

# WEST CANADA VALLEY HIGHLIGHTS



## MATH & MOVEMENT

Our elementary school has an exciting new addition to our math curriculum called Math and Movement. This program helps students by building fluency and developing math concepts, as well as adding fun into daily math activities. Teachers attended training in the spring and have been taking advantage of the mats with students during our summer program.



# FROM THE DESK OF THE SUPERINTENDENT

**MR. DJ SHEPARDSON**



Welcome Back!

I sincerely hope that everyone has enjoyed the summer. The 2022-2023 school year is rapidly approaching and soon the building will be filled with students and staff ready to begin the educational year at West Canada Valley. As always district staff have been working diligently on curriculum and instruction this summer in order to prepare for the upcoming school year. As a district, we continue to annually review our course offerings to provide the best foundational programming for our students. Our AP and College Now programs continue to grow in enrollment as many of our students are leaving the district with up to a full year of college credit. The district also works alongside our regional support to expand graduation pathway options that meet the needs of all students.

In addition, we are excited that our district will move another step closer to pre-pandemic offerings. With that said, the district has spent a great deal of time this summer reviewing all of our health and safety procedures while making the necessary improvements needed to provide a positive learning environment for everyone in the district. As always, the district will continue to review and seek strategies to maximize opportunities for our students. With summer break coming to a close, the district is looking forward to welcoming back all of our students including the Class of 2023. Please enjoy the remaining weeks of summer as we look forward to seeing you at the many great events this school year.

## **Communication**

The district is always seeking more efficient strategies to communicate with students, parents, and the community. During the past few years we have made improvements to our newsletter, added social media, enhanced our webpage, and implemented phone/text connections to relay announcements and emergency information. In addition, the Parent Portal in our student data system is fully operational along with Parent Square. This will allow parents/guardians consistent access to their child's grades, progress reports, and important announcements.

## **Transportation**

The transportation portion of the newsletter provides information on how you can obtain the pick-up and drop off times for your children. As a reminder, bus loop in the elementary is for buses only. All vehicles must use the drop-off area located in the parking lot. If a vehicle is located in the bus loop you will be asked to immediately move to the designated parking areas. Your cooperation with the traffic pattern is certainly appreciated. In addition, please remember to sign in at the main office once you gain access through the secure entrances located in both the elementary and high school buildings.

## **Parking**

Throughout the school year, we hope you take advantage of the many great events that we have scheduled on campus. For most if not all events, we have enough parking spaces available at the parking lot near the main entrance and in front of the elementary school. Please note; parking in identified fire lanes and on the lawn is prohibited. This will assist the district in maintaining the safety and appearance of the campus for years to come.

## **Ride for Missing Children**

The West Canada Valley Central School District is honored to host the annual Ride for Missing Children on September 28th, 2022. The riders will be coming through our district approximately 12:00 pm and stopping for lunch outside our campus. As we get closer to the date, the district will share information regarding this event through our website and social media. This is a great event for our students and we welcome our entire community to show their support for the riders on this day.

## **Appreciation**

I would again like to thank members of the community for the ongoing support provided to the West Canada Valley School District. The many educational opportunities students have would not be possible without your support. The West Canada Valley School District has a beautiful campus that provides a safe/secure location for the students in this community. As always, the district has many events on the schedule for 2022-2023. I certainly look forward to seeing you during the upcoming school year. Once again, thank you for your support and enjoy the remaining days of summer!

**Mr. DJ Shepardson**  
Superintendent of Schools

# ELEMENTARY SCHOOL NEWS

## LETTER FROM THE PRINCIPAL

Dear Parents and Students,

Welcome back to the 2022-2023 school year! The teachers have been working hard all summer preparing for the opening of school. They are very excited to meet their new students and welcome them to their classrooms. As always, our goal is to work collaboratively with parents, families and community members to create an environment that is safe and enjoyable for all students. Please don't hesitate to call me at 845-6800 with questions or concerns. If you need assistance with school supplies, please contact me directly. All calls and emails will be kept confidential. We look forward to a wonderful and productive school year!

Sincerely,  
Mrs. C. Holmes  
Elementary Principal

## OPENING SCHOOL/MORNING PROGRAM

The first day of school for all students is Tuesday, September 6th. We will begin our Morning Program for K-2 students on Monday, September 12th. This year, we will be allowing visitors to attend Morning Program on Fridays. Parents of students receiving an award will be notified prior to the date the award is given. The theme for this year is *Setting Sail in Morning Program* (S.S.M.P.).

## OPEN HOUSE/TITLE 1 MEETING

Open House will be held on Thursday, September 15th. Open House is an opportunity for parents to meet the teachers and learn about classroom expectations and procedures. Parents and students are welcome to visit classrooms from 6:00 - 7:00 p.m. Our literacy specialists will be providing information on our Title 1 funded intervention plan. The information will provide parents will valuable information regarding our Response to Intervention (RTI) Program. Both of our literacy specialists will be available to answer any questions you may have.

## KINDERGARTEN VISITATION DAY

Parents/guardians of kindergarten students are invited to attend our Kindergarten Visitation Day on Tuesday, September 6th to meet the teacher and learn about our school policies and programs. All parents of registered kindergarten students should have received a letter in the mail with the time you are scheduled to visit the teacher. Students should attend our Visitation Day with their parents. The first full day for all kindergarten students will be Wednesday, September 7th .

## PARENT TEACHER CONFERENCES

Our fall parent teacher conferences will take place on November 21st and 22nd . These dates will be half days for elementary students. Teachers will send out information with the date and time in early November. We appreciate parents taking time to visit and discuss their children's education.

# MIDDLE/HIGH SCHOOL NEWS

## LETTER FROM THE PRINCIPAL

Dear Parents and Students,

I sincerely hope that everyone has enjoyed the summer with their families. I am extremely excited to begin another year as the Middle/High School Principal and can't thank all of you enough for your support and patience over the past several years. We have a number of assemblies planned for the students. Students will again be provided one-to-one Chromebooks this school year. With that being said, I ask that you assist us with preventing damage to Chromebooks.

The district will continue to utilize ParentSquare this year to promote communication between the school and all of you. I would like to thank all of you who have signed up. We will also be implementing StudentSquare as well this year for our seventh through twelfth grade students. Students in seventh and eighth grade will need parental permission to join. There will be a sign-up opportunity at the seventh and eighth grade orientation held on August 25th, as well as an opportunity to provide permission through ParentSquare.

We are also excited about welcoming Ms. Buckley as our new grade 8 ELA teacher and Mrs. Sayers who started as our 7-12 art teacher midway through last school year. Ms. Buckley will be replacing Mrs. Lang who retired from the district. I look forward to seeing all the students on September 6th. Please don't hesitate to call me at (315) 845-6800 with questions or concerns.

Sincerely,  
Glenn M. Broadbent  
Middle School/High School Principal

## 2021-2022 YEARBOOK DISTRIBUTION

2021-2022 Yearbooks will be distributed to students who pre-ordered one on the first day of school. There are still some copies available for sale. They are \$50 each, and checks can be made payable to WCV Yearbook. Yearbooks can be purchased from Mrs. Ackman, Room 5. If you would like one and don't have a student in the building, let me know at [gackman@westcanada.org](mailto:gackman@westcanada.org) and I will put one in the main office for you to pick up.

Additionally, we have a few copies of the 2020-2021 and the 2019-2020 yearbook available for sale. They are \$50 each. If you didn't get a chance to get one back then, this is your chance now. Limited quantities are available.



# MIDDLE/HIGH SCHOOL NEWS



## MAY 2022 STUDENT RECOGNITION

**Jenna Beam** - *Global History & Geography 10, Mr. Sarus* - Jenna is a pleasure to have in class and she has a great sense of humor. I enjoy our daily banter. She has done well all year long. Her assignments are well-prepared. Her tests and quizzes are very good. Jenna communicates effectively and makes class enjoyable. Her participation is appreciated. She demonstrates critical thinking skills and possesses a strong understanding of the topics being presented.

**Olivia Broadbent** - *Spanish 1, Mrs. Kraszewski* - As this school year comes to an end, I want to recognize the student who never stopped giving her very best and going above and beyond on every single task. Her exceptional ongoing effort and achievement throughout the year are admirable. Olivia is an outstanding student. It's been a pleasure having her in class. Congratulations!

**Stella Brown** - *English 9, Ms. Downing* - Stella is a wonderful student. She is eager to participate in discussions and offers some very insightful ideas. She puts so much effort into all the work she does. Stella should be proud of her work this year; she is an excellent role model for others.

**Iain Farber** - *English 10, Ms. Downing* - Iain is a very bright student. He is always engaged during class and brings up excellent points about our books during class discussions. Great job this year, Iain!

**Hallie Fehlhaber** - *Social Studies 8, Mr. Pullman* - Hallie has put forth a tremendous effort in social studies all year. She is a hard worker, and always stays on top of things. Great job, Hallie!

**Ryan Jenkins** - *AP Literature & Composition, Mrs. Ackman* - Ryan goes above and beyond on his tasks. He is committed to presenting quality work and seeks advice and guidance to produce the best product. He approaches everything with a smile, a positive attitude, and a willingness to learn. It's been great working with you, Ryan. I know those skills will take you far.

**Mya Johnson** - *Global History & Geography 9, Mr. Sarus* - Some people say watch out for the quiet ones and in this case I would say they're right! Mya has been a dominant student in Global all year long. She quietly excels in our review games. She has aced the last few assessments. Her assignments are always completed and turned in on time. She comes to class prepared each day ready and willing to learn. Mya is a pleasure to have in class and I look forward to seeing her next year in Global 10.

# MIDDLE/HIGH SCHOOL NEWS



## MAY 2022 STUDENT RECOGNITION

**Isabelle Krukowski** - *Global History & Geography 9, Mr. Sarus* - Isabelle is a competitive student who shows up each day ready and willing to learn. She participates in daily lessons, she demonstrates critical thinking skills, and she does very well on tests and quizzes. Isabelle is a very bright and responsible student. She's a pleasure to have in class and I look forward to seeing her in Global 10.

**Colten Lisowski** - *Living Environment, Ms. Maloney* - Colten has come so far this year! He has improved drastically as the year has progressed and I am so proud of him. Colten completes all assignments thoroughly and is never afraid to ask for clarification. His class participation is outstanding. Colten always has a positive attitude that can brighten anyone's day!

**Alexa McManus** - *Global History & Geography 10, Mr. Sarus* - Alexa has been excellent all year long. She demonstrates a thorough understanding of the topics being presented. Her assignments are always well- prepared and she always comes to class ready and willing to learn. Alexa is a very knowledgeable and responsible student. She's a pleasure to have in class.

**Nadia Paul** - *English 10, Ms. Downing* - Nadia is an excellent student and is very intelligent. I am always impressed by her analytical thinking, as she brings up new and insightful ideas during class discussions. She is an excellent writer, and she has a great work ethic overall.

**Collin Petrie** - *Social Studies 7, Mr. Youngs* - Collin has done his best the entire year. He is a pleasure to have in class and I know the 8th grade teachers will enjoy having him in their class next year. Enjoy your summer.

**Tara Quayle** - *Global History & Geography 10, Mr. Sarus* - Through many challenges Tara keeps up with the assignments and does very well on tests and quizzes. She communicates effectively and demonstrates understanding of the topics being taught. She has a good attitude and her grades are impressive. She's a very responsible young lady.

**Addison Santmier** - *ELA 8, Mrs. Lang* - Addison has been a pleasure to have in class this year! She is respectful and cheerful and works at getting her work turned in on time, often ahead of time. She has done a great job with our most recent novel!

**Nolan Shepardson** - *Global History & Geography 9, Mr. Sarus* - Nolan has been terrific all year long. He sits front and center and is very attentive. He completes all of his work in a timely manner, he does well on assessments, he asks questions, and he participates in daily discussions. Nolan demonstrates a genuine interest in the topics and he's a polite and responsible young man. He's a pleasure to have in class and I look forward to seeing him in Global 10.

# GUIDANCE DEPARTMENT

## STUDENT / COUNSELOR ASSIGNMENT

Student counselor assignments remain the same as previous years for academic purposes: Student last names A-K are assigned to Mrs. Wood, and student last names L-Z are assigned to Mrs. Conklin.

Students are always welcome to speak with either counselor. We will continue using the “WCV Guidance Class of” google classrooms frequently for communicating opportunities and announcements throughout the year. If you or your parents/guardians do not currently have access to the page and would like an invite, please reach out to your counselor.

Mrs. Rebecca Wood (A-K)  
 rwood@westcanada.org  
 315-845-6800 x3353

Mrs. Kady Conklin (L-Z)  
 kconklin@westcanada.org  
 315-845-6800 x3353

## MIDDLE SCHOOL ORIENTATION

7th and 8th grade students are invited to orientation on Thursday, August 25. There will be a kickball game at 5:00pm with 7th and 8th grade teachers. 7th grade students will then meet in the auditorium to learn more about middle school, including academic requirements, schedule information, and testing information. Students will also receive their assigned Chromebooks, have the opportunity to tour the middle/high school, and open their lockers. 8th grade students will receive their Chromebooks and schedules during the time 7th graders are in the auditorium.

Middle School Orientation Thursday, August 25, 2022		
Time	7th Grade	8th Grade
5:00pm	Student/Teacher kickball game on softball field	Student/Teacher kickball game on softball field
6:00pm	Academic presentation (HS Auditorium)	Chromebook, schedule, and locker pick up (HS Library)
6:30pm	Lockers, schedules, building tour	Teachers/counselors available for questions
Before Leaving	Chromebook pick up (HS Library)	

# GUIDANCE DEPARTMENT

## FALL PSAT

The PSAT will be offered at WCV on Wednesday, October 12, 2022, and is open to all juniors and sophomores who have passed Algebra I CC. Interested students should see their counselor to sign up for the test. Students are also encouraged to view the Student Test Guide at the following link: <https://collegereadiness.collegeboard.org/pdf/psat-nmsqt-student-guide.pdf>

## ASVAB CAREER EXPLORATION AND MILITARY ENTRANCE EXAM

The ASVAB exam can be used as either a Military Entrance Exam or as a tool for career exploration. Please note that WCV does not release scores to the military. Students are responsible for providing their scores to recruiters, if applicable. Students interested in taking the ASVAB Exam must sign up with your counselor. For more information, visit <https://www.asvabprogram.com/>.

### ASVAB Exam

**Date & Time:** Wednesday, October 19, 2022 at 8:00 AM

**Location:** West Canada Valley CSD

## SATs & ACTs

Fall SAT Dates (visit collegeboard.org to register)		
Test Date	Registration Deadline	Late Registration Deadline
October 1, 2022	September 2, 2022	September 20, 2022
November 5, 2022	October 7, 2022	October 25, 2022
December 3, 2022	November 3, 2022	November 22, 2022

Fall ACT Dates (visit act.org to register)		
Test Date	Registration Deadline	Late Registration Deadline
September 10, 2022	August 5, 2022	August 19, 2022
October 22, 2022	September 16, 2022	September 30, 2022
December 10, 2022	November 4, 2022	November 11, 2022



# GUIDANCE DEPARTMENT

## FREE APPLICATION FOR FEDERAL STUDENT AID (FAFSA)

The FAFSA is important to complete if you are a high school senior applying for college. The FAFSA can be completed beginning October 1, 2022 at [www.fafsa.ed.gov](http://www.fafsa.ed.gov)

Herkimer College hosts multiple financial aid workshops each year, typically beginning in November. Upcoming dates are to be announced. Herkimer College also offers individual appointments to help students and families complete the FAFSA, even if the student does not plan to attend Herkimer College. Call 315-866-0300 for more information.

## 2023 AP EXAM SCHEDULE

(All AP exams take place at WCV during the school day)

AP Exam	Test Date
AP English Literature and Composition (Seniors)	Wednesday, May 3, 8:00 AM
AP United States History	Friday, May 5, 8:00 AM
AP Calculus AB	Monday, May 8, 8:00 AM
AP English Language and Composition (Juniors)	Tuesday, May 9, 8:00 AM
AP Spanish Language and Culture (Spanish V)	Wednesday, May 10, 8:00 AM

## SCHOLARSHIPS

Numerous scholarships are available to seniors through the generous support of many individuals and organizations in our community. A few scholarships will be available this fall, but the majority will be posted in late winter-early spring so it is important to keep checking throughout the entire year. All students are encouraged to consider applying for these scholarships, as not all require applicants to be college-bound, and many do not have minimum GPA requirements. Scholarships will be presented at the 2023 Commencement Ceremony on June 24. Your counselors maintain a rolling spreadsheet of all available scholarships, including the name, description, eligibility criteria, and due date of each scholarship. This information is shared with seniors in several ways:

1. Posted in the WCV Guidance Class of 2023 google classroom
2. Email update through google classroom
3. Posted in the window of the guidance office (located in the senior locker wing)
4. Printed copies of the spreadsheet are available in the guidance office upon request

# GUIDANCE DEPARTMENT

## COMMUNICATION

We will continue using the “WCV Guidance Class of” google classrooms frequently for communicating opportunities and announcements throughout the year. If you or your parents/guardians do not currently have access to the page and would like an invite, please reach out to your counselor.

# FROM THE NURSES' OFFICES

## REMINDERS FROM OUR NURSES

**Physical Examinations** - Physicals are acceptable that have been performed no longer than 12 months prior to September 6th, 2022. A copy of the health examination must be provided to the school within **30 days** from the start of school. New York State Law requires a physical examination for **all students entering the school district for the first time and when entering Pre-K, K, 1st, 3rd, 5th, 7th, 9th and 11th grade.**

**Immunizations** - New York State mandates students entering the grades listed are required to have the following vaccines. These vaccines are required to be completed within 14 days from the start of school, unless otherwise noted below.

**Entering Grade 6:** Tdap vaccine. This vaccine is required at age 11. If your child does not turn 11 until after September 6th, 2022 you will need to provide a doctor's note with the appointment date that they are scheduled to receive this vaccine.

**Entering Grade 7:** Meningococcal (Meningitis) vaccine.

**Entering Grade 12:** 2nd dose of the Meningococcal (Meningitis) vaccine unless the 1st dose was given at age 16 or older. The 2nd dose of the vaccine is to be given at age 16, if your child does not turn 16 until after September 6th, 2022 you will need to provide a doctor's note with the appointment date that they are scheduled to receive this vaccine.

**Medications** - If your child will require any medication(s) for the upcoming school year a doctors' order **MUST** be on file with the health office. Forms can be found on the schools website under Health Services.

If you have any questions please feel free to contact either:

**Angie Lyon, RN**

Elementary School Nurse

alyon@westcanada.org

Phone: 315-845-6800 ext. 1152

**Danielle Dutcher, RN**

Middle/High School Nurse

ddutcher@westcanada.org

Phone: 315-845-6800 ext. 3352

# TRANSPORTATION DEPARTMENT

## ANOTHER “SAFE AND SOUND” YEAR FOR TRANSPORTATION

I would like to start with welcoming everyone back to another school year here at WCV. Listed below are a few reminders that help us in the transportation department.

- Have a new phone number? Please contact the school so we can update our files. In the event of an emergency situation current phone numbers are very important.
- Please make sure someone is home for elementary students when the bus arrives in the afternoon.
- Bus discipline issues are serious. Do not hesitate to contact either the Principal or myself with your concerns.
- Please refrain from the practice of following a bus to take a child off, or let a child get on the bus. It can be very dangerous when students walk along the side of a bus and the driver is unaware.
- My bus is early...My bus is late....The first week of school can be frustrating for all. As the first few days of school pass the bus runs will settle down to actual times and should run within plus or minus 5 minutes weather permitting.
- State law: Never pass a stopped school bus that has its red lights flashing. This law applies in the school yard as well. Violators will be prosecuted.

**Felix Ray**

Transportation Supervisor  
 West Canada Valley Central School  
 E-Mail: [fray@westcanada.org](mailto:fray@westcanada.org)  
 School phone number: 315 845-6800  
 Elementary office: Ext 1100  
 High School office: Ext 3100  
 Transportation Department: Ext 3401



### PESTICIDE SPRAYING

During the school year, we are no longer allowed to spray pesticides on our playgrounds or ball fields unless the board declares an emergency situation. In the unlikely event that this should happen, schools are required to maintain a list of staff and parents who wish to receive notification on any pesticide application, 48 hours prior to the application. If you are interested in being on the list, please fill out the form below and return it to your child's teacher. You will be asked at the beginning of each school year as to whether you would like to be included on the list. If you have any questions, please contact Shelly Maxwell, Pesticide Representative at 315-845-6800 ext 3404.

I am the Parent or Guardian of:

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WCVS Grade: -----

Teacher:  
 -----

Parent or Guardian Signature:  
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# WCV ATHLETICS NEWS

## GIRLS VARSITY SOCCER

<u>Date</u>	<u>Opponents</u>	<u>Start time</u>
8/30/22	Notre Dame, Utica	10:00 AM
9/7/22	Herkimer	4:30 PM
9/10/22	Boosters Kick-Off Tourney	TBD
9/11/22	Boosters Kick-Off Tourney	TBD
9/13/22	Oriskany	4:30 PM
9/15/22	Town of Webb UFSD	4:30 PM
9/17/22	@ Poland	11:00 AM
9/19/22	Remsen	4:30 PM
9/21/22	@ Hamilton	6:00 PM
9/27/22	@ Herkimer	7:00 PM
9/29/22	@ Oriskany	4:30 PM
10/3/22	@ Town of Webb UFSD	4:30 PM
10/5/22	Poland	4:30 PM
10/7/22	@ Remsen	4:30 PM
10/11/22	Hamilton	4:30 PM
10/14/22	@ Utica Academy of Science	4:30 PM

## BOYS VARSITY SOCCER

<u>Date</u>	<u>Opponents</u>	<u>Start time</u>
9/1/22	@ Herkimer	7:00 PM
9/3/22	Herkimer	11:00 AM
9/6/22	Little Falls	4:30 PM
9/10/22	Boosters Kick-Off Tourney	TBD
9/11/22	Boosters Kick-Off Tourney	TBD
9/14/22	Town of Webb UFSD	4:30 PM
9/16/22	@ Remsen	4:30 PM
9/20/22	@ Hamilton	6:00 PM
9/22/22	Poland	4:30 PM
9/26/22	@ Little Falls	4:30 PM
9/30/22	@ Town of Webb UFSD	6:00 PM
10/4/22	Remsen	4:30 PM
10/6/22	Hamilton	4:30 PM
10/8/22	@ Poland Tourney	4:00 PM
10/12/22	@ Poland	6:00 PM

## BOYS VARSITY FOOTBALL

<u>Date</u>	<u>Opponents</u>	<u>Start time</u>
9/3/22	Sauquoit Valley	10:00 AM
9/9/22	@ Thousand Islands	7:00 PM
9/17/22	Bishop Grimes	12:00 PM
9/24/22	@ New York Mills	12:00 PM
9/30/22	@ Frankfort-Schuyler	7:00 PM
10/8/22	Cooperstown/Milford	12:00 PM
10/15/22	South Lewis	12:00 PM
10/21/22	@ Sauquoit Valley	6:30 PM

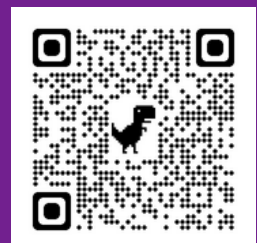
## GIRLS VARSITY SWIMMING

<u>Date</u>	<u>Opponents</u>	<u>Start time</u>
9/7/22	@ Whitesboro	5:30 PM
9/9/22	@ Holland Patent	4:30 PM
9/12/22	Adirondack	4:30 PM
9/14/22	Cooperstown	5:00 PM
9/16/22	Rome Free Academy	4:30 PM
9/20/22	@ Utica Proctor	4:30 PM
9/27/22	Whitesboro	5:30 PM
9/29/22	Holland Patent	4:30 PM
10/4/22	@ Adirondack	4:30 PM
10/13/22	@ Rome Free Academy	4:30 PM
10/16/22	@ Cooperstown	5:00 PM
10/18/22	Utica Proctor	4:30 PM
10/20/22	Dive Championship @ Utica	4:30 AM
10/21/22	Swim Championship @ RFA	TBD

### SPORTS SCHEDULES

Visit the district's Schedule Galaxy page for updated schedule information.

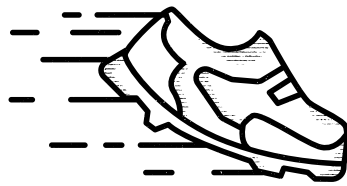
<https://www.schedulegalaxy.com/schools/109>



# WCV ATHLETICS NEWS

## VARSITY CROSS COUNTRY

<u>Date</u>	<u>Opponents</u>	<u>Start time</u>
9/14/22	Remsen (Remsen/Town of Webb), Canastota, Adirondack, Poland	4:30 PM
9/21/22	Mount Markham, Oriskany, Herkimer @ Poland	4:30 PM
9/28/22	Sherburne-Earlville, Poland, Hamilton, Owen D. Young (Richfield/ODY) @ Waterville	4:30 PM
10/5/22	New York Mills, Westmoreland, Poland @ Cooperstown	4:00 PM
10/12/22	Clinton, Poland, Dolgeville, Sauquoit Valley @ Little Falls	4:30 PM
10/22/22	CSC League Championship at Cooperstown	11:00 AM



## BOYS VARSITY BASKETBALL

<u>Date</u>	<u>Opponents</u>	<u>Start time</u>
11/21/22	Scrimmage @ Clinton	6:30 PM
11/23/22	Scrimmage Canajoharie	11:30 AM
11/25/22	@ Richfield Tip-Off	TBD
11/26/22	@ Richfield Tip-Off	TBD
11/29/22	Cooperstown	7:00PM
12/5/22	@ Remsen	7:30 PM
12/8/22	Town of Webb UFSD	7:00PM
12/15/22	Poland	7:00 PM
12/19/22	@ New York Mills	7:00 PM
12/28/22	Boosters Tourney	TBD
12/29/22	Boosters Tourney	TBD
1/8/23	Hamilton	TBD
1/11/23	Dolgeville	7:00 PM
1/17/23	@ Cooperstown	7:00 PM
1/21/23	Unatego	2:30 PM
1/24/23	@ Town of Webb UFSD	7:00 PM
1/26/23	Remsen	7:00 PM
1/28/23	@ Beaver River	1:00 PM
1/31/23	@ Poland	7:30 PM
2/3/23	@ Morrisville-Eaton	7:00 PM
2/7/23	@ Dolgeville	7:00 PM
2/9/23	Oriskany	7:00 PM

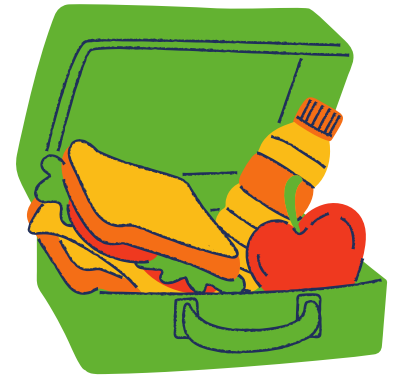
## GIRLS VARSITY BASKETBALL

<u>Date</u>	<u>Opponents</u>	<u>Start time</u>
11/22/22	Scrim. Holland Patent	6:30 PM
11/26/22	Boosters Tip-Off	TBD
11/27/22	Boosters Tip-Off	TBD
11/30/22	@ Little Falls	7:00 PM
12/2/22	@ Herkimer	7:00 PM
12/6/22	Dolgeville	7:00 PM
12/9/22	@ Hamilton	7:00 PM
12/13/22	New York Mills	7:00 PM
12/16/22	@ Oriskany	7:00 PM
12/21/22	Poland	7:00 PM
12/27/22	Tournament @ ADK	TBD
12/28/22	Tournament @ ADK	TBD
1/4/23	Frankfort-Schuyler	7:00 PM
1/9/23	Little Falls	7:00 PM
1/12/23	Herkimer	7:00 PM
1/17/23	@ Dolgeville	7:00 PM
1/23/23	Hamilton	7:00 PM
1/26/23	@ New York Mills	7:00 PM
1/30/23	Oriskany	7:00 PM
2/2/23	@ Poland	7:00 PM
2/6/23	@ Frankfort-Schuyler	7:00 PM

# CAFETERIA CORNER

Dear Parents and Guardians,

For the past 2 years, our student population has been provided with Universal Free meals at breakfast and lunch due to State and Federal assistance. This coming year, the state of New York has not approved the Universal Free meals program and we will be going back to charging for breakfast and lunch meals as prior to COVID-19. Breakfast will cost \$1.35, and lunch \$2.55.



I encourage all families in the WCV school district to fill out a Free and Reduced Meal Benefit application. These applications impact more than just school meals:

- They help provide essential funding for our School District directly into your student's classroom
- They help to potentially qualify for P-EBT if eligible
- Receive discounted utilities and internet access
- Become eligible for fee waivers for college applications & admissions tests (i.e. SATs, ACTS, Ap)
- Receive benefits regardless of citizenship status

Applying for free school meals is quick, easy and secure. Your information is not shared at school or with anyone.

If your income has changed, or your student qualified for free or reduced meals in the past, you will need to reapply to maintain that status.

Please take some time to review the information in this packet. In order to maximize our resources and obtain the best support from the Federal and NYS governments, please do your part. We continue to advocate for a continuation of the current federal program and will provide updates if anything changes.

I am available to assist with any questions you may have regarding the application process. Feel free to contact me via email or by telephone. [sbutler@westcanada.org](mailto:sbutler@westcanada.org), 315-845-6800 ext. 3360



**SHELBY BUTLER**  
Food Service Director

## Letter to Parents for School Meal Programs 2022-23

Dear Parent/Guardian:

Children need healthy meals to learn. West Canada Valley Central School offers healthy meals every school day. Breakfast costs \$1.35; lunch costs \$2.55. Your children may qualify for free meals or for reduced price meals. **Beginning July 1, 2019, students in New York State that are approved for reduced price meals will receive breakfast and lunch meals at no charge.**

1. **DO I NEED TO FILL OUT AN APPLICATION FOR EACH CHILD?** No. Complete the application to apply for free or reduced price meals. *Use one Free and Reduced Price School Meals Application for all students in your household.* We cannot approve an application that is not complete, so be sure to fill out all required information. Return the completed application to: Shelby Butler, 5447 State Rt. 28 Newport NY 13416, 315-845-6800.
2. **WHO CAN GET FREE MEALS?** All children in households receiving benefits from **SNAP, the Food Distribution Program on Indian Reservations or TANF**, can get free meals regardless of your income. Categorical eligibility for free meal benefits is extended to all children in a household when the application lists an Assistance Program's case number for any household member. Also, your children can get free meals if your household's gross income is within the free limits on the Federal Income Eligibility Guidelines. Households with children who are categorically eligible through an Other Source Categorically Eligible designation, as defined by law, may be eligible for free benefits and should contact the SFA for assistance in receiving benefits.
3. **CAN FOSTER CHILDREN GET FREE MEALS?** Yes, foster children that are under the legal responsibility of a foster care agency or court, are eligible for free meals. Any foster child in the household is eligible for free meals regardless of income. Foster children may also be included as a member of the foster family if the foster family chooses to also apply for benefits for other children. Including children in foster care as household members may help other children in the household qualify for benefits. If non-foster children in a foster family are not eligible for free or reduced price meal benefits, an eligible foster child will still receive free benefits.
4. **CAN HOMELESS, RUNAWAY, AND MIGRANT CHILDREN GET FREE MEALS?** Yes, children who meet the definition of homeless, runaway, or migrant qualify for free meals. If you haven't been told your children will get free meals, please call or e-mail [school, homeless liaison or migrant coordinator information] to see if they qualify.
5. **WHO CAN GET REDUCED PRICE MEALS?** Your children may be approved as reduced price eligible if your household income is within the reduced-price limits on the Federal Eligibility Income Chart, shown on this letter. Beginning July 1, 2019, students in New York State that are approved for reduced price meals will receive breakfast and lunch meals and snacks served through the Afterschool Snack Program at no charge.
6. **SHOULD I FILL OUT AN APPLICATION IF I RECEIVED A LETTER THIS SCHOOL YEAR SAYING MY CHILDREN ARE APPROVED FOR FREE MEALS?** Please read the letter you got carefully and follow the instructions. Call the school at 315-845-6800 if you have questions.
7. **MY CHILD'S APPLICATION WAS APPROVED LAST YEAR. DO I NEED TO FILL OUT ANOTHER ONE?** Yes. Your child's application is only good for that school year and for up to the first 30 operating days of this school year. You must send in a new application unless the school told you that your child is eligible for the new school year.
8. **I GET WIC. CAN MY CHILD(REN) GET FREE MEALS?** Children in households participating in WIC may be eligible for free or reduced price meals. Please fill out a FREE/REDUCED PRICE MEAL application.
9. **WILL THE INFORMATION I GIVE BE CHECKED?** Yes and we may also ask you to send written proof.
10. **IF I DON'T QUALIFY NOW, MAY I APPLY LATER?** Yes, you may apply at any time during the school year. For example, children with a parent or guardian who becomes unemployed may become eligible for free and reduced price meals if the household income drops below the income limit.
11. **WHAT IF I DISAGREE WITH THE SCHOOL'S DECISION ABOUT MY APPLICATION?** You should talk to school officials. You also may ask for a hearing by calling or writing to: KELLEY CROSSETT, 5447 STATE RT. 28 NEWPORT, NY 315-845-6800 KCROSSETT@WESTCANADA.ORG
12. **MAY I APPLY IF SOMEONE IN MY HOUSEHOLD IS NOT A U.S. CITIZEN?** Yes. You or your child(ren) do not have to be U.S. citizens to qualify for free or reduced price meals.
13. **WHO SHOULD I INCLUDE AS MEMBERS OF MY HOUSEHOLD?** You must include all people living in your household, related or not (such as grandparents, other relatives, or friends) who share income and expenses. You must include yourself and all children living with you. If you live with other people who are economically independent (for example, people who you do not support, who do not share income with you or your children, and who pay a pro-rated share of expenses), do not include them.
14. **WHAT IF MY INCOME IS NOT ALWAYS THE SAME?** List the amount that you normally receive. For example, if you normally make \$1000 each month, but you missed some work last month and only made \$900, put down that you made \$1000 per month. If you normally get overtime, include it, but do not include it if you only work overtime sometimes. If you have lost a job or had your hours or wages reduced, use your current income.
15. **WE ARE IN THE MILITARY. DO WE INCLUDE OUR HOUSING ALLOWANCE AS INCOME?** If you get an off-base housing allowance, it must be included as income. However, if your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income.
16. **MY SPOUSE IS DEPLOYED TO A COMBAT ZONE. IS HER COMBAT PAY COUNTED AS INCOME?** No, if the combat pay is received in addition to her basic pay because of her deployment and it wasn't received before she was deployed, combat pay is not counted as income. Contact your school for more information.
17. **MY FAMILY NEEDS MORE HELP. ARE THERE OTHER PROGRAMS WE MIGHT APPLY FOR?** To find out how to apply for **SNAP** or other assistance benefits, contact your local assistance office or call **1-800-342-3009**.

## 2022-2023 INCOME ELIGIBILITY GUIDELINES

### REDUCED PRICE ELIGIBILITY INCOME CHART

Total Family Size	Annual	Monthly	Twice per Month	Every Two Weeks	Weekly
1	\$ 25,142	\$ 2,096	\$ 1,048	\$ 967	\$ 484
2	\$ 33,874	\$ 2,823	\$ 1,412	\$ 1,303	\$ 652
3	\$ 42,606	\$ 3,551	\$ 1,776	\$ 1,639	\$ 820
4	\$ 51,338	\$ 4,279	\$ 2,140	\$ 1,975	\$ 988
5	\$ 60,070	\$ 5,006	\$ 2,503	\$ 2,311	\$ 1,156
6	\$ 68,802	\$ 5,734	\$ 2,867	\$ 2,647	\$ 1,324
7	\$ 77,534	\$ 6,462	\$ 3,231	\$ 2,983	\$ 1,492
8	\$ 86,266	\$ 7,189	\$ 3,595	\$ 3,318	\$ 1,659
*Each add'l person add	\$ 8,732	\$ 728	\$ 364	\$ 336	\$ 168

**How to Apply:** To get free or reduced price meals for your children carefully complete one application following the instructions for your household and return it to the designated office listed on the application. If you now receive SNAP, Temporary Assistance to Needy Families (TANF) for any children or participate in the Food Distribution Program on Indian Reservations (FDPIR), the application must include the children's names, the household SNAP, TANF or FDPIR case number and the signature of an adult household member. All children should be listed on the same application. If you do not list a SNAP, TANF or FDPIR case number for any household member, the application must include the names of everyone in the household, the amount of income each household member, and how often it is received and where it comes from. It must include the signature of an adult household member and the last four digits of that adult's social security number or check the box if the adult does not have a social security number. **An application for free and reduced price benefits cannot be approved unless complete eligibility information is submitted, as indicated on the application and in the instructions.** Contact your local Department of Social Services for your SNAP or TANF case number or complete the income portion of the application. No application is necessary if the household was notified by the SFA their children have been directly certified. If the household is not sure if their children have been directly certified, the household should contact the school.

**Reporting Changes:** The benefits that you are approved for at the time of application are effective for the entire school year and up to 30 operating days into the new school year (or until a new eligibility determination is made, whichever comes first). You no longer need to report changes for an increase in income or decrease in household size, or if you no longer receive SNAP.

**Income Exclusions:** The value of any child care provided or arranged, or any amount received as payment for such child care or reimbursement for costs incurred for such care under the Child Care Development (Block Grant) Fund should not be considered as income for this program.

**Reduced Price Eligible Students:** **Beginning July 1, 2019, students in New York State that are approved for reduced price meals will receive breakfast and lunch meals and snacks served through the Afterschool Snack Program at no charge.**

In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age or disability

**Meal Service to Children With Disabilities:** Federal regulations require schools and institutions to serve meals at no extra charge to children with a disability which may restrict their diet. A student with a disability is defined in 7CFR Part 15b.3 of Federal regulations, as one who has a physical or mental impairment which substantially limits one or more major life activities of such individual, a record of such an impairment or being regarded as having such an impairment. Major life activities include but are not limited to: functions such as caring for one's self, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, communicating, and working. You must request meal modifications from the school and provide the school with medical statement from a State licensed healthcare professional. If you believe your child needs substitutions because of a disability, please get in touch with us for further information, as there is specific information that the medical statement must contain.

**Confidentiality:** The United States Department of Agriculture has approved the release of students names and eligibility status, without parent/guardian consent, to persons directly connected with the administration or enforcement of federal education programs such as Title I and the National Assessment of Educational Progress (NAEP), which are United States Department of Education programs used to determine areas such as the allocation of funds to schools, to evaluate socioeconomic status of the school's attendance area, and to assess educational progress. Information may also be released to State health or State education programs administered by the State agency or local education agency, provided the State or local education agency administers the program, and federal State or local nutrition programs similar to the National School Lunch Program. Additionally, all information contained in the free and reduced price application may be released to persons directly connected with the administration or enforcement of programs authorized under the National School Lunch Act (NSLA) or Child Nutrition Act (CNA); including the National School Lunch and School Breakfast Programs, the Special Milk Program, the Child and Adult Care Food Program, Summer Food Service Program and the Special



Supplemental Nutrition Program for Women Infants and Children (WIC); the Comptroller General of the United States for audit purposes, and federal, State or local law enforcement officials investigating alleged violation of the programs under the NSLA or CNA.

Reapplication: You may apply for benefits any time during the school year. Also, if you are not eligible now, but during the school year become unemployed, have a decrease in household income, or an increase in family size you may request and complete an application at that time.

The disclosure of eligibility information not specifically authorized by the NSLA requires a written consent statement from the parent/guardian. We will let you know when your application is approved or denied.

Sincerely,

*Shelby Butler*

Shelby Butler, Food Service Director

**Nondiscrimination Statement:** This explains what to do if you believe you have been treated unfairly.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:**  
(833) 256-1665 or (202) 690-7442; or
3. **email:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

## APPLICATION INSTRUCTIONS

To apply for free and reduced price meals, complete only one application for your household using the instructions below. Sign the application and return the application to Shelby Butler, FSD. If you have a foster child in your household, you may include them on your application. A separate application is not needed. Call the school if you need help: 315-845-6800 ext. 3360. Ensure that all information is provided. Failure to do so may result in denial of benefits for your child or unnecessary delay in approving your application.

### PART 1 ALL HOUSEHOLDS MUST COMPLETE STUDENT INFORMATION. DO NOT FILL OUT MORE THAN ONE APPLICATION FOR YOUR HOUSEHOLD.

- (1) Print the names of the children, including foster children, for whom you are applying on one application.
- (2) List their grade and school.
- (3) Check the box to indicate a foster child living in your household, or if you believe any child meets the description for homeless, migrant, runaway (a school staff will confirm this eligibility).

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### PART 2 HOUSEHOLDS GETTING SNAP, TANF OR FDPIR SHOULD COMPLETE PART 2 AND SIGN PART 4.

- (1) List a current SNAP, TANF or FDPIR (Food Distribution Program on Indian Reservations) case number of anyone living in your household. The case number is provided on your benefit letter.
- (2) An adult household member must sign the application in PART 4. SKIP PART 3. Do not list names of household members or income if you list a SNAP case number, TANF or FDPIR number.

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### PART 3 ALL OTHER HOUSEHOLDS MUST COMPLETE THESE PARTS AND ALL OF PART 4.

- (1) Write the names of everyone in your household, whether or not they get income. Include yourself, the children you are applying for, all other children, your spouse, grandparents, and other related and unrelated people in your household. Use another piece of paper if you need more space.
- (2) Write the amount of current income each household member receives, before taxes or anything else is taken out, and indicate where it came from, such as earnings, welfare, pensions and other income. If the current income was more or less than usual, write that person's usual income. **Specify how often this income amount is received: weekly, every other week (bi-weekly), 2 x per month, monthly. If no income, check the box.** The value of any child care provided or arranged, or any amount received as payment for such child care or reimbursement for costs incurred for such care under the Child Care and Development Block Grant, TANF and At Risk Child Care Programs should **not** be considered as income for this program.
- (3) Enter the total number of household members in the box provided. This number should include all adults and children in the household and should reflect the members listed in PART 1 and PART 3.
- (4) The application must include the last four digits only of the social security number of the adult who signs **PART 4** if Part 3 is completed. If the adult does not have a social security number, check the box. **If you listed a SNAP, TANF or FDPIR number, a social security number is not needed.**
- (5) An adult household member must sign the application in PART 4.

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**OTHER BENEFITS:** Your child may be eligible for benefits such as Medicaid or Children's Health Insurance Program (CHIP). To determine if your child is eligible, program officials need information from your free and reduced price meal application. Your written consent is required before any information may be released. Please refer to the attached parent Disclosure Letter and Consent Statement for information about other benefits.

### USE OF INFORMATION STATEMENT

Use of Information Statement: The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not submit all needed information, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the primary wage earner or other adult household member who signs the application. The social security number is not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We may share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

### DISCRIMINATION COMPLAINTS

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:**  
(833) 256-1665 or (202) 690-7442; or
3. **email:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov)

**2022-2023 Application for Free and Reduced Price School Meals/Milk**

To apply for free and reduced price meals for your children, read the instructions on the back, complete **only one** form for your household, sign your name and **return it to the address listed below**. Call 315-845-6800 ext. 3360, if you need help. Additional names may be listed on a separate paper.

**Return Completed Applications to: West Canada Valley Central School District  
5447 State Rt. 28 Newport, NY 13416 Attention: Shelby Butler, Food Service Director**

1. List all children in your household who attend school:

Student Name	School	Grade/Teacher	Foster Child	Homeless Migrant, Runaway
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>

2. SNAP/TANF/FDPIR Benefits:

If anyone in your household receives either SNAP, TANF or FDPIR benefits, list their name and CASE # here. **Skip to Part 4, and sign the application.**

Name: \_\_\_\_\_ CASE #: \_\_\_\_\_

3. Report all income for ALL Household Members (Skip this step if you answered 'yes' to step 2)

**All Household Members (including yourself and all children that have income).**

List all Household members not listed in Step 1 (including yourself) **even if they do not receive income**. For each Household Member listed, if they do receive income, report total income for each source in whole dollars only. If they do not receive income from any other source, write '0'. If you enter '0' or leave any fields blank, you are certifying (promising) that there is no income to report.

Name of household member	Earnings from work before deductions <i>Amount / How Often</i>	Child Support, Alimony <i>Amount / How Often</i>	Pensions, Retirement Payments <i>Amount / How Often</i>	Other Income, Social Security <i>Amount / How Often</i>	No Income
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>

Total Household Members (Children and Adults)

\*Last Four Digits of Social Security Number: XXX-XX-\_\_ \_\_ \_\_ \_\_

I do not have a SS#

\*When completing section 3, an adult household member must provide the last four digits of their Social Security Number (SS#) or mark the "I do not have a SS# box" before the application can be approved.

4. Signature: An adult household member must sign this application before it can be approved.

I certify (promise) that all the information on this application is true and that all income is reported. I understand that the information is being given so the school will get federal funds; the school officials may verify the information and if I purposely give false information, I may be prosecuted under applicable State and federal laws, and my children may lose meal benefits.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Email Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Home Address: \_\_\_\_\_

5. Ethnicity and Race are optional; responding to this section does not affect your children's eligibility for free or reduced price meals.

Ethnicity:  Hispanic or Latino  Not Hispanic or Latino

Race (Check one or more):  American Indian or Alaskan Native  Asian  Black or African American  Native Hawaiian or Other Pacific Island  White

**DO NOT WRITE BELOW THIS LINE – FOR SCHOOL USE ONLY**

Annual Income Conversion (Only convert when multiple income frequencies are reported on application)  
Weekly X 52; Every Two Weeks (bi-weekly) X 26; Twice Per Month X 24; Monthly X 12

SNAP/TANF/Foster  
 Income Household: Total Household Income/How Often: \_\_\_\_\_ / \_\_\_\_\_ Household Size: \_\_\_\_\_  
 Free Meals  Reduced Price Meals  Denied/Paid  
 Signature of Reviewing Official \_\_\_\_\_ Date Notice Sent: \_\_\_\_\_

# SEPTEMBER 2022

## West Canada Valley

### BREAKFAST

Full Price Breakfast \$1.35

There will be **NO UNIVERSAL FREE MEALS** this year. Please send in a new **Free/Reduced Application NOW**.

Menu is subject to change.

USDA and WCV are equal opportunity providers & employers.



**FULL Breakfast MEALS** consist of: 1 or 2 fruits, 1 or 2 grains and Milk or milk equivalent. You may take up to 4 items. Variety of milk, 100% Juice and variety of fruits available daily. Items bought separately will be charged at a la carte prices.

#### MONDAY

**Labor Day  
No School**

5

Warm  
Mini Cinni

12

French Toast  
Bites

19

Mini Bagel  
with  
Peanut Butter cup

26

#### TUESDAY



Variety of Cold Cereal

**WELCOME BACK!!**

Please read important note above about Meals for this year.

6

Soft Pretzel  
with  
Peanut butter cup

13

Variety  
Whole Grain  
Muffins

20

Mini  
French Toast

27

#### WEDNESDAY



Breakfast Bagel  
With  
Egg + Cheese

7

Breakfast Sandwich  
on Biscuit

14

Breakfast  
Pizza

21

Cold Cereal Variety  
for  
World School Milk Day

28

#### THURSDAY

Yogurt and  
Scooby Snacks

8

Mini Waffles

15

Cinnamon  
Bun

22

Whole Grain  
Glazed  
Donuts

29

#### FRIDAY

French Toast  
Sticks

9

Overnight Oatmeal  
with  
Berries and cream

16

Yogurt  
and  
Scooby Snacks

23

Breakfast  
Wrap

30

1

2

# SEPTEMBER 2022

## WCV Elementary

### LUNCH

**A Complete lunch is an entrée, fruit or vegetable or 2 Vegetables, and at least 3 different items. You may choose up to 5 items.** Lunch Student Full Priced \$2.55

USDA is an equal opportunity provider and employer  
 Menu Subject to change



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



#### MONDAY

##### Labor Day

5

BBQ Chicken Breast on Whole Grain Bun  
 Tater Tots  
 Honey Glazed Carrots  
 Fresh Fruit

12

Chicken Patty on Whole Grain Bun  
 Marinated Cukes+Tomatoes  
 Diced Pears

19

Chicken Tenders  
 WG Dinner Roll  
 Sweet Potato Fries  
 Steamed Broccoli  
 Diced Peaches

26

#### TUESDAY



Chicken Nuggets with Whole Grain Dinner Roll

6

Sweet Potato Fries  
 Steamed Broccoli  
 Fresh Fruit

13

Pasta with Beef and Tomato Sauce  
 Whole Grain Dinner Roll  
 Garlic Roasted Broccoli  
 Fresh Fruit

20

BBQ Pork Rib with WG Dinner Roll  
 Baked Beans  
 Spinach  
 Fresh Fruit

27

Ham and Cheese Sub with Toppings  
 Roasted Chickpeas  
 Fresh Veggie Salad  
 Fresh Fruit

#### WEDNESDAY

Soft Tacos with Beef and Cheese + Toppings

7

Whole Kernel Corn  
 Refried Beans  
 Fresh Fruit

14

Tostitos Beef Tacos with toppings  
 Corn  
 Refried Beans  
 Peach Crisp

21

Chicken Broccoli Alfredo Served over pasta  
 Whole Grain Dinner Roll  
 Buttered Corn  
 Fresh Fruit

28

Oven Roasted Chicken On the bone  
 Garlic Mashed Potatoes  
 Green Beans WG Dinner Roll  
 Oatmeal Raisin Cookie

#### THURSDAY

1

French Bread Pizza

8

Chopped Romaine Salad  
 With choice of Dressing  
 Cut Green Beans  
 Apple Pie in a Cup

15

Cheese Pizza Squares  
 Fresh Romaine Salad  
 with choice of dressing  
 Oatmeal Raisin Cookie  
 Applesauce

22

Cheese Pan Pizza  
 Tossed Garden Salad  
 With choice of dressing  
 Fresh Fruit

29

Big Daddy Pizza  
 Tossed Garden Salad  
 with choice of dressing  
 Fresh Banana  
 Vanilla Yogurt Crunch Parfait

#### FRIDAY

9

Hot Dog on Bun  
 Smiley Fries  
 Carrot Sticks with Ranch Dressing  
 Diced Peaches

16

Tuna or Egg Salad On Whole Grain Roll  
 Mini Pretzels  
 Celery Sticks w/Ranch dressing  
 Strawberry cups

23

BRUNCH:  
 Egg+Cheese Omelet  
 Hash Brown and Bagel  
 Celery+Carrot sticks  
 Mixed Fruit cups

30

Cheesburger on Whole Grain Bun  
 Crinkle Fries  
 Baked Beans  
 Carrot Sticks  
 Fresh Fruit

# SEPTEMBER 2022

## WCV High School-Middle School

### LUNCH

**A Complete Lunch is an entrée, fruit or vegetable or 2 Vegetables, and at least 3 different items. You may choose up to 5 items.**

Complete Lunch Price Students \$2.55  
 USDA is an equal opportunity provider and employer.  
 Menu subject to change



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



#### MONDAY

##### Labor Day

5

BBQ Chicken Breast on Whole Grain Bun  
 Honey Glazed Carrots  
 Tater Tots  
 Fresh Fruit

12

Chicken Patty on Whole Grain Bun  
 Seasoned Rice  
 Marinated Cukes+Tomatoes  
 Diced Pears

19

Chicken Tenders  
 WG Dinner Roll  
 Sweet Potato Fries  
 Steamed Broccoli  
 Diced Peaches

26

#### TUESDAY

Chicken Nuggets with Whole Grain Roll

6

Sweet Potato Fries  
 Steamed Broccoli  
 Fresh Fruit

13

Pasta with Beef and Tomato Sauce  
 Whole Grain Dinner Roll  
 Garlic Roasted Broccoli  
 Fresh Fruit

20

BBQ Pork Rib on Whole Grain Bun  
 Baked Beans  
 Spinach  
 Fresh Fruit

27

Ham and Cheese Subs  
 Wrth Toppings  
 Roasted Chickpeas  
 Fresh Veggie Salad  
 Fresh Fruit

Fresh Fruit

#### WEDNESDAY

Beef+Cheese Soft Tacos and toppings

7

Whole Kernel Corn  
 Refried Beans  
 Fresh Fruit

14

Tostito Tacos with Beef And Cheese+Toppings  
 Corn  
 Refried Beans  
 Peach Crisp

21

Chicken Broccoli Alfredo  
 Whole Grain Dinner Roll  
 Buttered Corn  
 Cinnamon Apple Crisp

28

Oven Roasted Chicken  
 Garlic Mashed Potatoes  
 Green Beans WG Dinner Roll  
 Oatmeal Raisin Cookie  
 Applesauce

#### THURSDAY

French Bread Pizza

8

Chopped Romaine Salad w/choice of Dressing  
 Cut Green Beans  
 Apple Pie in a Cup

15

Cheese Pizza Squares  
 Fresh Romaine Salad and Carrot Sticks  
 Oatmeal Raisin Cookie  
 Applesauce

22

Cheese Pan Pizza  
 Garden Tossed Salad  
 Fresh Fruit  
 Apple Juice

29

Homemade Cheese Pizza  
 Tossed Garden Salad with choice of dressing  
 Fresh Fruit  
 Vanilla Yogurt Crunch Parfait

#### FRIDAY

Hot Dog on Whole Grain Bun

9

Smiley Fries  
 Carrot Sticks w/ranch dressing  
 Diced Peaches

16

Tuna Melt Sandwich  
 Side of Cottage Cheese  
 Mini Pretzels  
 Celery Sticks w/ranch dressing  
 Strawberry Cups

23

BRUNCH:  
 Egg+Cheese Omllet  
 Hash Brown and Bagel  
 Carrot +Celery Sticks  
 Mixed Fruit Cup

30

Cheeseburger on Whole Grain Bun  
 Crinkle Fries  
 Baked Beans Carrot Sticks  
 Fresh Fruit



# West Canada Valley | School District Calendar 2022-2023

SEPTEMBER 2022					OCTOBER 2022					NOVEMBER 2022					DECEMBER 2022									
M	Tu	w	Th	F	M	Tu	w	Th	F	M	Tu	w	Th	F	M	Tu	w	Th	F					
	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29
12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
19	20	21	22	23	24	25	26	27	28	29	30	31												
26	27	28	29	30	31																			
JANUARY 2023					FEBRUARY 2023					MARCH 2023					APRIL 2023									
M	Tu	w	Th	F	M	Tu	w	Th	F	M	Tu	w	Th	F	M	Tu	w	Th	F					
2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31									
23	24	25	26	27	28	29	30	31																
30	31																							
MAY 2023					JUNE 2023					JULY 2023					AUGUST 2023									
M	Tu	w	Th	F	M	Tu	w	Th	F	M	Tu	w	Th	F	M	Tu	w	Th	F					
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31								
22	23	24	25	26	27	28	29	30	31															
29	30	31																						

## Student Vacation Days

<b>September</b> 30, 31 & 1 Supt. Conf. Days 5 labor day 6 First Day for Students <b>October</b> 7 Evac Drill MS/HS 2PM/Elem 3PM 10 Columbus Day 25 Early Release K-12 (1/2 Day) <b>November</b> 11 Veterans Day 21-22 P/T Conf. Day (Elem 1/2) 23-25 Thanksgiving	<b>December</b> 22-Jan1 Winter Recess <b>January</b> 2 Winter Recess 16 Martin Luther King Jr. Day 24-27 Regents 27 Rating Day (1/2 Elem/no MS/HS) <b>February</b> 20-24 Mid-Winter Recess <b>March</b> 16-P/T Conf. Day (Elem 1/2 Day) 17 P/T Conference Day K-12 (1/2 Day) 28 Early Release K-12) 1/2 Day <b>April</b> 7-14 Spring Recess <b>May</b> 29 Memorial Day <b>June</b> 19 Juneteenth 21-22 Elem. Early Release Days (21st-11:30 & 22nd 10:30AM) 23 Supt. Conf. Day/Rating Day (No Students)	<b>Early Release Days (green)</b> <b>Vacation Days (red)</b> <b>Regents Test Days (blue)</b> <b>Superintendent Conf. Days (yellow)</b> <b>Rating Day (orange)</b>  <b>Mark Your Calendar:</b> 6/21 6th Grade Moving-Up 9:30AM 6/21 Athletic Banquet 5PM 6/22 Honors Banquet 5PM 6/24 Graduation 10AM Regents- January 24-27 & June 14-23
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First day of school for students:  
September 6, 2022

Final Day of school for students:  
June 23, Last day for Students/Staff

Student Days:  
 September 19  
 October 20  
 November 18  
 December 15  
 January 20  
 February 15  
 March 23  
 April 14  
 May 22  
 June 15  
 Total  
 Student Days: 181

Staff Days:  
 September 22  
 October 20  
 November 18  
 December 15  
 January 20  
 February 15  
 March 23  
 April 14  
 May 22  
 June 16  
 Total  
 Staff Days: 185

Half Day Dismissal Times:  
 Elem-11:30  
 MS/HS-10:30

**West Canada Valley  
Central School District  
5477 State Route 28  
P.O. Box 360  
Newport, NY 13416**



Non-Profit  
Organization  
U.S. Postage  
**PAID**  
Newport, NY  
Permit #5

**District Office**

Mr. DJ Shepardson  
Superintendent  
315-845-6800  
Fax: 315-845-8652

**Business Office**

Kelley Crossett  
Business Manager

**Elementary School**

Mrs. Correne Holmes  
Principal

**Jr/Sr High School**

Mr. Glenn Broadbent  
Principal

**\*\*\*ECRWSS\*\*\* RR1**

**Occupant**

**Middleville, NY 13406**

**Calendar**

**August 25**

7th & 8th Grade  
Orientation

**August 29**

BOE

**August 30,31 - Sept 1**

Superintendent  
Conference Days

**September 6**

First Day For Students

**October 7**

Early Evacuation Drill  
MS/HS 2pm - Elementary  
3pm

Don't forget to check the West  
Canada Valley website for the  
most up to date information  
about sporting events,  
upcoming meetings, or current  
happenings at the school!

**Visit us at**  
**[www.westcanada.org](http://www.westcanada.org)**

