

CAYUGA NEWSLETTER

PRINCIPAL'S
CORNER

FEBRUARY 3, 2025

February is here, bringing with it a month filled with kindness, awareness, and opportunities to come together as a school community.



Cayuga Goes Red Friday, February 7



This Friday, we encourage all students and staff to wear red as we stand together in support of Congenital Heart Disease Awareness and Women's Heart Health Month. This is a meaningful way to show our unity and raise awareness for these important causes. Let's fill the hallways with red and spread the message of heart health and strength!

PS I Love You Family Community Night, Wednesday, February 5

On Wednesday, February 5, from 6:00-8:00 PM, Cayuga will be hosting a special Family Community Night. This evening is all about coming together, spreading kindness, and reminding one another of the power of small gestures in making the world a better place. Families will enjoy activities that promote connection, positivity, and support for mental health awareness. Sign ups sheets are due to Cayuga by February 3rd

During the week of February 10-14, students will take part in activities that promote kindness, positivity, and making a brighter tomorrow starting today! Each day will feature a unique theme, giving students a chance to reflect on and celebrate the power of kindness.



Throughout the week, students will also have the opportunity to:

- Work with Peer Ed Mentors to foster connections and teamwork.
- Create beautiful artwork to decorate our school, reinforcing this year's theme of making a brighter tomorrow.

We are excited to announce that Cayuga is partnering with The Book Fairies to collect gently used books that will be distributed to schools and organizations across Long Island.

This is a great way to give back and help promote literacy in our community!

We are excited for a month filled with meaningful moments and school spirit. Thank you for your continued support in making Cayuga a place where kindness and positivity shine!

UPCOMING

February 3- 7 SOUP-er Bowl Donate a Can of soup and place it on your Super Bowl Team,

February 5- Family Community Night

February 7th- Vision Board Assembly

February 7th- Cayuga Goes Red- All students and staff

February 7th- 5th Grade Dance in the Cafe

February 10th- Shine Bright Monday- Wear your brightest Neon to start Spirit Week

Febrero ya está aquí y trae consigo un mes lleno de bondad, conciencia y oportunidades para unirnos como comunidad escolar.



Cayuga se vuelve roja el viernes 7 de febrero



Este viernes, animamos a todos los estudiantes y al personal a vestirse de rojo mientras nos unimos para apoyar la concientización sobre las enfermedades cardíacas congénitas y el Mes de la salud del corazón de la mujer. Esta es una manera significativa de mostrar nuestra unidad y crear conciencia sobre estas importantes causas. ¡Llenemos los pasillos de rojo y difundamos el mensaje de salud y fortaleza del corazón!

PD: Noche comunitaria familiar Te Amo, miércoles 5 de febrero

El miércoles 5 de febrero, de 6:00 a 8:00 p. m., Cayuga organizará una Noche comunitaria familiar especial. Esta noche se trata de unirse, difundir la bondad y recordarnos unos a otros el poder de los pequeños gestos para hacer del mundo un lugar mejor. Las familias disfrutarán de actividades que promueven la conexión, la positividad y el apoyo a la concientización sobre la salud mental. Las hojas de inscripción deben entregarse en Cayuga antes del 3 de febrero.

¡Durante la semana del 10 al 14 de febrero, los estudiantes participarán en actividades que promueven la bondad, la positividad y un mañana más brillante a partir de hoy! Cada día contará con un tema único, lo que brindará a los estudiantes la oportunidad de reflexionar y celebrar el poder de la bondad.



A lo largo de la semana, los estudiantes también tendrán la oportunidad de:

- Trabajar con Peer Ed Mentors para fomentar las conexiones y el trabajo en equipo.
- Crear hermosas obras de arte para decorar nuestra escuela, reforzando el tema de este año de hacer un mañana más brillante.

Nos complace anunciar que Cayuga se está asociando con The Book Fairies para recolectar libros en buen estado que se distribuirán a escuelas y organizaciones de Long Island. ¡Esta es una excelente manera de retribuir y ayudar a promover la alfabetización en nuestra comunidad!

Estamos emocionados por un mes lleno de momentos significativos y espíritu escolar. ¡Gracias por su continuo apoyo para hacer de Cayuga un lugar donde brillen la amabilidad y la positividad!

UPCOMING

3 al 7 de febrero SOUP-er Bowl Dona una lata de sopa y colócala en tu equipo del Super Bowl.

5 de febrero: Noche comunitaria familiar

7 de febrero: Asamblea de la Junta de Visión

7 de febrero- Cayuga Goes Red- Todos los estudiantes y el personal

7 de febrero: Baile de quinto grado en el café

10 de febrero: Lunes de Shine Bright: use su neón más brillante para comenzar la Semana del Espíritu

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BOOK DRIVE

CAYUGA WILL BE KICKING OFF OUR P.S. I LOVE YOU DAY CELEBRATION WITH A SPECIAL BOOK DRIVE!

FROM FEBRUARY 3RD TO FEBRUARY 14TH, PLEASE DONATE YOUR GENTLY USED BOOKS. THESE BOOKS WILL BE DISTRIBUTED ACROSS LONG ISLAND WITH THE HELP OF BOOK FAIRIES.

**BOOKS CREATE A
"BRIGHTER TOMORROW"**



BOOK FAIRIES IS IN NEED OF CHILDREN BOOKS FROM BABY TO YOUNG ADULT (ADULT BOOKS ARE ACCEPTED AS WELL).



PLEASE ONLY DONATED BOOKS THAT DO NOT HAVE MISSING PAGES OR COVERS.



Any questions, please contact Mrs. Miscioscia at jmiscioscia@sachem.edu.

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CAYUGA GOES RED

February 7,
2025



CONGENITAL
HEART DEFECT
AWARENESS WEEK

**NATIONAL
WEAR RED
DAY® IS
FRIDAY,
FEB. 7.**



Over 1 million cardiovascular diseases, including congenital heart disease, are preventable. Let's take steps to get out of research, testing, treatment and funding. Anticipating, we can learn an amazing resource — each other.

Wear red to recognize the scope and impact of the need for support, and share why we do this.

TO BE SEEN.

TO BE HEARD.

TO BE HELD.

TO MAKE AN IMPACT.

On Friday, Feb. 7, share your message and **WEAR RED** together.

WearRedDay.org | [#WearRedDay](https://www.instagram.com/WearRedDay)

Official Sponsor of the American Heart Association
CVS Health



CAYUGA NEWSLETTER

SOUPER BOWL!

VOTE FOR WHO
YOU WANT TO WIN
THE SUPER BOWL
BY BEING PART OF
THE SOUPER BOWL



**CAYUGA IS COLLECTING CANS OF SOUP
FEB 3- FEB 7**