



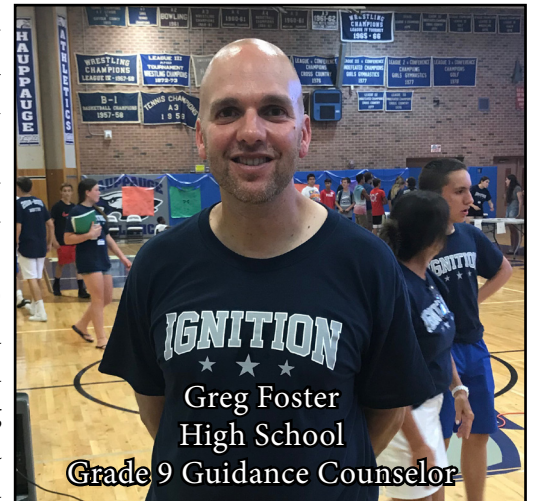
Horizons

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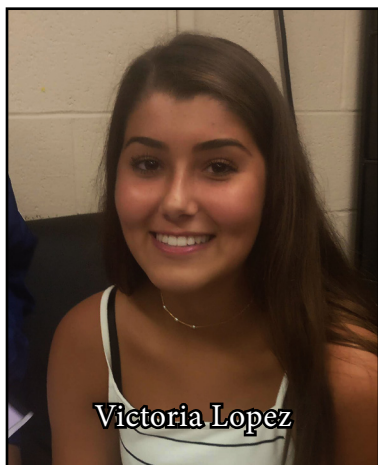
WELCOME FRESHMEN ! (Part 2) ***ORIENTATION, MENTORS AND A WORD FROM SOME OF OUR 9TH GRADERS !***

In last week's "Horizons" you read about welcoming our Freshmen and the challenges students face in 9th grade. This week, let's learn about some things that our Hauppauge staff does to ease our Freshmen into this important, transitional year.

On August 29th, Hauppauge High School held a "Freshmen Orientation." There were "Ignition" Mentors present. "Ignition" is a program where high school students can apply to be a mentor to 9th graders. Greg Foster, Hauppauge HS Grade 9 Counselor said, "We have over 100 mentors that were selected into "Ignition" through an application and performance selection process." Mr. Foster also said, "The mentors spend the two-and-a-half hours of the orientation with the Freshmen helping them get acquainted to the school. They take half of the Freshmen on a tour while the other half does some interactive activities in the gym and then they flip-flop. The day is designed to kick off the year on the right note and then, throughout the rest of the school year, the mentors meet with Freshmen once a month and do interactive activities and act as role models for them." There was also a "Club Fair" held in the gym so that the Freshmen could check out the clubs they can join after school starts.



We asked some High School Freshmen to share some of their impressions, fears and surprises about entering Hauppauge High School for the first time. Our panel included Victoria Lopez, Alexa Spiers, Sarah Gregory, Sarah Dixon and Sydney Paolillo. Here are the questions and some of their answers.



Victoria Lopez

Victoria Lopez

What was your first impression on your first day at Hauppauge High School?

"Welcoming"

What was your biggest surprise, so far, about being a Freshman?

"Upperclassmen weren't mean and were actually friendly!"

How are your organizational & time management skills? How do you stay organized?

"I color-code all of my notebooks and folders for each subject."

What are your future goals?

"To go to college and become a successful Psychiatrist."



Alexa Spiers

Alexa Spiers

What scared you the most about high school before you started?

"Getting lost."

What was your biggest surprise, so far, about being a Freshman?

"Upperclassmen were friendly."

How are your organizational & time management skills? How do you stay organized?

"I color-code all of my books."

Are you thinking about college and where you want to attend?

"Yes. Boston College."



Sarah Dixon

Sarah Dixon

What was your first impression on your first day at Hauppauge High School?

"In the beginning, it was scary, but got better."

What was your biggest surprise, so far, about being a Freshman?

"It wasn't hard finding my way around the school."

Do you keep a journal or use a daily planner?

"Yes. The Agenda."

What are your future goals?

"To be somewhere teaching."

Freshman Q&A continued on next page



Sarah Gregory

Sarah Gregory

What scared you the most about high school before you started?

"If any of my friends would be in any of my classes."

Are you involved in any clubs, organizations or sports?

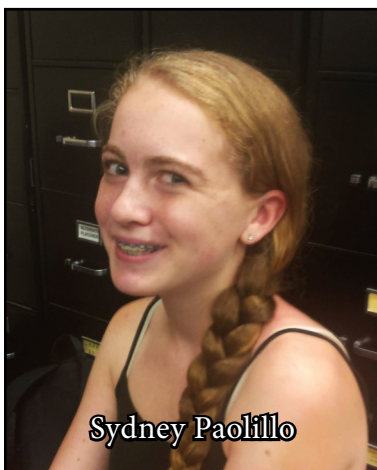
"Not yet. But, I plan on doing them."

Do you keep a journal or use a daily planner?

"Yes. The school provided Agendas."

Where do you see yourself in ten years?

"Probably in Med-School."



Sydney Paolillo

Sydney Paolillo

What was your first impression on your first day at Hauppauge High School?

"Everyone was super nice and gave me directions to classes."

Are you involved in any clubs, organizations or sports?

"Drama Club. I am also planning on joining 'Best Buddies.'"

Are you thinking about college and where you want to attend?

"Yes. Right now I am thinking about Oswego."

Where do you see yourself in ten years?

"I will probably be in Grad School."

A special thank you to Mr. Greg Foster, Freshman High School Counselor, for his help in putting together this article. Also, thank you to our Freshmen who participated in this "Question and Answer" section. We hope to follow up with them in June to see how they felt their Freshmen year went.

Freshmen Orientation is a wonderful event to help our 9th graders get ready for their first year of high school. The hard work of our Administration, Guidance Counselors, high school staff, students, and "Ignition" mentors is very much evident and appreciated.



"Ignition" Mentors

Ashley Starr Tori Bennedetto Kimberly Guire Kayla Bullard Julianna Spadafora



HHS Freshmen

Pictured are: Cassena Radichio, Emily Aplustille, Jessica Sconzo, James Abruzzo, Justin Zimble, Camryn Mancuso and Jennifer Passarelli

HAUPPAUGE VARSITY FOOTBALL “ROCKS THE SOCKS” FUNDRAISER FOR MAKENZIE CADMUS

Hauppauge Varsity Football held their third annual “Rock the Socks” Fundraiser on Friday, September 14th, during their season opener against Amityville. They are doing this to help a little girl with a cruel and debilitating disease.

This fundraiser is held for Makenzie Cadmus who is two years old. She was diagnosed with Recessive Dystrophic Epidermolysis Bullosa, also called RDEB. This disease affects approximately six newborns per every million born. It is also known as “scarring type” because as Makenzie’s blisters heal, they cause scar tissue which decreases mobility over time. Typically, blisters and skin erosions are present over the entire body, including the mouth and digestive tract. At the simplest level, RDEB results from a gene mutation that makes collagen 7, which is the main component of structures called anchoring fibrils, which anchor the top layer of skin to the bottom. Without these, friction or minor trauma can cause Makenzie’s two skin layers to separate and this leads to the formation of blisters. There is no cure for RDEB.



The “Rock the Socks” Charity was formed in February of 2016 by Hauppauge resident and former student athlete, Nick Cadmus, who is Makenzie’s dad. “Rock the Socks” came about when Makenzie was two or three weeks old and she had to be bandaged three to four times daily. She initially “threw” her bandages frequently and a nurse from the Morgan Stanley Children’s Hospital suggested that her parents use socks to keep her bandages in place. They also provided a protective soft outer layer. The family used to say to Makenzie “rock those socks, girl” and this is how the “Rock the Socks” campaign was born.

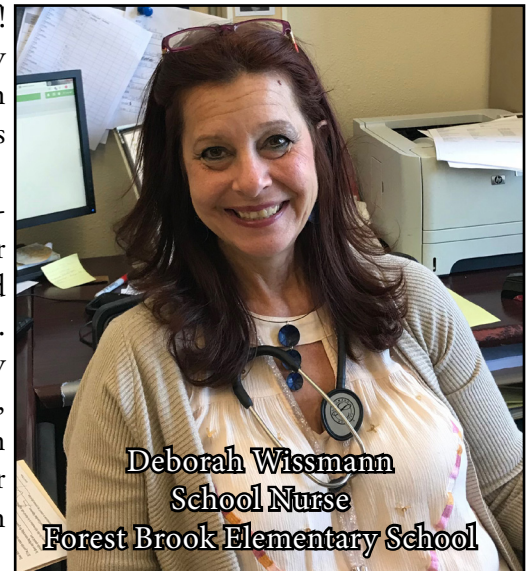
The fundraiser this year is being run by Craig Cardillo, Hauppauge High School Varsity Football Assistant Coach. Craig’s older brother went to school with Makenzie’s dad, Nick Cadmus. All are Hauppauge graduates. Once Craig heard about the story, the coaching staff talked about what they could do to help the family. Craig said “We always tell the team, once part of the Hauppauge family, you will always be family. We figured this would be a great way to practice what we preach and help raise money for a little girl with a terrible disease.” The team raises money by raffling items, selling food and having a bounce house the day of the game. So far, the previous two year’s “Rock the Socks” fundraisers have raised \$11,000.

Makenzie is two and had a bone marrow transplant earlier this year. She returned home in July. Makenzie’s family has a “Go Fund Me” page. If you would like to help this family further, please visit their “Go Fund Me” page <https://www.gofundme.com/25qu8us>.

FOREST BROOK ELEMENTARY STUDENTS LEARN ABOUT GERMS WITH “GLO GERM!”

No one likes to be sick. Especially our Hauppauge students and staff! Deborah Wissmann, School Nurse at Forest Brook Elementary, recently spoke to Ms. Irvine's and Ms. Gandolfo's third grade class to show them proper techniques to keep from spreading germs and sickness in their class and throughout the school.

Ms. Wissmann first explained to the students about sneezing and coughing and how to keep from spreading germs. She used “Glo Germ” powder to illustrate how fast, and far, germs can spread. Ms. Wissmann placed some “Glo Germ” powder on her palm and blew on it as if she had sneezed. Then, she took her black light and scanned the children's heads to see if they had any traces of the powder on them. Out of the 17 students in the area, 8 had definite traces on them. Ms. Wissmann showed them a way they can help to not spread germs. She told students “Sneeze and cough into your elbow. Make sure your nose and mouth are both covered when you cough or sneeze!”



Deborah Wissmann
School Nurse
Forest Brook Elementary School



Ms. Irvine's & Ms. Gandolfo's
Third Grade Class

Next, Ms. Wissmann talked to the students about how to wash their hands thoroughly so that they get rid of the germs. She put some powder on one of their hands to simulate germs and then instructed them how to wash all the germs off. “Wet your hands and apply soap. Now, rub your hands together while you sing the “ABC” song to yourself. Your hands will start to get warm and this is good. After, rinse your hands, dry them and make sure you throw the paper towel into the garbage can.” After everyone was done, Ms. Wissmann took out the black light again to check for traces of the powder. There were traces on many of their hands, and this helped the children see that they have to wash better. She stressed the importance of washing hands after using the bathroom and especially before eating. She told the students that germs are spread from the hands by touching their eyes, nose and mouth.

Ms. Wissmann is visiting all of the classes at Forest

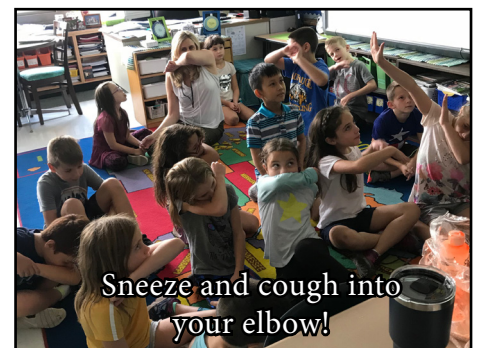
Brook to teach them about how they can do their part and not spread germs. She said that there will be reinforcement of this lesson throughout the year.



Wash hands!



Check under the black light!



Sneeze and cough into
your elbow!

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