



THE REMSEN CENTRAL SCHOOL DISTRICT

IMPORTANT DATES

DECEMBER

- 8-9 Jr./Sr. HS Drama Club Production of "A Christmas Carol," 7:00 p.m.
- 13 Grades Pre-K-4 Christmas Concert, 6:00 p.m.
- 14-15 ES Early Dismissal - Parent/Teacher Conferences, 11:30 a.m.
- 19 ES First Trimester Evening of Excellence, 6:30 p.m.
- 20 Grades 5-12 Band & Chorus Concert, 6:30 p.m.
- 21 Grades 5-12 Band & Chorus Concert (Snow Date), 6:30 p.m.
- 22-29 Winter Recess

JANUARY

- 1 Winter Recess
- 2 Pre-K/Kindergarten Registration Begins
- 6 Snowball, 7:00 p.m.
- 11 Grades 8-10 Guidance Information Night, 6:30 p.m.
- 15 Martin Luther King Jr. Day - No School
- 23-26 Regents Exams
- 29-31 Spirit Week

FEBRUARY

- 1-2 Spirit Week
- 7 Beginning Band Recital
- 9 Elementary Drama Club Production
- 19-23 Mid-Winter Recess



/remsencsd



@remsencsd

CALENDAR

For the complete District calendar, schedule of upcoming events and more

District news, please visit:

www.remsencsd.org

- VISION STATEMENT -

Remsen Central School District forever aspires to be a unique, distinguished, welcoming learning community that fosters a growth mindset and essential traits of great character. RCS will remain dedicated to cultivating and supporting each student's individual abilities and interests as they confidently work to realize their full potential to lead happy, healthy, successful lives. All Remsen students will Soar to Success.

MESSAGE FROM THE SUPERINTENDENT

Humble and Kind

The reading of this newsletter will find us in the middle of the holiday season. A time to be thankful. A time to think about others. A time to forgive. A time to share with family, friends, and pets that we love so dearly. It is a time that helps us realize the things we may take for granted as part of our every day; a time that is sure to be filled with memories both happy and sad. A time to reflect on the year past and think about how we can be better in the new year to come. And, a time to be humble and kind.

We all can benefit from being humble. It helps us recognize the strengths of others, while simultaneously recognizing our own limitations. Being humble is thinking of ourselves less and of others more. To be humble is to be open to feedback that can help us learn and grow. It is a willingness to learn from others, be appreciative of what others have to offer, and be ready to own our mistakes. Stephen Covey reminds us, "being humble does not mean being weak or reticent. It means recognizing principle and putting it ahead of self."

My grandfather was a Marines Marine. He was disciplined beyond description and fortunately for me, had the work ethic of an ox. I worked with him outside every day as a young boy, every opportunity I had. When we would be working alongside the road as a kid I noticed that he waived every time a car went by. Sometimes I would ask, "who was that?" and he would reply to me, "I don't know." After getting that same response from him numerous times, I finally asked him why he was waiving at cars that he did not recognize or know who was driving them. His response to me was, "Well TJ, it doesn't cost anything to waive to someone, and it is a nice thing to do." After that, when a car went by, Grandpa and I would both waive. In that simple gesture, my grandfather demonstrated that there is always room for kindness no matter how hard we are working; no matter how busy we get. Being kind to each other doesn't cost a thing and it can make a huge difference.

Part of our *Mission* at Remsen Central is to instill essential traits of great character which include humility and kindness. During the holiday season and all year round, we can each do our part to make our world a better place for our youth, for each other, and for future generations to come if we lead by example through humility and kindness in our daily interactions. Working towards this *Mission* will help achieve our *Vision* for Remsen students to realize their full potential to lead happy, healthy, successful lives.

At Remsen Central School District, we are thankful to have the opportunity to teach, learn and grow with our students and their families each year. We are thankful to have a small, thoughtful, and caring school district. We are thankful for our hard-working staff. We are thankful for the support and encouragement that we receive from our community members. And, we are thankful for you, the reader, for sharing our love and enthusiasm for Remsen Central School. May this wonderful time of the year, and the New Year to come, grace us with humbleness and kindness.

On behalf of everyone at Remsen Central School, we wish all of our students, families, and community members a wonderful Holiday season and a healthy, happy New Year.

Sincerely,

Timothy Jenny | Superintendent



DEAR REMSEN FAMILIES,



We've had another great start to the school year. This school year seems to be moving along quite quickly. It is very hard to believe that it is already November.

I want to highlight a few of the exciting events from our school year so far. First was our Elementary Family Night on October 25. We had over 100 folks join us for an evening of learning about coping and calming strategies and a wonderful meal from Moe's. I want to thank the folks from Cornell Cooperative Extension for working with us and for providing the programming and the meal for the event. Next, it has been wonderful to have our elementary Parent Teacher Group (PTG) active once again. On October 27 the PTG sponsored the Fall Family Fun Night here in the elementary. It was an excellent evening of fun, costumes, games, prizes and more. Thank you to the PTG for making this event possible for our students and families. Our annual Parade of Costumes on October 31 was great. Students had the opportunity to wear their costumes and show them off as we marched through the school and around the track outdoors. It was great to see the family members and friends that were able to come out to observe the parade. On November 9, we had our annual Veteran's Day program. This year we held the event in the high school to allow for more space. It was a wonderful celebration of our veterans. For this event, our elementary Student Council challenged each elementary classroom to design a poster that represented what Veteran's Day means to them. The posters were very impressive; each classroom did a wonderful job. Finally, on November 13, Tom Murphy and Rick Yarosh of Sweethearts and Heroes came to Remsen to present to our students. Our students in K-2 and grades 3-6 each participated in a program where they discussed the importance of using their superpowers to help others and fight against bullying. These events, intertwined with the fun of our everyday life in the elementary school, have led to a great start!

Looking ahead, we have the end of our first trimester, our holiday celebrations and concerts, and more. We are also moving into the colder winter months. With that, I wanted to provide just a few reminders for folks. First is that we will continue to provide students with the opportunity to enjoy outdoor play throughout the winter. This means that it is very important to ensure that students bring their winter gear (hats, gloves, boots, coat and snow pants) to school. These items should be labeled with your child's name as too often items are left behind and end up in the "dreaded" lost and found. Another quick reminder is about 2-hour delays and snow days. These weather related changes to the regular schedule will be shared through ParentSquare but are also shared on the school website and local news stations. For a 2-hour delay, it is important to remember that school will open for student drop off at 9:20 a.m. and that there is no morning Young Rams program or breakfast provided. In the event that school closes early, please remember that there will be no Young Rams after-school program.

As we look forward to the holiday season, I wish everyone a wonderful Thanksgiving, a Merry Christmas, Happy Holidays and a Happy New Year. As always, if you ever have any comments, questions or concerns, please do not hesitate to reach out. It is only in working together that we will be able to provide the best for the students of Remsen Elementary School.

Sincerely,

Gary M. Winghart Jr.

Gary M. Winghart Jr. | Elementary School Principal

Elementary BACK-TO-SCHOOL ASSEMBLIES

On September 11, Remsen Elementary School Principal Mr. Winghart and elementary counselor Ms. Kistowski held back-to-school assemblies for grades Pre-K through six. During the assemblies, students listened to a story called "Be Kind," reviewed the Code of Conduct and Elementary School-Wide Expectations, and briefly discussed the Positivity Project.



DEAR REMSEN FAMILIES,



We have so many things to be thankful for at the high school!

We are so fortunate to have new furniture for our students. There are brand new student desks and chairs in every classroom. We have also added high-top tables and seating to help make the cafeteria a bit more sophisticated and fun. It was a wonderful experience seeing staff and students working together to help outfit the classrooms. That is a prime example of having school spirit and taking part in improving our school community.

Some additional highlights from the school year include seniors enjoying a day at the corn maze and a hiking field trip, classes fundraising at Barn Fest, and the 9th and 10th grade students going on a mountain biking trip. Our Remsen pride was evident throughout spirit week, our pep rally, and this year's Fall Ball. The Boys Varsity Cross Country team made history when they won the school's first-ever Section III Class D2 Championship title. We also had a wonderful Veterans Day concert and powerful guest presenters from Sweethearts & Heroes.

Our teachers strive to provide the best learning environment and experiences for all of our students. Some additional support we have available for students is Rams Can Soar (RCS). This is a great place to get work done and receive academic support. RCS occurs every morning from 6:30-7:30, Monday-Wednesday 2:35-5:00 and 2:35-4:00 on Thursday. Strength training is another great opportunity and it is open every morning from 6:30-7:30 and Monday-Thursday 2:35-4:00. All students are welcome at RCS and the Fitness Center.

We are off to a great start this year. Please reach out if you have any questions or concerns. We are here to partner with you to help all students Soar to Success.

I wish you all a wonderful holiday season!

Sincerely,

Sanya Pelrah

Sanya Pelrah | Jr./Sr. High School Principal

9th & 10th Mountain Biking FIELD TRIP

On October 20, students in grades nine and ten participated in a mountain biking field trip at the Black River Outdoor Education Program. It was a great experience and a lot of fun!





THANKSGIVING *Breakfast*



The third annual Thanksgiving Breakfast was held on November 20 at the high school. We continued our tradition of serving the students a special breakfast to let them know that we are grateful for them!



Family Fall Fun Fest

On October 27, the Remsen Parent Teacher Group (PTG) held its Family Fall Fun Fest. It was a very exciting event as it was the first Fall Fun Fest that the PTG has held in a few years. Students and families were invited to enjoy fun games and prizes, as well as a costume parade and contest. Students dressed up as various characters including a fairy princess and a mechanical claw prize machine.

Students enjoyed a variety of exciting halloween themed games and winning fun prizes. Toward the end of the evening, students participated in a costume parade through the school, collecting candy along the way. To conclude the event, the top three costumes from the evening were selected as contest winners.

Everyone had a wonderful time and we look forward to next year!



Outstanding Educator



On November 16, Remsen 5th grade teacher, coach, and advisor Mrs. Amy Piaschyk was honored and recognized as an outstanding educator at the Genesis Group Outstanding Educator Celebration at Hart's Hill Inn. Mrs. Piaschyk is a teacher that goes above and beyond for her students each day. She understands that each student is unique and builds relationships with her students and their families to help the students learn and grow successfully. In addition to teaching, Mrs. Piaschyk serves as a mentor for new teachers, is the girls' varsity volleyball coach, and is the advisor for our elementary STEAM club. Mrs. Piaschyk exemplifies all of the attributes of an outstanding educator at Remsen Central School District. RCS is very proud of her and we congratulate her for the well-deserved recognition and award.



Mrs.
PIASCHYK
MAKES A DIFFERENCE
CONGRATULATIONS!



REMSEN ELEMENTARY RECEIVES DONATION FROM

FedEx

On September 8, Remsen Elementary School was presented with a very generous donation of \$2,223 from FedEx through their FedEx Cares program.

The funds were raised through their annual golf tournament held on August 19. Each year, a few local schools are selected to receive a portion of the funds that were raised to be put toward school supplies, materials, activities and more for the students in those schools. This year, Remsen Elementary was selected as one of the schools to receive the donation.



We would like to thank the folks at FedEx, including representatives Mr. Joe Kennard and Mr. Tim Price, and the sponsors who participated in the golf tournament for this generous donation and for selecting Remsen Elementary as a donation recipient.

ELEMENTARY FAMILY NIGHT



On October 25, Remsen Elementary School held its first Elementary Family Night of the school year. Through a partnership with Cornell Cooperative Extension of Oneida County, families were invited to the school for a presentation, fun activities and a delicious "make your own taco" meal from Moe's Southwest Grill.

The evening began with the "make your own tacos." Families enjoyed yummy tacos with all the toppings imaginable. While folks enjoyed their meal, presenters from Cornell Cooperative Extension began the presentation. The topic of the presentation for the evening was self-calming and coping strategies for children and adults. After hearing about a variety of coping and calming strategies, participants had the opportunity to create their own "Calm Down Jars" and "Breathing Buddies."

We want to thank Cornell Cooperative Extension for the programming, activities and the delicious meal. It was wonderful to have so many students and families come together for an evening of learning, fun and food. The next Family Night is scheduled for January 23 (more information will be sent out as the date approaches).



REMSEN ELEMENTARY STUDENTS PARTICIPATE IN

Fire Safety

AND PREVENTION

On September 21, Mr. Tom McDonald, a firefighter from Remsen Volunteer Fire Department, visited Remsen Elementary School to educate students in pre-k through grade six about staying safe in the event of a fire. Mr. McDonald talked to students about his role as a firefighter, explained firefighting equipment and emphasized life-saving tips like "stop, drop and roll." He also talked to students about creating a fire escape plan with their families at home.

The Remsen CSD is very thankful to our local fire department for their continued commitment to the safety of our students, and for all they do to help keep our homes and families safe throughout the year.



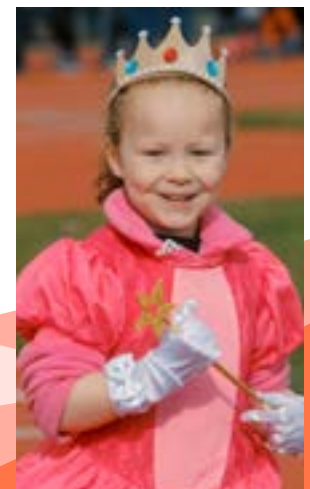
cool to be kind ASSEMBLY

On October 11, Remsen Elementary students in grades four through six joined together for a "Cool to Be Kind" assembly. Tyler Wotherspoon and Samuel Laberge, both Utica Comets players, educated students about the importance of being kind. Students had an opportunity to ask questions and receive the players' autographs at the end. This event was sponsored by Utica National Insurance Group.



Elementary School PARADE OF COSTUMES

On October 31, the Elementary School held its annual Parade of Costumes. Each of the classrooms got ready by getting into their Halloween costumes. The parade began inside the building with sixth graders and then quickly grew to all students in pre-K through grade six. The parade then moved outdoors where students paraded down to the track and around the track with an audience of parents, grandparents and other family members. The parade is a fun and exciting way for students to see their friends' costumes and to celebrate the holiday each year.



Annual VETERANS DAY PROGRAM

On November 9, the Remsen CSD held its annual Veterans Day program. Local veterans and family members were invited to come and celebrate with the elementary students. Students from the elementary school traveled to the high school for the event. During the program, the elementary concert band and chorus performed, as did the junior and senior high band and choruses. The ensembles performed a selection of patriotic songs as well as songs of thanks to the veterans. The names of local veterans and active service members were read aloud to recognize and thank them for their service. It was wonderful to have a number of local veterans present for this special event!



VETERANS DAY *Evening Concert*

On November 9, the fifth and sixth grade elementary as well as the junior and senior high school ensembles performed at the Veterans Day concert. The musical pieces performed for the evening consisted of a variety of patriotic songs as well as a number of songs thanking the veterans for their service to our country. Each ensemble did a wonderful job and all of their hard work was greatly appreciated. A number of the local veterans were able to attend the event, making the event very special for all in attendance.



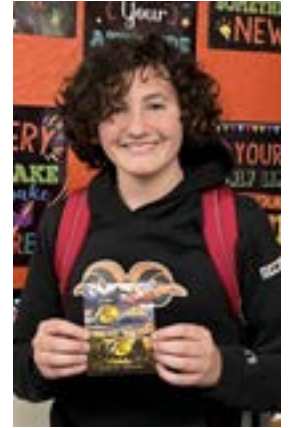


RAM

TICKET DRAWING



Our first Ram Ticket Drawing was held at the end of our first marking period. Each winner received a \$25 gift card. Congratulations!



2023 FALL BALL

On November 3, students had a great time at the Remsen Fall Ball.



HIGH SCHOOL BACK-TO-SCHOOL ASSEMBLIES

On September 11, Remsen Jr./Sr. High School Principal Ms. Pelrah held back-to-school assemblies for each grade level. Ms. Pelrah reviewed the Code of Conduct, and acceptable and unacceptable behavior in school. Each student received a pamphlet of important information for the school year and a Ram ticket to start the year off right!



NEW STUDENT FURNITURE *installed at Remsen Jr./Sr. High School*

The new student furniture, made possible through the ARP Grant, was installed at the Jr./Sr. High School during the week of October 30. Thanks to our students, staff and parent volunteers and our custodial team, we were able to successfully remove all of the old student furniture and replace it with new student desks and seating for all classrooms and the cafeteria. The new desks offer the flexibility to be placed individually, in pods or paired together as tables of two, three or more. The new chairs provide comfort, flexibility and space for students to work and learn. In the cafeteria, we replaced all of the old chairs and added in some high top tables to offer students another seating option during lunch. It looks amazing! Students and staff alike are very excited. It was extraordinary to see students, volunteers, and custodians working together to make it all happen.

A sincere "thank you" to the custodial team and to all of the volunteers listed below. Without them, this major undertaking would not have been possible! In addition, the cost saved by installing all of the new furniture ourselves allowed us to allocate that grant money toward the purchase of the new elementary student furniture.

STUDENT VOLUNTEERS

<i>Spencer Anderson</i>	<i>Kailyn Helmer</i>	<i>Owen Piaschyk</i>
<i>Ben Becker</i>	<i>Austin Jones</i>	<i>Ava Russo</i>
<i>Oliver Burns</i>	<i>Sage Kerr</i>	<i>Brian Secor</i>
<i>Zoey Coe</i>	<i>Jase Kinsley</i>	<i>Ellie Secor</i>
<i>Marta Plaza Cos</i>	<i>Joshua Kuiken</i>	<i>Alexis Stevens</i>
<i>Kayla Finn</i>	<i>Lucas Linke</i>	<i>Tyler Stevens</i>
<i>Zach Geer</i>	<i>Joshua Meeker</i>	<i>Malik Pett</i>
<i>En Xi Guo</i>	<i>Regan Meeker</i>	<i>Hayden White</i>
<i>Zachary Helmer</i>	<i>Ean Piaschyk</i>	<i>Adam Woolheater</i>

CUSTODIAL STAFF AND STAFF/PARENT VOLUNTEERS

<i>Mr. Buhite</i>	<i>Mr. Jenny</i>	<i>Mr. Prosser</i>
<i>Mr. Bunker</i>	<i>Ms. Johnson</i>	<i>Mr. Roberts</i>
<i>Mr. Casey</i>	<i>Mr. Jones</i>	<i>Mrs. Secor</i>
<i>Ms. DiNitto</i>	<i>Mr. McKeown</i>	<i>Officer Smith</i>
<i>Mr. Dolly</i>	<i>Mr. O'Bryan</i>	<i>Mr. Winghart</i>
<i>Ms. Gecci</i>	<i>Ms. Pelrah</i>	
<i>Mr. Griswold</i>	<i>Mrs. Piaschyk</i>	
<i>Ms. Hajdasz</i>	<i>Mr. Piaschyk</i>	

Thank you again to everyone that played a part in making this happen for our students. You are appreciated!



FALL
ATHLETIC
TEAMS
PARTICIPATE
IN

*Pink
Out*

GAMES
&
MEETS

All Remsen fall athletic teams participated in "Pink Out" games/meets to support the Susan G. Komen Foundation and the fight against breast cancer. The Remsen Sports Boosters Club coordinated all Pink Out events for Remsen student-athletes. Thanks to student athletes, coaches, the Remsen Sports Boosters, spectators and Cassandra Doolen for the "Pink Out" shirts, Remsen was able to donate more than \$1,200 to the Susan G. Komen Foundation. Additionally, the Bank of America has announced that they will quadruple Remsen's donation! Outstanding job to all!



world SUICIDE PREVENTION day



World Suicide Prevention Day was September 10. A week of activities were available for students to participate in. Daily announcements provided signs of suicide risk and how to get help. Two support specialists from the Center for Family Life and Recovery, Ashley Neuschel and Amy Aceto, tabled outside of the cafeteria on September 12 with resources on mental health and how to prevent suicide.

On September 15, students were able to participate in "Chalk the Wall" and the "Take 5 to Save Lives" photo station campaign. The "Take 5" campaign encourages students to "Learn, Know, Do, Talk and Share" in an effort to create hope with action by learning and sharing information on suicide prevention.



SENIOR *nights*

BOYS' VARSITY SOCCER

On October 2, the Remsen boys' varsity soccer team held their Senior Night Recognition Ceremony. The boys' varsity coach, teammates and family members honored the seniors through the recognition of their hard work and devotion to the team and their studies. The six seniors that were recognized during the ceremony were: Colby Aiello, Ben Becker, Zach Helmer, Malik Pett, Jaden Prosser and Brian Secor.

Following the Senior Night Recognition Ceremony, the team went on to play the Adirondack Wildcats. The Remsen Central School District is proud of each and every senior and wishes them the best in their future endeavors!



GIRLS' VARSITY SOCCER

On October 5, the Remsen girls' varsity soccer team held a Senior Recognition Ceremony ahead of their home game against Hamilton. Seniors from both Remsen and Hamilton were recognized for their hard work and dedication to athletics and their education.

The soccer team also sponsored a "pink out" fundraiser during the game to support breast cancer awareness.

Congratulations to Imagin Aiken, Isabella Layler and Tayler Nelson, and best of luck in your future endeavors!



CROSS COUNTRY

On September 20, the Remsen cross country team celebrated Senior Night at their home meet while also hosting a "pink out" fundraiser for breast cancer awareness. The team wore specially-designed pink racing jerseys for the pink out event.

Seniors Alivia Hopsicker and Leila Ward were recognized for the girls' team. These two seniors were integral members of the 2022 team that won the Division II Class D Sectional Championship title and they completed out the 2023 season strong. Senior Paul Montegari was recognized for the boys' varsity team and was a great addition to the team.

In addition to the senior night and pink out celebrations, junior Ean Piaschyk broke Remsen's cross country record with a time of 17:37. The previous Remsen course record was 17:59 set by Michael Roberts in 2019.



PRINCIPAL PELRAH TREATS SENIORS TO

Corn Maze

On October 5, senior students enjoyed spending time together as a class and navigating the corn maze at the Remsen Depot. This was a great way for the Class of 2024 to have some fall fun.



SENIOR FIELD TRIP TO BLACK BEAR mountain

The seniors enjoyed an outdoor hiking adventure to Black Bear Mountain on September 29.



NATIONAL HONOR SOCIETY DONATION DRIVE



Remsen's National Honor Society held a donation drive for Anita's Stevens Swan Humane Society. The officers, Ava Russo, Tayler Nelson, Imagin Aiken and Isabella Lalyer, delivered the donations. Thank you to all who contributed!



SCHOOL CLOSING INFORMATION

The Remsen Central School District may have to make a decision to delay, close or go home early, due to weather and/or road conditions. When the weather requires closing or a delay, the District's ParentSquare will be activated to let you know as soon as possible. The major radio stations in the Utica-Rome area are WBRV, Boonville, WIBX, Oldies 96, Big Frog 104.3 and Lite 98.7. TV channels 2-Utica, 3, 5 and 9-Syracuse will also be notified to broadcast the information. This information will also appear on the school District website (www.remsencsd.org). We recommend making proactive plans for the supervision of your children on "snow days" or in the event of an early dismissal as soon as possible to be prepared for our upcoming winter months.

When Remsen schools are closed, all scheduled activities, events and programs for that day and evening are cancelled. If there is a two-hour delay in the morning, there will be no morning BOCES. The school closing information applies to all students receiving transportation on Remsen Central School District buses, including out-of-District programs, BOCES students and all others.

Please know that extreme weather conditions are trying for all of us and there is no clear cut answer as to when schools should be closed and/or delayed. We will always do what we think is best for all students. The ultimate decision, however, remains with you, the parents. If schools are open and you feel as though the conditions are too severe to send your children, please exercise your right to keep them home.

EXTREMELY COLD WEATHER

At Remsen Central Schools, we are very fortunate to have a facility that houses most of our buses. Normal route buses are parked in the bus garage and therefore the cold weather isn't often a factor in getting them started in the morning. Buses are started early and allowed to warm up before beginning the routes. If your child normally walks to school and you would like them to ride the bus on an extremely cold day, please call the bus garage at 315.205.4300 ext. 6000. If our drivers see a student walking to school on an extremely cold day, they will also stop and offer them a ride or radio to a bus that has room to do the same.

SPIRIT week

October 10-13 was Spirit Week in the Remsen CSD. In the elementary school, students celebrated with a variety of fun, themed clothing days. Tuesday was Hat Day, Wednesday was Sports Day, Thursday was Color Day and Friday was Black and Orange Day. Throughout the week, participation from each class was logged in order to determine the class that showed the most school spirit throughout the week. Mrs. Lawson's third grade class was the winner of Elementary Fall Spirit Week with 98% participation overall. Congratulations to Mrs. Lawson's class and thank you to everyone for your participation in Spirit Week.

At the Jr./Sr. High School, students also celebrated with themed days. Tuesday was Sports Day, Wednesday was Decade Day, Thursday was Orange and Black Day and the week finished off with Wild West vs. West Coast Day. Staff and students enjoyed a week of fun including a competition to see which class participated the most and a school-wide pep rally. A Pep Rally was held on October 12. Classes competed against each other in a variety of fun events and activities.



REMSEN BOYS' VARSITY CROSS COUNTRY TEAM Wins Section III Class D2 Championship Title



On November 4, the Remsen boys' varsity cross country team won the school's first ever sectional title for boys in cross country. The team was led by Ean Piaschyk's 10th place finish with a time of 17:58 on the challenging course hosted by VVS.

Placing in the top 25 were Ethan Karis (16th, 18:21) and Burke Gates (25th, 19:01). Other members of the team contributing to the championship title were Johnathan Dickenson, Dylan Jones, Jaden Jordan, Glen LaFave, Gavin Nelson and Paul Montegari.

The team also won the Center State Conference championship, was undefeated in dual-meet competitions and placed at multiple invitationals throughout the season.

FOOD & NUTRITION STUDENTS PARTICIPATE IN

MAC & CHEESE *challenge*

Food and Nutrition students participated in a Mac and Cheese Challenge hosted by New York Agriculture in the Classroom. They came up with three different recipes to make in class and then voted on which to submit for the challenge. They made a Creamy Stovetop Mac and Cheese, Pulled Pork Mac and Cheese and a Bacon Mac and Cheese. After voting as a class, they decided to submit the Pulled Pork Mac and Cheese, but added the Bacon Crumb topping to it.



Remsen CTE Students Earn 102 College Credits

The Remsen CTE Program offers college credits through SUNY Cobleskill and the College in High School Program (CIHS). The Agriculture and Human Development programs offer five courses for college credit. This year, 34 students took advantage of this opportunity and earned 102 total college credits!

The CIHS is a dual enrollment enrichment partnership between SUNY Cobleskill and area secondary schools. Seniors (or juniors with advanced standing) are able to earn college credit at reduced tuition while concurrently attending high school. Plant Science, Animal Science, Ag. Business and Food Science are 12 credit courses offered through the program and Food and Nutrition and Child Development are six credit courses that are available.

NEW STAFF SPOTLIGHT



MR. MORRIS SIXTH GRADE TEACHER

Mr. Jeffrey Morris comes to the Remsen CSD with 26 years of experience in education as a teacher and administrator. Mr. Morris attended MVCC and Utica College, where he earned his teaching degree. He also attended Bob Jones University and SUNY Cortland, where he earned his master's degree and CAS in Educational Leadership. Mr. Morris and his wife have four children. They enjoy spending time together going on walks or hikes, traveling, playing games and watching movies. We are excited to welcome Mr. Morris to our Remsen team.



MR. STEVENS BUS MECHANIC

Mr. Trevor Stevens graduated from Holland Patent High School in 2003. He then enlisted in the Army National Guard from 2004-2010. He also graduated from Nashville Auto Diesel College in 2007. He has been employed as a diesel mechanic for 16 years. He currently resides in Holland Patent with his wife of 18 years and their three children. We are excited to have Mr. Stevens join the Remsen team.





REMSEN CENTRAL SCHOOL DISTRICT

P.O. Box 406, 9733 Main St.
Remsen, New York 13438

BOARD OF EDUCATION

Mary Lou Allen, *President*
Patrick Nolan, *Vice President*
Stephanie Karis
Tara Kennerknecht
Jeannie Scouten

Timothy Jenny,
Superintendent

www.remsencsd.org

— SOAR TO SUCCESS —

Nonprofit Organization
U.S. Postage
PAID
P.O. Box 406, Main St.
Remsen, NY 13438
PERMIT NO. 7

sweethearts & HEROES

On November 13, Tom Murphy and Rick Yarosh from Sweethearts and Heroes visited Remsen Elementary School to speak with students in grades K through 12. The morning consisted of two assemblies, the first for students in grades K through two and the second for students in grades three through six. Murphy and Yarosh captivated students with high energy, engaging presentations focused on bullying and how each student can use their "superpowers" to help others and fight against bullying. Students in the Elementary School were taught the ABCs of standing up against bullying. They were taught to help move someone that is being bullied away from the situation, to be a buddy to the student being bullied, and finally to confront bullying by saying "no" and by getting an adult to help resolve the issue. Following the grades three through six assembly, grades five and six students had the opportunity to spend some time with Murphy and Yarosh asking questions and discussing the Sweethearts and Heroes message a bit further.

The afternoon was reserved for junior and senior high students. Murphy and Yarosh delivered a similar message to our older students in a deeper and more age appropriate way. Challenging students to see the reality of bullying and the effects that it can have on students. Through powerful stories and fun role-playing activities, junior and senior high students discussed bullying and suicide and learned practical ways that they can be instrumental in the fight against both.

After presenting to students, Murphy stayed afterschool for a special staff presentation. He spoke with teachers, tying the Elementary message to the Jr./Sr. High message. The statistics and research around bullying and the suicide rate were discussed with staff. Staff members were given the opportunity to ask questions and Murphy discussed the importance of teaching students, and practicing with them, how they can recognize and fight against bullying at a young age so that the message and mindset follows them as they grow.

