

NEW YEAR
NEW ME

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Welcome to 2020!

Goodbye 2019, let's start fresh with some fantastic ways to stay healthy, maintain our energy and keep absences low!

Can't get your kiddo to eat healthy snacks?
Try these fun variations of ants on a log!



ANTS ON A RANCH—Cream Cheese Mixed with Ranch Dressing and Peas
BERRIES ON A BRANCH—Peanut Butter and Blueberries
LADYBUGS ON A LOG—Strawberry cream cheese and dried cherries
BEANS ON A STALK—Guacamole and black beans
FISH IN A STREAM—Hummus and goldfish pretzels
PIGS IN A PEN—Pimento cheese and bacon

Did you receive the latest email blast that shared information regarding community schools and some upcoming initiatives we have planned? If not, let Stephanie Davy know! She will make sure you get the next email!

This newsletter is brought to you by Stephanie Davy, LMSW

Community School Coordinator

Chenango Forks Elementary School

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As always...

here are some TIPS!

1) Turn off the electronics at least one hour before bed...

The light from phones, ipads, television, etc. makes our brains 'wake up' and gives us energy which can make sleeping a challenge. In preparation for bed time, turn off the electronics and read a book with your child. It's a great way to help your child get a better night's rest and you get to spend some quality time together, too!

2) Eating healthy 101

Support your child's eating habits by showing off your own! The more veggies, fruits and proteins you eat, your child is likely to do the same! You are always role modeling.

3) Medication Management

Make sure to follow doctor's instructions for all medications. Changing a child's medication without consulting a doctor can have an impact on mood, ability to sleep and appetite. If you feel that your child's medication is not working, seek a medical opinion right away.



2019-2020 School Calendar

Chenango Forks Central School District

Adopted 6.13.2019 CF BOE

SCHOOL DAYS	
182	Student
4	Conference
186	Total

SEPTEMBER (18)+ 2						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER (21)+ 1						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	*10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER (16)+ 1						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER (15)						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JANUARY (19)						
S	M	T	W	T	F	S
			1	△2	△3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	○21	○22	○23	○24	25
26	27	28	29	30	31	

FEBRUARY (15)						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	△18	△19	△20	△21	22
23	24	25	26	27	28	29

MARCH (22)						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL (16)						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY (20)						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

JUNE (20)						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	○17	○18	○19	20
21	○22	○23	○24	○25	○26	27
28	29	30				

School not in session:

Labor Day – 9/2/19
 Columbus Day: 10/14/19
 Veterans Day: 11/11/19
 Thanksgiving Break: 11/27-11/29/19
 Winter Recess: 12/23/19-1/3/20
 Martin Luther King, Jr. Day: 1/20/20
 Mid – Term Recess: 2/17-2/21/20
 Spring Recess: 4/6-4/13/20
 Memorial Day: 5/25/20

Priority make up days:
 April 13
 April 6

*Early dismissal drill 10/10/19 (15-minutes early)

LEGEND	
	Conference Days
	Schools Closed
	Regents Exams
	Half days CFE only 11/22, 12/6, 12/11, District 1/24
	BOCES in session, CF closed
	BOCES not in session, CF in session