



## Monthly Bulletin

November 2007

**Dr. Patrick Michel**  
Superintendent of Schools

[www.monticelloschools.net](http://www.monticelloschools.net)

### From the desk of the Superintendent

Monticello Central School District has NOT had any reported cases of the antibiotic-resistant staphylococcus infection (MRSA) commonly known as a **Staph Infection**, though there have been some reported cases in other parts of our region. This letter is to help keep you informed about the situation.

While most cases have appeared in student athletes, **all students** should take the following precautions to avoid infection. These are suggestions from the Center for Disease Control (CDC).

- 1. Practice good personal hygiene (e.g., keep your hands clean by washing with soap and water or using an alcohol-based hand sanitizer and showering immediately after participating in exercise);**
- 2. Cover skin trauma such as abrasions or cuts with a clean dry bandage until healed;**
- 3. Avoid sharing personal items, such as towels, clothing, soap, razors, etc., that come into contact with your bare skin;**
- 4. Use a barrier (e.g., clothing or a towel) between your skin and shared equipment such as weight-training benches.**

MRSA infections usually begin with a skin infection, and can become serious or fatal if left untreated. If students notice any skin infection, such as pimples, pustules or boils, which are abnormally red, painful or have drainage, please have them checked by your family doctor.

If you have any questions, please do not hesitate to contact the Sullivan County Health Department or your child's school nurse. For more information, visit the CDC web site at [www.cdc.gov/Features/MRSAinSchools/](http://www.cdc.gov/Features/MRSAinSchools/) or the New York State Health Department web site at [www.nyhealth.gov/diseases](http://www.nyhealth.gov/diseases).

**Message from school nurse, Pamela Shimer:** Physicals will be given at Cooke and Chase Elementary Schools beginning in November. If you have not already done so, please notify the nurse's office if your child is having a private physical. **Cooke: 794-8830 Ext. 5, Chase: 888-2471 Ext. 5**

### Firehouse Chats providing open forum for important discussions

In an effort to continue the vibrant dialogue among school administrators, parents and the general public, and to keep the community informed about plans for the future, Superintendent of Schools Dr. Patrick Michel began his Firehouse Chats in Monticello and Rock Hill. The chats allow for community members to ask questions, make comments, and express their concerns and opinions directly to top school officials. It also allows district administrators to discuss the school budget with the community in an open and relaxed environment.

**Everyone is welcome and encouraged to attend.** The following are the dates for the next scheduled chats:

**Kauneonga Lake Fire House: Thursday, Nov. 8, 7 p.m.**

**Forestburgh Fire House: Thursday, Nov. 29, 7 p.m.**

## QuickCLIPS

### Important Dates

#### TUESDAY, NOVEMBER 6:

- Conference Day - NO SCHOOL
- Election Day

#### MONDAY, NOVEMBER 12:

- Veteran's Day - NO SCHOOL

#### FRIDAY, NOVEMBER 16:

- Conference Day - Middle & Elementary Schools only - NO SCHOOL

#### THURSDAY & FRIDAY, NOVEMBER 22 & 23:

- Thanksgiving - NO SCHOOL

#### THURSDAY, NOVEMBER 29:

- High School Parent Conference Night

#### FRIDAY, NOVEMBER 30:

- Conference Day - High School only - NO SCHOOL

**FYI:** The Boys & Girls Clubs of Sullivan County will host **Open Gym 3-on-3 Basketball**, Wednesday and Friday nights, 6:30-8:30 p.m. at the St. John Street Center. Kimberly Fore from Maternal Infant Service Network will help run the games with Boys & Girls Club staff. **All are welcome.** For more information, call 361-2222.

**YMCA Youth/Adult Yoga** classes are scheduled to begin Tuesday, Nov. 6, at Monticello High School in Room 109. Classes will meet every Tuesday and Saturday for six weeks. The cost of the class is \$65. Every participant will receive a free yoga mat. To register, call Ross Micelli at 845-344-9622, ext. 246.

**Monticello Parks & Rec Interdisciplinary Yoga** with Miss Linda, 6:30-8 p.m. Thursdays, at the Ted Stroebele Recreation Center. The class will include a variety of yoga experiences. Must be 14 years or older. Beginners welcome! \$10 per class. Please bring a mat. For more information contact Betsy at 794-2351.

## New YMCA Wellness Center at high school...so dust off those sneakers!

It's here, the new Monticello YMCA Wellness Center, and it's housed on the second floor of Monticello High School. The center features a variety of cardio and weightlifting equipment, as well as programs in physical fitness, recreational activities and youth sports. Anyone who joins the Monticello Wellness Center will have the option of having a dual membership with the Middletown YMCA, which will allow them full use of that facility as well.

The following is the fee schedule and hours of operation for the Wellness Center:

- Monday-Friday: 4-10 p.m., Saturday: 8 a.m.-6 p.m., Sunday: 8 a.m.-5 p.m.
- Must be at least 13 years of age
- Adults \$22 a month or \$264 yearly
- Family \$35 a month or \$420 yearly
- Senior Citizen \$20 a month or \$240 yearly
- College Student \$16 a month or \$192 yearly
- Teens \$75 yearly
- Free membership for all Monticello High School students grades 9-12, with school ID
- An additional \$25 building fee is required at registration (except for teens & full-time college students).
- Groups of 25 or more are eligible for a 10% discount off their membership dues

For more information about membership, call Ross Micelli at 845-344-9622, ext. 246.