SBHC

A friendly reminder that if your child is enrolled in the SBHC and is feeling ill, they may be seen in the SBHC during school hours. If your child gets sick during the night, you may send your child to school and request that they be seen in the SBHC and the provider can determine if the child needs to go home or may stay in school.
Or feel free to call the SBHC in the morning and set up a time to be seen and the child will be seen during that school day. This may avoid unnecessary or unwanted trips to the emergency room/urgent care.

**IMMUNIZATIONS**

Immunizations are an important part of every child that goes to school. The SBHC is able to do your child’s immunization if they are enrolled in the school based health center. No immunizations are done without a parent's signed consent and parents are always welcome to be present at the appointment. All-important information will go home in a Green, Pink or Red envelope depending on the school they attend.

It is flu and cold season once again in central New York. The flu vaccine is recommended for all children and adults over the age of 6 months. The Flu is short for influenza, which is a contagious respiratory illness. The flu can be mild or severe and in some cases cause death. People who are at high risk are young children, older people and people who have certain health conditions, like asthma.

The School Based Health Center has plenty of vaccine available for students who are enrolled with us. Students who are NOT enrolled can pick up an enrollment packet in the Health Center.

**ENVELOPES**

Remember to ask or check your child’s backpack. There may be a Green, Pink or Red envelope in their backpack. This envelope is from the SBHC. There may be forms to be signed or information about your child’s visit to the health center. If there are, any questions about any of the paperwork feel free to call the health center that your child is enrolled.

**HEAD LICE**

- Head lice live in clean hair because it is easier to latch onto. Does not mean you are not clean
- Lice do not hop, jump or fly; they can get from one person to another is direct touching.
- Lice are not passed on by pets
- One of the first signs is an itchy red rash on the back of the neck, just below the hairline.
- Because of the use and over use of head lice shampoos, head lice have become resistant to the products that once would kill them; therefor, head lice products are not 100% effective, even after following the exact directions. That is why removing the egg, from the hair shaft is very important.
- Lice do not wash out. Their removal can be very tedious, using products such as vinegar, mayonnaise, olive oil, or dawn dish soap maybe useful to loosen the “cement” that attach the nits to the hair shaft.
February 20, 2020

Dear Parent/Guardian & School Staff:

New York State Education Law Section 409-H, effective July 1, 2001 requires all public and nonpublic elementary and secondary schools to provide written notification to all persons in parental relation, faculty, and staff regarding the potential use of pesticides periodically through the school year.

The following pesticide applications took place in the Sen. James H. Donovan Middle School from December 13, 2019 through February 14, 2020:

Please be advised that NO pesticide applications were done at the Sen. James H. Donovan Middle School during the time period listed above.

As a reminder, the Utica City School District is required to maintain a prior notification list of persons in parental relation, faculty and staff, who wish to receive 48-hour prior written notification of certain pesticide applications. The following pesticide applications are NOT subject to prior notification requirements:

- a school remains unoccupied for a continuous 72 hours following an application;
- anti-microbial products;
- nonvolatile rodenticides in tamper-resistant bait stations in areas inaccessible to children;
- nonvolatile insecticidal baits in tamper-resistant bait stations in areas inaccessible to children;
- silica gels and other nonvolatile ready-to-use pastes, foams, or gels in areas inaccessible to children;
- boric acid and disodium octaborate tetrahydrate;
- the application of EPA-designated biopesticides;
- the application of EPA-designated exempt materials under 40CFR 152.25;
- the use of aerosol products with a directed spray in containers of 18 fluid ounces or less when used to protect individuals from an imminent threat from stinging and biting insects, including venomous spiders, bees, wasps, and hornets.

In the event of an emergency application necessary to protect against an imminent threat to human health, a good-faith effort will be made to supply written notification to those on the 48-hour Prior Notification List.

CONTINUED NEXT PAGE . . . .

We are an Equal Opportunity Employer which fully and actively supports equal access for all regardless of Race, Color, Weight, National Origin, Ethnic Group, Religion, Religious Practice, Disability, Sexual Orientation, Gender, Age, Veteran Status or Genetic Information.
If you have not yet registered to receive 48-hour prior notification of pesticide applications that are scheduled to occur in your school, **PLEASE COMPLETE THE FORM BELOW** and **RETURN IT** to the Utica City School District’s pesticide representative, Mr. Michael Ferraro, at:

Mr. Michael Ferraro  
School Maintenance Shop  
320 Elizabeth Street, Utica, NY 13501  
Phone: (315) 792-2231, FAX (315) 792-2260  
E-Mail: mferraro@uticaschools.org

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**UTICA CITY SCHOOL DISTRICT**

**REQUEST TO RECEIVE PESTICIDE APPLICATION NOTIFICATION**

(PLEASE PRINT)

**SCHOOL BUILDING NAME:** Sen. James H. Donovan Middle School

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E-Mail Address:

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**NOTE:** Return this completed form to M. Ferraro (as above).