

WILLIAM S. COHEN SCHOOL NEWSLETTER NOVEMBER 2009



From the Principal's Desk:

Important Message to Parents Regarding Your Child and Internet Safety

Parents should be aware of two websites that have become very popular among teens throughout the country, including Bangor. The websites are intended to provide students with the opportunity to network. The websites are Myspace and Facebook.

Of concern, however, is the detailed profile sheets that students complete outlining their personal likes, dislikes, name, birth date, address, school they attend, where they hang out, and even photographs of themselves and friends. Some students have also entered inappropriate text and images into their profile sheet.

This information can be accessed by anyone with a computer and Internet service so children who provide information to the site are at risk of having that information viewed by anyone including pedophiles or stalkers.

A third website to be aware of is YouTube. Videos may be posted on the site by any computer user.

While our school's Internet education practices include alerting students of the dangers of providing personal information while online, I wanted to inform you of this danger so that you can reinforce Internet safety with your child. The attached websites and then attached safety tips can provide you with the information you may need prior to a conversation with your child.



<http://worldkids.net/school/safety/internet/>

http://www.safekids.com/child_safety.htm

<http://www.netsmartz.org>

<http://www.mcctf.org/InternetSafety.htm>

<http://20below.maintoday.com/press/pph/050831internet.shtml>

ATTENTION PARENTS—H1N1 UPDATE



Parents/Guardians: Please be reminded to monitor your child(ren) for flu-like symptoms. The CDC has reported an increase in the number of cases of influenza in the State of Maine. There have been a few Bangor students in which their parents have reported their child as having influenza. Please keep your child(ren) home if they show signs of influenza, including fever, cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also experience vomiting and/or diarrhea. The CDC recommends that sick children and staff with influenza-like illness remain at home until at least 24 hours after they are free of fever (100 degrees F [37.8 degrees C]), or signs of a fever without the use of fever-reducing medications. Thank you for your cooperation.

THE 10 GOLDEN RULES ON INTERNET SAFETY TO SHARE WITH YOUR CHILD



1. ASK YOUR PARENTS FOR PERMISSION BEFORE YOU LOG ON!

Read the Internet safety tips together with your parents, teacher or guardian. Let them know what you are doing on-line. Only use the Internet when your parents have given you permission, and only for the time that they have allowed you to use it.

2. TELL YOUR PARENTS TO SPEND TIME WITH YOU WHILE ONLINE.

Show your parents your favorite places in the Internet. Tell them about the people you meet on-line and the things you talk about. Let them know of your keypals and get them involved in your on-line activities!

3. POST YOUR FAMILY'S E-MAIL ADDRESS EVEN IF YOU HAVE YOUR OWN!

It's neat to have your own e-mail address but it is always a good idea to post your family's address, and then inform your own address after you are absolutely sure that the sender is trustworthy

4. DO NOT GIVE OUT YOUR HOME ADDRESS, PARENTS WORK ADDRESS, OR SCHOOL INFORMATION. THIS ALSO HOLDS TRUE FOR TELEPHONE NUMBERS.

If you are entering a contest, or registering on a new site, discuss it with your parents or guardians first and get their permission! Show them the site, and the reason why you would want to give out your address. If you have a P.O. Box, use that as your address!

5. YOU SHOULD NOT USE YOUR REAL LAST NAME WHILE YOU ARE ON-LINE.

A better idea is to use your middle name as a last name, or have fun and make one up! If you do decide that you would like to use your real last name, please talk to your parents about it first!

6. NEVER AGREE TO MEET ANYONE ANYWHERE WITHOUT TALKING TO YOUR PARENT OR GUARDIAN ABOUT IT AND GETTING THEIR APPROVAL.

People may not be who they say they are! If you do decide to meet with someone that you have met on-line, talk to your parents first. If they agree to the meeting, have them come with you and meet in a public place (where there is a lot of other people around)!

7. NEVER GIVE OUT YOUR PASSWORD TO ANYONE FOR ANY REASON!

The **ONLY** people that **NEED** to know it already have it, no matter what they tell you!

8. DON'T REPLY TO ANY E-MAIL MESSAGES IF YOU FEEL THAT THEY ARE OFFENSIVE, STRANGE, MEAN, OR UPSETTING TO YOU.

Show the message immediately to your parents or teachers or any adult you trust so they may take the proper action or advise you on what to do. This is usually the best solution. Most of all don't imitate those kids that write rude messages.

9. DON'T SEND SCANNED PICTURES OF YOURSELF OR YOUR FAMILY TO ANYONE UNLESS YOU HAVE YOUR PARENT'S APPROVAL.

If you have a homepage, your parents should help you determine the pictures that you should put on it.

10. STOP RIGHT AWAY IF YOU SEE OR READ SOMETHING ON A WEB SITE THAT IS UPSETTING OR OFFENSIVE TO YOU.

Some sites are not meant for children and you might have accidentally reached that site through a hyperlink. Talk to your parents or teacher about it.

MARK YOUR CALENDAR

Veterans' Day	November 11th
Quarter 1 Ends	November 6th
November Break	November 25th -27th
December Break	December 24th—January 3rd

School Absence & Homework

Parents are encouraged to call school by 9 a.m. on days when their child will be absent. If your child is absent two or more days, you may request that signments be gathered. This request must also be made before 9 a.m. as all requests are bulletin board assignments in the office from 3:15—4:00 p.m. Teachers do not have a chance to bring assignments to the office (due to their schedule) until after the school day has ended at 2:30 p.m.



Student Council News

It's that time of Cohen School will be having collection again from each assigned an item will aim for at items per home-Council will purchase the turkeys. The holiday baskets will be delivered to less fortunate families so they can enjoy a delicious Thanksgiving dinner.



year again! The Student Council the holiday food this year. Student-homeroom will be to bring in and we least six—seven room. Student

Council will purchase the turkeys. The holiday baskets will be delivered to less fortunate families so they can enjoy a delicious Thanksgiving dinner.

Parent Boosters Meeting

The Parent Boosters will meet on the following date in the WSCS cafeteria.

Monday, November 2nd 6:30 p.m.

Come Join the Fun!



JOIN US FOR AN EVENING OF SHAKESPEAREAN ENTERTAINMENTON STAGE!

The William S. Cohen drama players will present the community with a night of Shakespearean entertainment when we perform Romeo and Winifred, A Tragical Comedy in Two and a Half Acts. The play will take place on Friday, November 20th at 7:00 p.m. in the WSCS auditorium. Please join us for a night of hilarious comedy and delightful music!

Come and Enjoy

NURSE'S NOTES: Jackie Ireland, RN



The Bangor School Department continues to work in conjunction with Patty Hamilton, the Public Health Director of Bangor, as well as with the Maine Center of Disease Control (CDC) and the Maine Department of Education (DOE) on H1N1 flu planning.

The Bangor School Department is following CDC guidelines for school planning and communication:

- The Bangor School Department is working with Public Health, CDC, and DOE on getting students vaccinated against the seasonal flu as well as H1N1. Once the vaccinations have been obtained, communication will be made with students and parents.
- Students, parents, and employees with flu-like symptoms must remain at home and away from schools until at least 24 hours after they are free of fever without the use of fever-reducing medications. This is in accordance with CDC guidelines.
- The Bangor School Department is sending students and employees home if they exhibit flu-like symptoms.
- The Bangor School Department is following the CDC guidelines for routine environmentally cleaning of our schools.
- The Bangor School Department is encouraging and educating appropriate hand hygiene and respiratory etiquette.
- The Bangor School Department is working on continuing educational plans as well as staff coverage plans in the event of exc-

LIBRARY NEWS

After-School Library

The library will be open after school from 2:45-4:00 Monday through Friday. Students come to the library on their own initiative to read, find books, study, do homework or do research. The library is the quiet alternative to the Activity Room.



CultureGrams Online Database

The Cohen School library now subscribes to the CultureGrams Online Database. CultureGrams Database contains concise, reliable, and up-to-date information on more than 200 countries, all fifty U.S. states, and all thirteen Canadian provinces and territories. CultureGrams offers a worldwide photo gallery and unlimited printing rights. Each country's report contains information on 25 categories, including history, language, greetings, gestures, family, housing, diet, economy, and more. All reports are written and reviewed by in-country experts. Cohen School faculty, students and their families not only can access this at school, but also at home using the following information. Web address: <http://www.proquestk12.com> this will take you to ProQuest home page. The Cohen School username and passwords are:

Username: wscs
Password: cgrams

Book Fair

Books Books and More Books...It's the fifth annual Cohen Library Book Fair! Books and calendars are supplied by a local vendor and will include books for the entire family. Board books, cookbooks, calendars and more are offered at a 25% discount! Books are wonderful gifts for any gift giving occasion. Profits from this year's fair will go towards purchasing new books for the library. Volunteers are needed to make the fair the best ever. Call or email Mrs. Soucie in the library if you have 2 hours to spare. Fair hours will be:

WEDNESDAY, DECEMBER 8TH — 8:00 AM — 8:00 PM
THURSDAY, DECEMBER 9TH—8:00 AM—8:00 PM
FRIDAY, DECEMBER 10TH—8:00 AM — NOON

To volunteer call Mrs. Soucie @ 941-6230 (ask for library) or email her at psoucie@bangorschools.net. We will need volunteers for publicity, set up, cashiering, helping students find books and for packing up the leftovers.

Drop Your Kids Off? Pick Your Kids Up? Please Read This Article!



Concerns have been expressed to us over the last few weeks from some parents and staff members who are outside during traffic hours. The problem times are before and after school. The concerns focus on the potential for an accident occurring due to students being dropped off by autos in our parking lot. While we have established an automobile drop off area and have communicated it to our public through many means, some people are not using this drop off area. Some are letting their children exit and enter their vehicles at other areas in the parking lot. These children are forced to walk through traffic and parked cars and busses to get to their parents.

Parents are reminded to drop students off in the designated area only. Parents dropping off students in the morning be patient. **Please do not pass other vehicles in the drop off area.** Another solution is to drop your child off on Garland Street then he or she can walk up the sidewalk to our school. The large circular planters near the cafeteria mark the playground/safety zone for children. No vehicles should drive in the safety zone between the planters and the cafeteria.

CAN YOU HELP?

Eighth grade science teacher Mrs. Vose would like to have the following items for new lab activities. Even one or two or any item would help! Thank you.



40 old wash cloths	40 baby food jars w/covers	10 spaghetti sauce jars w/covers
100 popsicle sticks	100 small brown paper bags	A rock collection (anything will help)
Geodes w/visible crystals	10 compasses (North, South, East, West)	A few samples of #4 recyclable plastic
5 oranges (the fruit)	5 containers of salt	3 bottles of isopropyl alcohol (rubbing alcohol)
5 bottles of clear soda (club, etc)	3 boxes of different shaped pasta	12 table knives (tableware)
Wooden dowels w/a thick diameter—any length		150 left over Halloween chocolate bars (any kind)

Welcome Bangor School Department Volunteers!



We are thankful that you have chosen to volunteer your services to our students. The Bangor School Committee encourages parents/guardians and other members of the community to share their time, knowledge, and abilities with our students. Volunteers in our schools enrich the educational program and strengthen our schools' relationships with the greater Bangor community. Your contribution is important to help meet the individual needs of each child and achieve our mission of academic excellence for all.

The education of today's youth takes a whole community. Caring members of our community bring new energy, diverse perspectives and needed resources into our schools. All over the country schools are drawing support from their communities through the efforts of volunteers who work in our schools, become career mentors, contribute goods and supplies, and more.

This handbook is designed to provide you with practical information that will assist you in your volunteer placement. It is our goal to ensure that the time you spend with our students is worthwhile. If you have any questions that are not addressed in this handbook, please speak with the classroom teacher or the school principal.

Once again, thank you for helping to make a difference in the lives of students in Bangor. The gift of your time is sincerely appreciated.

Betsy Webb
Superintendent of Schools

Email as a Communication Tool

Email may be a fast and convenient way for you to send messages, but you may not get an immediate response. Some teachers read their email messages in the morning before school, some read them at the end of the day, and some read them during the school day.

1. Please send only non-vital messages by email.
2. Sensitive issues should not be discussed through email.



The Bangor School Department has established Email Guidelines for Teacher and Parent communication. You may find the guidelines on the Bangor School District website: Bangorschools.net—under parent resources.