

DPS Principal Newsletter

2025-2026

January 30th



Parenting Playbook

Courtesy of the Dansville CSD counseling department.

Understanding Seasonal Depression (SAD)



What It Is

Seasonal Affective Disorder (SAD) is a type of depression that follows a seasonal pattern — often showing up in the fall and winter months.

It's caused by reduced sunlight and changes in daily routines.

Signs & Symptoms to Watch For

- Increased tiredness or sleeping more
- Low energy or motivation
- Changes in appetite (especially craving carbs)
- Irritability or sadness
- Difficulty concentrating
- Withdrawing from family or friends

What Helps

- Keep a consistent sleep routine
- Get outdoors or near natural light each day
- Encourage physical activity
- Eat balanced, colorful meals
- Limit screen time before bed
- Keep social connections strong
- Talk openly about emotions



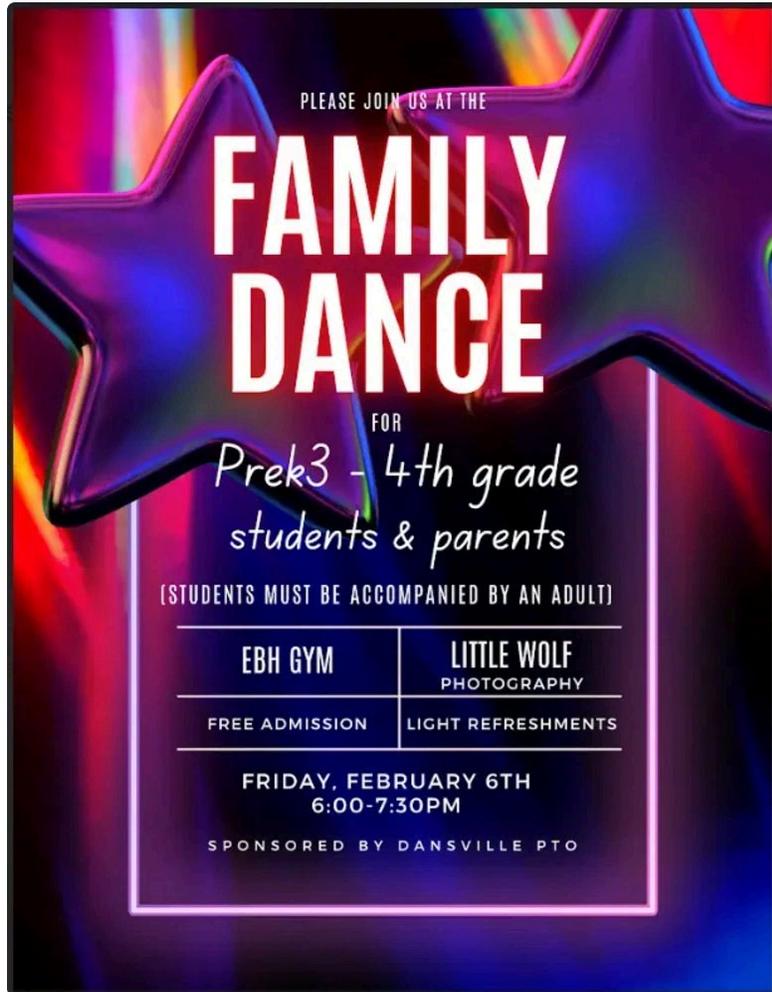
When to Reach Out

If your child's school counselor, social worker, or pediatrician, contact your child's school counselor, social worker, or pediatrician.



You're not alone. Small changes and early support can make a big difference through the darker months!

Day/Date	Time	Activity/Location
Monday, 2/2 (A)		School Counselor Appreciation Week! 3PK/4PK Registration Begins
Tuesday, 2/3 (B)		
Wednesday, 2/4 (C)		
Thursday, 2/5 (D)		
Friday, 2/6 (E)	9:30 am 6:00 pm	Superbowl Spirit Day - Wear your favorite team jersey or sports gear 3PK Outdoor event PTO Family Dance (EBH gym)



Upcoming Events

2/10 - BOE Meeting at 6:30

2/16-2/20 - No School (Mid-Winter Break)

3/2 - 3pk/4pk Lottery for 26-27 School Year and Registration for Kindergarten Begins

Highlights of the Week

Bike Club

Genesee Valley School Board Association awarded us an Excellence in Student Services Award for Derek Wampole's facilitation of Bike Club along with the assistance of colleagues Tricia Dale, Patty Pope, and Rachel Sacks as well as high school student Jacob Kreiley.

Bike Club started in the fall of 2023 and the fleet of bicycles expanded when The Foundation for Dansville Education helped to purchase additional adaptive strider bikes, including 8 larger sizes in September of 2024.

Bike club provides K-2nd grade students with an opportunity to enjoy riding a bike and/or learning to ride a bike. 15-20 students attend each session with a total of 135-180 students participating in a school year. Students are also taught basic bicycle safety skills like the importance of wearing a helmet and other protective gear, checking both ways at crosswalks, and maintaining good self space while riding. Students can take these skills and use them outside of school, hopefully having the chance to ride in the community. When the weather cooperates, students can be found riding out on the tennis courts and during the cold and rainy months biking around the school hallways. Throughout the year, 2nd grade students are given opportunities to help out during 1st and Kindergarten sessions to serve as role models and help build leadership qualities.

DPS students are so lucky to have this unique after school opportunity!



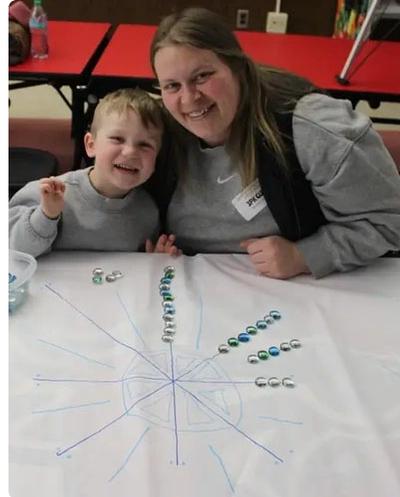
Mr. Lopez - Music Highlight of the Week

Learning content through instruments and movement is not an uncommon sight in the Music Room at DPS. Students often play a variety of instruments, such as egg shakers, rhythm sticks, guiros, and bells to learn different musical concepts and basic music reading strategies. Students enjoy learning through the "hands-on" nature of the class, incorporating many different movement strategies to better understand certain musical concepts. The DPS Music Room has recently been joined by a new visitor, our new DPS Music Mascot, Captain Crescendo. We can't wait to see all of the progress that will be made through the rest of the year!



3PK Family Friday

Our 3PK students enjoyed a variety of engaging activities connected to their learning about winter, Arctic animals, and hibernation with a special guest this morning. They completed an obstacle course, played bingo, played in the snow/ice sensory bins, read books, created designs with pattern blocks, used gems to make snowflakes, threw snowballs, and made a snowball catapult.





Did You Know

Valentine's Day: Carnation Fundraiser



**Order from Monday,
January 26th-
Friday, February 6th**

\$2 for Single Flower

\$5 for Three Flowers

Cash or Check

*****Checks can be made out to Student Council*****

Flowers will be delivered on Thursday, February 12

*****End of 8th Period*****



Mosaci Dental Visits

Mosaic Dental Services will be here at DPS on **March 5th, 6th, 9th, and 10th.**

Please be sure to complete your student's enrollment form promptly in order for your student to be seen. You may return the paper registration, scan the QR code below in the flyer, or visit: <https://mosaichealth.org/community-dentistry-online-registration>



mosaic health
Better happens together.

**DENTAL SERVICES ARE COMING TO
YOUR STUDENT'S SCHOOL**

NO NEED FOR YOU TO MISS WORK OR FOR YOUR STUDENT TO MISS SCHOOL.
SERVICES PROVIDED ON-SITE DURING THE SCHOOL DAY.

ENROLL YOUR STUDENT TODAY!

SCAN THE QR CODE
WITH YOUR PHONE OR VISIT
[MOSAICHEALTH.ORG/COMMUNITY-DENTISTRY-ONLINE-REGISTRATION](https://mosaichealth.org/community-dentistry-online-registration)

SERVICES PROVIDED

- 
SCREENINGS
- 
DENTAL HEALTH
EDUCATION
- 
X-RAYS
- 
CLEANINGS
- 
INTRA ORAL
PHOTOS
- 
TELEHEALTH DENTAL
EXAMS BY A DENTIST
- 
FLUORIDE
TREATMENTS
- 
REFERRAL
SERVICES
- 
SEALANTS



Dansville Primary School

IF YOU WOULD LIKE AN ENROLLMENT FORM SENT HOME WITH YOUR STUDENT, PLEASE CONTACT YOUR STUDENTS SCHOOL TO REQUEST ONE.
QUESTIONS PLEASE CALL: (585) 243-7847



ELLIS B. HYDE ELEMENTARY SCHOOL
We Care...We Learn...We Lead

**T-shirt Sale Supporting EBH Page Turners Club
1/27 - 2/13**

Delivery to school or pay to ship directly

EBH Page Turners meet weekly to read a set list of books and compete against other neighboring schools in a trivia type competition. We need more books available to us as our numbers are growing! Please consider purchasing a shirt to help support your readers!

All books will be donated to the school library after Page Turners season



<https://dansvillepagerurnersfs25.itemorder.com>



Dansville Primary School Registration for the 2026-2027 school year:

3PK (half-day or full day TBD)
Pre-K (full day)
Kindergarten

3PK & PK - starting February 2nd with lottery on
March 2nd

(Application must be received by February 27th to be included in the lottery)

Kindergarten - starting March 2nd

Children who will be three (3) years old for 3PK, four (4) years old for PK and five (5) years old by December 1, 2026 **and** reside in the Dansville school district are eligible to enroll.

If your child is **currently enrolled** in one of the above programs, it is **NOT** necessary to re-enroll them.

Registration packets will be mailed out to families the week of January 26th. If you need a packet please contact Brittney Bennett @ the Primary School directly at 335-4040 x2003.

Neighborhood Forest

Would your child like a free tree to plant in your yard?

Neighborhood Forest continues to donate trees to children throughout the United States. Their mission is to give every child joy and to reduce our carbon footprint. Read more about it here - <https://www.neighborhoodforest.org/>

Click the button below to register your child for a free tree. Registration deadline is **March 15th, 2026.**

Register for a Free Tree



Dansville Central School

**WE ARE
HIRING**

**OPEN
SUBSTITUTE POSITIONS**

- **Teachers**
- **Teacher Aides**
- **Nurses**
- **Bus Drivers**
- **Bus Attendants**

Need a flexible schedule? Are you are parent, grandparent, retiree or someone who loves to work with kids? If yes, please consider joining our school community as substitute!

APPLY NOW

Dansvillecsd.org
585-335-4000



DPS Yearbook

Exciting news - DPS will have a yearbook available for purchase again this year. Below is the link for you to order from until May 9th.

Yearbook Order Link



Cafeteria

Please note that the 3PK/4PK students have a different menu than our K-2nd grade students. Also, 3PK students will not have an option for peanut butter due to an allergy in the classroom.

This year students will be able to **PURCHASE** the following additional treats at lunch time -

Ice Cream - \$1.75

Cookies - \$1.50

Fruit Snacks - \$1.00

PK Breakfast Menu

PK Lunch Menu

K-2 Breakfast Menu

K-2 Lunch Menu

Fresh Fruits and Vegetables Program



DCSD Announces NEW Fresh Fruits & Vegetable Program For Grades PK-6

The Fresh Fruits & Vegetables Program brings healthier food choices into our schools and encourages kids to try a wide variety of fruits and vegetables.

- Students in participating schools eat 1/3 cup more fruits & veggies per day.
- Each snack comes with a fun educational component to promote healthy habits.
- Fruits & veggies will be served twice a week, with a calendar shared with families.
- EBH: Cart open 8:00–10:45 AM & 1:00–1:45 PM
- Primary School: Cart open 8:00–10:45 AM

This program supports nutritious snacking and helps build lifelong healthy habits!



Dansville is ONE of ONLY
88 School's in NYS to
participate in this
program.



Tardy Arrival (After 7:55 am)

If your child arrives at school after 7:55am, he/she is considered tardy. Please walk your child into the school main entrance to complete an excuse. Then staff will give your child a tardy pass and he/she can walk to class independently.



Absences

Please continue to let us know in advance if your child will be absent from school. You can send a message through ParentSquare to your child's teacher and PS Office. If we don't have a reason in advance, you will receive a message through ParentSquare that we ask you to respond to with a reason for the absence.

Parent/Student Handbook

Below is a link the 2025-2026 DPS Parent/Student Handbook. This will serve as an excellent resource to you throughout the school year.

DPS Parent/Student Handbook

Community News

BASEBALL/SOFTBALL

REGISTRATION IS OPEN
JANUARY 1ST-FEBRUARY 13TH



Tball - \$35

A coed program for children currently in both K & 1st grades

Buddy ball - \$35

an adaptive baseball program for players ages 5-19 with special needs

Baseball & Softball - \$55

u8 (rookie), u10 (minor) & u12 (major)

High school Baseball/ Softball - \$125

Grades 7-12



REGISTRATION IS ONLINE!

See Dansville youth baseball/softball on
Facebook starting January second

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 1p ALZ Support Gp* 6p Adults' Craft Night*	3	4 2p Adults' Cards 6p MTG Multiverse	5	6	7 Take Your Child to the Library Day 9a MTG Draft 11a Friends of DPL open meeting
8	9 4p Board of Trustees Meeting	10 3p STEAM Session*	11 2p Adults' Cards 6p MTG Multiverse	12 10:30a CCE's Heart-Healthy w/ DASH* 6:30p Ravenous Readers	13	14 Lovin' Dansville
15	16 Library Closed	17	18 1p Crafternoon* 2p Adults' Cards 6p MTG Multiverse	19	20	21 10a Author visit with Gael Orr
22	23	24 6p Tech Time*	25 2p Adults' Cards 6p MTG Multiverse	26	27	28 11a Valentine's Escape for Teens* 11a BookTok Book Club
		<p>* indicates an event hosted by an outside group * indicates an event that requires registration</p>		<p>dansvillelibrary.org bit.ly/DansvilleLibraryCalendar  DansvillePublicLibrary  dansvillepubliclibrary</p>		



February Youth Programs Dansville Public Library

Visit bit.ly/DansvilleLibraryCalendar for info about these programs and more!

FEB 7  

TAKE YOUR CHILD TO THE LIBRARY DAY

#takeyourchildtothelibraryday

DANSVILLE PUBLIC LIBRARY
Dansville, NY
dansvillelibrary.org
takeyourchildtothelibrary.org
sponsored by Nancy Strickland, Director

for all youth!
**STEAM Session:
Storm-in-a-Jar**



February 10
@ 3:00p
register online
t.ly/wNH9e



 **February 3**
Snowy Valentines!

 **February 10**
Tooth Fairy Stories

 **February 17**
Winter Holiday Fest

Storytime @ DPL
Tuesdays @ 6:00p 

BABY RAVE *PERFORMER THROWN!*

AGE 2 & UNDER | **24 FEB** | **6 PM**

Register online >> t.ly/wMch7B

The Village

Now via
ZOOM!

Connecting families, sharing resources,
and celebrating every milestone!



What is The Village?

They say it takes a village, and we've got the ultimate village right here in Liv. Co! This family engagement group is meant to serve as the go-to hub for families with kiddos from ages 0 to 21, facing challenges - be it suspected or diagnosed delays, medical conditions, behavioral or emotional challenges, or developmental disabilities. This group is also a great way for families to find in-person support, access resources, or just connect with others.

This group is hosted by the Livingston County Children and Youth with Special Health Care Needs (CYSHCN) program but open to all.

Monday February 2nd 12pm

This month's topic:

Family Guide to Transition

Laura Hurwitz

Mid-West Family and Community Engagement Center

Join Zoom Meeting

<https://us06web.zoom.us/j/81041068793?pwd=ZxacbSCJb5KkjBKolrcG6AB9epey7I.1>

Meeting ID: 810 4106 8793

Passcode: 352745

Concerned about your child's communication and play skills?

Join our study to learn strategies to support your child's communication development alongside other parents on Zoom!

Who can participate?

English-speaking parents/caregivers and children 18 months to 8 years with suspected or diagnosed autism.

Families living anywhere in New York State can participate in the study!

What will you and your child do in the study?

You and your child will participate in a free 6 week training program consisting of three 1.5-hour group teaching sessions with other parents and three 1-hour individual coaching sessions. **All sessions take place on Zoom.**

The program will include learning evidence-based strategies that can be used to support the growth of your child's communication and play skills. Your child only needs to attend the individual sessions.

You will be asked to complete online surveys and participate in a Zoom interview and recorded parent-child play session before/after the program.

Want to participate? Scan the QR code to complete an interest survey.

Questions about Project GORGES?

(Groups Overcoming Roadblocks to Growing self-Efficacy & Skills)

Email Dr. Matt Zellner, PhD, CCC-SLP (mzellner@ithaca.edu)



projectgorges.com

This study has been approved by the Ithaca College Institutional Review Board (# 573)



Triple P
Positive Parenting Program

FEBRUARY 2026 SEMINARS

Seminar 1: The Power of Positive Parenting

Tuesday, February 3rd 2026 @ 1:00 PM

Seminar 2: Raising Confident, Competent Children

Tuesday, February 10th 2026 @ 1:00 PM

Seminar 3: Raising Resilient Children

Tuesday, February 17th 2026 @ 1:00 PM

INTRODUCING...Seminar 4!

Seminar 4: Healthy Screen Time Habits for Children

Tuesday, February 24th 2026 @ 1:00 PM

Registration is not required.

You may attend any number of sessions, regardless of previous attendance.
"Certificate of completion provided for each seminar"

WHERE: VIRTUAL

Scan the QR Code
or email us and we will
send a Zoom Link!



Small Changes, Big Differences

Parenting is rewarding, but it can be tricky at times. From picky eaters to messy rooms to kids who won't listen, our trained facilitators share practical tips to make life easier.

Smart Strategies, Real Support

These 90 minute seminars provide helpful tip sheets and proven parenting tools.

For inquiries
or to request a Zoom link,
please contact:

Mary (Livingston County)
MWhite@casa-trinity.org

Sarah (Chemung County)
SBancroft@casa-trinity.org

Hope begins here.

CASA  **TRINITY**
COUNCIL ON ALCOHOL AND SUBSTANCE ABUSE

WWW.CASA-TRINITY.ORG |   @CASATRINITY |   @CASA-TRINITY

Young Athletes we need you!!!



8 week Spring Session!
Feb 7th, Feb 14th, Feb 21st, Feb 28th, March 14th, March 21st, March 28th, April 4th

The Young Athletes Program introduces children with and without intellectual disabilities ages 2-7 (Pre-K to 2nd grade) to the world of sports through fun activities that support cognitive, social, and motor skill development (walking on a floor-level balance beam, jumping on targets), as well as encourage the development of age appropriate sports skills.

Saturday Mornings 10am-11am

At Sigl Center
1000 Elmwood Ave
Rochester NY
(Door 1 Entrance)

For more information or volunteer opportunities please reach out to Lindsay Jewett at 585-259-4558 or at LindsayJewett1484@gmail.com



Contact info

If you have any questions or concerns, please don't hesitate to contact me by -

- Phone - (585) 335-4040
- Email - gohom@dansvillecsd.org