

A MESSAGE FROM DR. LYONS

"Anyone who does anything to help a child in his life is a hero to me." –Fred Rogers

This quote by Mr. Rogers sums up the influence that Arlington faculty and staff have on our students each and every day. I want to take this opportunity to thank all of our dedicated Arlington educators. Whether they teach or assist in our classrooms, provide counseling or nursing care, drive our buses, clean our buildings, work in our offices, cook nutritional meals, work at our central administration office, maintain our computers, or serve as principals/administrators, all employees contribute to the educational success of our students.

In 2018, the District implemented the Arlington Anchor Award. Arlington Anchors are faculty and staff who go above and beyond to exemplify our mission and core values in their work with students and their colleagues. These individuals are a positive force for our district and truly anchor us in what is most important. Arlington employees nominate their colleagues for this award. See page 2 for the list of employees who have received Anchor Awards thus far this year.

At the September 24 Board of Education meeting, we recognized Arlington High School heroes who jumped into action when one of our students collapsed in PE class. School nurses MaryEllen Siegel and Jacqueline Moreira, PE teacher John Biasotti, the school resource officer, Deputy Alonzo Montanya, and Deputy Aaron Chadwell, performed CPR and used the defibrillator until an ambulance arrived. These lifesavers were also recognized by the American Heart Association.

In 2013, responding to the call to strengthen our nation's K-12 STEM (Science, Technology, Engineering, Math) education, Governor Andrew M. Cuomo launched the New York State Master Teacher Program. The Master Teacher Program is a network of more than 800 public school teachers throughout the state who share a passion for their

own STEM learning and for collaborating with colleagues to inspire the next generation of STEM leaders. On November 5, we recognized Arlington's six NYS Master Teachers: Cindy Binnie, Sam Falk, Lisa Gizzarelli-Drago, Steve Hertzog, Stephanie Marden, and Lisa Roloson.

These are just some of the formal recognitions that our faculty, staff, and administrators have received. Additionally, we have employees who earned their doctorate degrees, published books or articles, have been accepted to prestigious conferences, and have been recognized by local organizations. They volunteer in our community and raise money for worthy causes. Arlington employees regularly epitomize our Mission as "self-directed, lifelong learners, who willingly contribute to their community, and lead passionate, purposeful lives." I am proud of their accomplishments and proud to be a member of the Arlington family.



Sincerely,

Brendan Lyons, Ed.D.
Superintendent of Schools



This fall, Arlington lifesavers performed CPR on senior Ray Lawson after he collapsed during PE. After Ray was sidelined from playing hockey due to a previously undiagnosed heart condition, Deputy Montanya contacted the New York Islanders and arranged for Ray and his family to attend a game. Dutchess County Sheriff's Office deputies also collected money to purchase a New York Islanders jersey for Ray. Pictured from left to right: Nurse Jacqueline Moreira, Melissa Lawson, School SRO Deputy Alonzo Montanya, Nurse Mary Ellen Siegel, Executive Principal Dr. Paul Fanuele, Ray Lawson, William Lawson, PE Teacher John Biasotti, House Principal John Timm, and Deputy Aaron Chadwell.



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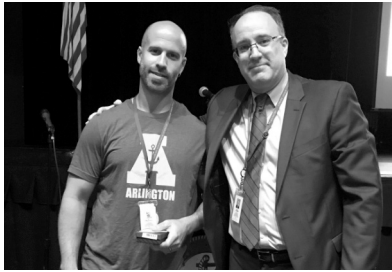


ARLINGTON CENTRAL SCHOOL DISTRICT
COMMUNICATOR

WINTER 2020



Upon receiving the Anchor Award, Sue Thoma, secretary at Noxon Road Elementary School was surprised with an all-school assembly in her honor.



School Counselor Marc Provost, founder of Arlington's Gift of HOPE, received the Arlington Anchor Award during the opening Superintendent's Conference Day, along with safety monitor Liz Frank and bus driver Janice Tito.

GOING ABOVE AND BEYOND: ARLINGTON ANCHOR AWARD RECIPIENTS

The following employees have received Arlington Anchor Awards thus far during the 2019/2020 school year. Arlington Anchors are faculty and staff who go above and beyond to exemplify our mission and core values in their work with students and their colleagues. Arlington employees nominate their colleagues for this award.

- **Colleen Axelrod**, Secretary at Joseph D'Aquanni West Road Intermediate School
- **Amalia Dingee**, Nurse at Arlington High School
- **Liz Frank**, Safety Monitor at Arlington High School
- **Lynn Grainger**, Teacher at Beekman Elementary School
- **Chris Greco**, Teacher at LaGrange Middle School
- **Jon Handman**, Orchestra Director at Arlington High School
- **Allison Lauchaire**, District ENL Coordinator and Teacher at Titusville Intermediate School
- **Jeremy Losee**, Culinary Arts Teacher at Arlington High School
- **Marc Provost**, School Counselor at Arlington High School
- **Patty Rogers**, Teaching Assistant at Arlington High School
- **Robert Roma**, Bus Mechanic
- **Sue Thoma**, Secretary at Noxon Road Elementary School
- **Janice Tito**, Bus Driver
- **Allison Whitted**, Speech Pathologist at Arthur S. May School

We thank these employees for their exemplary service. Watch our website for additional 2019/2020 Anchor Award recipients. •

WE BELIEVE that potential can only be attained through commitment, resilience, and high expectations.

Fifteen Arlington High School students were awarded a Gold or Silver Key in the Scholastic Art Awards at the regional level. An additional twelve Arlington students received an Honorable Mention in the competition.

The Scholastic Art & Writing Awards have an impressive legacy dating back to 1923 and a noteworthy roster of past winners, including Andy Warhol, Ken Burns, Truman Capote, Richard Avedon, Kay WalkingStick, and Joyce Carol Oates. The Awards are an important opportunity for students to be recognized for their creative talents. Teens in grades 7 through 12 can apply in 29 categories of art and writing.

Submissions are juried by luminaries in the visual and literary arts, some of whom are past award recipients. Panelists look for works that best exemplify originality, technical skill and the emergence of a personal voice or vision.

Students were honored at the Hudson Valley Affiliate Art Awards Ceremony at SUNY New Paltz's McKenna Hall on February 7, 2020. Gold and Silver Key winning artwork was on display in the SUNY New Paltz Fine Arts Building Rotunda for the month of February.

The community is invited to attend the Annual Arlington Arts Fair on Saturday, April 18, from 11am to 4pm at LaGrange Middle School. The Arlington Arts Fair features artwork by more than 2,000 students in grades K–12 from throughout the District. Many of the Gold and Silver Key winning entries will also be on display. The Arts Fair also includes a special exhibit of teacher art, student musical ensembles, food sales, plus participatory children's art activities in origami, button making, and more. This year's fair will feature demonstrations by Arlington High School faculty and students. •



Annette Nunez-Lucia received 2 Gold Keys and 4 Silver Keys for her digital pieces, many of which featured enchanted beings.



Robyn Lemieux's Silver Key winning colored pencil drawing focuses on the theme of water.

IT'S TIME TO BE COUNTED

United States® Census 2020

In mid-March, U.S. households will begin receiving invitations to participate in the 2020 Census. Getting a complete and accurate census count is critically important. Everyone living in the 50 states, District of Columbia, and five U.S. territories is required by law to be counted in the 2020 Census. And while you are required by law to participate, the Census Bureau is also required by law to protect your answers. Your responses are used only to produce statistics. The Census Bureau does not disclose any personal information. When completing the census, you must include everyone living in your home on April 1, 2020.

WHY IS THE CENSUS COUNT IMPORTANT?

The 2020 Census will determine the number of seats that each state will hold in the U.S. House of Representatives. The results are used to adjust or redraw electoral districts, based on where

populations have increased or decreased. A state's representation at the federal level can impact funding and supports available to schools and local communities.

The results of the 2020 Census will inform decisions about distributing hundreds of billions of dollars in federal funding to communities across the country for highway planning, hospitals, fire departments, community mental health services, crime victim assistance, emergency food assistance programs, and more than 100 other critical programs and services.

Many of these programs have a direct impact on schools and students. These include the Title I grants to local educational agencies, the national school lunch and breakfast programs, special education grants, career and technical education grants, the Title IV-E foster care program, Section 8 housing assistance, Head Start programs and more.

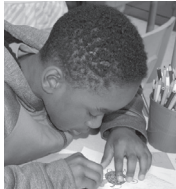
Undercounting in a census can lead a state to have lower levels of funding and underrepresentation in Congress. The census consistently undercounts children younger than age 5 at a much higher rate than any other age group.

HOW TO RESPOND TO THE CENSUS

Between March 12–20, you will receive an invitation to respond online to the 2020 Census. While a paper form will still be available, for the first time the Internet will be the primary response option. Individuals will be able to respond to the 2020 Census online, by mail, or by phone. Every household that has not responded will receive reminders and will eventually receive a paper questionnaire. Between May and July, Census takers will begin visiting homes that have not responded to the census to make sure everyone is counted.

Every person, including children, residing in the household needs to be included on the form in order to be counted. The information that will need to be provided includes: name, relationship to head of household, gender, age, birthday, Hispanic origin and race, and status as a home owner or renter. The form can be completed in about ten minutes.

Please note that the Census Bureau will never ask you for your social security number, money, anything on behalf of a political party, or your bank or credit card numbers. •



WE
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that all

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value.



Left to Right: Matthew Huang, Keshav Ramji, James Ball, Rina Lewick, Kyra Watts and Phoebe Anderson.

TURTLE TRACKERS

The "Turtle Trackers" research team from Arlington High School was one of eight teams from across the country to earn \$10,000 in scholarships and grants in the Lexus Eco Land/Water Challenge. This is the eleventh time that an Arlington Team has won this challenge. Over the past ten months, the Turtle Trackers have been working with Dutchess County's local population of Blanding's Turtles in order to increase their numbers and improve their quality of life. They are now qualified to participate in the Final Challenge for a chance at the \$30,000 grand prize. •

WE



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2020 ARLINGTON VOTE WILL BE ON PAPER BALLOTS

On Tuesday, May 19, the Arlington community will vote on the 2020/21 Budget, the annual transportation and equipment proposition, and will elect three members to the Board of Education.

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The Dutchess County Board of Elections has notified all Dutchess County school districts that due to the presidential primary and state/local primaries in April and June, they will not be able to assist with the school elections this year. In the past, local school districts have used voting machines from the Board of Elections. As a result, we will use paper ballots for the school district election this May.

change is

Please note the following as a result of this change:

- All voting locations will be open from 6:00am to 8:00pm. Closing the polls an hour earlier will allow for the timely counting of votes.
- Our Facilities and Operations Department is building two secure ballot boxes for each voting location.
- After polls close, these locked ballot boxes will be transported to our Central Administration Office, where small committees will count the votes in a public setting.

essential

Please look for further details in the May budget issue of the Communicator and on the Arlington website at www.arlingtonschools.org.

for progress.

MARCHING BAND WINS STATE CHAMPIONSHIP

For the fourth consecutive year, the Arlington Admirals High School Marching Band brought home the first place trophy, or Governor's Cup, in the National Class from the New York State Field Band Conference Championship with a score of 96.05. The competition took place on October 27 at the Carrier Dome at Syracuse University.

One hundred and twenty-six Arlington students under the direction of Band Director Darrell Keech took to the field and performed their 2019 production, "The Good, The Bad, The Groovy" led by Drum Majors Phoebe Anderson, Anna Spendley and Amanda Jacobs. The victory capped off a year that saw the Arlington HS Marching Band perform at the original site of Woodstock in Bethel, NY.

"When it comes to the Arlington Marching Band, every season is memorable. Watching the students go from a first meeting at the end of May to a performance that resonated so powerfully with fans and judges is an amazing ride for everyone involved. I'm just so proud of everyone who helped make this a great season," said Keech. •



In February, bestselling author Neal Shusterman spoke to middle and high school students about his books and writing process. He told high school students, "It's not who you know, but rather who you get to know. Don't be afraid to talk to people and to avail yourself of every possible opportunity."

Arlington employees and their families volunteer at Dutchess Outreach's Lunch Box once a month. Pictured left to right: Marilyn Bahn, Special Education Supervisor Michelle Bahn, and Superintendent Brendan Lyons. March is Cram the Classroom, Arlington's 4-week District-wide food drive to benefit Dutchess Outreach.

JUST BREATHE: WHEN MINDFULNESS MEETS THE CLASSROOM

Mindfulness is increasingly being incorporated into U.S. schools and abroad. Last year, England announced that mindfulness would be taught in up to 370 schools nationwide. The government in New Delhi, India launched a “Happiness Curriculum” last July, which starts with mindfulness exercises every morning in the classroom.

WHAT IS MINDFULNESS? HOW DOES IT HELP?

There are misconceptions of what the term mindfulness actually means. Some think that it means that you get rid of any negative thoughts. Others believe that it's when you erase your mind of all thoughts. Some believe that it is a religious practice. Mindfulness is none of these things.

Mindfulness is a state of active, open attention to the present. This state encompasses observing one's thoughts and feelings without judging them as good or bad. It is about becoming more aware of where you are and what you're doing, without becoming overly reactive or overwhelmed by what's going on around you.

According to the Mindful Schools program, research shows that practicing mindfulness improves attention and focus, helps students regulate emotions, reduces stress and anxiety, and strengthens self-compassion and compassion for others. For example, if a student has an argument with a friend and cannot focus on what



Kayla, an Arlington High School senior, practices Mindfulness to help her manage anxiety. This past summer, Kayla helped District social workers set up a Mindfulness Room at the high school. “Mindfulness has taught me to be less judgmental of myself. While practicing Mindfulness, I have also learned that anxiety is not my enemy. I have been dealing with anxiety since the seventh grade. Before coming to the high school and working with Mr. Babb, I saw anxiety as something I was struggling with and as something that I didn't like about myself.” Kayla often helps her peers deal with stress by sharing Mindfulness techniques.



During the 2018/2019 school year, four Arlington social workers began the 300-hour intensive year-long Mindful Teacher Certification Program through the Mindful Schools program. From Left to Right: Susan Grencer, Jennifer Arco, Christopher Babb, Cindy VanDermark.

is happening in class, mindfulness can help the student put the argument aside, rather than being reactive or being distracted by it throughout the day. Mindfulness helps students to pay attention and to regulate their emotions.

MINDFULNESS IN ARLINGTON

During the 2018/2019 school year, four Arlington social workers—Chris Babb and Jen Arco from Arlington High School, Cindy VanDermark from Arthur S. May, and Susan Grencer from Vail Farm Elementary School—began the 300-hour intensive year-long Mindful Teacher Certification Program through the Mindful Schools program.

This year, they have trained Arlington social workers, psychologists, guidance counselors and administrators to use Mindfulness techniques. At the elementary level, Ms. Grencer and Ms. VanDermark have begun to teach mindfulness in classrooms. At the high school, Ms. Arco and Mr. Babb will be teaching Mindfulness in psychology classes. Next school year they will be offering classes to teachers. The aim of these efforts is two-fold. When adults are mindful and centered, it helps their work with students. When students are mindful and centered, they are better able to learn and to control their emotional reactions.

This fall, Arlington High School opened the Mindfulness Room, which is staffed by school psychologists, social workers, and counselors. If

students are having difficulty managing stress or emotions or are worrying about something, they can visit the Mindfulness Room during their lunch period. For more information about the Mindfulness Room and Mindfulness in Education, visit www.arlingtonschools.org/MindfulnessRoom.

TECHNIQUES/RESOURCES FOR PRACTICING MINDFULNESS

Meditation is one technique that is used to practice Mindfulness, but mindful practice can include a variety of activities to promote awareness. An easy way to be mindful is to focus on your senses of sight, hearing, smell, touch, or taste. Mindful breathing is a popular exercise because your breath is something you can always access. Here are some additional resources.

- **Mindful Parenting Family Toolkit:**
www.mindfulnesseveryday.org/pdf/MindfulParentingFamilyToolkit.pdf
- **Mindfulness for Children:**
www.nytimes.com/guides/well/mindfulness-for-children
- **Resources for Teaching Mindfulness to Your Children:**
www.leftbrainbuddha.com/resources-for-teaching-mindfulness-to-your-children/
- **AHS Mindfulness Room:**
www.arlingtonschools.org/MindfulnessRoom



PRIORITIZED DISTRICT INITIATIVES: EQUITY AND GRADING

The Arlington Central School District has embarked on two significant initiatives in the areas of equity and grading. During their annual summer retreat in August 2019, the Arlington Board of Education and Central Administration identified these two areas as critical based on their alignment with our Mission and Core Values. Equity and consistent grading practices support our students' academic and social-emotional wellbeing.

The word ALL is a small but consequential word in our Mission Statement. As a school district, one of our primary responsibilities is to ensure that all students demonstrate learning and academic growth over time.

EQUITY OF OPPORTUNITY

We believe that in order for all students to demonstrate this growth, we must remove barriers and provide an equitable learning environment in which all students receive what they need to be successful, regardless of gender, race, ethnicity, disability, poverty, and other factors.

Equity is the first Board of Education initiative. This year, the District continues to disrupt and dismantle systems preventing educational equity in Arlington, focusing on:

- promoting a common language and shared commitment to equity
- including student, parent and staff voice in school climate
- monitoring and addressing differences in attendance, achievement, discipline, access, opportunity, and lived experience
- providing professional learning for staff, and coordinating a review of current curriculum, resources, policies, and practices for evidence of bias

District-Level

This year, the District-Level Equity Team is made up of four committees. The Culturally Responsive and Sustaining Practices Committee is developing recommendations to promote a culturally responsive curriculum. The work focuses on improving the learning opportunities of diverse students who have been marginalized educationally. In other words, it makes sure that all students can excel and take advantage of the educational resources and academic opportunities that Arlington offers.

The Learning Experiences Committee is researching experiences for all members of the Arlington community that promote principles of equity. This may include a directory of available field trips and local sites of interest, book club/study suggestions, professional development opportunities, and other available educational and community programs.

The Code of Conduct/Student Discipline Committee is reviewing the current Code of Conduct to ensure that it aligns with principles of equity.

The "My Brother's Keeper" Committee is working toward developing a state approved "My Brother's Keeper" program. The New York State My Brother's Keeper (MBK) initiative seeks to close and eliminate the opportunity gaps faced by boys and young men of color so that all young people have the chance to reach their full potential.

The New York MBK program is committed to:

1. Ensuring equitable access to high quality schools and programs;
2. Expanding prevention, early warning, and intervention services;
3. Using differentiated approaches based on need and culture;
4. Responding to structural and institutional racism;
5. Making comprehensive and coordinated support services widely available; and
6. Engaging families and communities in a trusted and respectful way.

School-Level

In addition to the work happening at the District level, each school has a building equity team that focuses on addressing the school's unique equity-related needs. This year, the teams have expanded to include parents and community members. Please reach out to your local school's principal if you are interested in serving on a school committee.

Each middle school and Arlington High School has a student equity team. Student leaders educate their peers, as well as share their experiences and perspectives with school faculty and staff. The high school and middle school equity teams meet quarterly with the NYU Metro Center. The Arlington High School Student Equity Team, a group of over 60 students, meets after-school once a month. One



One of the AHS Student Equity Team initiatives was to create a 6-part PSA campaign for the AHS morning announcements.

WE

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of their initiatives this winter was to create a 6-part PSA campaign for the AHS morning announcements.

EQUITABLE GRADING AND ASSESSMENT

The second District initiative focuses on grading and assessment. During the 2019/2020 school year, the focus has been on establishing K–12 grading practices that are consistent, provide feedback to students, and represent an accurate report of student learning. These grading practices must be in alignment with the District's purpose of grading statement that was adopted by the ACSD Board of Education on June 11, 2019. The Board established the purpose of grading as follows:

"The purpose of grading in the Arlington Central School District is to communicate educational growth to students, teachers, and families based on learning standards. Our grading system provides feedback in order to encourage students to reflect and focus on their own learning and skill development, empowering them to be lifelong learners.

A grade is:

- an evaluative measure that indicates what a student knows or demonstrates
- reflective of multiple opportunities for student learning and growth
- one method of providing feedback regarding student learning and growth
- a tool to guide instruction, foster collaboration among staff, and form the basis for student interventions."

By June 2020, we anticipate having a consistent grading protocol in place for the 2020/21 school year for each middle school and high school course. This is the first step in revising grading and assessment practices in Arlington. Our District coordinators, as well as a District Grading Committee, are helping to guide the District in this work which will span several years.

By the end of the school year, teacher teams will come to consensus on two aspects of course grading:

1. What is graded for each subject (e.g. homework, tests, projects)?
2. How do we value or weight each of the agreed upon components?

These guidelines will establish more consistent grading practices between teachers teaching similar classes (e.g. Regents Biology, 7th grade English). Student success should be measured by academic growth and achievement, and consistent grading practices ensure that students with similar academic performance receive similar grades.

Questions on Arlington's Equity or Grading and Assessment Initiatives? Contact Deputy Superintendent, Dr. Jonathan Brown at 845-486-4460. •

CONSTRUCTION UPDATE ON THE 2017/2018 BOND PROPOSITIONS

In 2017, we asked for voter approval to make capital improvements to our transportation and maintenance facilities. This past summer, we began construction on the new lift bays at the LaGrange garage on Todd Hill Road. As of the middle of February, the foundation for the new building is complete and the steel frame and roof trusses have been set. We anticipate that the lift bays will be ready for occupancy by the end of the summer. Once we move into the new repair space, construction can begin on converting the current bus bays into office space. In addition, the new more efficient fuel island is now operational. We have enhanced the traffic flow at the LaGrange Garage/Central Administrative Offices in order to separate, as much as possible, the bus and auto traffic. The parking lot at the rear of the building should be paved by the fall.

In 2018, we asked voters to approve a proposition for improvements to the athletic facilities and bathrooms at Arlington High School. To date, the turf on the Maroon and Gold Fields has been replaced and turf has been added to the softball infield. The track has been resurfaced. The new visitor bleachers and press box have been installed. The wiring for the press box is scheduled to be completed in May. We will be bidding for the bathroom renovations this spring. •



Construction is underway for the new lift bays at the LaGrange bus garage.



The turf was replaced on the Maroon and Gold fields to protect the safety of our student athletes.

OUR MISSION IS

to empower
all students
to be
self-directed,
lifelong
learners,
who
willingly
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community,
and lead
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lives.

Dr. Brendan Lyons, Ed.D.
Superintendent of Schools

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ADMINISTRATIVE OFFICE

144 Todd Hill Road
LaGrangeville, NY 12540
845-486-4460

Visit Our District Website at
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CAR-RT Pre-sort

STUDENTS WILL START SCHOOL ON TUESDAY, SEPTEMBER 8 FOR THE 2020/2021 SCHOOL YEAR

Please note that since Labor Day is not until September 7, for the 2020/2021 School Year, teachers will return from summer recess the week before Labor Day on Thursday, September 3. The first day of school for students will be Tuesday, September 8. Please check "News" at www.arlingtonschools.org for the complete 2020/2021 School Year Calendar. •



Last year, a group of Arthur S. May fifth grade students were upset by the use of Styrofoam trays in the lunch room. With help from their teacher, Meaghann Rush, they collaborated on a presentation for Principal Sheri Primeaux to draw attention to the environmental impacts of using Styrofoam.

Mrs. Preimeaux was so impressed by the presentation, that she invited Dr. Lyons and the whole school to hear it. Now, the District is phasing out the use of Styrofoam trays (we are using up the old inventory, but will no longer purchase Styrofoam trays in the future!)

According to Ms. Rush, "The coolest thing about this project is that it was started completely by the kids and executed completely by the kids from beginning to end. They did great work because they were working for something they were truly passionate about."