

Mount Sinai **Mirror**

SUMMER 2023

UNION FREE SCHOOL DISTRICT

Reflections From Our Schools

www.mtsinci.k12.ny.us

ELEMENTARY SCHOOL

Athletes Helping Athletes field day is a culminating activity where the athletes get to model many of the traits they teach during the program. Good sportsmanship is a key trait for a student athlete to have, and the high school students do an amazing job during field day to model such an important trait. Some of the activities the students participated in were kickball, basketball, face painting, and basketball. After the activities they enjoyed pizza, ices and a movie together. The fourth graders will remember this very special day for many years to come!



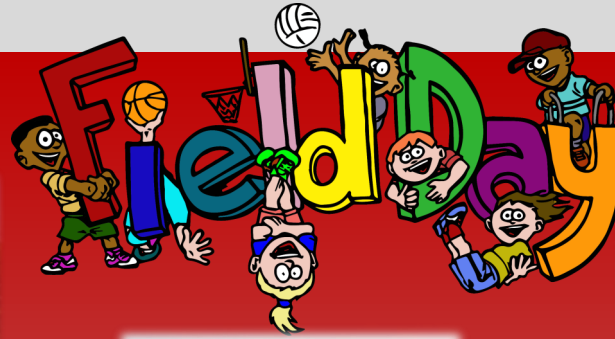
AHA



4TH grade carnival

The PTO sponsored our 2nd Annual 4th Grade Carnival on June 13th. The principal, as well as Mr. Iannacchino and Mr. Walsh, were put in a dunk tank as students also played on inflatables and ate snacks provided by the PTO.





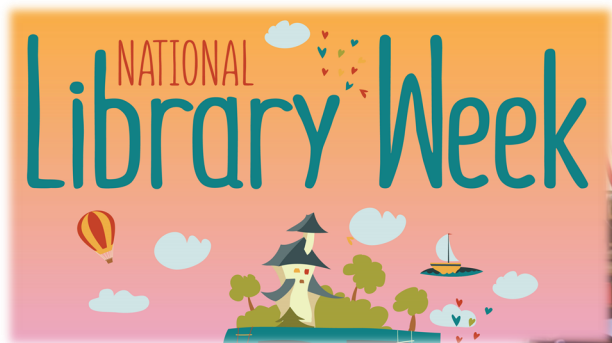
On May 30th our school held our Field Day for all students outside on the field. Each grade played a variety of games and activities and all parents were invited to watch as our PTO and Booster Club provided snacks and ices.



Drawing with Ms. Poerio's Class



Mrs. Poerio's class took advantage of the beautiful weather to decorate our sidewalk for "Drawing" day as part of the ABC Countdown.



Mt. Sinai's Library Week was observed April 24th to April 28th and students in K through 4th grade were invited to participate and enter an original bookmark contest based on the theme "Welcome to Your Library". Three winners from each grade level were chosen.



On May 23 2023, Rich Specht and his company ReesSpecht Life held two assemblies for our students about the importance of treating each other with respect. The students and teachers were given cards to distribute when someone was being kind and treating others with respect.



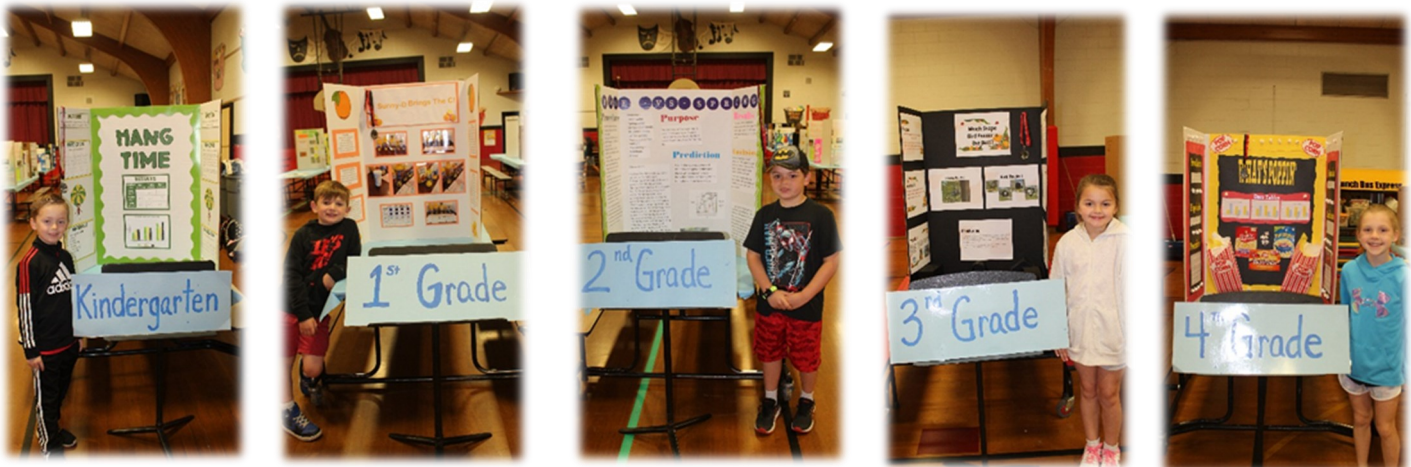
ELEMENTARY SCHOOL

This spring third graders visited Outdoor Education Lab located at Caleb Smith State Park Preserve. During their visit to the learning lab students learned about birds. They played beak simulation games, studied feathers, observed birds and dissected owl pellets. The children also took a mile and a half hike through the nature preserve. The third grade has been involved with the BOCES Outdoor Education Program for more than 20 years, learning outdoors in nature's classroom.



Students in Kindergarten through 4th Grade participated in our annual Science Fair. The projects were judged and a winner was chosen from each grade. These were optional projects that these students completed independently and on their own and we appreciate all of your hard work!

Winners: Matthew Johnson, Luke Sears, Jake Lamitola, Charlotte Stano and Lily Pitka

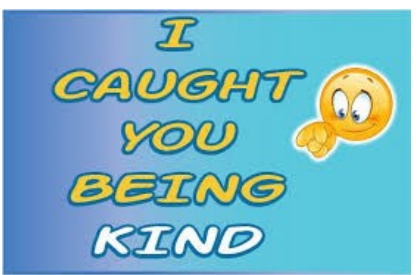


Immigration Day

On Friday, June 16th, the 4th Grade held their annual Immigration Day. The students dressed up in historically accurate costumes to depict their families' arrival in America. The students also created passports and took a citizenship oath to reenact the immigration experience of their relatives.



March



April



May



Artist

March, April and May



Rachel Ragosta



Yinglin Chi



Jeffery Taveras



Musician

March, April and May



Gabriel Martinez



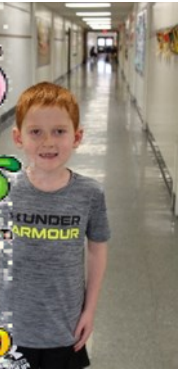
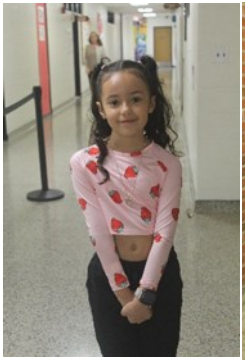
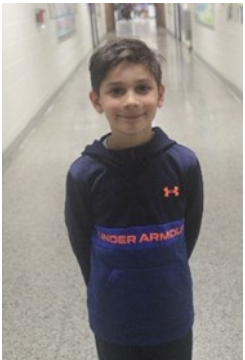
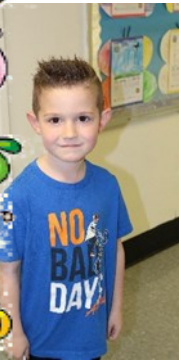
Severin Stana



Lily Pitka

Readers

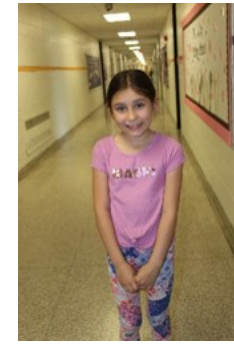
March, April and May



www.kidsintheun.com

Writers

March, April and May



www.kidshaven.com

MIDDLE SCHOOL



It is Rocket time again for 6th Graders here at the Middle School. The students worked diligently assembling and decorating his or her rocket and gaining a basic understanding as to how the rocket can fly through the air. Thanks to very little wind, our rockets are flying high and straight up. Students also were able to estimate about how high the rocket traveled with a little help with trigonometry and a simple tool known as a clinometer. The clinometer will give us an angle, that angle is used to find the tangent. We will then multiple the tangent and 100ft, the distance the clinometer is from the launch pad. This will give students a rough estimate on how high their rocket traveled.



Sophie Schuler



Kieran Smith



Student Council hosted their 3rd Annual Ice Bucket Challenge to raise money for ALS Ride for Life. Over \$300 was raised! Thank you to all the teachers who volunteered to be iced. Can't wait for next year!

ALS ICE BUCKET CHALLENGE



Mr Garvey



Eli Recupero 5th grade,
Mr. Garvey, and
Sydeny Godden 5th



TAKE THE CHALLENGE, DONATE AND HELP CREATE A WORLD WITHOUT ALS!
#ICEBUCKETCHALLENGE



Great time had by all 8th graders at the graduation dance held on June 21, 2023. Music by our very own DJ Tappin, and food from Tuscany Market. Thank you to everyone, especially the custodial staff, to help prepare for the dance!



STUDENT AND CITIZEN RECOGNITION

APRIL

William Negus	Grade 5	5
Humza Usman	Grade 5	5
Sienna Oldis	Grade 6	6
Cole Hanauer	Grade 6	6
Genevieve Miller	Art	7
Addisyn Romelien	English Language Arts	8
Gavin Hertz	LOTE	7
Madison Kelly	Math	7
Jasmine Stana	Music	6
Addison Chartrand	Physical Education/Health	5
Craig Hall	Science	8
Sophia Grimaldi	Social Studies	8
Charolette DeMouth	F&CS	7
Sydney Godden	Reader of the Month – Gr. 5	5
Michael Stano	Reader of the Month – Gr. 5	5
EJ Grimaldi	Reader of the Month – Gr. 6	6
Efe Pala	Reader of the Month – Gr. 6	6
Sofia Perez	Reader of the Month – Gr. 7	7
Annie Clark	Reader of the Month – Gr. 8	8
Alek Kayran	Writer of the Month – Gr. 5	5
Julianna Ortolani	Writer of the Month – Gr. 5	5
Emma Brock	Writer of the Month – Gr. 6	6
Evangeline Carmody	Writer of the Month – Gr. 6	6
Antonella Osso	Writer of the Month – Gr. 7	7
Cristian Titone	Writer of the Month – Gr. 8	8



Connor Nicholas &
Jackson Rannazzisi

8



STUDENT AND CITIZEN RECOGNITION

MAY

Katie Bistany	Grade 5	5
Nico Vardaro	Grade 5	5
Asher Sabia	Grade 6	6
Connor McLaughlin	Grade 6	6
Sophia Ramirez	Art	5
Andrew Cardone	English Language Arts	7
Kyleigh Hertz	LOTE	8
Mia Dominguez	Math	7
Lilianna West	Music	8
Alex Brennan	Physical Education	6
Lyla Giarrizzo	Science	8
Bella Falco	Social Studies	8
Cali Gabrielson	Technology	7
Paul Ortolani	Reader of the Month – Gr. 5	5
Mark Ayala	Reader of the Month – Gr. 5	5
Jacob Szczepanik	Reader of the Month – Gr. 6	6
Julianne Oakes	Reader of the Month – Gr. 6	6
Emily Hugh	Reader of the Month – Gr. 7	7
Maiya Staudt	Reader of the Month – Gr. 8	8
Noah DiGiglio	Writer of the Month – Gr. 5	5
Kayleigh Hnat	Writer of the Month – Gr. 5	5
John Frank	Writer of the Month – Gr. 6	6
Bryce Pancir	Writer of the Month – Gr. 6	6
Charolette Laraque	Writer of the Month – Gr. 7	7
Simra Azim	Writer of the Month – Gr. 8	8



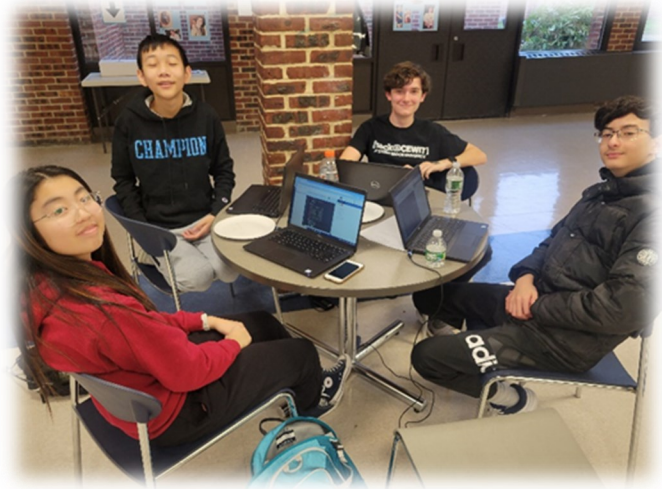
Jacob Gross & Dylan Zahra 7

Adriana Genovese, Ella Wesnofske, Kayleigh Hnat, Alora Kearney, Elizabeth Mazzara, & Aaliyah Rossi 5



HIGH SCHOOL

KEEP
CALM
AND
JOIN COMPUTER
CLUB



Sophia Chen, Luke Zhang, Brady Riegel, Victor Frank



Jack Peirano, Kyle Clark, Jake Figueiredo, Julian Gunnell

Mount Sinai's computer club members participated in the Roslyn High School Code Overload competition. Students attended workshops on hardware (Arduino), software (Unity), and future technology (AI). Students worked on their own projects inspired by these topics, and our student Victor Frank (9th) won the award for "Best Software."

Photography 2

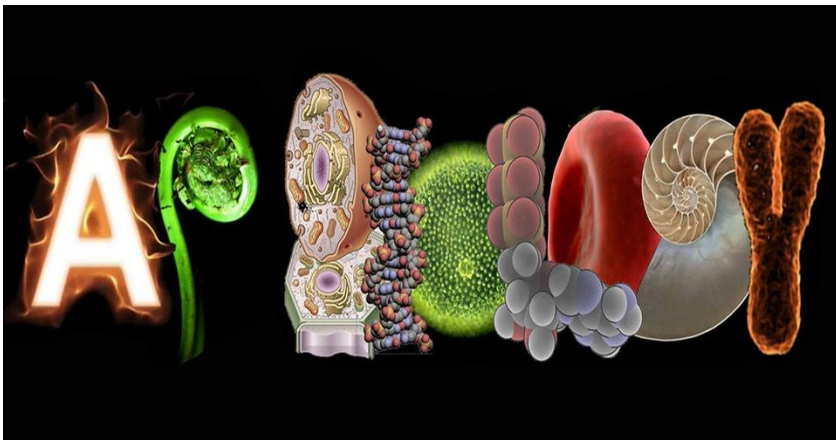


Students in Ms. McGrath's Photography 2 class were busy learning how to create a stop motion film and choosing from a variety of different stop motion techniques to use - claymation (clay), object (inanimate objects), cut-out (construction paper or cloth) and pixelation (live actors).

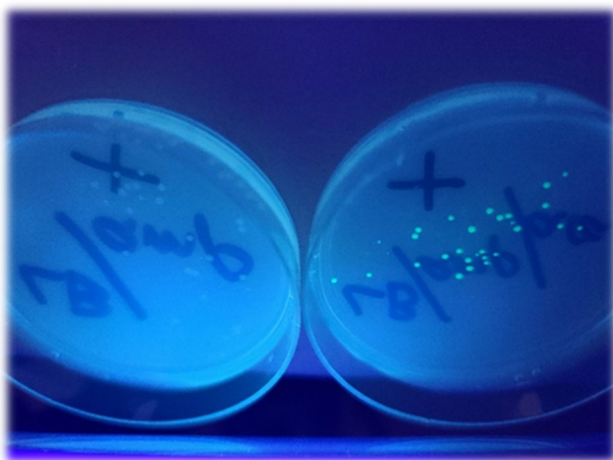
Students developed the plot, created the set and used the school cameras with a tripod to capture the images. iMovie was used to edit the frames, incorporate transitions and even add sound effects. At the conclusion of the project, the films will be roughly 30 seconds long with students having photographed about 300-400 frames. Our "world" premiere will be the last day of school on June 9th.



HIGH SCHOOL



In March, Mrs. Taheny's AP Biology class conducted a successful genetic engineering experiment. Students inserted DNA extracted from a jellyfish into bacterial cells that they had grown in a dish. The DNA fragment included the gene which encodes Green Fluorescent Protein, the molecule which grants jellyfish their characteristic bioluminescence. Through investigations, they then discovered the environmental conditions that would trigger the bacteria to express this protein, resulting in bacterial cells that were able to glow under UV light!



The High School Mathletes completed another highly successful season this school-year. The team competed in 5 separate meets against 50 other High Schools on Long Island. Overall, the team came in 4th place! Congratulations to all!!

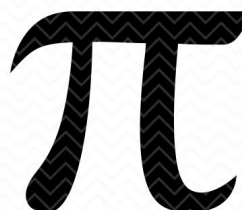


STUDENT MATHLETES

Front Row: Erika Lo, Thanvika Palukuri, Kate Rubino, Rachel Schneider.

Second Row: Alex Fares, Daniel Han, Corey Wong, Mr. Izzo (advisor).

Back Row: Anna Fedotov, Sofia Alfenito, Alan Zheng, Chris Vaccaro, Zach Pfeffer.





Mount Sinai 2nd Annual District Wide Art Show

Incredible efforts and talents by all. This evening is not only a culmination of the year of creative endeavors, but an impressive unfolding of dedication and spirit. Thank you for all your support!

HIGH SCHOOL

TALENT SHOW

For the first time post-Covid, MSHS students showcased their performance talents at the High School Variety Show. Performances included acoustic and piano performances, a comedian, dancers, a traditional Guzheng performance, a guitar/saxophone duet, and two full rock bands. Senior Masters of Ceremony Luke Newby, Mason Insalaco, and Mike Flamme provided humorous transitions between acts throughout the night. The show closed with two songs from the teacher band – “The Gradekeepers.” Everyone is already looking forward to next year!



HIGH SCHOOL

STUDENTS OF THE MONTH

March 2023



April 2023



STUDENT NAME	SUBJECT	GRADE
Amanda Audia	Art	12
Derek Menechino	Business	12
Sophia Chen	Computer Science	9
Enzo Barranca	English	11
Aphelion Francis-Diaz	Family and Consumer Science	10
Keira Weitz	Foreign Language	10
Jake Delaney	Math	9
Thanvika Palukuri	Music	11
Bhavneet Ghumman	Physical Education	10
Nicholas Wei	Science	10
Noah Sulpizio	Social Studies	11
Julian Gunnell	Technology	11

STUDENT NAME	SUBJECT	GRADE
Mikayla Negus	Art	11
Colin Rooney	Business	12
Anna Rossman	Computer Science	11
Christos Langis	English	12
Alyssa Bradley	Family and Consumer Science	11
Kathryn Rubino	Foreign Language	12
Jayvein Stevens	Health	11
Kiara De La Cruz	Math	10
Isabella Padilla	Music	10
Gabriel Perez	Physical Education	12
Abigail Ryan	Science	11
Shane Wells	Social Studies	9
Payton Carmody	Technology	10

May 2023

STUDENT NAME	SUBJECT	GRADE
Matteo Spotorno	Art	12
Jacqueline Flannery	Business	12
Thomas Frycek	Citizenship	12
Christopher Batuyios	Citizenship	12
Sofia Alfenito	Computer Science	10
Jacob Regateiro	English	11
Alexa Halley	Family and Consumer Science	11
Evelyn Miller	Foreign Language	9
Jacob Schneider	Math	11
Orlando DiDesidero	Music	10
Ralph Passantino	Physical Education	10
Anna Fedotov	Science	11
Tyler Izzo	Social Studies	9
Jason DiGiglio	Technology	9





MOUNT SINAI ATHLETICS

2022-2023

2022-2023 FALL LEAGUE

AWARDS

Varsity Girls Soccer

Mia Betancourt – All League
Alexa Grecco – All League
Sarah Merlo – All League
Taylor Pedra – All County

Varsity Boys Soccer

Michael Maire – All Conference
Ryan Romero – All League
Matteo Del Poeta – All County Academic

Varsity Girls Cross Country

Cali Gabrielson – All League, All County, All Division, 29th in State
Paige Sheffele- All League ,All Division, All County ,44th in Federation, 24th in State
Carli Sheffele – All League , All Division,

Varsity Boys Golf

Christian Colantonio – All League, All County, Final Day Qualifier
Nicholas Jaferis- All League, County Qualifier
Cole Marsala – All League, County Qualifier
Corey Wong – All League, Academic All League , County Qualifier, Conference Tournament Top 10

Varsity Girls Tennis

Anna Fedotov – All League
Sofia Perez – All County
Anna Rossman – All League
Carrie Wang – All County
Gita Ramakrishnan - Sportsmanship

Varsity Football

Jake Spallina - All Division 1st Team
Brett Spallina – All Division 2nd Team
Jaden Rotella- All County
Shea Mullahey – All Division 1st Team
Alden Barton – All Division 2nd Team
James Millen – All Division 1st Team
Zachary Molomo – All Division 1st Team
Mark Schreiber – All Division 2nd Team

Varsity Volleyball

Kyleigh Hertz – All League
Sara Flobeck – All League

Varsity Boys Cross Country

Liam Metzler – All League, All Division

2022-2023 FALL MVP/COACHES AWARD

VARSIY BOYS SOCCER

Arda Dincer – MVP
Ronaldo Vazquez Leal– Coaches Award
Erk Yucel – Mustang Award

VARSIY GIRLS SOCCER

Phoenix Clarke - MVP
Madison Dasilva- Mustang Award
Rachel Schneider – Coaches Award

VARSIY FOOTBALL

Jaden Rotella– MVP
Christos Langis – Mustang Award
Shea Mullahey – Coaches Award

VARSIY VOLLEYBALL

Kyleigh Hertz – MVP
Megan O’Hanlon – Coaches Award
Payton Anderson– Mustang Award

VARSIY BOYS GOLF

Christian Colantonio – MVP
Corey Wong– Coaches Award
Nicholas Jaferis – Mustang Award

VARSIY GIRLS CROSS COUNTRY

Cali Gabrielson- MVP
Carli Sheffele –Mustang Award
Paige Sheffele – MVP
Hannah Strom – Mustang Award

Varsity Cross Country Boys

Conrad DePinto – Coaches Award
Sean Erdmann – Mustang Award
Owen Hart – Mustang Award
Liam Metzler - MVP

Varsity Girls Tennis

Anna Fedotov – MVP
Gita Ramakrishnan – Coaches Award
Grace King-Toomey – Mustang Award

ATHLETICS

2022-2023 WINTER ALL LEAGUE AWARDS

Varsity Girls Basketball

Mia Betancourt – All League
Alexa Cergol – Rookie of the Year
Kyla Orlando – All League
Mattie Lavieri – Unsung Hero
Daniella Sofia – Academic All County
Brielle Williams – All League

Varsity Girls Winter Track

Ava Archila – All League
Kassia Bono – All League
Cameron Campo – All League
Madison DaSilva – All League
Cali Gabrielson – All League
Kelly Hughes – All League
Taylor Pedra – All League
Carli Sheiffele – All League
Paige Sheiffele – All League

Varsity Boys Winter Track

Zekey Huang – MVP
Jess Augustine – Coaches Award
Nathaniel McNally – Mustang Award

Varsity Girls Winter Track

Kelly Hughes– MVP
Taylor Pedra - MVP
Cali Gabrielson– Coaches Award
Paige Sheiffele– Coaches Award
Carli Sheiffele- Mustang Award

Varsity Boys Basketball

Drew Feinstein–All League, All Division, All County, All Tournament Team
Thomas Frycek – All League
Dominic Pennzello- All League , All Division
Derrek Shechter – League 4 Unsung Hero, All Tournament Team
Shea Mullahey – Academic All League

Varsity Wrestling

Brayden Fahrbach- All County, All State,
Antonio Faldetta – All County
Derek Menechino – All County
John Bracken – All County
Tristan Bausenwein -All County
Nicholas Reilly – All County
Matthew Cuccinello –All County

2022-2023 WINTER MVP/ COACHES AWARD

Varsity Boys Basketball

Drew Feinstein – MVP
Thomas Frycek – Coaches Award
Christopher Paz – Mustang Award

Varsity Cheerleading –Winter

Rosalie Eletto – Coaches Award
Deanna Pesce – Mustangs Award
Hailey Loddigs – MVP

Varsity Cheerleading

Elizabeth Fusco – Academic All County
Alana Fragoletti – All county
Ashley Kandell – All County
Brooke Napolitano- All County
Rosalie Calamas – All Division
Ava Furbush – All Division

Varsity Boys Winter Track

Logan Korakis – All League
Wyatt Tegay – All League
Erik Metzler – All League
Jess Augustine – All League
Nathaniel McNally – All League
Tyler Zahra – All League
Zekey Huang – All League, All County, Academic All County, All State
Lucas Code – All League
Liam Metzler – All League
Timofey Kayran – All League
Nicholas Wei – All League

Varsity Wrestling

Brayden Fahrbach- MVP
Derek Menechino – Coaches Award

Varsity Girls Basketball

Mia Betancourt – MVP
Daniella Sofia – Coaches Award
Brielle Williams – Mustang Award

ATHLETICS



Varsity Baseball

Christopher Batuyios – All League
Nate Castro – All League, All Academic
Benjamin Franquiz – All League, All County

Varsity Softball

Alexandria Audia – All League
Amanda Audia- All County
Josephina Alfano – All County
Alexa Halley – All League
Jacqueline Flannery – All Division
Daniella Sofia – All County, Player of the Year
League 8

Varsity Boys Tennis

Luke Ritchie – All County
Corey Wong- All County

Varsity Girls Spring Track

Ava Archila – All League, All County
Kassia Bono – All League, State Qualifier
Cameron Campo- All League, All Sectional, State Qualifier
Madison DaSilva – All League, All Sectional, State Qualifier
Anna Fedotov – All League
Cali Gabrielson – All League, All County, State Qualifier
Kelly Hughes – All League, All County, All Sectional, State Qualifier
Taylor Pedra – All League, All County, All Sectional, State Qualifier
Ashley Sankey – All League
Carli Sheiffele – All League, All County, All Sectional, State Qualifier
Paige Sheiffele – All League, All County, All Sectional, State Qualifier, All State
Hannah Strom – All League, All County, State Qualifier

Varsity Boys Spring Track

Jess Joe Augustine – All League, All County, All State
Lucas Code – All League, All County

2022-2023 SPRING MVP/ COACHES AWARD

Varsity Baseball

Benjamin Franquiz – MVP
Nate Castro – MVP
Derek Menechino – MVP

Varsity Softball

Jackie Flannery – Coaches Award
Amanda Audia– Mustang Award
Daniella Sofia – MVP

Varsity Girls Spring Track

Kelly Hughes – MVP
Paige Sheiffele - MVP
Madison DaSilva – Mustang Award
Aria Reilly- Mustang Award

Varsity Boys Spring Track

Jess Joe Augustine – MVP
Austin Lally– Coaches Award
Thomas Frycek – Mustang Award

Varsity Boys Lacrosse

Christian Colantonio – All County
Nicholas Jaferis – All County
Lucas LaForge – All County
Cole Marsala -Honorable Mention All American
Shea Mullahey – Honorable Mention All County, Academic All American
Brett Spallina – Honorable Mention All County
Jake Spallina – All American, Face Off Specialist of the year
Brayden Wilcken – All County, Goalie of the year, Academic All American

Varsity Girls Lacrosse

Alexa Spallina – All County, All American
Kayli Carannante– All Division
Taylor Cline – All County Honorable Mention
Lea Flobeck – All County
Sara Flobeck– All County Honorable Mention
Abigail Sabella – All Division
Peyton Choma – All Division

Varsity Boys Tennis

Corey Wong – MVP
Luke Ritchie – Coaches Award

Varsity Girls Lacrosse

Sara Flobeck– MVP
Cassidy Millen – Coaches Award
Sarah Blandi – Mustang Award



**CONGRATULATIONS
VARSITY BOYS LACROSSE**

**REGULAR SEASON UNDEFEATED DIVISION II -
CLASS C CHAMPIONS**

**CONGRATULATIONS
JESS AUGUSTINE**





**CONGRATULATIONS VARSITY BOYS TRACK
2023 LEAGUE CHAMPIONS
2023 SUFFOLK COUNTY CHAMPIONS**

CONGRATULATIONS

2023

VARSITY GIRLS SPRING TRACK

UNDEFEATED LEAGUE VII CHAMPIONS

UNDEFEATED SUFFOLK COUNTY CLASS C CHAMPIONS



CONGRATULATIONS DELLECAVE AWARD NOMINEES

DANIELLA SOFIA & JAKE SPALLINA



**CONGRATULATIONS
SHEA MULLAHEY
winner of the
NYS Athletic Administrators Association -**



Congratulations

Bill Dwyer

Suffolk County League 7 Girls Spring Track Coach of the Year!



MOUNT SINAI *Booster Club*



CONGRATULATIONS TO THE FOLLOWING BOOSTER CLUB SCHOLARSHIP WINNERS!

Exceptional Athlete

Daniella Sofia

Shea Mullahey

Robert M. Grable Memorial

Brayden Wilcken

Dayton Anderson

Scholar Athlete

Lily Rubenstein

Corey Wong

Gold Key

Trey Rodriguez

Nathaniel McNally

ATHLETICS

The following practices and/or try-outs will begin for the following fall sports on the dates and times listed below are tentative and pending directives from New York State for the 2023—2024 school year.

High School - Grades 9-12

<u>Date</u>	<u>Team</u>	<u>Time</u>
Friday, August 18 th	Varsity Football equipment handout	9:00 a.m.
	J.V. Football equipment handout	10:00 a.m.
Monday, August 21 st 8:00am	<i>Varsity and J.V. Football</i>	
	<i>Varsity and J.V. Boys Soccer</i>	
	<i>Varsity and J.V. Girls Soccer</i>	
	<i>Varsity Tennis</i>	
	<i>Varsity Boys & Girls X-Country</i>	
	<i>Varsity Golf</i>	
	<i>Varsity and J.V. Girls Volleyball</i>	
	<i>Varsity & J.V. Cheerleading</i>	

Middle School - Grades 7 and 8

1st day of school; Thursday, September 7th meetings immediately after school, announcements will be made regarding location:

Boys/Girls Soccer
Football
Boys/Girls Cross Country
Girls Tennis
Cheerleading

2023–2024 ATHLETIC STARTING DATES

High School Varsity & J.V.

<i>All Fall Sports</i>	<i>August 21st</i>
<i>Homecoming</i>	<i>September 30^h</i>
<i>Winter</i>	<i>November 13th</i>
<i>Spring</i>	<i>March 11th</i>

Middle School

Fall	September 7 th
Early Winter	November 6 th
Late Winter	January 16 th
Spring	March 25 th

We hope this information will help your child meet his/her athletic goals and be ready when the season starts.

Sincerely,

Scott C. Reh

Parents/Guardians:

We are using Rank One for athletic paperwork/physicals this year. I hope in doing this, it will be more convenient for the parents as well as the coaches. Please see below the step by step instructions on how to ensure your child is eligible to participate in sports this upcoming 2023-2024 school year.

1. Online Forms (www.rankonesport.com)

To access the online forms, select “Proceed to Online Forms” below.

You will then be prompted to create a Parent Account or Continue as Guest to complete the online forms.

<https://mountsinaischooldistrict.rankonesport.com> (PowerPoint instructions online) for instructions on how to create a Parent Account.

In order to complete the forms, you may be asked to provide your student’s ID number and/or Date of Birth along with other demographic information.

If you have any questions, please contact the athletic department.

2. All Athletes must complete the electronic forms to be cleared for sports participation: The required forms are – Athletes Contract, Emergency Contact and Health History. An email confirmation upon the successful submission of each form will be sent directly to you.
3. It will be necessary to provide a hard copy of the Physical Examination form to the Nurse in the school your child attends. Physical examination forms must be dated and signed by a physician. Physicals must be completed after June 1, 2023 for the 2023-2024 school year. All other documents can be completed electronically.
4. Please allow approximately four days for the nurse to clear your child for participation.

GOLD KEY AWARDS 2022-2023

THOMAS FRYCEK
MICHAEL GRAFFEO
JASTEJ GREWAL
RYAN GROSS
ZEKEY HUANG
TIMOFEY KAYRAN
NATHANIEL MCNALLY
ERIK METZLER
SHEA MULLAHEY

The Section XI Gold Key is the highest honor in the section that an athlete can receive for sports participation. It is awarded to student-athletes who letter in eight JV or Varsity seasons in grades 10 through 12