

# The WEEKLY

March 13, 2019

## DATES TO REMEMBER

March 14	English Honors Seminar – 7 am
March 14	Math Lab 2:30 – 3:15
March 14	Girls' Basketball Practice 2:30-4:30
March 14	Photography Club Begins 2:30-3:15
March 15	St. Patrick's Dress Down - \$1
March 18	7 <sup>th</sup> Grade Math Prep 2:30-3:15
March 18	Girls' Basketball Game vs. St. Nicks - Away
March 18	Writing Workshop 2:30 – 3:15
March 19	7 <sup>th</sup> Grade ELA Prep 2:30-3:15
March 19	Math Lab 2:30 – 3:15
March 19	Art Club 2:30-3:15 (last one)
March 19	Knitting Club 2:30-3:15
March 19	Girls' Basketball Game vs. DGK - Home
March 13	After School Chorus group B, 2:15-3:15
March 13	Writing Workshop 2:30 – 3:15

## FROM THE OFFICE

- ◆ Thursday, March 21 – Dress Down Day - \$1
- ◆ Thursday, March 21 – Fashion Show – 7 pm
- ◆ Friday, March 22 – School Closed, Second Trimester Ends
- ◆ Sunday, March 24 – Greek Independence Day Play – 12:30 pm
- ◆ Monday, March 25 – School Closed
- ◆ Friday, March 29 – Parent / Teacher Conference  
11:15 Dismissal  
After School  
Bus Service  
12-2 and 5-7

- ◆ The After School phone number is 646-340-9667
- ◆ The Nurse's phone number is 347-810-7810

## FROM THE PTO

- ◆ Thank you all for participating in our St. Patrick's Day Bake Sale. We made \$271 that will be used toward Fashion Show.
- ◆ In order to be included into the program all donations, baskets and prizes should be in by Friday, March 15<sup>th</sup>, otherwise they will be presented as Door Prizes.
- ◆ Save the date: March 21<sup>st</sup> – Fashion Show. See attached flyer. To RSVP and for any inquiries contact [gaiptofashionshow@gmail.com](mailto:gaiptofashionshow@gmail.com)
- ◆ Tickets are available on Event Brite. Payments can also be made at the office:  
Adult pre-paid - \$70  
Adult at the door - \$75  
Child under 12 (siblings of graduates) - \$55  
Seventh Graders - \$55  
Graduates are being sponsored by PTO
- ◆ Today is the last day to shop for the Fashion Show on our Amazon Wish List. The list is attached, please donate.

March 13<sup>th</sup>, 2019

I have read this week's edition of "The WEEKLY"

Student's Name

Parent's signature

# GREEK AMERICAN INSTITUTE OF NEW YORK

3573 BRUCKNER BOULEVARD  
BRONX, NEW YORK 10461  
TEL. (718) 823-2393



JOHN ATTANAS  
Assistant Principal

CYNTHIA DAFNIS  
Assistant Principal

ANNE PROKOP  
Principal

March 13, 2019

Dear Parents,

We are in the midst of our version of March Madness.

This week, as you are aware, we are administering the Terra Novas for grades K to Eight. Make sure your children get a good night sleep, a nutritious breakfast and bring their pencils.

Yesterday, Perry Rizopoulos, the author of Wheat Song gave an engaging and stimulating presentation of his book. A lively and meaningful conversation ensued.

Perry and his family are long standing benefactors of our community. Please join the ZP/GAI community on March 31, 2019 as he once again delves into his Bronx/Kastorian roots.

Friday is our Dress Down for St. Patrick's Day – a splash of green for our Leprechauns to benefit Gigi's House, the organization that works with children with Down Syndrome.

Once again, our 25<sup>th</sup> of March Play is Sunday, March 24<sup>rd</sup>, 2019. Please join us as we bear witness to our Hellenic history directed by our very own Ms. Yiota.

Parents: Please monitor your children's video and You Tube access. It is a little concerning when students respond that a person they admire or would like to meet is a character from Fortnite.



Anne Prokop  
Principal

GREEK AMERICAN INSTITUTE OF NEW YORK

3573 BRUCKNER BOULEVARD  
BRONX, NEW YORK 10461  
TEL. (718) 823-2393



JOHN ATTANAS  
Assistant Principal

CYNTHIA DAFNIS  
Assistant Principal

ANNE PROKOP  
Principal

GAI vs. D&K

GIRLS BASKETBALL HOME GAME

Date of Game: Tuesday, 3/19  
Time of Game: 4:00  
Supervising Teachers: Ms. Siino, Ms. Coscia  
Grades Attending: 4th - 8th  
Please return form by: ASAP

Please complete below, detach and submit to teacher.

I, the parent of \_\_\_\_\_ in grade \_\_\_\_\_ request that the school allows my child to participate in the \_\_\_\_\_ on \_\_\_\_\_ (date).

I hereby release and save harmless the Greek American Institute and any and all of it's employees from any and all liability for any and all harm arising to my child as a result of this game.

I give our consent medical care and accept financial responsibility for such are.

I will pick up my child by 5 p.m. I am aware that my child will be sent to the After School Program and I will be charged the daily rate if not picked up promptly.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone Number: \_\_\_\_\_

A decorative flourish consisting of a vertical line on the left that curves into a horizontal line at the top, with several loops and swirls.

*Friday, March 15th*

# *St. Patrick's Dress Down Day*

*Wear a Splash of Green!*

The Greek American Institute will be having a St. Patrick's Day Dress Down to raise money for children with Down Syndrome. Down syndrome (DS or DNS), also known as trisomy 21, is a genetic disorder caused by the presence of all or part of a third copy of chromosome 21. It is typically associated with physical growth delays, mild to moderate intellectual disability, and characteristic facial features. Each year, about 6,000 babies are born with Down syndrome, which is about 1 in every 700 babies born. Between 1979 and 2003, the number of babies born with Down syndrome increased by about 30%. Down Syndrome cannot be cured. However, early treatment can help many people with Down Syndrome to live productive lives well into adulthood. Children with Down Syndrome can often benefit from speech therapy, occupational therapy, and exercises to help improve their motor skills. Since there is no cure, we would like to help out by raising money to try to help as many people as possible so they can get the help that they need. Please help us support this worthy cause.

*The money will be donated to GiGi's Playhouse*



GREEK AMERICAN INSTITUTE OF NEW YORK

3573 BRUCKNER BOULEVARD  
BRONX, NEW YORK 10461  
TEL. (718) 823-2393



JOHN ATTANAS  
Assistant Principal

CYNTHIA DAFNIS  
Assistant Principal

ANNE PROKOP  
Principal

**ATHELETIC TEAM/CLUB CONSENT FORM**

Name of Activity: Tennis  
Coach/Moderator: Coach Rose & Coach Mike (MGM Racquet Sports)  
Practice Days: Wednesdays - 3/27, 4/3, 4/17, 5/1, 5/8, 5/22  
Practice Time: 2<sup>15</sup>-3<sup>15</sup>  
Please return form by: ASAP

\$120 per 6 weeks

Please complete below, detach and submit to teacher.

I/we, the parent(s)/guardians(s) of \_\_\_\_\_ request that the school allows my child to participate in the \_\_\_\_\_

I/we realize that this request includes her/his accompanying the team, under the supervision of a coach, to practices and competitions within and outside of the immediate New York City area.

I/we hereby release and save harmless the Greek American Institute and any and all of its employees from any and all liability arising to my/our son/daughter as a result of his/her participation as a member of this team/club.

I/we give permission for emergency medical care for my/our daughter/son and agree to accept financial responsibility for such care.

It is also my/our responsibility to arrange for my/our son's/daughter's transportation from school after practice or competition.

\_\_\_\_\_  
Parents Signature Date

Emergency Contact: \_\_\_\_\_

Emergency Phone Number: \_\_\_\_\_

# Greek American Institute Fashion Show 2019



To facilitate donations to our annual Fashion Show and Silent Auction, we have created an Amazon Wishlist. For those families and friends of our school community who wish to donate an item to our fundraiser, please follow these steps:

- Go to [www.amazon.com](http://www.amazon.com).
- Hover over the words "Accounts and Lists" found in the upper right-hand corner of the home screen. If you are logged into Amazon, this is located under the words "Hello, (your name)."
- Click on the option that says "Find a List or Registry"
- In the search bar that appears, type in Greek American Institute.
- Click on the wishlist for "Greek American Institute Wish List 2019."

At this point, you will see a list of items that have been added to our Fashion Show Wish List. Once you have found an item that you wish to donate, please add that item to your cart. Then, follow these steps:

- Click on your shopping cart.
- Check the box that says "This shipment contains a gift." This is in the upper right-hand side of the page, beneath the "Subtotal" for your cart. This step ensures that you will be able to indicate who has made the donation to our fundraiser.
- Click "Proceed to Checkout"
- Scroll to #2 "Gift Options" and click on it.
- There will box next to the item or items labeled "Gift Message" in which you can add a message to the recipient. **IN THIS BOX, PLEASE WRITE "DONATED BY THE (YOUR NAME) FAMILY" OR "DONATED BY (NAME OR ORGANIZATION NAME)".** This ensures that your donation will be recorded and registered in our Fashion Show program.
- Finish checking out by completing payment information and following instructions on screen.

In the event that you forget to include the gift message, please send an email to Tina Catania ([tinalamb1110@gmail.com](mailto:tinalamb1110@gmail.com)) or ([gaiptofashionshow@gmail.com](mailto:gaiptofashionshow@gmail.com)) and indicate the name of the gift that you have donated.

**WE THANK YOU FOR YOUR GENEROSITY AND CONTINUED SUPPORT OF OUR SCHOOL!**



# DOMINICAN ACADEMY

*Where Smart Girls Become Intelligent Women*

## JOIN US FOR OUR SNEAK PEEK OPEN HOUSE FOR 7<sup>TH</sup> GRADERS

**MAY 9, 2019 ~ 4:30-6:30 PM**

**44 EAST 68<sup>TH</sup> STREET IN MANHATTAN**

*Learn what makes D.A. the **only** All-Honors high school for girls in New York State, and one of the Top 50 Catholic high schools in the U.S.A.!*

*35+ Clubs ~ 7 Varsity Teams ~ 25+ Electives  
17 A.P.s offered ~ 8:1 Student Teacher Ratio*

R.S.V.P. on our website, or contact Ms. Madeleine Metzler, '07,  
Director of Admissions, at [mmetzler@dominicanacademy.org](mailto:mmetzler@dominicanacademy.org)  
or by calling 212-744-0195, ext. 131.

[www.DominicanAcademy.org](http://www.DominicanAcademy.org) ~ IG: @DominicanAcademy



# MARCH 2019 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Grilled cheese on whole wheat bread, broccoli, vegetarian beans. Mix fruit, choc., fat free & 1% low fat milk
4 <b>Snow Day</b>	5 Chicken fajita, whole wheat pita bread, Rom. lettuce and tomatoes, sliced carrots. Diced pear, choc., fat free & 1% low fat milk	6 Whole wheat grain pasta, w/red sauce, grated cheese, lettuce and tomatoes, beets. Mix fruit, choc., fat free & 1% low fat milk	7 Meatballs w/mashed potatoes, beets, mix vegetables, whole wheat bread, sliced carrots, green beans. Pears diced, choc., fat free & 1% low fat milk	8 Waffles, eggs, syrup, Sliced carrots. Apple sauce, choc., fat free & 1% low fat milk
11 Peanut butter and jelly, vegetable soup. Pear diced, choc., fat free & 1% low fat milk	12 Whole wheat grain spaghetti, w/red sauce, whole wheat bread, green beans. Mix fruit, choc., fat free & 1% low fat milk	13 Grilled cheese on whole wheat bread, Rom. lettuce and tomatoes. Diced pear, choc., fat free & 1% low fat milk	14 Veggie burgers on whole wheat bun, broccoli, baby carrots. Apple sauce, choc., fat free & 1% low fat milk	15 Whole wheat waffles, eggs, syrup, Sliced carrots. Diced peach, choc., fat free & 1% low fat milk
18 Beef burger on whole wheat bun, ketchup, Rom. let. & tomatoes, ketchup, baby carrots Peach diced, choc., fat free & 1% low fat milk	19 Roast chicken w/whole wheat rice. Beets, green beans. Peach diced, Choc., fat free & 1% milk	20 Macaroni and cheese, broccoli, sliced carrots. Pear diced, choc., fat free & 1% milk	21 Ham sandwich on a whole wheat roll, Rom. lettuce and tomatoes, corn and beets. Apple sauce, choc., fat free & 1% low fat milk	22 <b>School Closed</b>
25 <b>School Closed</b>	26 Turkey Taco filling, Taco shells, Rom. lettuce & tom., baby carrots. Peach Fruit, choc., fat free & 1% low fat milk	27 Fish sticks w/oven French Fries, ketchup, sliced carrots. Apple sauce, choc., fat free & 1% low fat milk	28 Chicken fajita, whole wheat pita bread, Rom. lettuce and tomatoes, vegetarian beans. Mix fruit, choc., fat free & 1% low fat milk	29 Bagels with cream cheese. Apple sauce, choc., fat free & 1% low fat milk

\*Local School Wellness Policy is available on our website and more information is available on [cdc.gov](http://cdc.gov)  
\*CHEESE SANDWICH IS AVAILABLE AS AN ALTERNATIVE.

# 3 techniques to help kids concentrate

Classrooms are now vastly different from the ones today's parents were accustomed to when they were children. Technology has changed the face of classrooms, and while digital classrooms have revolutionized the ways kids learn, they also can make it more difficult for students to concentrate.

Computers, tablets and smartphones can be invaluable resources for teachers and students. But when such devices compromise student's ability to concentrate, parents may need to embrace various techniques aimed at improving kids' ability to concentrate.

## 1. Discourage personal devices in the classroom.

Computers and tablets can expand learning opportunities in the classroom, but parents who want their kids to focus on lessons can discourage the use of personal devices, such as smartphones or personal tablets, in the classroom. As noted by the Child Mind® Institute, apps and web content are designed to be user-friendly and addictive. In addition, modern youngsters socialize through their smartphones. Alerts or messages from social media apps or friends can distract kids from their lessons, which may adversely affect their academic performance. Unless teachers ask students to bring their personal devices to class, parents can discourage, if not restrict, their children to bring their smartphones or tablets with them to class.

## 2. Limit multitasking.

A 2009 study from researchers at Stanford University found that heavy media multitaskers were more suscep-

tible to interference from irrelevant environmental stimuli and from irrelevant representations in memory than light media multitaskers. Students who try to do too much at once may think they're getting a lot done, but dividing their attention among several subjects may make it harder for them to fully understand or learn their class lessons. When studying, students who concentrate on one subject or task may understand materials more fluently than those who divide their attention among subjects or those who focus on studying while also performing other tasks.

## 3. Encourage strategic breaks.

The Academic Success Center at Oregon State University notes that taking breaks can improve concentration and make studying more efficient and effective. When taking study breaks, students should set time limits on their breaks and change their scenery. Walking away from a book, device or computer screen for 10 minutes can help students avoid fatigue that can develop when they study for too long without a break. That fatigue can affect students' ability to absorb the lessons they're trying to learn, so parents can encourage students to take strategic breaks. Once per hour might be enough, but some students may benefit from more frequent breaks.

The competition for kids attention in the classroom is greater than ever before. As a result, parents may need to encourage their children to embrace various strategies that can improve their concentration.