



# WEST VALLEY CENTRAL SCHOOL

*School and Community  
Working Together*

VOLUME 31, No. 3

OCTOBER 2024

## OCTOBER CALENDAR OF EVENTS

HOMECOMING WEEK | 9/30 - 10/4

COMMUNITY EDUCATION: PROTECT YOUR MONEY  
FROM MEDICAID/NURSING HOME | 10/4

5-WEEK MARKING PERIOD ENDS | 10/4

FALL FEST | 10/4

PEP RALLY | 10/4

BOARD OF EDUCATION MEETING | 10/8

WNY COLLEGE CONSORTIUM COLLEGE FAIR | 10/9

PEP RALLY AT FRANKLINVILLE | 10/11

FRANKLINVILLE HOMECOMING DANCE | 10/12

COLUMBUS DAY (NO SCHOOL) | 10/14

DIGITAL PSATS | 10/22

COMMUNITY EDUCATION: LEARN TO DECORATE  
COOKIES | 10/22

PICTURE RE-TAKE DAY | 10/25

TRUNK OR TREAT | 10/27

COMMUNITY EDUCATION: SOCIAL SECURITY AND  
MEDICARE PLANNING | 10/29

COMMUNITY EDUCATION: WILLS, TRUSTS  
AND ESTATES | 10/29

PK-4 HALLOWEEN PARADE | 10/31

## Art Corner



SCAN TO VIEW  
EVENT CALENDAR





## SUPERINTENDENT'S CORNER

By Mr. Donald Putnam, Superintendent

I wanted to introduce myself to all of you. My name is Donald Putnam, and I am thrilled to join the West Valley community as your superintendent. I've had the pleasure of serving as the superintendent at Franklinville for the past three years. I am truly honored to have the opportunity to lead and support the students, staff, and families here at West Valley and Franklinville this year.

Before my time at Franklinville, I had the privilege of serving as the superintendent of Lyons and as the PreK-12 Principal at Friendship. Throughout my various roles, I have developed a deep appreciation for our rural communities and the impact that educators and administrators can have on students' lives.

Returning to the Cattaraugus-Allegany area has been a joy for my family and me. We get to reconnect with our loved ones and friends, and I am continuously inspired by this area's natural beauty and opportunities. One of my passions is exploring the roads and trails in this region—there's truly no better place in the world for it!

As I step into this new role, I am excited to build upon the incredible work the West Valley staff has already put into creating a supportive and engaging environment for our students. I firmly believe in positive momentum and am committed to championing a culture of growth, learning, and achievement for everyone in our community.

My door is always open. I encourage all of you to feel welcome to drop by for a chat at any time. Whether you have questions or ideas or want to connect, I am here to listen and support you in any way I can.

Looking ahead, I am enthusiastic about the possibilities that lie before us and genuinely grateful for the opportunity to serve as your superintendent. Together, let's harness our community's energy, passion, and creativity to propel West Valley toward a future filled with success and fulfillment.



## GETTING INTO THE GROOVE!

By Mr. Amodio, Principal/Curriculum Coordinator

The first few weeks of school have been filled with excitement, enthusiasm, and much West Valley pride, with our fall athletic teams leading the way. Our partnership with Franklinville to provide volleyball and football to students in both districts continues to be a huge success. West Valley continues to be the host school for volleyball while Franklinville is hosting football. Please check our website for the most updated game schedule.

In the classroom, students and staff are working hard to achieve our goals for the year. As we move forward in October, we are looking forward to the many learning opportunities for both students and staff, inside and outside of the classroom. We will continue our curriculum work in ELA and Math.

The main goal of our professional development in ELA this year is to focus on writing. The three types of writing we will be focusing on are personal narrative, opinion, and research. In Math, we are building assessments and data tools to use for analyzing student work and will continue to align our curriculums specifically focusing on math vocabulary.

Outside of the regular classroom we have much planned for our students in October. Our Homecoming week will be held September 30 through October 5. We will have our annual Fall Fest on Friday, October 4 and our Homecoming Dance will be on Saturday, October 5. On October 9, we will have the WNY College Consortium here for our students to learn more about the various post-secondary options available to them. We are planning several trips for students in the month of October, including one to Pumpkinville for our students in grades K-2. Our PTO is sponsoring a Trunk or Treat on Sunday, October 27. Finally, we will end the month of October with our annual Halloween Parade on Tuesday, October 31.

Although the school year just started, we are full steam ahead for our students. We continue to look forward to offering our students opportunities inside and outside of our school that will provide the best experiences and education possible at West Valley.



## #WeAreWestValley



## FEEDMORE WNY WEEKEND BACKPACK PROGRAM

If any family wishes to participate in our **Weekend Backpack Program**, please contact Mr. LaBrake anytime during the school year. The goal of the Weekend Backpack Program is to provide nutritious and easy-to-prepare meals for children to take home on weekends. This program is provided to you **completely free of charge!**

Each week your child will be provided with a bag of nutritious, non-perishable food to be eaten over the weekend. The food will be placed in your child's backpack at the end of the school day and is intended to be opened once your child is home. The program will continue throughout the 2024-25 school year. Participation in the Weekend Backpack Program **will not affect your family's eligibility for other food assistance programs (such as SNAP, WIC, or food pantry access).**



To enroll your child/children in the program, contact Mr. LaBrake. Please call with any questions at 716-942-3100, ext. 4148 or send an email to [mlabrake@wvalley.org](mailto:mlabrake@wvalley.org).



# FIRST DAY OF SCHOOL MEMORIES



## BOARD OF EDUCATION CORNER

School board members take on one of the most important citizen responsibilities: overseeing the education of the community's youth.

As a school board member, you hold positions as:

- An individual school board member.
- A member of the district governance team composed of school board members and the superintendent.
- A member of a board made of other members.
- The Board focuses on ENDS - vision, goals, and policy.

### What? Why? How Well? How Much?

The Superintendent (as CEO) focuses on MEANS - objectives, plans, actions, recommendations.

### How? When? Where? By Whom?

In other words, the board oversees the education of students and is responsible for school district operations but does not directly run the district's day-to-day operations.

Major responsibilities of a board member:

- Set the District's Direction - drawing upon the community, the board describes a shared vision, and established goals, standards, and strategy to transform vision into reality.
- Ensure Alignment - of strategy, resources, policies, programs, and processes with district goals.
- Assess & Account for Progress - using comprehensive data, thorough deliberation, and open communication.
- Continuously Improve - the district - accentuating and reinforcing the positive and correcting the negative.

### To represent well, to fulfill public trust, to lead...

Major roles of a board member:

- Representative - of the entire community.
- Steward - of the district's resources.
- Leader - of the district.
- Advocate - for public education.

Source: nyssba.org

## SCHOOL PICTURE RETAKES

Friday, October 25



# TRUNK OR TREAT

**27 OCT 2024** | WVCS FRONT CIRCLE  
**SUNDAY 4-5PM**

West Valley students and their families are invited to come safely trick or treat from a variety of trunks! Costumes encouraged!

Please park vehicles in the main parking lot and walk with your family around the circle to "trunk or treat." Only participating vehicles (trunks) should be parked in the circle.





## WELCOME WEST VALLEY STAFF



**NICK BENSTEAD**

Nick Benstead joins us as our new high school English teacher. Prior to West Valley, he taught ELA 10 and 12 at Royalton-Hartland. He earned his B.A. in History/Political Science from SUNY Fredonia and his Master's in English Education from UB. Mr. Benstead loves being involved in theater and hopes to bring a love of theater to WVCS. He enjoys hiking with his fiancée and their dog, and watching the Buffalo Bills.



**DONOVAN BIELECKI**

Donovan Bielecki is our Technology Director at WVCS. He is currently finishing up his Associate of Applied Science degree in networking and cybersecurity at Finger Lakes Community College. He is married and has seven children. Mr. Bielecki is involved in the Angola Wesleyan Church where he is a youth group leader and Sunday School teacher. In his free time, he enjoys building computer systems, beekeeping, and working on his RC airplane and RC car. He is also a certified scuba diver.



**HANNA BOWEN**

Hanna Bowen is our new kindergarten teacher at West Valley. Before joining us, she spent three years as a building substitute at Elma Primary. Ms. Bowen earned her undergraduate degree in Childhood Education from Buffalo State University and her master's in Curriculum and Instruction, also from Buff State. She enjoys yoga, taking her dog Dixie for walks, boating, the Bills, anything Buffalo related, and spending time with her boyfriend of 10 years, Gavin.



**JOHN COLLINS**

John Collins is our new Assistant Principal & CSE/CPSE Chair. Previous roles included Principal/Student Academic Affairs Coordinator for OLV and Assistant Principal at Pioneer High School. He has also taught Middle School Special Education and High School Special Education Science. Mr. Collins earned his bachelor's in Exceptional Education/Elementary Education and his master's in Educational Computing from Buffalo State University. His hobbies include recreational sports, hiking, camping, and cooking/BBQ. He has been married for almost 20 years and has a daughter going into her senior year.



**STEPHANIE FRASER**

Stephanie Fraser has joined our staff as the new 7-12 Social Studies Teacher. Previously, she worked in the alternative education program in Lancaster Central School District and before that at WNY Maritime Charter School. Ms. Fraser earned a degree in history from SUNY Fredonia and her master's in 5-12 Social Studies Education from Niagara University. In her free time, she loves going to Sabres and Bills games, taking walks with her dog, Peach, and baking and cooking.



**ERIKA SELTZER**

Erika Seltzer joined us this year as a Speech Language Pathologist. She is a graduate of WVCS and is a third-generation employee of the district. Miss Seltzer holds both a bachelor's degree in Communication Disorders and Sciences and a master's in Speech-Language Pathology, both from SUNY Fredonia. Prior to West Valley, she worked at The Children's League as a Speech Language Pathologist. In her free time, she enjoys cooking and baking, as well as hanging out with friends, family, and her dog.

## WELCOME TO OUR NEW BUS DRIVERS



**JEFF CRANDALL**

Jeff lives in Springville and has driven trucks in both the military and for Lowe's (for 17 years). He and his family have a camp at Rainbow Lake where they enjoy spending time in the summer.



**KEVIN KOLESAR**

Kevin previously drove bus for the Orchard Park School District. Prior to coming to West Valley, he was a corrections officer for over 17 years. He lives in Ellicottville.



**STEVE WEBSTER**

Steve grew up in West Valley, graduating from WVCS in 1989, and recently moved back to the area. He's a big sports fan, especially of the Bills and Yankees.



## Substitute Bus Drivers

**We're always on the lookout for substitute bus drivers! Candidates must have a Class B license with a P&S endorsement. We will consider training for qualified candidates. Contact Beau Dorman with questions at 716-942-3100, ext. 4179.**



## FREE COMMUNITY

### CLOTHES CLOSET

**St. John the Baptist Church**  
**Location: behind the church in Bingham Hall**  
**Wednesday from 1-4:00 p.m.**  
**(or by appointment)**

Besides clothing and shoes, we accept bedding, kitchen and household items, and books for Cattaraugus County residents. Donations of gently worn undamaged, clean, and seasonal items are welcome. Upon request, we can fulfill a need of furniture items.

For questions or to make an appointment, please call Jacque Conrad at 716-942-3836.

## WVCS HEALTH CORNER

The illness season can be brutal for parents and kids alike. And when illnesses seem back-to-back, it is tricky to determine when it is safe and appropriate to send them back to the classroom or daycare.

Keeping kids home when they are contagious with illness is a critical way to reduce the spread of sickness to others. In addition, many viral illnesses suppress the immune system, making recovering kids more susceptible to new illnesses if they return to the classroom too quickly.

Not only are sick kids potentially spreading illness to others, but their day is also not effective or productive. Sick kids are not good learners. Humans are meant to rest and relax as the body fights disease. A busy classroom setting is not conducive to that recovery.

Most childhood illnesses follow a predictable pattern. Kids often begin their period of contagiousness one to two days prior to symptom onset and decrease the risk of spreading illness to others over time. Knowing these patterns is how we can determine when kids should be staying home from school or daycare.

A child must stay home from school with the following symptoms:

- Temperature over 100.0 Fahrenheit in the previous 24 hours
- Vomiting in the last 24 hours
- Diarrhea lasting more than a few hours
- Excessive coughing that is disruptive to others, or change in breathing patterns
- Untreated eye infection
- Severe headache or sore throat, especially if with fever
- Sharp, severe, or persistent abdominal pain
- Known positive for COVID-19
- Known positive for influenza
- Lice and scabies

A trip to the pediatrician's office is often recommended for kids who have a fever along with any focal pain (like ear or throat), or a known exposure to a contagious disease that may require treatment. In addition, if kids have severe symptoms of any type or the illness is lasting longer than expected, a doctor's visit is warranted. And, of course, anytime you are worried about your child, we expect you to visit or call the pediatrician's office.

Think about returning to class when your child's symptoms are improving. For most kids, these are the factors to look for before sending them back to school:

- Fever-free for at least 24 hours without any fever-reducing medication
- Regular eating habits, especially after any vomiting or diarrhea
- Return to regular sleeping habits, and a good night of sleep the night prior to returning to school
- Runny nose and cough that is not disruptive and easily manageable
- Return of a normal level of energy and playfulness that will allow for a productive day in the classroom

If you visit the pediatrician and get a diagnosis, certain childhood infections have their own return to school guidelines. Please always follow the pediatrician's orders and return to school guidelines.

## WEST VALLEY FOOD PANTRY

Ashford Food Pantry is open every Wednesday.

Most orders will be filled on normal Food Pantry Days, which are the second AND fourth Wednesday of each month from 12- 4 PM.

The Food Pantry is also open the first, third, and fifth Wednesday from 3-7 pm for anyone not able to attend our regular food bank.

If you are a new client to the food pantry, please call Kris Aldrow 716-942-6690 or Amy Frank 716-942-6657 to set a time for you to attend.

If you are in need of emergency food, please call and we will set up a day and time. The food pantry is located at the Ashford Town Barn, Fox Valley Rd., West Valley.

### FOOD PANTRY NEEDS:

CANNED FRUIT  
SIDE RICE/NOODLE DISHES  
SPAGHETTI SAUCE

CANNED VEGETABLES  
SALAD DRESSING

PAPER TOWELS  
TOILET PAPER

We would like to thank the community for their continued support.



# GUIDANCE NEWS

## WNY CONSORTIUM OF HIGHER EDUCATION COMMON RECRUITMENT - OCT. 9, 2024

The WNY Consortium Common Recruitment Committee is excited to visit and meet with our students this fall. The WNY Consortium is comprised of 20 colleges and universities across the Western New York region. On Wednesday, October 9 from 8:00-8:45 a.m. the WNY Consortium will be in the WVCS Auditorium. This is a free event for students in grades 10-12.

## THE DIGITAL PSAT/NMSQT'S ARE TUESDAY, OCTOBER 22, 2024

On Tuesday, October 22, 2024, our school will administer the PSAT/NMSQT (Preliminary Scholastic Aptitude Test/ National Merit Scholarship Qualifying Test) for 10th and 11th graders using their own school-issued device or a device provided to them that day. The cost per student is **\$18.00**, and checks are to be made payable to WEST VALLEY CENTRAL SCHOOL. The **deadline** to sign up and pay for the test is **Friday, October 11, 2024**, in the Guidance Office or with Mrs. Westfall in the Main Office. Even if your child is not considering college now, they should take the PSAT/NMSQT. Just taking it can encourage a student to start thinking seriously about life after high school, goals, and the education necessary to achieve those goals.

1. The test measures the reading, math, and writing skills needed for college (and for success in most jobs and careers in today's world). After the test, a score report will show the students' results in each of the sections. It will also target areas that need improvement before re-taking/taking the PSAT/SAT standardized tests.
2. This test gives students a chance to see how their skills compare with those of other students who will apply to college.
3. For 11th graders only, it is the first step in entering the National Merit Scholarship Corporation competitions for scholarships and recognition.
4. The Student Search Service gives PSAT/NMSQT test takers the option to voluntarily place their names and addresses in a pool of college-bound students interested in receiving admission and financial aid information from certified colleges, universities, and scholarship agencies.
5. Lastly, it provides practice for the SAT exams, which most juniors take for the first time in the spring.

## ASVAB CAREER EXPLORATION PROGRAM FOR 10TH-12TH GRADERS DECEMBER 6, 2024

West Valley Central School will be administering the ASVAB assessment instrument, which is part of the ASVAB Career Exploration Program (CEP), to any **interested** students in grades 10-12 on **Friday, December 6 from 8:00-11:00 a.m.** Please have your child sign up in the Guidance Office with Mr. LaBrake by Friday, November 15. This test is an invaluable tool to help your child with his/her future educational and career plans.

The ASVAB CEP will help your students:

- To learn more about themselves and the world of work
- Explore occupations in line with their interests and skills
- Develop an effective strategy to realize their career and education goals

One of the scores on the ASVAB is the military services' entrance score, which may be used by your child to explore career options in the military. Your child's name and ASVAB CEP Scores will be released to the military unless you choose not to have their name released. Even if your child's name is released to the military, by no means is your child obligated to any military branch. The ASVAB CEP's website [www.asvabprogram.com](http://www.asvabprogram.com) offers useful information regarding the program and includes a brief video summary explaining the process and benefits of the program. Please call me with additional questions, 716-942-3100, extension 4148.

**If you would rather not have your child's test scores released to the military, please sign and complete the information below and return to the Guidance Office.**

I, (Parent/Guardian Name)

request that (student's name)

ASVAB CEP results not be released to the military recruiting services.

Signature of Parent/Guardian

Date \_\_\_\_\_

Sincerely,  
Matthew LaBrake  
School Counselor





# THE DENTON AND LEORA ALDROW MEMORIAL PARK

The Denton and Leora Aldrow Memorial Park, also referred to as "The Grove," is a picnic area in the woods behind the school and part of the 100+ acres of school district property. In 2000, the school district was given a monetary donation by the Denton and Leora Aldrow families to build, refurbish, expand, upgrade, and maintain that area of property. The remainder of the donation to the school district is to be used to maintain The Grove in its entirety and in perpetuity.

Construction of The Grove began in 2003 with stone pillars, a restroom, picnic shelter with BBQ access, picnic tables, and covered bridge. The Grove was designed and built to resemble how the family remembered the area growing up.



Over the last few years, the district has had to put restrictions on the use of the picnic area due to misuse of property, vandalism, and use while school is in session. A gate was installed across the driveway to the

picnic area to limit vehicular traffic on school property. Vehicles, ATVs, and dirt bikes freely drive through The Grove to other areas of school property, causing damage to athletic fields and cross-country running paths throughout the woods. Cameras have been installed in this area for accountability purposes and to deter misuse of The Grove.

If you are interested in utilizing The Grove, please complete a Use of Facility form that can be found in the

"Community" section of the district website. The form must be returned to Carolyn Boberg, District Clerk. You may also contact Mrs. Boberg at 716-942-3100, ext. 4102.

## FINANCIAL AID NIGHT AT WEST VALLEY CENTRAL SCHOOL

The 26th Annual Financial Aid Night will be held Monday, November 4 from 6:00-8:00 p.m. in the Auditorium. A representative from Jamestown Community College's Financial Aid Office will provide information for 11th and 12th graders and their parents/guardians on the financial aid process including completion of the FAFSA (Free Application for Federal Student Aid) forms, grants, scholarships, and various student and parent loans.



It's time  
to order  
your  
yearbook!

**\$50.00**

Split payment option:  
\$25 now & \$25 in June.



NAME: \_\_\_\_\_

HR TEACHER: \_\_\_\_\_

GRADE: \_\_\_\_\_

**PLEASE SEND TO MRS. MUMBACH**



# West Valley Central School District Community Education

## PICKLEBALL

Date: Each Monday from October 21 through December 2  
(No pickleball on November 11)  
Time: 5:00-6:30 p.m.  
Cost: \$20  
Registration deadline: October 5

## LEARN TO DECORATE COOKIES

Date: Tuesday, October 22  
Time: 5:00-8:00 p.m.  
Cost: \$45  
Registration deadline: October 11

## CORNHOLE

Date: Each Wednesday from October 23 through December 4  
(No cornhole on November 27)  
Time: 5:00-6:30 p.m.  
Cost: \$20  
Registration deadline: October 15

## SOCIAL SECURITY AND MEDICARE PLANNING

Date: Tuesday, October 29  
Time: 5:30-6:30 p.m.  
Cost: Free  
Registration deadline: October 22

## WILLS, TRUSTS AND ESTATES

Date: Tuesday, October 29  
Time: 6:45-7:45 p.m.  
Cost: Free  
Registration deadline: October 22

## SAVVY SOCIAL SECURITY PLANNING FOR WOMEN

Date: Tuesday, November 19  
Time: 5:00-6:30 p.m.  
Cost: Free  
Registration deadline: November 5

## Fall 2024

We're excited to offer a diverse range of classes and activities designed to enrich your personal and professional life. We look forward to your participation in one or more classes this fall!

Please fill out your Registration Form below.  
Additional information is also included below.

## REGISTRATION FORM

West Valley Central School  
Community Education | Fall 2024

Please fill out completely and print legibly.

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Phone Number \_\_\_\_\_

Email for notification \_\_\_\_\_  
(please print carefully)

Course Name \_\_\_\_\_

I am 21 years of age or older Yes No  
(please circle)

For Office Use:

Date Received \_\_\_\_\_

Check # \_\_\_\_\_

Class Fee \_\_\_\_\_

## REGISTRATION

Please complete a separate registration form and payment for each person and each class. Copies or 3x5 cards are acceptable. Be sure to include the correct course name. Registration and payment can be dropped off at the school or mailed to the address below. Reminder: we will not accept cash as a form of payment.

## MAIL REGISTRATION FORMS AND CHECK TO:

West Valley Central School  
Community Education Department  
5359 School St  
West Valley, NY 14171

## CHECKS PAYABLE TO

WVCSD

## CONTACT US

Email: [ksolly@wvalley.org](mailto:ksolly@wvalley.org)  
Phone: 716-942-3100, ext. 4104  
from M-F, 9:00 a.m. – 4:00 p.m.

No classes will take place when school is closed





## CROSS COUNTRY PROGRAM

Led by Coach Lembke and assisted by Coach G., the West Valley cross country teams are back with a lot of promise and higher expectations for the 2024 season. Two athletes, Jack Tharnish and Olivia Harmony, qualified for the state championships last fall, and the Wildcats are hoping to send even more runners this time around.

Other returning athletes include Sebastian Froland, Noah Klahn, Josh Kowalski, Maddy Lawrence, Maggie Parish, Victoria Parish, and Slater Smith. Newcomers to the squad include Tucker Fleming, Matthew Kneis, and Cullen Shaw.

The Wildcats have competed in several meets and invitionals in September, including their home meet on

the West Valley course on Tuesday, Sept. 17. They are scheduled to run in eight more events in October and November before the NYSPHSAA Cross Country Championships and the New York State Federation Championships wrap up the season later in November.



### Congratulations to our Cross Country Seniors!



**Victoria Parish**



**Slater Smith**



**Jack Tharnish**

## Who Do I See For? (Middle/High School, Grades 6-12)

Athletics	Mr. Daniel Amodeo
Attendance	Mrs. Dana Westfall
Bus/Transportation	Mrs. Cheryl Gentner
Computers/Laptops	Mr. Donovan Bielecki
Curriculum Concerns	Mr. Daniel Amodeo
Detention	Mr. Daniel Amodeo
Extra-Curricular Activities	Mr. Daniel Amodeo
Health Concerns	Mrs. Melissa Keller
Help with a Personal Problem	Mr. Matthew LaBrake / Mrs. Alison Locke
Late to Class	Mrs. Dana Westfall
Library	Mrs. Jody Thiel
Locker Problem	Main Office
Lost/Stolen Articles	Main Office
Scheduling / Course Issues	Mr. Matthew LaBrake
Student Conduct	Mr. Daniel Amodeo / Mr. John Collins
Special Education	Mr. John Collins
Student / Teacher Concern	Mr. Daniel Amodeo
Use of Building	District Office

## SPORTS SCHEDULES

### OCTOBER HOME ATHLETICS

Date	Time	Sport	Event
Oct. 1	5 PM	Modified Volleyball	
Oct. 8	5 PM	Varsity Volleyball	
Oct. 12	10 AM	Modified Volleyball	PAWS for a Cause
Oct. 12	11:30 AM	Varsity Volleyball	PAWS for a Cause
Oct. 18	5 PM	Modified Volleyball	
Oct. 18	6:30 PM	Varsity Volleyball	
Oct. 21	5 PM	Varsity Volleyball	Senior Night

## Senior Class Yearbook Deadline November 1, 2024

- ✓ Senior Picture & Activities Participated In
- ✓ Baby Picture
- ✓ Good bye

## WEST VALLEY MENUS

### OCTOBER 2024 - GRADES PREK-12 - BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	Bagel W/ Assorted Toppings ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Breakfast Wrap ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Cinnamon Roll ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Muffin W/ Yogurt ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
		1	2	3
French Toast Sticks W/ Syrup ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Fruit & Yogurt Parfait ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Frudel ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Breakfast Pizza ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Mini Filled Bagel ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
7	8	9	10	11
No School	Cinn Crunch Muffin Top ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Bagel Breakfast Sandwich ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Fruit & Yogurt Parfait ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Frudel ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
14	15	16	17	18
Chocolate Filled Crescent ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Bagel W/ Assorted Toppings ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Muffin W/ Yogurt ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Cinni Mini ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Breakfast Wrap ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
21	22	23	24	25
Trix Muffin ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Frudel ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Chocolate Filled Crescent ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Caramel Cinni Mini ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	
28	29	30	31	

**MENUS SUBJECT TO CHANGES**

**REMEMBER, if you are approved for free Lunch, you are automatically approved for Breakfast!**  
If your child has a food allergy, please notify us at 716-257-3483, ext. 5950.





# OCTOBER 2024 - GRADES K-6 - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	Meat Taco W/lettuce, Cheese, Tomato, OR Chicken Salad Wrap ----- Seasoned Corn 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>1</b>	Hamburger or Cheeseburger, OR Ham Sandwich ----- 1c Romaine Lettuce =1/2c, Steamed Broccoli 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>2</b>	Chicken Tender Wrap, OR Turkey Sandwich ----- Fresh Carrots 3/4c, NYS Bell Peppers 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>3</b>	Assorted Pizza, OR Buffalo Chicken Wrap ----- French Fries 1/2c, Baked Beans 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>4</b>
Popcorn Chicken W/ Rice Alfredo, OR Ham Sandwich ----- Vegetarian Beans 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>7</b>	Taco In A Bag, OR Turkey Sandwich ----- Steamed Corn 3/4c, Fresh or Prepared, Fruit 1/2c, Milk-8oz <b>8</b>	Rotini W/Meatballs, OR Chicken Salad Wrap ----- Steamed Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>9</b>	Philly Steak Sub W/Cheese, OR Ham Sandwich ----- NYS Cauliflower 3/4c, Fresh or Prepared, Fruit 1/2c, Milk-8oz <b>10</b>	Chicken Wing Pizza, OR Turkey Sandwich ----- Steamed Broccoli 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>11</b>
No School <b>14</b>	Cannon Ball Canoes (Meatballs and sauce with a Breadstick in a Boat) ----- Broccoli 3/4c, Fresh or Prepared, Fruit 1/2c, Milk-8oz <b>15</b>	Maple Syrup Seas (Chicken Patty on Maple Flat Bread) ----- Corn 3/4c, Steamed Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>16</b>	Peg Leg Pizza ----- Green Bean 3/4c, NYS Kale 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>17</b>	Pirates Gold (Mac-n-Cheese) ----- Carrot Sticks 3/4c, Fresh or Prepared, Fruit 1/2c, Milk-8oz <b>18</b>
Breakfast For Lunch, French Toast Sticks, Sausage, OR Ham Sandwich ----- Tator Tots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>21</b>	Nacho Grande, OR Buffalo Chicken Wrap ----- Seasoned Corn 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>22</b>	Chicken Tenders, OR Turkey Sandwich ----- Steamed Carrots 3/4c, Fresh or Prepared, Fruit 1/2c, Milk-8oz <b>23</b>	Meatball Sub, OR Ham Sandwich ----- NYS Broccoli 1/2c, Fresh or Prepared, Fruit 1/2c, Milk-8oz <b>24</b>	Assorted Pizza, OR Chicken Salad Wrap ----- Baked Beans 3/4c, Fresh or Prepared, Fruit 1/2c, NYS Pears 1/2c, Milk-8oz <b>25</b>
Pop Corn Chicken, OR Mac N Cheese Turkey Sandwich ----- Green Beans 1/2c, Fresh or Prepared, Fruit 1/2c, Milk-8oz <b>28</b>	Chicken Taco, OR Ham Sandwich ----- Vegetarian Beans 3/4c, Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>29</b>	Cheese & Pepperoni Pizza, OR Chicken Wrap ----- Steamed Broccoli 3/4c, Fresh or Prepared, Fruit 1/2c, Milk-8oz <b>30</b>	Walking Zombie Tacos - Doritos, Taco Meat, Cheese ----- Creepy Corn 1/2c, Green Bean Fingers 1/2c, Poison Apple 1/2c, 'EEK' SideKick frozen juice=1/2c, Milk-8oz <b>31</b>	

**MENUS SUBJECT TO CHANGES**

**REMEMBER, if you are approved for free Lunch, you are automatically approved for Breakfast!**  
If your child has a food allergy, please notify us at 716-257-3483, ext. 5950.

# OCTOBER 2024 - GRADES 7-12 - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	Meat Taco, Seasoned Rice, OR Chicken Salad Wrap ----- Romaine Lettuce 1c=1/2c, Steamed Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>1</b>	Hamburger or Cheeseburger, OR Ham Sandwich ----- Broccoli 1/2c, Corn 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>2</b>	Chicken Tender Wrap, OR Turkey Sandwich ----- NYS Bell Peppers 3/4c, Fresh Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>3</b>	Assorted Pizza, OR Buffalo Chicken Wrap ----- French Fries 3/4c, Baked Beans 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>4</b>
Popcorn Chicken W/ Rice Alfredo, OR Ham Sandwich ----- Mixed Vegetables 1/2c, Broccoli 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>7</b>	Taco In A Bag, OR Turkey Sandwich ----- Corn 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>8</b>	Rotini W/ Meatballs & Roll, OR Chicken Salad Wrap ----- Steamed Carrots 3/4c, Peas 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>9</b>	Philly Steak Sub W/ Cheese, OR Ham Sandwich ----- Fresh Carrots 3/4c, NYS Cauliflower 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>10</b>	Chicken Wing Pizza, OR Turkey Sandwich ----- Baked Beans 3/4c, 1c Romaine Lettuce= 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>11</b>
No School <b>14</b>	Cannon Ball Canoes (Meatballs and sauce with a Breadstick in a Boat) ----- Broccoli 1/2c, 1c Romaine Lettuce =1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>15</b>	Maple Syrup Seas (Chicken Patty on Maple Flat Bread) ----- Sweet Potatoes 1/2c, Green Beans 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>16</b>	Pasta Peninsula (Pasta Bar) ----- NYS Kale 1/2c, Mixed Veggie's 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>17</b>	Pirates Gold (Buffalo Mac-n-Cheese) ----- Carrot Sticks 1/2c, Peas 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>18</b>
Breakfast For Lunch - French Toast Sticks Sausage, OR Ham Sandwich ----- Steamed Carrots 3/4c, Tator Tots 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>21</b>	Nacho Grande, OR Buffalo Chicken Wrap ----- 1c Romaine Lettuce =1/2c, Roasted Potatoes 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>22</b>	Chicken Tenders W/ Buttered Noodles, OR Turkey Sandwich ----- Corn 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>23</b>	Meatball Sub, OR Ham Sandwich ----- NYS Broccoli 1/2c, 1c Romaine Lettuce=1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>24</b>	Assorted Pizza, OR Chicken Salad Wrap ----- Fresh Carrot sticks 3/4c, Mixed Vegetables 3/4c, NYS Pears 1/2c, Milk-8oz <b>25</b>
Pop Corn Chicken, Mac N Cheese, OR Turkey Sandwich ----- Cucumbers 1/2c, Fresh Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>28</b>	Chicken Taco, OR Ham Sandwich ----- Steamed Broccoli 3/4c, Fresh or Prepared, Fruit 1/2c, Milk-8oz <b>29</b>	Cheese & Pepperoni Pizza, OR Chicken Wrap ----- Steamed Carrots 1/2c, Peas 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz <b>30</b>	Walking Zombie Tacos - Doritos, Taco Meat, Cheese ----- Creepy Corn 1/2c, Green Bean Fingers 1/2c, Poison Apple 1/2c 'EEK' Side Kick Frozen juice=1/2c, Milk-8oz <b>31</b>	



## WEST VALLEY CENTRAL SCHOOL

5359 School St. • West Valley, NY 14171  
(716) 942-3100

### BOARD OF EDUCATION

Heather Klahn, President  
Charlie Davis, Vice President  
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John Collins, Assistant Principal, CSE/CPSE/504 Chairperson

NON PROFIT  
ORGANIZATION

U.S. POSTAGE PAID

Permit No. 5  
West Valley, NY

**OR CURRENT RESIDENT**

**POSTAL PATRON LOCAL**

## VARSITY VOLLEYBALL

The Varsity Volleyball team is off to a great start for the 2024 season. With only a couple of returning players, the team has been focusing on both the game of volleyball and getting to know each other as a team. Below are some stats that the team has collected from the first four games:



- Payton Ehnes (Setter): 3 Blocks, 4 digs, 5 aces, 3 kills, multiple assists
- Alexis Miller (Libero): 15 Digs, 1 ace, 1 kill
- Makenzie Chase (Middle): 5 blocks, 7 kills, 7 aces
- Jersie Czaplá (Outside): 5 aces
- Elizabeth Price (Middle): 6 aces, 1 kill
- Karly Otto (Middle): 4 Digs, 3 aces, 1 kill
- Addison Smith (Right Side): 1 dig
- Danica Hopkins: 1 dig, 1 ace

## VARSITY CAPTAIN - PAYTON EHNES

Last year, West Valley was able to start a girls' volleyball team after years of not having one of our own. I started playing volleyball in seventh grade when we merged with Springville. When I found West Valley would get its own team and merge with Franklinville, I was a bit scared. I didn't know what to expect. Going into last season, I was the only player with volleyball experience. I had mixed emotions about having a brand-new team, but after that first practice as a new program I knew this was going to be the start of something great. Although our first season as a team didn't go as expected, it was a promising start. This year, the team is back at work with more new players and a bigger squad. The atmosphere within the team is great. We have created such a strong bond, and we have some amazing coaches leading us. I couldn't be more proud of our team. Go Wildcats!



**MODIFIED & VARSITY  
VOLLEYBALL**

## School Board Recognition Week is October 14-18, 2024

This is a great time to recognize our school board members for the volunteer services they provide for our students, staff, and community. They deserve many thanks, appreciation, and understanding for the crucial role they have within our district.