



Equal Opportunity Employer

# Iroquois Middle School

December/January Newsletter  
150 Colebrook Dr.  
Rochester, N.Y. 14617  
342-3450



## FROM THE PRINCIPAL

Dear Iroquois Families:

The school year is in full swing, and students are actively involved in an engaging and enriching learning program here at Iroquois. I want to recognize and thank our incredibly talented teachers and staff who are working so hard to support our students during this challenging school year—ensuring that all students have access to a rigorous curriculum as well as the social, emotional, and cognitive supports they need in order to be successful. I also want to recognize our students who come to school every day ready to work hard and be mindful of the protocols we have put in place in order to keep every one safe and healthy.

In addition, over these last few weeks, teachers have begun to plan and implement a variety of interventions for students according to the Response to Intervention (RtI) framework. RtI is a school-wide, multi-tiered system of support in which we match targeted instruction with student strengths and needs. While it looks very different this year, RtI is—at its core—collaboration among teacher teams with the goal of helping all children grow and be successful throughout the year. This RtI process begins with high-quality instruction, feedback from teachers, and a set of universal-screening assessments. Teachers and

students then set goals and monitor students' progress toward those goals. Throughout the school year, children will engage in learning that is differentiated, aligned to individual strengths and needs and anchored in our state standards and the district curriculum.

In closing, I want to wish each of you a Happy Thanksgiving this month. I look forward to working with you throughout the year to support and celebrate your children's continued growth.

Sincerely,

Christian Zwahlen

Principal

Iroquois Middle School

## School Directory

### Principal

Mr. Christian Zwahlen

Christian\_Zwahlen@westiron.monroe.edu

### Secretary

Mrs. Gail Clune

### Health Office

Nurse: Mimi Buerkle

Iroquois office: 342-3450

## UPCOMING EVENTS

### Nov. 25-27

Thanksgiving: No School

*Happy Thanksgiving!*

### Dec. 24-31

Holiday Recess: No School

### Jan. 18:

Martin Luther King Jr. Day - No School

[www.westirondequoit.org/Iroquois Middle School](http://www.westirondequoit.org/Iroquois Middle School)

Start Here

[health.ny.gov/flu](http://health.ny.gov/flu)



Department  
of Health

2178

# Fight Flu

## at Home and School

Flu, or influenza, spreads easily and can make people very sick, especially kids.

You can help stop flu!

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### Flu symptoms include:

Fever or chills, body aches, cough, sore throat, headache, runny or stuffy nose, feeling very tired. Some people, especially children, may have stomach problems and diarrhea. Unlike a cold, the flu comes on very suddenly.

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### Prevent flu!

- Flu vaccine is the best protection against the flu. It is recommended every year for everyone 6 months and older.
- Get the flu vaccine for you and your children every year! It helps make flu sickness milder or prevents it all together.
- Getting the vaccine early in the fall means you and your children will be protected when flu season starts.
- Ask people close to your children, like babysitters and relatives, to get the vaccine, too.
- The vaccine is especially important for people with certain health conditions, like asthma, diabetes, heart or lung conditions because the flu can make them even sicker.

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### If your child gets the flu:

- Your child will need plenty of rest and lots of fluids.
- Keep your child home from school for at least 24 hours after their fever is gone without using fever-control medicine. This helps avoid giving the flu to others.
- Talk with your child's health care provider before giving a child any over-the-counter medicine.
- Never give your child or teenager aspirin or any medicine that has aspirin in it. Aspirin can cause serious problems.
- If your child gets flu symptoms and is younger than 5 or has a medical condition like asthma, diabetes, or heart or lung disease, call their health care provider. Young children and those with certain medical conditions are at greater risk for getting seriously ill from the flu. Ask their health care provider if they recommend an antiviral drug.
- If you are worried about your child, call their health care provider.

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### Don't spread flu!

- Wash hands often with soap and water for at least 20 seconds.
- If soap and water aren't handy, use an alcohol-based hand rub.
- Cough or sneeze into a tissue or your elbow, not your hands. Put used tissues in the trash.
- Avoid touching your eyes, nose, and mouth. That's how germs spread.
- Stay away from people who are sick.

6/19



## From the Health Office:



- ▶ Per NYS Education Laws, we are mandated to follow guidelines to ensure that every child is healthy and safe at school. As part of these guidelines, the district requires certain grade levels—including 5th grade—to have physicals and updated vaccination records on file. If your child receives an immunization or a physical during the school year, **please send a copy to the health office.** As noted above, NYS requires that we have an up-to-date physical on file for each 5th-grade student. Any exam after 9/1/19 is acceptable. If you have an exam scheduled, please contact School Nurse Mimi Buerkle, BSN, RN, at 336-0816. Physicals can be faxed (336-3042) or emailed (mimi\_buerkle@westiron.monroe.edu) to the health office.
- ▶ If your child is not going to be in school, due to illness or for personal reasons, **please be sure** to contact the Health Office every day they are out. This call can also be made the evening prior to the absence. The Iroquois attendance line is **336-3091.**
- ▶ Please place homework requests with the health office by 10:00am. Homework requests can be made on the health office answering machine when calling your child in sick.



### **School Lunch Menus**



Click "Food Services" on the Iroquois website or ...  
 visit the link below to access our monthly lunch menus:  
<http://www.schoolnutritionandfitness.com/menus>



### **Temperatures are beginning to fall ...**

Parents, please make sure your children are dressed appropriately for outdoor Physical Education classes and recess. Also, please remember that **our building will not be open to students before 8:00 a.m. Please do not plan to drop off students before that time. Thank you!**

### **LOST AND FOUND**

*Is your child missing a jacket, maybe a sweatshirt? Has their water bottle or lunch box disappeared?*

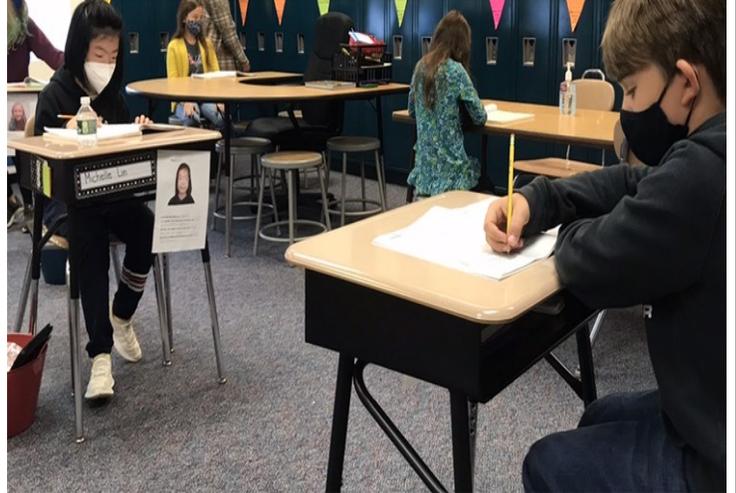
*Good News! It may be here waiting to be found!*

*Please have your child look in our lost and found box down in our cafeteria. There are many items collected already and may be some of their favorites. Parents can also come and check out the lost and found for missing items. Our only request, if possible, is to avoid our students lunch periods which is from 10:45 to 1:00. As you can imagine, this is a very busy time in our cafeteria.*



## Inside Our Classrooms

Research and practice tell us that classroom discussion is so important for our students. It supports comprehension in reading, conceptual understanding in math, organization of writing, and so much more. This year our students continue to engage in these vital conversations—just at a distance and with masks. At right, students in **Ms. Avallone's 4th-Grade classroom** engage in a socially-distanced discussion about a text they are reading in class—working together to build meaning and understanding out of a new text as well as to practice applying social skills and collaboration.



# Helmer Nature Center Winter Programs

For more information or to register for a program contact Andrea Monahan at:

**EMAIL:** [HelmerNatureCenter@gmail.com](mailto:HelmerNatureCenter@gmail.com) **CALL:** 585-336-3035

## **Snowshoe Rentals**

HNC is a great place for winter sports. Our trails are free and open daily from sunrise to sunset for hiking, snowshoeing and cross-country skiing. Need snowshoes? HNC offers rentals on Saturday afternoons when trail conditions are favorable (6-8 inch snow base required). Bring your family on Saturdays in December, January and February for snowshoe rental (all sizes – pre-school to adult) and take a self-guided tour of HNC in winter. Snowshoe rental is also be available on Sundays in January ONLY. Please check our Facebook page to confirm trail conditions. Pre-registration is **NOT** required. No Snowshoe on 1/16 or 2/6 due to conflicting HNC events.

- **DATES:** Most Saturdays in Dec., Jan. & Feb. (not 1/16 or 2/6) when there is an adequate snow.
- **TIME:** 1-3 PM
- **RENTAL:** \$5 non-members (Max of \$15 per family); Members: 1<sup>st</sup> rental free, \$3 subsequent rentals

## **Guided Snowshoes**

Whether you are trying snowshoes for the first time or are an old pro, you'll enjoy a naturalist guided snowshoe. Adults and school-aged children are welcome. Fee includes your snowshoe rental and a 1-hour guided program. **Pre-registration IS REQUIRED.** These programs will only run if there is an adequate snow base. You will be contacted ASAP if the program is cancelled. **PROGRAM FEE: \$8 Non-members/\$5 Members**

- **Saturday, January 9/3:30 PM**
- **Sunday, January 24/3:30 PM**
- **Sunday, January 31/3:30 PM – Teens and Adults only**

## **Trees for Trails**

Starting Dec. 26, bring your Christmas tree to the HNC parking lot for recycling. We will collect trees until our Trees for Trails event, on Jan. 16, when volunteers will be on hand to help unload your tree and High Falls Tree Service and Irondequoit Lawn & Landscape will be on-site recycling trees into wood chips for our trails.

**Please note that we are UNABLE TO ACCEPT TREES AFTER 1 PM ON JAN. 16.**

**DATES:** From 12/26 to 1/15 at your convenience. Assisted drop off on January 16<sup>th</sup> ONLY

**TIME:** 10:00 AM - 1:00 PM ONLY

## **FOR THE KIDS**

### **Winter Obstacle Course**

School-aged kids and their families can come to HNC to tackle our obstacle course. See if you can do it!

**DATE/TIME:** Sunday, Dec. 20; 2 PM

**PROGRAM FEE:** \$5

### **Break-Week Craft Bundle**

Stay busy over Holiday Recess with 7 crafts for 7 days. We provide the materials and detailed instructions and the kids do the rest at home when the vacation wiggles set in! **Pre-order your kit by Dec. 17.** Crafts included: Candy cane mouse, No-sew penguin stuffy, Sparkly snowflake, Mini-marshmallow shooter, Rocking snowman paper craft, Favorite shape bird feeder, Pinecone snowy owl.

**MATERIAL FEE:** \$10

**MATERIAL PICK UP DATES/TIMES**

**Saturday, December 19<sup>th</sup>/1:00 to 3:00 PM**

**Sunday, December 20<sup>th</sup>/12:00 – 2:00 PM**