



PAL-MAC PULSE

FALL 2024

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Pal-Mac Pulse
Pal-Mac Magazine
Fall 2024 Volume 29

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A note from the Board President



LAURA ARRINGTON
BOARD OF EDUCATION PRESIDENT

This year, we proudly celebrate our 75th anniversary as a school district. It's truly remarkable to reflect on how much technology and equipment have evolved in our classrooms and learning experiences over the years.

From the introduction of digital tools to the integration of advanced teaching practices, the landscape of education has transformed significantly. These advancements have and continue to empower our

students with unprecedented opportunities for growth, learning, and exploration.

Despite these remarkable changes, our core values remain constant and continue to guide our work here at Pal-Mac.

We are unwavering in our commitment to putting our students first by nurturing them into lifelong learners and kind, caring citizens of our community. By prioritizing our students, we ensure they are ready and prepared for the future.

As we celebrate 75 years of history, let us honor the legacy of those who have contributed to the growth and success of the District since it began. Our continued achievements are a testament to the hard work, dedication, and collaboration of our students, staff, families, and community members. Together, we have built a strong foundation that will continue to support and inspire future generations.

WE WILL NOW AND FOREVER BE PAL-MAC



PAL-MAC TURNS 75!

Have you heard? The District is preparing to celebrate its 75th anniversary, and we want you to be a part of it!

Pal-Mac will officially celebrate its 75th anniversary on June 4, 2025. The Anniversary Celebration Day will culminate with a High School Choir Concert that evening.

Before then, we're calling on Pal-Mac grads of the past to share some of your memories from throughout your time in the District.

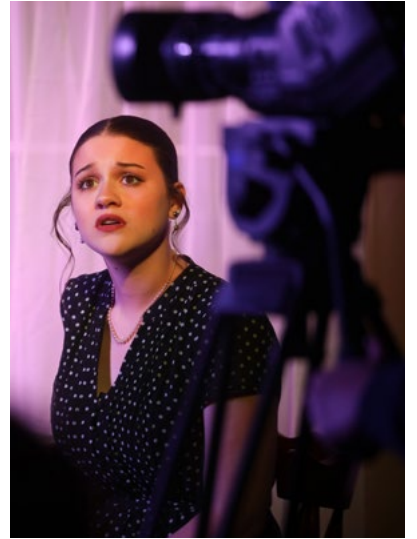
Whether it's a collection of pictures or a good story, we want to share it!

HOW TO SUBMIT:

Send your content to:
palmacanniversary@gmail.com

Look for special content on our social media platforms throughout the year!

A PEEK AT PAL-MAC





PAL-MAC SAFE

A look at some helpful safety-related updates, and how Pal-Mac will keep you informed going forward.

At Pal-Mac, safety remains a priority. The District is amending their current Emergency Response Protocols to the Standard Response Protocol (SRP), due to recently adopted changes made by the New York State Education Department (NYSED). Students and staff will be training, practicing, and drilling the new protocol.

The SRP is based on an “all-hazards approach” as opposed to individual scenarios. There are five specific actions that can be performed during an incident: Hold, Secure-Lockout, Lockdown, Evacuate, and Shelter. The SRP model is what all schools in New York will now use. The SRP model is used in more than 50,000 schools, districts, departments, agencies, organizations, and municipalities around the world.

Adopting this protocol provides our students improved continuity when it comes to expectations and actions during a situation. For teachers, this becomes a simpler process to train and drill.

As mentioned, the District will conduct drills related to these situations and will communicate with families prior to these drills. Additionally, the District will provide explainers throughout the year to give more insight into these five actions.

Scan the code below to see our full 2024-2025 District Wide School Safety Plan, which further explains our terms and procedures.



BACK TO SCHOOL!

The 2024-2025 school year officially kicks off on Wednesday, September 4. Below you will find some other days of note.



SCHOOL BREAKS/HOLIDAYS

Early dismissal days are not included

FRI. 10/11
PROFESSIONAL DEVELOPMENT DAY
(No School for Students)

Mon. 10/14
INDIGENOUS PEOPLES' DAY
COLUMBUS DAY, OBSERVED

Mon. 11/11
VETERANS DAY (observed)

WED. 11/27 - FRI. 11/29
THANKSGIVING HOLIDAY

Mon. 12/23 - Fri. 1/3/2025
WINTER BREAK

MON. 1/20
MARTIN LUTHER KING JR. DAY

Wed. 1/29
LUNAR NEW YEAR, NYS HOLIDAY

Mon. 2/17 - FRI. 2/21
FEBRUARY RECESS

Fri. 3/14
PROFESSIONAL DEVELOPMENT DAY

Fri. 3/29
GOOD FRIDAY

Mon. 4/14- FRI. 4/18
SPRING BREAK

Mon. 5/26
MEMORIAL DAY, OBSERVED

Thurs. 6/19: JUNETEENTH

END OF THE YEAR EVENTS

Thursday, 6/5
DOLLARS FOR SCHOLARS
AWARDS CEREMONY

Thursday, 6/12
GRADUATION



CLASS OF 2024 GRADUATION

Against a backdrop of a bright blue sky and a setting sun, the Pal-Mac Class of 2024 celebrated the dawn of their next chapters: Graduates.

The District honored its newest class on Thursday, June 13 during the annual Graduation Ceremony at Lincoln Hill Farms in Canandaigua.

147 Pal-Mac seniors walked across the stage and into their futures. The Valedictorian was Elizabeth Share and the Salutatorian was Marianna Hodgins.

Before that, seniors were celebrated by a crowd of students and staff during the annual Senior Walk. This took seniors on a trip down memory lane past all four school buildings.





FUTURE READY

SIGNING DAY

A group of Pal-Mac students officially signed their intent to join the workforce following graduation.

Nine students were among those who put pen to paper at the inaugural Wayne-Finger Lakes BOCES Career and Technical Education (CTE) Signing Day.

Students were joined in a special ceremony by their employers and their parents. The students signed a post-secondary employment certificate.

The ceremony is a way to celebrate the impact that career and technical education has on skilled trades and the commitment of students to the local workforce.



SPECIAL VISITS!

Students enrolled at the Wayne Technical and Career Center (WTCC) received a couple of special visits from some special people!

First, a Pal-Mac senior was surprised while he was on the job at his co-op! Next, a group of teachers stopped by the WTCC campus to visit students to see what a day in their classes look like.

The visits were a part of the District's larger effort to connect with students enrolled in the career-focused courses at the WTCC.



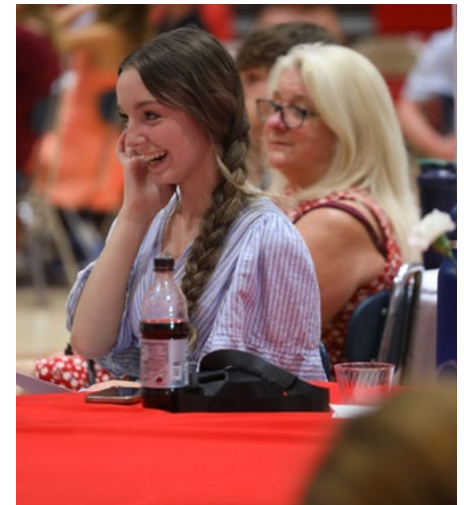
A RECORD-SETTING NIGHT FOR DOLLARS FOR SCHOLARS

Students and families packed the High School Gym on Thursday, June 6 for the 36th annual Palmyra-Macedon Dollars for Scholars Awards Ceremony.

The ceremony awarded a record-setting combined \$216,900 in private and organizational scholarships to 88 students. Some students received multiple scholarships.

The Chapter alone awarded \$190,850. This surpassed last year's record of over \$170,000.

More pictures can be found by scanning QR code.



— HAPPY — Retirement



Lori Crisafulli
Teacher
Intermediate School



Darren Everhart
Director of
Transportation



Mark Fundis
Teacher
Intermediate School



Suzanne Fox
Teacher Aide



Nancy Kepler
Teacher Aide



David Pray
Bus Driver



Deborah Sinis
Bus Driver



Janice Sturgill
Bus Driver

Students of the Year

This group of four students were named Students of the Year for the 2023-24 school year!

The annual award is presented to a student from each school building based on a nomination from their teachers. To be nominated, a student must demonstrate citizenship, commitment, and participation in their school and community.

Congratulations!



Dylan Gilmore (High School)



Isaac Ubbink (Middle School)



Olivia Tatar (Intermediate School)



Sok Mony Chhun (Primary School)



GUMMY WORM BOY

The Pal-Mac Varsity Boys Lacrosse team honored its biggest fan: A first grader named Xander, better known as "Gummy Worm Boy."

Xander's known to be a sideline staple for the team, as he's loaded up with candy and treats to keep the player's spirits and energies up.

The team surprised Xander at halftime of its Senior Night game by presenting him with a signed and framed varsity jersey!

This awesome story caught the attention of News 8 Rochester, which featured him and the team on its "Generation Roc" segment!

Scan the code below to watch the story!



THE ARTS AT A GLANCE



4th/5th grade bands rock PAC stage



PMP/PMI team up for Art Show



"Percy Jackson" cast takes home multiple Elenbe Awards



Middle School Ensembles Perform at Lilac Fest



HS Chorus illuminates the room

Welcoming Committee

Pal-Mac is committed to promoting a welcoming environment for every student and visitor, and a group of students is helping to make that possible!

The Primary, Intermediate, and Middle Schools each have some form of a welcoming committee. At PMP, a group of second graders can be found standing at the doors with a smile and a wave before events like Building Wide Morning Meetings and the Senior Parade.

Over at PMI the recently-revived New Student Welcoming Committee (Pal-Maps) plays a pivotal role in helping new students adjust. The teacher-recommended group of students plan the year ahead, including activities such as welcoming students at the start of the school year, giving tours, and distributing goody bags.

They also host holiday and end-of-year parties, and even “hosted” a Board of Education meeting with personalized touches like name tags and welcome cards. This year, Pal-Maps will introduce casual check-ins during lunch to ensure new students feel continuously supported.

Then there’s the Middle School’s New Student Welcoming Committee, which operates as a club. Through tours, events, and acting as student liaisons, the committee strives to create an inclusive environment where every student feels connected and valued!



PAL-MAC AT THE SPECIAL OLYMPICS!

Several Pal-Mac student-athletes took the field at Marcus Whitman High School on Thursday, May 23 for the annual Wayne-Finger Lakes Special Olympic Games.

The games ranged from traditional relays and long jumps down to yard games like cornhole for the younger students.

Multiple student-athletes took home ribbons. We congratulate every student for their efforts!



Building Bridges

Two Primary School teachers teamed up in the Spring to build bridges between their classrooms.

Second grade teacher Emma Sens and 8-1-1 (Bridges) teacher Samantha Gagliano worked together on a project centered around inclusion and belonging.

The project focused on teaching second graders how to communicate with fellow classmates who communicate in different ways.

“If a school lacks inclusivity, it lacks equity,” Sens said. “And everybody deserves to be included.”

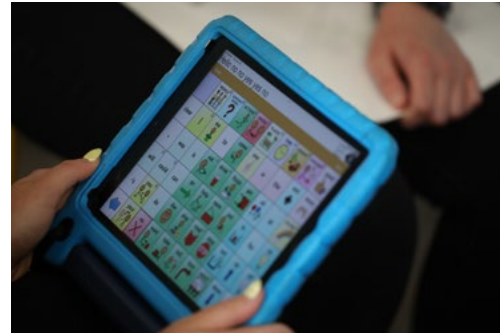
First, Sens’s students learned about different modes of communication including speech generating devices and Augmentative and Alternative Communication (AAC) boards. These two pieces of technology are used to help people express their thoughts and feelings.

Students then learned how to ask a classmate who communicates with a device or an AAC board how to play.

Then it was time to play! Both classrooms came together on a Friday afternoon in the Bridges classroom. Students dressed up in costumes, played games, and made memories.

Gagliano says she saw ‘overwhelming joy’ on the faces of her students as they played with their new friends. Sens saw the same positive reaction out of her students.

Both teachers said the project was a small step towards teaching children the importance of empathy, patience, and acceptance. They hope this effort can expand to more classes within the building, and even across the District.



“The only way we’re going to be able to include and have them belong is if we systematically teach our youth to interact and learn how to communicate with all people,” Gagliano said. “Everybody deserves to be included.”

Scan the QR code to see this effort in action!



ATHLETIC NEWS

SPRING 2024

SPRING SCHOLAR ATHLETE TEAMS

Softball: 93.48

Girls Lacrosse: 92.33

Boys Lacrosse: 91.91

Girls Track & Field: 91.52

Boys Tennis: 91.47

Baseball: 90.53

OUTSTANDING RED RAIDER

Reagan Diehl,
Brennan Pipitone

ALL-AMERICANS

Reagan Diehl,
Keagan Hoesterey

ALL LEAGUE/ SECTION V SELECTIONS



BOYS LACROSSE
UNDEFEATED REGULAR SEASON
FINGER LAKES LEAGUE CHAMPIONS



GIRLS LACROSSE
FINGER LAKES LEAGUE CHAMPIONS

200 Win Club
EJ Burse (Girls Lacrosse) Joe Hill (Boys Lacrosse)

'The standard': '96 grad Jeff Robinson to be inducted into Sec. V Boys Swimming Hall of Fame

1996 Pal-Mac graduate Jeff Robinson graduated nearly 30 years ago, but he's still making a splash in the history books.

Robinson will soon see his name in the 2024 Section V (Five) Boys Swimming Hall of Fame. The honor will recognize Robinson for his record-breaking career that included many firsts, and many triumphs.

We spoke to Robinson by phone, and he called the nomination "quite an honor."

He was nominated by current Varsity Boys Swim team coach Jason Stevens. Stevens said he nominated Robinson because he was "the standard" that current and past swimmers have and continue to look up to.

"It didn't matter what event or what stroke, he was like let's do it," Stevens said. "He had that mentality that you must swim the best to be the best."

A 20+ year Naval veteran, Robinson lives in Virginia but still has family back in Palmyra. He told us he keeps up to date with the current swim program, including any athlete who breaks his records.

And there have been quite a lot of them.

FIRST HAS ITS PERKS

Robinson's competitive swim career started in 1993 when he was a part of Pal-Mac's first-ever Varsity Boys Swim team as a ninth grader. The High School pool was built when he was in seventh grade, and he swam for the modified team.

Before then, he learned the basics as he swam laps in his grandmother's pool. He also competed in other sports like soccer and track.

He doesn't have many modified swim memories, but he enjoyed growing as

a swimmer alongside his teammates. If you take a trip around the high school pool, you can still see several plaques and framed newspaper clippings of Robinson and his teammates' history-making first season.

"We were just the start of something special," Robinson said. "Being the first team of anything is a lot of fun."

And that includes the first time it all clicked for him that he could be pretty good at swimming. But it wasn't during a win, it was actually in a close loss.

Robinson says he finished just a few seconds behind Mike Fratto, a decorated swimmer from Geneva. The rest was history.

HISTORY-DEFINING ERA

Throughout the next two seasons, Robinson notched a decorated career of his own.

He clinched a Finger Lakes League Championship in his first season and followed that up by taking home multiple League and Sectional Championship wins between 1994-1995. This included a spot in the New York State Championships in '94 and '95.

Along the way, he set all but one Pal-Mac boys swimming record, along with a couple Finger Lakes League and Section V Class C and D records.

The accomplishments didn't stop there, as he was named team MVP for three consecutive seasons, and Swimmer of the Meet in 1995.

Many of Robinson's records stood for several years but were eventually surpassed. Most recently, in 2022 and 2023. He still holds records across

multiple events, a testament to his in-the-pool dominance.

Robinson says his coach at the time, Coach Santino, called him "aloof," a reference to his calm demeanor outside of the pool. He says when he stepped into the water, his mindset changed, saying he "wanted to crush" every opponent.

"[It was] the sudden realization that you're actually good at something and you want to get better and be competitive and have people know that you're good at something," Robinson said.

Coach Stevens, a Newark High School grad, competed against Robinson back in the day and confirmed Robinson's "cutthroat" mentality.

"He was out to win," Stevens said. "I don't know if I'd call [our meets] battles, whereas it was just me following him, trying to catch up to him."

HUNGER FOR GREATNESS, AND PANCAKES

Robinson's competitive drive turned into cross-country drives, as he left the varsity team after his junior season to pursue the club team circuit. He competed under coach Jim Healy.

He says he took the leap because the school team only competed in the Winter, whereas national competitions happened all year round. Right off the bat, Robinson competed in USA Swimming tournaments like the Phillips 66 Nationals.

He also swam for a club team at Monroe Community College (MCC) His travels took him as far as Texas, Michigan, and Connecticut. He credits his parents for their efforts to drive him to every competition, no matter the distance.



Robinson called this period a lonely one, as he was the only swimmer from his team competing on the national stage.

He recalls the long road trips were fueled by frozen hungry jack pancakes, which were almost always eaten by hand because they'd forget forks.

While frozen flapjacks kept his stomach full, Robinson says he had a different kind of hunger he most needed to feed.

"It was the hunger of wanting to do better than the last time I swam," Robinson said.

That hunger took him from club swimming to collegiate swimming, as he enrolled at the University of Connecticut (UConn) upon graduating in 1996. As a member of the Huskies swim team, Robinson added his name to the 400 and 200 relay record board and came close to Olympic qualification in 1998.

But then in 1999, he decided to hop out of the pool, and into something else.

A STANDARD OF SERVICE

Robinson left UConn in 1999 to enter the workforce and figure out what he wanted to do. He would eventually return to campus and graduate in 2002.

His next journey led him to the United States Navy, a fitting choice for a prolific swimmer, though he says he's only spent about eight weeks on a ship in his years of service.

His naval career deployed him to Hawaii, where he served as a Chinese linguist for 10 years, and underwent computer networking/cyber security training.

He also had stints in Afghanistan in 2009 and 2010.

And yes, he has stepped back into the pool. He says he gets back in the pool roughly twice a year for the Navy swim test.

"Still at close to my old pace," Robinson said.

He'll officially retire from the Navy in August, and in reflecting on his journey, he recognized he accomplished even more firsts.

"First person to go to college on a four-year scholarship and the first in the Navy," Robinson said. "I had to learn it the hard way. I never sought out anyone, I learned from the Navy, where it's standard to ask questions and learn."

In addition to his naval experiences, Robinson credits his coaches and parents for helping him to get where he is now.

While he may no longer swim competitively, or live in the area, he keeps in contact with past teammates.

He's also watched as his own children begin to take interest in the pool. His son is just starting, while his daughter hopes to take a swim test soon.

He admits it's cool to watch, but he's not pressuring them to follow the same steps he took. He did take time, though, to share some advice for anyone trying to figure out their own journeys.

"Find somebody that has done something that you want to do," Robinson said. "Follow their path because they've done it."

Section V officials say Robinson and the 2024 HOF class will be formally announced with the 2025 class next year.



**ALUMNI SPOTLIGHT:
PAT LUKE '84**

1984 grad Pat Luke turned his passion for the arts into a successful photography business! Luke owns and operates Luke Photography in Fairport, where he takes hundreds of high school, business and sports portraits every year!

Scan the QR code below to hear more about his story from his early days of taking pictures at Pal-Mac to making a life-changing decision. You'll also learn more about his creative process, which he calls "creative mayhem."



Science Rules!

Mrs. Schneggenburger and Mrs. Frisiras's Applied Living Environment class participated in a year-long project on water in the Erie Canal! The class worked with 12 other schools and the University at Buffalo. Students discovered potential pathogens, and their findings will be used to help study other bodies of water across the state!



MINI METEOROLOGISTS

Got weather? Students in Mrs. Lindstrom's UPK class were meteorologists for a day!

Their classroom transformed into a weather studio as students presented their own forecasts just like they do on TV!

The activity was part of a two-months long unit where students learned about all things weather!

Next, two Intermediate School students, Caleb and Henry, were featured on 13 WHAM's "Mini Meteorologist" segment. Both were in-studio and shared why they love the weather. They even helped present the forecast!



NO COST MEALS*

RETURNING

Scan Me! →

*UP TO ONE REGULAR SCHOOL BREAKFAST AND ONE REGULAR SCHOOL LUNCH PER DAY AT NO COST TO YOUR HOUSEHOLD. NO APPLICATION REQUIRED.

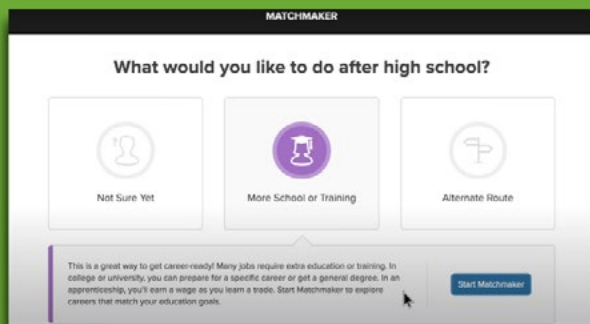
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Say Hello to Xello

It's helping Pal-Mac students better understand themselves, their future career options, and the 21st century skills they'll need to succeed.



xello

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