



Cherry Avenue Buzz

Principal's Message

Dear Cherry Avenue Families:

I hope you all had a restful, fun, and healthy February recess!

February was a busy month. We enjoyed the musical talents of our students and staff at the All-District Chorus Concert. The RtI Winter Screener has concluded; tier letters will be mailed home. Thank you, CA PTA, for the Space Road Show Assembly and for hosting Bingo Night. A special thank you to Ms. Moran for bringing the Spelling Bee back to CA. Congratulations to our 5th-grade winner, Luke Maier! P.S. I Love You was well-received and added a wonderful touch of kindness throughout the building. The community especially loved our uplifting messages on coffee sleeves from the Sayville Bean. On the 100th Day of School, our kinder students' outfits featured 100 items or sayings of their choice, followed by the 101st Day of School celebrated by first graders donning Dalmatian attire. Two adorable events for sure!

The Sayville Serving Sayville Volleyball Fundraiser is taking place on Tuesday, March 4 at 7:00 p.m., at Sayville High School. This fundraiser will raise money for the Sayville School Employees Charitable Foundation (SSECF) and collect food for the Sayville Food Pantry.

On March 6, we are hosting our annual *An Evening at Cherry* event. You may peruse the halls from 6:00 p.m.—6:30 p.m. (classrooms will not be accessible) and have the option of attending one or two workshops (registration in advance is mandatory). A special thank you to our workshop presenters; without you, this evening would not be possible.

A dentist will be visiting kindergarten classes to discuss the importance of dental health.

Our Science Fair is right around the corner. It is mandatory for grades 4 and 5, strongly encouraged for third grade, and optional for grades K-2. For those participating, please remind your child(ren) of the upcoming date. K-3 science fair projects are due on March 18 and on March 19 for grades four and five. The Evening Science Fair will take place on March 19 from 6:00 p.m. to 7:30 p.m. All are welcome to visit!

March Dates Continued

BoE Meeting @ 7:30—DO
5th-Grade Circus Performance @ 6:30 p.m.—SMS
Eid al-Fitr (no school for students)
'Light It Up Blue' for World Autism Awareness Day—wear blue
PTA Spring Photo Day

March 27
March 28
March 31
April 2
April 3

Our students always enjoy attending the Harlem Wizards Game, a SHS and SMS PTA fundraiser. A player visited with us to promote this event and K-5 students had a blast!

NEWS FLASH! Sayville's first Family Fit Night will be held on Tuesday, March 11, 2025 from 6:30 p.m. - 8:30 p.m. in the SHS gymnasium. Please mark your calendars and join us for this great event!

March 2025

Dates to Remember in March

Sayville Serving Sayville Volleyball Fundraiser @ 7:00 p.m.—SHS	4
An Evening at Cherry @ 6:00 p.m.	6
PTA Boys Someone Special Dance @ 6:30 p.m.—7:30 p.m.	7
PTA Cookie Kit Pick-Up @ 5:00 p.m.—7:00 p.m.	10
Family Connect Night, PTA Books & Blankets Night (@ 6:00 p.m.) & PTA Book Fair @ 5:30	11
PTA Scholastic Book Fair	12 & 13
PTA Girls Someone Special Dance @ 6:30 p.m.	14
K-3 Science Fair	18
4&5 Science Fair & K-5 Evening Science Fair @ 6:00 p.m.—7:30 p.m.	19
PTA Board and Chair meeting @ 6:30 p.m.	20
Rock Your Socks Day—World Down Syndrome Day (wear crazy socks)	21
Report cards available via portal	21
PTA National Circus Project (24-28)	
Harlem Wizards Game @ 6:00 p.m.—SHS	25
Family Connect Night	26

I have included an article from the March 2025 edition of *Parents Make the Difference* pertaining to reducing passive screen time and physical activity linked to better classroom performance.

Reduce Passive Screen Time by Tracking it and Setting Limits

Researchers have looked at the difference in children's brain activity when reading a book versus consuming screen-based media. The researchers found that brain activity increased while children were reading and decreased while they were viewing screen-based media. Their findings highlight the importance of limiting passive recreational screen time for healthy brain development.

The first step in managing digital media is to become aware of how much time your child is actually spending staring at a screen for entertainment.

Have your child track time spent on passive online activities, such as streaming TV shows, watching videos and browsing social media. Kids are often surprised at how quickly those minutes add up.

Next, challenge your child to limit passive screen time and replace it with more beneficial activities. Your child could play a game with friends, read a good book, write in a journal, work on a craft or listen to music, for example.

Studies show that when families discuss and set any media limits, children's screen time drops by an average of more than three hours a day.

Source: T. Horowitz-Kraus and J.S. Hutton, "Brain connectivity in children is increased by the time they spend reading books and decreased by the length of exposure to screen-based media," *Acta Paediatrica*.

Physical Activity is Linked to Better Classroom Performance

It's no secret that exercise benefits children. It can reduce their risk for obesity, diabetes and even some types of cancer. But did you know that maintaining physical fitness can also help your child in school?

Studies show that, compared with their inactive peers, children who get regular exercise:

- Have better hand-eye coordination.

- Are better listeners.
- Are less fidgety during class.
- Have better handwriting. To make physical activity a daily part of your child's life:
- Go on regular walks. Pick a time, such as before or after dinner, to take a short walk around your neighborhood together and have a conversation. Make this a habit.
- Take the long way. When you are out running errands with your child, skip the elevators and escalators and take the stairs. Choose parking spots that will allow you to walk a bit farther.
- Play active games. From shooting hoops to tag, there's no end to the fun your family can have.
- Have contests. When you watch TV together, challenge your child to a competition. During commercial breaks, see who can do the most jumping jacks or pushups.
- Put your child in charge. Ask your child to come up with some creative ways to keep your family moving.

Source: "Physically active children have improved learning and well-being, DMU researchers find," De Montfort University.

CA Shout-Outs



Mr. Anthony Ruocco (Mr. Tony) has been working in the custodial field for almost 20 years. Prior to joining Cherry Avenue as our new Head Custodian, he worked as a Head Custodian at Wenonah Elementary School in Sachem School District. Mr. Tony is proud to be joining our Cherry Avenue family and providing excellent service to the Sayville families. Outside of work, he enjoys spending time with his two children, two dogs, playing cornhole on a weekly league, and singing karaoke for fun. Welcome, Mr. Tony!

As always, please reach out with any questions/concerns.

Wishing you all an enjoyable, healthy March! Happy St. Patrick's Day!

Sincerely,

Lisa Ihne, Ed.D.
Principal

