

WEST CANADA VALLEY HIGHLIGHTS



6TH GRADE - CORAL REEF

Once again the sixth graders have been studying the organisms that are found on or near the coral reef. These creatures belong to the sponge, cnidarian, mollusk, arthropod and echinoderm groups. They have spent a lot of time researching, writing a research paper, and doing an oral presentation with a slide show. Their favorite part of the whole process is constructing their organism for the display case. As always they did not disappoint the elementary students, who have enjoyed looking at this display.

MESSAGE FROM THE BOARD OF EDUCATION

On behalf of the WCV School Board, we want to welcome everyone back to another new school year. There are still many unknowns with this public health pandemic that still exist. It becomes difficult at times trying to navigate what is in front of us. At the time of this writing, we are pleased everyone can attend in-person learning this year. As a strong community, we continue to come together to support our students, faculty, staff, and administrators. Have a safe and healthy school year.

Shawn Schultz, BOE President



FROM THE DESK OF THE SUPERINTENDENT

MR. DJ SHEPARDSON



I sincerely hope that everyone is having a great summer. As a society and a school district, we continue to work through difficult times as we approach the upcoming school year. A few months ago, I was optimistic that we would be in a much better place to begin this school year. As you know, we continue to battle infection rates which will result in a more cautious opening in a few weeks. Schools anticipate that the new Governor will be issuing more direct guidance. This will likely result in some level of mask protection requirements that we will adapt to for the start of the year. The good news is all our students will be back in the building and as the year progresses, we hope to be able to lessen some of the restrictions. Unlike last year, school will look more normal this year with student movement, lockers, band, chorus, recess, and hopefully some class trips. Athletics continue to remain on schedule and fall practices are underway. At this time there is no requirement for masks to be worn outside for any event or activity. Currently, there are no restrictions on spectators. The district will continue to monitor the situation and will present a final plan at the August 30, 2021, special meeting of the Board of Education which begins at 5:30. The opening discussion will likely occur closer to 6:00. The meeting will be streamed, and questions/concerns can be sent to ksheets@westcanada.org throughout the meeting. A draft of the plan is posted for everyone to view and provide comment. Please do not hesitate to call or email me in the district office with any questions as well. The number to the district office is 315-845-6800 and the email is djshepardson@westcanada.org.

The 2021-22 school year will focus on two main principles:

- The health and safety of our students and staff.
- Limiting educational disruption by keeping our students in school.

The upcoming reopening plan includes state guidance, regional data and discussion, and information provided by our local health department. The plan is designed to accomplish the above forementioned goals and transition our district toward a more typical school year. Although we will begin the year with enhanced safety measures, this will be an important first step in transitioning all students back to in-person instruction. I continue to be sincerely grateful for the patience and understanding of everyone as we navigate this school year together.

Continued onto next page...

The district is including a copy of the school calendar in this mailing. The district calendar is included in this newsletter and is also posted on the district website. I encourage each of you to monitor both the website and social media for updates throughout the school year. The district will continue to use the call system to communicate important messaging as well to parents and guardians. Please note: the first day for students is Tuesday, September 7, 2021.

I want to welcome everyone back. Although I anticipate another challenging year ahead, I am confident that we will have a positive and productive school year. I truly feel fortunate to work alongside this great community and look forward to seeing each of you. Enjoy the remaining days of summer. Please stay safe!

Mr. DJ Shepardson

ELEMENTARY SCHOOL NEWS

LETTER FROM THE PRINCIPAL

Dear Parents and Students,

Welcome back to the 2021-2022 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. All parents should have received information in the mail regarding the teacher your child has been assigned to, along with a supply list. 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,
Correne M. Holmes
Elementary Principal

PARENT - TEACHER CONFERENCES

Our fall parent teacher conferences will take place on November 22nd and 23rd. These dates will be half days for all students. Parents will be notified at the beginning of November whether these conferences will take place in-person or virtually.

FIRST DAY OF SCHOOL AND KINDERGARTEN ORIENTATION

The first day of school for all students in grades 1-6 is Tuesday, September 7th. Students attending kindergarten will not be following our regular schedule on September 7th. Parents of kindergarten students should have received information in the mail regarding an assigned time to attend kindergarten orientation on this day. Please contact the school immediately if you did not receive this information. In order to keep everyone safe and follow the social distancing guidelines, we are asking parents to follow the schedule and show up at your designated time. Our first full day for kindergarten will be September 8th.

MIDDLE/HIGH SCHOOL NEWS

LETTER FROM THE PRINCIPAL

Dear Parents and Students,

I am extremely excited to begin my third year as the Middle/High School Principal here at West Canada Valley. I can't thank all of you enough for your support and patience over the past couple years. I know that the last year and a half has been difficult for our students and families. Although the pandemic continues to be a controlling factor in our lives, I am excited that all the students will be back in the building daily and have some sense of normalcy this school year.

The school district will continue to provide students with one-to-one Chromebooks this school year. The district is also implementing a new app based program called Parent Square, which will make it easier for the school and the parents to communicate with each other. An invitation to join and more information regarding the program will be provided to parents and guardians during the first month of school.

We have several new staff members this school year that I would like to introduce. Ms. Downing is our new English grade 9 and 10 teacher; Mr. Crawford will be teaching technology; Ms. Taylor will be our new special education teacher; and Ms. Maloney will be teaching Living Environment. I look forward to welcoming them to our WCV family.

I look forward to seeing all the students on September 7th. Please don't hesitate to call me at (315) 845-6800 with questions or concerns.

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

2020-2021 YEARBOOK

2020-2021 Yearbooks are in. If you haven't already picked your pre-ordered one up, they will be distributed to students in their ELA class during the first days of school.

There are yearbooks still available for purchase. They are \$60 and checks can be made out to WCV Yearbook. Purchases can be made from Mrs. Ackman in Room 5 before school each day.



MIDDLE/HIGH SCHOOL NEWS

NOTICE TO PARENTS- RELEASE OF INFORMATION

Recent federal legislation requires the school district to give United States Armed Forces recruiters the same access to secondary students, as we generally provide to post-secondary schools and prospective employers. The law also requires that we give military recruiters the names, addresses, and telephone listings of secondary students upon request, unless the student or parent/guardian has requested that such information not be released without prior written parental consent.

The purpose of this notice is to inform you that you have the right to request that the school district not release the name, address and telephone listing of your child to military recruiters without your prior written consent. If this is your desire, please provide the principal's office with a signed letter indicating such.

You should know that the school district's procedure on the Family Educational Rights and Privacy Act (FERPA) policy classifies a student's name, address, phone number, date of birth, photograph, participation in officially recognized sports and activities, weights and heights of athletes, awards received, and similar information. Under this law, the information may be released without prior parental consent to third parties, including military recruiters, upon request. To prevent this information from being provided to third parties, you will need to submit a separate request to the school district that information regarding your child not be included in the school district's directory information. If you make such a request, no directory information will be released with respect to your child unless you provide specific consent for the same.

STUDENT RECOGNITION AWARDS

Zachary Barretta - ELA/Social Studies, Math/Science, Ms. Astour - Zach is one of the hardest workers I know. He is always willing to participate and help in any way he can. He has made strides in his work over the past three years and I am sad to see him graduate this year, but happy for him at the same time. He is always kind to staff and students. Zach has a heart of gold. -Ms. Astour and Mrs. Dedicke



Robert Bienkowski - ELA 8, Mrs. Lang - Robert has shown a great deal of responsibility this year! He has been on time for his virtual classes and has shown a great deal of effort on assignments, including presentations!

Klohie Bolton - ELA 10, Mr. Varco - For her relentless effort she's put into class all year. When she completes her work, there is never anyone more thorough with their answers. This may come from her ability to type a million words per minute. Beyond her remote work, she always finds a way to join in class discussions even when she's not in school. She's joined class from home, in the car, and I'm pretty sure she'd find a way to join class from the moon.

Hanna Burdick - Instrumental Music, Mr. Bonney - Hanna Burdick is recognized for her perfect attendance and preparation, having not missed a single lesson all year either in person or online. She comes on time to all classes, prepared to perform her assigned material, actively participates in

MIDDLE/HIGH SCHOOL NEWS

STUDENT RECOGNITION AWARDS



Hanna Burdick (*continued*) - the learning process by asking questions and sharing her thoughts, and always has a good attitude and willingness to try new tasks. Last year's NYSSMA Solofest was cancelled but Hanna was able to submit her video performance online this spring and still earn nearly a perfect score! We are proud of your progress, patience, hard work and leadership in the trumpet section. Keep it up!

Hanna Burdick - ELA 9, Mr. Varco - For crushing it in and out of the classroom all year. Hanna has been a consistent student; always doing exceptional work, adding meaningful comments to discussions and debates, challenging and questioning me, creating stellar writing, and being an all-around thoughtful student. Furthermore, throughout the year I've been watching her sinking threes on varsity girl's basketball and killing it on the mound as starting pitcher for girl's varsity softball. Her diverse interests, work ethic, and consistency should be something that everyone should strive for.

Kadrie Farber - Senior Chorus, Mr. Duffer - Kadrie has been consistently modeling confidence in her singing and musicianship skills throughout the year. She has not been afraid to make mistakes while also striving to correct them. Kadrie asks questions and is curious about the content, allowing her to improve over and over again. She's an example that others should follow and she should be proud of that.

Hallie Fehlhaber - Spanish 7, Mrs. Kraszewski - Hallie is a wonderful role model student. Her amazing effort, behavior, and enthusiasm are greatly appreciated. She always goes above and beyond and excels in all areas of the class. Hallie is a very polite young lady and a pleasure to have in class. Gracias Hallie. ¡Excelente trabajo!

Josh Grabowski - ELA 10, Mr. Varco - For his performance in and out of the classroom all year. Josh has been a consistent student; always doing his work, being one of the more vocal students in his class, and creating great writing. Furthermore, throughout the year I've been watching him on the forefront of the basketball team, making tackles on the field, and chasing down fly balls in the outfield. His diverse interests, work ethic, and consistency should be something that everyone should strive for.

Hunter Hayes - 7th Grade General Music, Mr. Duffer - Hunter has demonstrated exemplary skills of hard work, time management, and mastery of the content he's learning about. What makes Hunter so successful is his excellent participation, asking questions and communicating in conversations intelligently. Hunter has completed all of his assignments, strives to do his best work on projects and models excellent behavior and focus for his peers to see during class.

Destiny Malison - Social Studies 7, Mr. Youngs - It has been a pleasure to have Destiny in class this year. She is conscientious about her work and does her best on each and every assignment. She is a classroom leader and an excellent role model for the other students. Best of luck next year and keep up the good work.

MIDDLE/HIGH SCHOOL NEWS

STUDENT RECOGNITION AWARDS



Alexa McManus - ELA 9, Mr. Varco - For her unwavering creativity, her audacious attitude, and her exceptional imagination. Alexa is bursting with confidence and is always quick to challenge and confront topics in class with no filter. Not only that, but at the same time she's participating in class she somehow manages to create great drawings and comics related to our classroom content.

Oliveah Muthig - Junior Chorus, Mr. Duffer - Oliveah has improved tremendously in the last quarter of the school year, doing both the big things and the little things. Oliveah has made an effort to participate to the best of her ability, modeling correct singing technique and effort for her peers. Oliveah has completed all of her virtual assignments on time and most importantly possesses an exemplary attitude in the classroom where she's eager to learn and improve.

Victoria Ostapuk - Math 8, Mrs. Smith - Victoria is an outstanding math student who always strives to do her best. She has had a very successful year in Math 8! Awesome job Victoria!

Victoria Ostapuk - Social Studies 8, Mr. Pullman - Victoria has put forth an outstanding effort all year. She is very conscientious with her work and regularly volunteers to answer questions in class. Great job, Victoria!

Blake Reese - ELA 9, Mr. Varco - For killing it in and out of the classroom all year. Blake has been a consistent student; always doing his work, adding meaningful comments to discussions and debates, creating great writing, and being an all-around thoughtful student. Furthermore, throughout the year I've been watching him grabbing rebounds on the court, contending with defensive tackles on the field, and hurling shot through the air. His diverse interests, work ethic, and consistency should be something that everyone should strive for.

Nolan Shepardson - Spanish 1, Mrs. Kraszewski - Nolan always puts forth an outstanding effort in all areas of the class. He always completes his work on time and does his best on everything. His participation is great and very well appreciated. Nolan is an excellent role model to other students and a pleasure to have in class. Gracias Nolan. ¡Fantástico trabajo!

Payton Smith - Math 7, Mrs. Goggin - Payton has been putting in extra time and effort to better his understanding of the material being learned in class. He has been attending my office hours, asking questions, and actively working to better his grade. I enjoy having Payton in class and his sense of humor always brings some laughs into the mix. Keep up the great work, Payton!

Grace VanEtten - ELA 10, Mr. Varco - For her great participation, excellent work, and maturity she's shown all year. Right from the start Grace's thoughtful attitude towards her studies has helped propel me through the year. Beyond that, she has shown great artistic prowess in the hallways and on my white board as well as speed around the bases in softball..

GUIDANCE DEPARTMENT

SCHOOL COUNSELOR ASSIGNMENTS

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.

<p>Mrs. Rebecca Wood (A-K) rwood@westcanada.org 315-845-6800 x3353</p>	<p>Mrs. Kady Conklin (L-Z) kconklin@westcanada.org 315-845-6800 x3353</p>
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MIDDLE SCHOOL (7TH AND 8TH GRADE) ORIENTATION

Middle school orientation offers information on academic requirements, schedule information, and testing information. Students will also have the opportunity to tour the middle/high school and open their lockers. 7th and 8th grade students and their parents/guardians are encouraged to attend. Please note the separate times, depending on grade level.

Middle School Orientation	
Date:	Thursday, August 26, 2021
Location:	WCV High School Auditorium
7th Grade:	6:00pm
8th Grade:	7:30pm

FALL PSAT

The PSAT will take place at WCV on Wednesday, October 6, 2021 and is open to all juniors and several sophomores. Students are encouraged to view the Student Test Guide at the following link: <https://collegereadiness.collegeboard.org/pdf/psat-nmsqt-student-guide.pdf>

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.

GUIDANCE DEPARTMENT

SATs and ACTs

Fall SAT Dates (visit collegeboard.org to register)		
Test Date	Registration Deadline	Late Registration Deadline
October 2, 2021	September 3, 2021	September 21, 2021
November 6, 2021	October 8, 2021	October 26, 2021
December 4, 2021	November 4, 2021	November 23, 2021

Fall ACT Dates (visit act.org to register)		
Test Date	Registration Deadline	Late Registration Deadline
September 11, 2021	August 6, 2021	August 20, 2021
October 23, 2021	September 17, 2021	October 1, 2021
December 11, 2021	November 5, 2021	November 19, 2021

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 guidance counselor. For more information, visit <https://www.asvabprogram.com/>.

ASVAB Exam	
Date/Time:	Wednesday, October 6, 2021 at 8:30 AM
Location:	West Canada Valley CSD

FREE APPLICATION FOR FEDERAL STUDENT AID (FAFSA)

It is necessary to complete the FAFSA application if you are applying for college. The FAFSA can be completed beginning October 1, 2021 at 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.

GUIDANCE DEPARTMENT

2021 AP EXAM SCHEDULE

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

AP Exam	Test Date	AP Exam	Test Date
AP English Literature and Composition (Seniors)	Wednesday, May 4, 8:00 AM	AP Statistics	Thursday, May 5, 12:00 PM
AP United States History	Friday, May 6, 8:00 AM	AP English Language and Composition (Juniors)	Tuesday, May 10, 8:00 AM
AP Spanish Language and Culture (Spanish V)	Wednesday, May 11, 8:00 AM	AP Art Portfolios Due	Friday, May 6

WCV ATHLETICS NEWS

SCHEDULE GALAXY

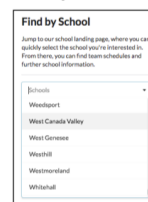
ScheduleGalaxy is now the provider of web-based scheduling for the West Canada Valley Central School District Athletics Program. ScheduleGalaxy enhances both the scheduling process and public access to contest information.

- Quick public access to team schedules, free from commercial advertisement
- Ability to receive email alerts for any schedule changes or push notifications from the ScheduleGalaxy mobile app
- Directions to contests from your current location to the exact game location via Google maps
- View schedules, directions, and schedule changes from either your computer or from the ScheduleGalaxy app

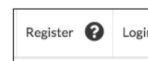
Instructions for Public Use of ScheduleGalaxy

Before you download the mobile app, complete these steps online...

1 - Go to the www.schedulegalaxy.com and click "West Canada Valley" under "Find by School."



2 - Click "Register" at the top, right-hand corner and fill in the necessary information to sign up.



3- Use the "Quick Toggle" section to find a specific team.



4 - Click "Subscribe to Schedule" at the top, right-hand corner of the screen.



WCV TRANSPORTATION NEWS

BACK TO SCHOOL ON THE BUS

I would like to start with welcoming everyone back to another school year here at WCV. This year with more busing regulations/guidelines. I would like to thank everyone for their cooperation and help with transportation. Listed below are a few reminders that help us here 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

Phone: 315-845-6800 EXT 401

School phone number: 315 845-6800

Elementary office: Ext 1100

High School office: Ext 3100

Transportation Department: Ext 3401



FROM THE NURSES' OFFICES

BACK TO SCHOOL REQUIREMENTS

Physical Examinations-

New York State Law requires a health 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**. Physicals are acceptable that have been performed no longer than 12 months prior to the 1st day of school in September.

If a student is planning on playing a school sport or will need working papers they must have an updated physical on file with the health office.

Immunizations-

New York State mandates students entering the grades listed are required to have the following immunizations. These vaccines are required to be completed prior to the start of school in September unless otherwise noted.

Students have a grace period of 14 calendar days from the first day of school to obtain the required immunizations, if not done within the 14 days students can be excluded from school.

Entering Grade 6: Tdap vaccine. This vaccine is required at 11 years old. If your child does not turn 11 until after September 7th, 2021 you will need to provide a date and doctor's note that states the student is 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 7th, 2021 you will need to provide a date and doctor's note that states the student is scheduled to receive this vaccine.

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

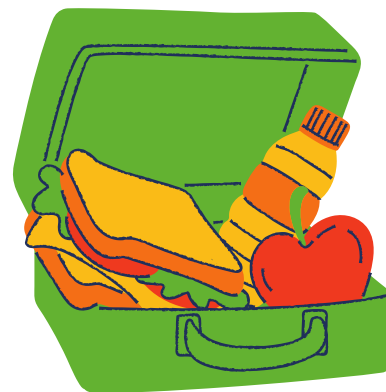
Phone: 315-845-6800 ext. 3352

CAFETERIA CORNER

DEAR PARENTS & GUARDIANS

Dear Parents/Guardians,

This school year will challenge us as we return to “normal”, but feeding your children is still our priority.



Breakfast and lunch will be available each school day for all students. Our menu choices will include an Entrée, sides, fruit, and milk all at Zero cost for the students. Snacks and ala carte items will be sold at additional cost. Please consider using the “My School Bucks” program which will allow money to be placed in your child’s meal account and food items they want to purchase to be paid for without sending cash to school with your child. Check the West Canada School website for details on how to sign up for this web based program.

Students will give their name to the cashier or they may enter their own PIN at check-out.

The plan as of the date of this letter is for Middle and high school students to dine in the main cafeteria. While the Elementary students will come through the high school entrance for breakfast, and lunch will be served to them in the Elementary cafeteria.

Students may bring lunch from home, but microwaves are NOT available to heat meals.

USDA has approved FREE MEALS to all students through 06/30/22. However, Free/Reduced applications MUST still be completed this year as this data helps determine the amount of State Aide provided by NYS to our school district.

As always, if you have questions please reach out to me....

Stay safe and healthy,

Joanne VanAernam

Food Service Director

315-845-6800 ext 3360

jvanaernam@westcanada.org

September 2021

WCV Elementary Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

There are more pop and classic songs with "September" in the title than any other month!

3

Menu Info:

Meals are free of charge through June.

A Complete lunch is a fruit or vegetable or 2 Vegetables, and at least 3 different items. You may choose up to 5 items.

Daily Choices include:

Hot entrée OR
PBJ or Sandwich of the Day
Salad Place
Assorted Fruits, Juices and milk.

****Snacks and a la carte** items will be sold separately**

Welcome Back –

We are Happy to see You!!

USDA is an equal opportunity provider and employer.

Menu Subject to Change

6

Labor Day
NO School

7

Chicken Nuggets
Sweet Potato
Fries
Green Beans
Pineapple

8

Soft Taco w/ Beef
and cheese
+Toppings
Mexicali Corn
Fruited Jello

9

French Bread
Pizza
Garlic Broccoli
Fresh Grapes

10

Hot Dog on Bun
Smiley Fries
Baked Beans
Peach Cup

13

BBQ Chicken
Sandwich
Honey Glazed
Carrots
Fresh Apple

14

Rotini
w/Meatsauce
Side Salad
Fruited Jello

15

Tostito Taco
Fiesta Corn
Refried Beans
Fresh Banana

16

Homemade Pizza
Spinach Salad
w/vinaigrette
Oatmeal cookie

17

Fish Sandwich
Tator Tots
Strawberries

20

Oven Roasted
Chicken
Seasoned Rice
Green Peas
Pears

21

BBQ Rib Sandwich
Baked Spinach
casserole
Carrot Sticks
Warm Cinnamon
Apples

22

Spanish Rice
w/Beef and Beans
Whole Kernel
Corn
Fresh Orange
Slices

23

Cheese and
Pepperoni Pizza
Tossed Garden
Salad
Peach Cup

24

BRUNCH:
Cheese Omelet
½ Bagel
Sliced Ham
Hash Brown
Fruit Cup

27

Mini Meatball Sub
Oven Roasted
Broccoli
Applesauce

28

Ham and Cheese
Melt
Corn + Bean Salad
Fruited Jello

29

Burger on Bun
French Fries
Carrot Sticks
Fresh Apple

30

Big Daddy Pizza
Tomato +
Cucumber Salad
Fresh Banana

September 2021

WCV High School Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

There are more pop and classic songs with "September" in the title than any other month!

3

2

1

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17

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13

Menu Info:
Meals are free of charge through June.
A Complete lunch is a fruit or vegetable or 2 Vegetables, and at least 3 different items. You may choose up to 5 items.

Daily Choices include:
Hot entrée OR
PBJ or Sandwich of the Day
Salad Plates
Assorted Fresh and Canned Fruits
100% Juices and milk.

****Snacks and a la carte** items will be sold separately**

Welcome Back – We are Happy to see You!!

USDA is an equal opportunity provider and employer.

Menu Subject to Change

Labor Day
NO School

Chicken Nuggets
Sweet Potato
Fries
Green Beans
Pineapple

Soft Taco w/ Beef
and cheese
+Toppings
Mexicali Corn
Fruited Jello
Fruit Punch

French Bread
Pizza
Garlic Broccoli
Fresh Grapes

Hot Dog on Bun
Smiley Fries
Baked Beans
Peach Cup

BBQ Chicken
Sandwich
Honey Glazed
Carrots
Fresh Apple

Rotini
w/Meat sauce
Side Salad
Fruited Jello

Tostito Taco
Fiesta Corn
Refried Beans
Fresh Banana
Fruit Punch

Homemade Pizza
Spinach Salad
w/Raspberry
vinaigrette
Applesauce
Oatmeal cookie

Fish Sandwich
Tator Tots
Carrot sticks
Strawberries
Apple Juice

Oven Roasted
Chicken
Dinner roll
Seasoned Rice
Green Beans
Pears

BBQ Rib Sandwich
Baked Spinach
casserole
Carrot Sticks
Warm Cinnamon
Apples

Spanish Rice
w/Beef and Beans
Whole Kernel
Corn
Fresh Orange
Slices
Fruit Punch

Cheese and
Pepperoni Pizza
Cucumber/tomato
Salad
Peach Cup
Apple Juice

BRUNCH:
Cheese Omelet
Bagel
Sliced Ham
Hash Brown
Fruit Cup

Mini Meatball Sub
Oven Roasted
Broccoli
Applesauce

Ham and Cheese
Melt
Corn + Bean Salad
Fruited Jello

Burger on Bun
French Fries
Carrot Sticks
Fresh Apple

Homemade Pizza
Marinated
Tomato/cukes
Fresh Banana
Fruit Punch



BREAKFAST

SEPTEMBER 2021

West Canada Valley

Breakfast Consists of Juice,
a Fruit, 1 or 2 Grains and
Milk

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	1	2	3
Mini Waffles	Banana Bread	Breakfast Pizza	French Toast Poppers	Frudels
13	14	8	9	10
French Toast	Cheese Omelet with 1/2 WG Bagel	Cold Cereal	Warm Mini Cinni	Stuffed Bagels
20	21	15	16	17
Mini French Toast	Breakfast Sandwich	Pancake + Sausage On a Stick	Hot Cereal or Cold Cereal	Banana Bread
27	28	22	23	24
Whole Grain Chocolate Chip Muffin	Baked Apple Fritters	Cold Cereal	Mini Pancakes	
		29	30	



Choices available daily in addition to menu items listed above: whole grain bagels, cereal, breakfast bars, whole grain poplarts, yogurt with graham crackers, fresh fruit, assorted 100 % juice and milk choices.

MENU is subject to change

PAY FOR MEALS ONLINE
[MySchoolBucks.com](https://myschoolbucks.com)

Letter to Parents for School Meal Programs

Dear Parent/Guardian:

Children need healthy meals to learn. West Canada Valley offers healthy meals every school day. Breakfast costs **[\$]**; lunch costs **[\$]**. 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 and snacks served through the Afterschool Snack Program 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: **Mrs. Shelby Butler, 5447 State Rt. 28, Newport, NY 13416, 315-845-6800 ext. 3360.**
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: Mr. Ed Dougherty, edougherty@westcanada.org, 315-845- 6800 ext. 3357 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 **[phone number]** 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: **[name, address, phone number, e-mail]**.
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**.

**2021-2022 INCOME ELIGIBILITY GUIDELINES
FOR FREE AND REDUCED PRICE MEALS OR FREE MILK**

REDUCED PRICE ELIGIBILITY INCOME CHART

Total Family Size	Annual	Monthly	Twice per Month	Every Two Weeks	Weekly
1	\$ 23,828	\$ 1,986	\$ 993	\$ 917	\$ 459
2	\$ 32,227	\$ 2,686	\$ 1,343	\$ 1,240	\$ 620
3	\$ 40,626	\$ 3,386	\$ 1,693	\$ 1,563	\$ 782
4	\$ 49,025	\$ 4,086	\$ 2,043	\$ 1,886	\$ 943
5	\$ 57,424	\$ 4,786	\$ 2,393	\$ 2,209	\$ 1,105
6	\$ 65,823	\$ 5,486	\$ 2,743	\$ 2,532	\$ 1,266
7	\$ 74,222	\$ 6,186	\$ 3,093	\$ 2,855	\$ 1,428
8	\$ 82,621	\$ 6,886	\$ 3,443	\$ 3,178	\$ 1,589
*Each Add'l person add	\$ 8,399	\$ 700	\$ 350	\$ 324	\$ 162

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, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint> and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

ANNUAL NEWS RELEASE - PUBLIC ANNOUNCEMENT

_____ (Local School Food Authority) today announced a free and reduced price meal (Free Milk) policy for West Canada Valley area school children. Local school officials have adopted the following family eligibility criteria to assist them in determining eligibility:

**2021-2022 INCOME ELIGIBILITY GUIDELINES
FOR FREE AND REDUCED PRICE MEALS OR FREE MILK**

Free Eligibility Scale						Reduced Price Eligibility Scale					
Free Lunch, Breakfast, Milk						Reduced Price Lunch, Breakfast					
Household Size	Annual	Monthly	Twice per Month	Every Two Weeks	Weekly	Household Size	Annual	Monthly	Twice per Month	Every Two Weeks	Weekly
1	\$ 16,744	\$ 1,396	\$ 698	\$ 644	\$ 322	1	\$ 23,828	\$ 1,986	\$ 993	\$ 917	\$ 459
2	\$ 22,646	\$ 1,888	\$ 944	\$ 871	\$ 436	2	\$ 32,227	\$ 2,686	\$ 1,343	\$ 1,240	\$ 620
3	\$ 28,548	\$ 2,379	\$ 1,190	\$ 1,098	\$ 549	3	\$ 40,626	\$ 3,386	\$ 1,693	\$ 1,563	\$ 782
4	\$ 34,450	\$ 2,871	\$ 1,436	\$ 1,325	\$ 663	4	\$ 49,025	\$ 4,086	\$ 2,043	\$ 1,886	\$ 943
5	\$ 40,352	\$ 3,363	\$ 1,682	\$ 1,552	\$ 776	5	\$ 57,424	\$ 4,786	\$ 2,393	\$ 2,209	\$ 1,105
6	\$ 46,254	\$ 3,855	\$ 1,928	\$ 1,779	\$ 890	6	\$ 65,823	\$ 5,486	\$ 2,743	\$ 2,532	\$ 1,266
7	\$ 52,156	\$ 4,347	\$ 2,174	\$ 2,006	\$ 1,003	7	\$ 74,222	\$ 6,186	\$ 3,093	\$ 2,855	\$ 1,428
8	\$ 58,058	\$ 4,839	\$ 2,420	\$ 2,233	\$ 1,117	8	\$ 82,621	\$ 6,886	\$ 3,443	\$ 3,178	\$ 1,589
Each Add'l person add	\$ 5,902	\$ 492	\$ 246	\$ 227	\$ 114	Each Add'l person add	\$ 8,399	\$ 700	\$ 350	\$ 324	\$ 162

SNAP/TANF/FDPIR Households: Households that currently include children who receive the Supplemental Nutrition Assistance Program (SNAP) but who are not found during the Direct Certification Matching Process (DCMP), or households that currently receive Temporary Assistance to Needy Families (TANF), or the Food Distribution Program on Indian Reservations (FDPIR) must complete an application listing the child's name, a valid SNAP, TANF, or FDPIR case number and the signature of an adult household member. Eligibility for free meal benefits based on participation in SNAP, TANF or FDPIR is extended to all children in the household. When known to the School Food Authority, households will be notified of their children's eligibility for free meals based on their participation in the SNAP, TANF or the FDPIR programs. 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.

Other Source Categorical Eligibility: When known to the School Food Authority, households will be notified of any child's eligibility for free meals based on the individual child's designation as Other Source Categorically Eligible, as defined by law. Children are determined Other Source Categorically Eligible if they are Homeless, Migrant, Runaway, A foster child, or Enrolled in Head Start or an eligible pre-kindergarten program.

If children or households receive benefits under Assistance Programs or Other Source Categorically Eligible Programs and are not listed on the notice of eligibility and are not notified by the School Food Authority of their free meal benefits, the parent or guardian should contact the school or should submit an income application.

Other Households: Households with income the same or below the amounts listed above for family size may be eligible for and are urged to apply for free and/or reduced price meals (or free milk). They may do so by completing the application sent home with the letter to parents. One application for all children in the household should be submitted. Additional copies are available at the principal's office in each school. Applications may be submitted any time during the school year to _____ (Title of Reviewing Official). Please contact _____ at _____ with any questions regarding the application process.

Households notified of their children's eligibility must contact the School Food Authority if they choose to decline the free meal benefits. Households may apply for benefits at any time throughout the school year. Children of parents or guardians who become unemployed or experience a financial hardship mid-year may become eligible for free and reduced price meals or free milk at any point during the school year.

For up to 30 operating days into the new school year (or until a new eligibility determination is made, whichever comes first) an individual child's free or reduced price eligibility status from the previous year will continue within the same SFA. When the carryover period ends, unless the household is notified that their children are directly certified or the household submits an application that is approved, the children's meals must be claimed at the paid rate. Though encouraged to do so, the SFA is not required to send a reminder or a notice of expired eligibility.

The information provided on the application will be confidential and will be used for determining eligibility. The names and eligibility status of participants may also be used for the allocation of funds to federal education programs such as Title I and National Assessment of Educational Progress (NAEP), State health or State education programs, provided the State agency or local education agency administers the programs, and for federal, State or local means-tested nutrition programs with eligibility standards comparable to the NSLP. Eligibility information may also be released to programs authorized under the National School Lunch Act (NSLA) or the Child Nutrition Act (CNA). The release of information to any program or entity not specifically authorized by the NSLA will require a written consent statement from the parent or guardian.

The School Food Authority does, however, have the right to verify at any time during the school year the information on the application. If a parent does not give the school this information, the child/children will no longer be able to receive free or reduced price meals (free milk).

Foster children are eligible for free meal benefits. A separate application for a foster child is no longer necessary. Foster children may be listed on the application as a member of the family where they reside. Applications must include the foster child's name and personal use income.

Under the provisions of the policy, the designated official will review applications and determine eligibility. If a parent is dissatisfied with the ruling of the designated official, he/she may make a request either orally or in writing for a hearing to appeal the decision. (Title), whose address is _____ has been designated as the Hearing Official. Hearing procedures are outlined in the policy. However, prior to initiating the hearing procedure, the parent or School Food Authority may request a conference to provide an opportunity for the parent and official to discuss the situation, present information, and obtain an explanation of the data submitted in the application or the decisions rendered. The request for a conference shall not in any way prejudice or diminish the right to a fair hearing.

Only complete applications can be approved. This includes complete and accurate information regarding: the SNAP, TANF, or FDPIR case number; the names of all household members; on an income application, the last four digits of the social security number of the person who signs the form or an indication that the adult does not have one, and the amount and source of income received by each household member. In addition, the parent or guardian must sign the application form, certifying the information is true and correct.

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.

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, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: <https://www.usda.gov/casr/how-to-file-a-program-discrimination-complaint> and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov

FREE AND REDUCED PRICE MEAL APPLICATION FACT SHEET

When filling out the application form, please pay careful attention to these helpful hints.

SNAP/TANF/FDPIR case number: This must be the complete valid case number supplied to you by the agency including all numbers and letters, for example, E123456, or whatever combination is used in your county. Refer to a letter you received from your local Department of Social Services for your case number or contact them for your number.

Foster Child: A child who is living with a family but who is under the legal care of the welfare agency or court may be listed on your family application. List the child's "personal use" income. This includes only those funds provided by the agency which are identified for the personal use of the child, such as personal spending allowances, money received by his/her family, or from a job. Funds provided for housing, food and care, medical, and therapeutic needs are not considered income to the foster child. Write "0" if the child has no personal use income.

Household: A group of related or non-related people who are living in one house and share income and expenses.

Adult Family Members: All related and non-related people who are 21 years of age and older living in your house.

Financially Independent: A person is financially independent and a separate economic unit/household when his or her earnings and expenses are not shared by the family/household. Separate economic units in the same residence are characterized by prorating expenses and by economic independence from one another.

Current Gross Income: Money earned or received at the present time by each member of your household before deductions. Examples of deductions are federal tax, State tax, and Social Security deductions. If you have more than one job, you must list the income from all jobs. If you receive income from more than one source (wage, alimony, child support, etc.), you must list the income from all sources. Only farmers, self-employed workers, migrant workers, and other seasonal employees may use their income for the past 12 months reported from their 1040 Tax Forms.

Examples of gross income are:

- Wages, salaries, tips, commissions, or income from self-employment
- Net farm income – gross sales minus expenses only – not losses
- Pensions, annuities, or other retirement income including Social Security retirement benefits
- Unemployment compensation
- Welfare payments (does not include value of SNAP)
- Public Assistance payments
- Adoption assistance
- Supplemental Security Income (SSI) or Social Security Survivor's Benefits
- Alimony or child support payments
- Disability benefits, including workman's compensation
- Veteran's subsistence benefits
- Interest or dividend income
- Cash withdrawn from savings, investments, trusts, and other resources which would be available to pay for a child's meals
- Other cash income

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.

If you have any questions or need help in filling out the application form, please contact:

Name: Mrs. Shelby Butler Title: Food Service Director
Telephone Number: 315-845-6800 x 3360
e-mail: sbutler@westcanada.org

D _____

2021-2022 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 (phone number), 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

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# <input type="checkbox"/>
--

*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: _____

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 _____.
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: _____. 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).

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.

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.

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

(FUPAK) case number or other FUPAK 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, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 8778339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](https://www.usda.gov/casrc/how-to-file-a-program-discrimination-complaint), (AD-3027) found online at: <https://www.usda.gov/casrc/how-to-file-a-program-discrimination-complaint> and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;
- (2) fax: (202) 690-7442; or
- (3) email: program_intake@usda.gov.

This institution is an equal opportunity provider.

West Canada Valley | School District Calendar 2021-2022

SEPTEMBER 2021							OCTOBER 2021							NOVEMBER 2021							DECEMBER 2021						
M	Tu	w	Th	F	M	Tu	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	
6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
20	21	22	23	24	25	26	27	28	29	30																	
27	28	29	30																								
JANUARY 2022							FEBRUARY 2022							MARCH 2022							APRIL 2022						
M	Tu	w	Th	F	M	Tu	M	Tu	w	Th	F	M	Tu	w	Th	F	M	Tu	w	Th	F	M	Tu	w	Th	F	
3	4	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	
10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31													
24	25	26	27	28	29	30	31																				
31																											
MAY 2022							JUNE 2022							JULY 2022							AUGUST 2022						
M	Tu	w	Th	F	M	Tu	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	27	28	29
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																										

Student Vacation Days

September	October	November	December	January	February	March	April	May	June	July	August
1-2 Supt. Conf. Days	23-31 Winter Recess	21-25 Mid-Winter Recess	17 & 18 Elem. Parent/Teacher Conf. (Dismissal 11:30)	17 Martin Luther King Jr. Day	11-18 Spring Recess	17 & 18 Elem. Parent/Teacher Conf. (Dismissal 11:30)	11-18 Spring Recess	30 Memorial Day	20 June Tenth	29	29
6 Labor day	17 Regents Rating Day (1/2 Elem No MS/HS)	21-25 Mid-Winter Recess	18 MS/HS Early release 10:30	28 Regents Rating Day (1/2 Elem No MS/HS)	11-18 Spring Recess	18 MS/HS Early release 10:30	11-18 Spring Recess	30 Memorial Day	20 June Tenth	29	29
7 First Day for Students	17 Regents Rating Day (1/2 Elem No MS/HS)	21-25 Mid-Winter Recess	18 MS/HS Early release 10:30	28 Regents Rating Day (1/2 Elem No MS/HS)	11-18 Spring Recess	18 MS/HS Early release 10:30	11-18 Spring Recess	30 Memorial Day	20 June Tenth	29	29
11 Columbus Day	17 Regents Rating Day (1/2 Elem No MS/HS)	21-25 Mid-Winter Recess	18 MS/HS Early release 10:30	28 Regents Rating Day (1/2 Elem No MS/HS)	11-18 Spring Recess	18 MS/HS Early release 10:30	11-18 Spring Recess	30 Memorial Day	20 June Tenth	29	29
22 Superintendent Conf Day	17 Regents Rating Day (1/2 Elem No MS/HS)	21-25 Mid-Winter Recess	18 MS/HS Early release 10:30	28 Regents Rating Day (1/2 Elem No MS/HS)	11-18 Spring Recess	18 MS/HS Early release 10:30	11-18 Spring Recess	30 Memorial Day	20 June Tenth	29	29
10 Evacuation Drill	17 Regents Rating Day (1/2 Elem No MS/HS)	21-25 Mid-Winter Recess	18 MS/HS Early release 10:30	28 Regents Rating Day (1/2 Elem No MS/HS)	11-18 Spring Recess	18 MS/HS Early release 10:30	11-18 Spring Recess	30 Memorial Day	20 June Tenth	29	29
11 Veterans Day	17 Regents Rating Day (1/2 Elem No MS/HS)	21-25 Mid-Winter Recess	18 MS/HS Early release 10:30	28 Regents Rating Day (1/2 Elem No MS/HS)	11-18 Spring Recess	18 MS/HS Early release 10:30	11-18 Spring Recess	30 Memorial Day	20 June Tenth	29	29
22-23 Parent Teacher Conf. (Elem 1/2)	17 Regents Rating Day (1/2 Elem No MS/HS)	21-25 Mid-Winter Recess	18 MS/HS Early release 10:30	28 Regents Rating Day (1/2 Elem No MS/HS)	11-18 Spring Recess	18 MS/HS Early release 10:30	11-18 Spring Recess	30 Memorial Day	20 June Tenth	29	29
24-26 Thanksgiving Recess	17 Regents Rating Day (1/2 Elem No MS/HS)	21-25 Mid-Winter Recess	18 MS/HS Early release 10:30	28 Regents Rating Day (1/2 Elem No MS/HS)	11-18 Spring Recess	18 MS/HS Early release 10:30	11-18 Spring Recess	30 Memorial Day	20 June Tenth	29	29

Vacation Days (red)
Regents Test Days (blue)
Superintendent Conf. Days (yellow)
Parent/Teacher Conf and Early Release Days (green)
Regents Rating Days (orange)

First day of school for students: September 7, 2021

Final Day of school for students: June 23, 2022

Student Days:
 September 18
 October 19
 November 18
 December 16
 January 20
 February 15
 March 23
 April 15
 May 21
 June 16
 Total Student Days: 181

Staff Days:
 September 20
 October 20
 November 18
 December 16
 January 20
 February 15
 March 23
 April 15
 May 21
 June 17
 Total Staff Days: 185

**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

Calendar

Sep 7 - First Day of School

Sep 8 - First Full Day for
Kindergarten

Sep 13 - BOE Meeting

Sep 24 - HS Picture Day

Oct 1 - Elementary Picture
Day

Nov 23 & 24 - Elementary
Parent-Teacher
Conference Days, 1/2 day
for Elementary Students

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

