



WEST VALLEY CENTRAL SCHOOL

*School and Community
Working Together*

VOLUME 31, No. 4

NOVEMBER 2024

NOVEMBER CALENDAR OF EVENTS

SUPERINTENDENT'S CONFERENCE DAY
(NO STUDENT ATTENDANCE) | 11/1

FIRST QUARTER ENDS | 11/8

VETERANS DAY BREAKFAST | 11/8

VETERANS DAY (NO SCHOOL) | 11/11

BOARD OF EDUCATION MEETING | 11/12

SCHOLASTIC BOOK FAIR | 11/18 - 11/26

COMMUNITY EDUCATION: SAVVY SOCIAL SECURITY
PLANNING FOR WOMEN | 11/19

EARLY DISMISSAL (11:17 A.M.) | 11/25

PARENT-TEACHER CONFERENCES
(NO STUDENT ATTENDANCE) | 11/26

THANKSGIVING BREAK | 11/27 - 11/29

Buffalo Bills Art Talent

Submitted by Mrs. Lechner



Nick Klahn has been a lifelong Buffalo Bills fan. When the team signed Josh Allen, Nick was excited to watch him play. One day, he brought me a drawing of Josh that he made at home, and I proudly hung it in my classroom. Every year since, Nick creates a new picture of Josh, and I love adding each one to my collection.



Go Bills!

SCAN TO VIEW
EVENT CALENDAR



CAPITAL PROJECT UPDATES ON PAGES 3-4

SUPERINTENDENT'S CORNER

By Mr. Donald Putnam, Superintendent

The playground is the heart of our community—a place where our children can run, laugh, and create lifelong friendships. As part of the Capital Project, we're excited to focus on updating and revitalizing this essential space, ensuring it remains a vibrant, safe, and fun environment for everyone.

Think about it—no matter how absorbed children are in their books or tablets, they're off and running the moment they see a playground. That's why investing in a new, modern playground is so important. It strengthens not only our kids' physical and mental well-being, but also the community ties that make us stronger.

Discover more about the upcoming Capital Project at the Public Informational Meeting on Tuesday, November 12, starting at 6:00 p.m. in the multipurpose room. Don't miss the opportunity to participate in the Capital Project Vote, scheduled for December 11 from 12:00 p.m. to 9:00 p.m. in the Main Entrance Vestibule. **It's important to note that this project will not result in any additional tax impact on our community.**

If you have any questions, feel free to reach out to Carolyn Boberg, Superintendent Secretary/District Clerk, at 716-942-3100 extension 4102. Let's come together to create a space where memories are made and friendships flourish!



HAPPY NOVEMBER

By Mr. Amodeo, Principal/Curriculum Coordinator

I would like to congratulate our fall athletes and coaches while thanking chaperones, parents, our transportation department, and all others who helped to make our fall sports season a success. Our fall athletes will be recognized for their accomplishments on November 13 at our Fall Sports Awards. Our winter season kicks off on November 1. If your child wishes to participate in the winter athletic season, there is still time. Please sign up on Final Forms using the registration link on our Athletics page.

Friday, November 8 will mark the end of the first quarter. We will be holding parent-teacher conferences on November 25 and November 26. Monday, November 25 will be a half day, with students being dismissed at 11:17 a.m. Students will not attend school on Tuesday, November 26. During Open House in September, parents had an opportunity to sign up for a conference. If you have not scheduled a conference and would like one with a given teacher, please contact Mrs. Dana Westfall to schedule a conference for your child.

Throughout November, we will continue to provide opportunities for our students, teachers, and community. November 1 will be a professional development day for all staff. Teachers will have an opportunity throughout the day to learn, engage, refresh, and practice with various instructional technology applications. Students will not attend school on this day.

We will be inviting all our veterans to breakfast on November 8. This is a great way to show our appreciation for the sacrifices made by those who have served our country. Most importantly, it provides us with an opportunity to show and share the value of service with our students. In closing, I could not be more thankful to work with the students and community of West Valley. I wish everyone a Happy Thanksgiving!



#WeAreWestValley



West Valley Class of 2025

wreath & Poinsettia

SALE

Prices vary
See a senior for details

All items are handmade/homegrown
by Jake's Greenhouse

Order: November 8th - 22th

Pickup: Monday, December 2nd

WEST VALLEY CENTRAL SCHOOL DISTRICT PROPOSED CAPITAL PROJECT 2024

FUNDING THE CAPITAL IMPROVEMENT PROJECT

On December 11, 2024, West Valley Central School District will hold a public vote on a \$6,095,000 Capital Improvement Project to address aging infrastructure and evolving educational needs. The project also includes a much-needed community playground, offering a safe, engaging space for children and fostering community connection.



WEST VALLEY COMMUNITY PLAYGROUND CONCEPTUAL RENDERING

PUBLIC INFORMATION MEETING • TUESDAY, NOV. 12, 2024
6 PM • MULTI-PURPOSE CONFERENCE ROOM

HOW TO VOTE

1. Register with County

- Eligible to vote in all Federal, State, County, Town and School elections.
- Visit the DMV Website:
<https://dmv.ny.gov/more-info/electronic-voter-registration-application>

2. Register for School District Elections Only

- Eligible to vote in School elections every year.
- Provide ID and proof you reside within the School District boundaries.
 1. Register on November 25, 2024 Noon - 7:00pm
 2. Register on November 26, 2024 8:15am - 11:15am
 3. By appointment.Please call Carolyn Boberg at 716.942.3100, Ext. 4102

3. Without Registration

- Eligible to vote in the Capital Project Vote. One-time, only.
- Provide ID and proof you reside within the School District boundaries.

NO TAX IMPACT

QUALIFICATIONS TO VOTE:

- Must be 18 or older
- U.S. citizen
- Resident of the district for at least 30 days before December 11, 2024

REMEMBER:

- You don't need to own property or have children in the school to vote!

CAPITAL PROJECT VOTE • WEDNESDAY, DEC. 11, 2024
NOON - 9 PM • MAIN ENTRANCE VESTIBULE



WEST VALLEY CENTRAL SCHOOL DISTRICT

PROPOSED CAPITAL PROJECT 2024

PROJECT SCOPE: \$6,095,000



EDUCATIONAL BUILDING

- Playground replacement
- Parking lot replacements
- Lighting upgrades
- Window shades
- Weight room ventilation
- Wall finish upgrades
- Foundation restoration
- Kitchen HVAC upgrades
- Generator replacement/upgrades
- Tech Ed. room Improvements



PLAYGROUND REPLACEMENT



PARKING LOT REPLACEMENTS



LIGHTING UPGRADES



WINDOW SHADES



WEIGHT ROOM VENTILATION



TECH ED. ROOM IMPROVEMENTS



KITCHEN HVAC UPGRADES



GENERATOR REPLACEMENT / UPGRADES



STAFF ROOM RENOVATION



FOUNDATION RESTORATION

BUS GARAGE



MASONRY RENOVATIONS



CHIMNEY REMOVAL



MAINTENANCE PIT IMPROVEMENT



ROOF REPLACEMENT

PUBLIC INFORMATION MEETING
TUESDAY, NOVEMBER 12, 2024
6 PM • MULTI-PURPOSE CONFERENCE ROOM

NO TAX IMPACT

CAPITAL PROJECT VOTE • WEDNESDAY, DEC. 11, 2024
NOON - 9 PM • MAIN ENTRANCE VESTIBULE



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.

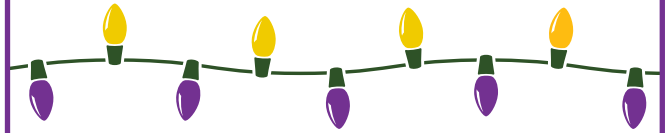
For questions or to make an appointment, please call Jacque Conrad at 716-942-3836.

ASHFORD COMMUNITY "MAKING SPIRITS BRIGHT" HOME DECORATING CONTEST

The Town of Ashford invites you to participate in our first-ever "Making Spirits Bright" Home Decorating Contest. Help brighten this year's holiday season by decorating your home for your community to see and enjoy! It's also a great way to beautify our community and bring joy to those who live here. The contest will run from December 6 through December 20. Winners will be announced on December 23.

Contest Rules:

- Contact Jean Bond by November 25 to register your house for the contest (716) 942-6570
- Decorate your home using your imagination and creativity (no restriction or rules for how you decorate your home)
- Ballots (1/person) and participant map will be handed out at the December 6 Tree Lighting Ceremony
- Voting will take place from December 6 through December 20
- Ballots must be returned by December 20 to the collection box at the Ashford Community Center (no exceptions)
- Trophies will be awarded for the First, Second, and Third Place



WEST VALLEY FOOD PANTRY

Ashford Food Pantry is open:

Wed., November 6 from 3-7 p.m. | Wed., November 13 from 12-4 p.m.

Wed., November 20 from 2-6 p.m. (Thanksgiving turkey and Holiday supplies)

Sat., November 23 from 10:30 a.m. - 12 p.m. (Thanksgiving turkey and Holiday supplies)

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

THE FOOD PANTRY IS IN NEED OF THE FOLLOWING ITEMS:

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.



backpack program



West Valley Central School has partnered with FeedMore WNY to provide the Backpack program!

The Backpack Program is a free program offered by FeedMore WNY. Its goal is to provide nutritious and easy-to-prepare foods to children to take home on weekends and school vacations!

Each week, your child will be provided with a bag of nutritious, non-perishable food to be eaten over the weekend! Participation in this program will not affect eligibility for other food assistance programs!

Contact our School
Counselor, Mr. LaBrake at
716-942-3100 ext. 4148 or
mlabrake@wvalley.org to
enroll your child today!

FeedMore
wny



GUIDANCE NEWS

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 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 **26th Annual Financial Aid Night** is **CANCELLED** for Monday, November 4, due to the FAFSA (Free Application for Federal Student Aid) application being delayed and scheduled to launch in late December. We will **RESCHEDULE** the Financial Aid Night after the New Year. Thank you.

PAWS FOR A CAUSE

The Wildcat varsity and modified volleyball teams hosted their second annual Paws for a Cause fundraiser on Saturday, October 12. The teams sold concessions, had a bake sale, sold t-shirts, and had the first-ever Wildcat Pumpkin Project. A big thank you to Main Street Pizzeria & Cafe for the donation of sheet pizzas, and to Reid's Food Barn for the donation of donuts.

Senior libero Alexis Miller took it upon herself to raise an extra \$300 for the fundraiser.

"I wanted to raise a little more cash this year because the cause means a lot to me," Miller said. "People I know, and even my family, have been impacted by cancer. I saw how excited everyone was last year with how much we raised, and since I'm graduating this year, I wanted to push my limits and raise as much as I could so we could make a larger donation for cancer research."

"It is important to me to instill into my athletes the practice of giving back," said head coach Emily Kazmierczak. "This fundraiser is the perfect way to do that. This cause is dear to a lot of people because so many have seen the effects of cancer firsthand."

In total, the teams raised \$1,532, which will be donated to Roswell Park. The goal this year was to beat last year's amount of \$1,115.

"It is so amazing to watch the girls and see how excited they get when hosting this event! I am so proud of them and can't wait to see what we achieve next year!" added Coach Kaz. "We can't thank the community enough for all they've done to help us achieve our goal!"



Homecoming Week

September 30 to October 4 was Homecoming Week at WVCS. The whole school showed their school spirit by dressing up for spirit week, from mustaches and flannel to class colors and school colors. Each class, from freshmen to seniors, created a board game-themed float for the parade after Fall Fest. The pep rally was a huge success, with students and staff all getting involved in the games!

On October 5, high school students got all dressed up for the Homecoming Dance, decorated with leaves and pumpkins for a fall theme. WVCS Homecoming Court was crowned on stage during the dance. This year's homecoming court included seniors Natalie Stanier and Jack Tharnish, juniors Abby Pinkowski and Karson Heitman, sophomores Emma Arent and Mike Yetter, and freshmen Jersie Czapla and Dominic Fuller.



FALL FEST CELEBRATIONS



WVCS HEALTH CORNER

COMMUNITY AWARENESS ABOUT HEAD INJURIES

From sports injuries to big bumps, accidents to falls, kids and adults of all ages are at risk for concussion from head injuries. Knowing the signs and symptoms of a concussion can help keep you and your family safe.

Concussions are brain injuries caused by a hard hit to or around the head. Activities most associated with concussion include full-contact sports like football, construction work, car accidents and falls with the elderly. However, any sport or activity also carries some risk of concussion. This is why it is important for everyone to know the signs of a concussion and how to respond when a head injury happens.

When a person experiences a hard blow to the head, the brain moves rapidly inside the skull. This force alters the chemicals in the brain and decreases blood flow, impacting the brain's ability to function properly. Concentration, reasoning, memory, learning and problem-solving all may be compromised by these changes in the brain.

Rest for the body and head is the best treatment for a concussion. Unfortunately, there is no way to predict how long a person will have symptoms of a concussion. Most people will recover within two weeks, however some may only take a few days, while others could take several weeks, or months.

Keep in mind that with children, boys and girls tend to respond differently to concussions. On average, girls take a few days longer to recover than boys. Younger children typically take longer to recover from concussions than older children or adults.

Symptoms of concussion include, but are not limited to:

- Amnesia (memory loss)
- Confusion
- Headache
- Loss of consciousness
- Balance difficulty or dizziness
- Double or blurred vision
- Sensitivity to light or sound
- Nausea or vomiting
- Irritability
- Feeling sluggish, foggy
- Lightheaded
- Concentration
- Focusing problems
- Slowed reaction time
- Fatigue and/or sleep issues

Be alert for symptoms that worsen over time. Immediate medical care is required if:

- Headaches worsen
- Seizures
- Drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbness in arms or legs
- Facial drooping
- Unsteady gait
- Dilated or pinpoint pupils, or if pupil size is different in one eye
- Significant irritability
- Loss of consciousness – longer than 30 seconds
- Suspicion of skull fracture: blood draining from ear, clear fluid from nose

These are general indications and guidelines. Always seek medical attention or advice from your medical provider if you have questions or are unsure when to seek medical attention.

TRANSPORTATION UPDATES

It's that time of year again! Parents/Guardians, with the approach of winter, we encourage you to remind your student about the rules of ridership, as well as winter bus safety. Remember, riding the school bus is a privilege. Rules for student behavior apply the same on the bus as in the classroom. Students may be denied transportation if they violate the code of conduct. Let's all work together to keep our students safe.

Transportation Procedures:

- Wait until the bus comes to a full stop before attempting to get on or off.
- Go immediately to your seat (which may be assigned) and remain seated until the bus comes to a complete stop at your destination.
- Help keep the bus clean.
- Do not destroy property.
- Keep arms, hands and your head inside the bus at all times.
- Do not distract the driver while the bus is in motion.
- Be kind...and be a responsible passenger.

Please note: Parents must drive their students to school if they miss the bus.

Winter Reminders!

Don't Rush to Catch the Bus: When roads and walkways are slippery, rushing to catch the bus can have disastrous results. Students need extra time to get to the bus stop in cold, windy, or snowy conditions. Encouraging them to leave a few minutes early and take their time can reduce the number of falls on slick pavement.

Bundle Up: Students need to keep warm while waiting for their bus, but they also must still be able to see and hear what's going on around them. When bundling up your student in the morning, make sure your student still has an adequate line of sight and can hear traffic and other noises.

Put Down the Phone: When walking on snow or ice covered surfaces, watch where you are walking, take shorter, more deliberate steps or do the "penguin shuffle."

Get a Grip: Wear footwear appropriate for winter conditions. Avoid footwear with slick (no-tread) soles when walking on wet surfaces, snow or ice.

Just a Little Patience: School bus drivers are very well trained on driving in inclement weather; however, snow and icy roads can slow down even the most experienced driver. Safety is each driver's top priority, and extra time may be needed to get from stop to stop.

Use the Handrails: The seemingly simple task of getting on and off the bus can be taken for granted. Always use the handrails!

Pay Attention to Weather Alerts and School Messages: Parents/Guardians, be aware of weather alerts and school cancellations or delays. Bad weather also can lead to early dismissals or a change in bus routes.

ATTENTION Parents:

If you need to make a last minute change to your child's pickup schedule or bus, please call the main office at extension 4111 so your request is sure to be received. Thank you!



WEST VALLEY STUDENTS BEGIN UB INTERNSHIP

Students in Mr. Guagliardo's University at Buffalo (UB) Internship Program recently embarked on their first field trip of the year.

The day began with a visit to Scoby Dam, where the students collected a water sample as part of their ongoing research project. Following the fieldwork, the students traveled to UB's South Campus, where they had the opportunity to collaborate with Dr. Stephen Koury and Dr. Sandra Small. Together, they processed the collected water sample and prepared it for genomic sequencing, gaining insight into scientific techniques and research processes.

The group then took a break for lunch at Sato Ramen, where they experienced authentic, traditional ramen for the first time.

This field trip is part of the UB Science Education Partnership Award (SEPA) program, which connects students with real-world scientific research. We are excited to continue participating in the program, which will culminate in a research symposium in May, where students will present their findings.



West Valley Winter Coaches



Varsity Girls Basketball
Coach Mr. Guagliardo



Varsity Boys Basketball
Coach Mr. Marino



Girls Modified Basketball
Coach Mr. Harbison



Basketball Cheer
Coach Ms. Fraser

VOLLEYBALL SENIOR NIGHT



WINTER SPORTS

VARSITY GIRLS BASKETBALL | VARSITY BOYS BASKETBALL
 GIRLS MODIFIED BASKETBALL [NOVEMBER-DECEMBER]
 BOYS MODIFIED BASKETBALL [JANUARY-FEBRUARY]
 BASKETBALL CHEER
 WRESTLING AT FRANKLINVILLE [GRADES 7-12]
 BOWLING AT FRANKLINVILLE [GRADES 7-12]
 INDOOR TRACK AT SPRINGVILLE [GRADES 7-12]

UPCOMING DATES & EVENTS

WINTER SPORTS SIGN-UPS ARE OPEN UNTIL **NOVEMBER 18.**

MANDATORY WINTER SPORTS PARENT/ATHLETE MEETING:
NOVEMBER 6 AT 6:00 P.M.

FALL SPORTS AWARDS:
NOVEMBER 13 AT 6:00 P.M.

WEST VALLEY MENUS

NOVEMBER 2024 - GRADES PREK-12 - BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				No School 1
French Toast Mini Cinni 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 4	Breakfast Wrap 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 5	Trix Muffin 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 6	Frudel 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 7	Chocolate Filled Crescent 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 8
Veterans Day No School 11	Cinnamon Roll 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 12	Bagel Breakfast Sandwich 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 13	French Toast Mini Cinni 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 14	Trix Muffin 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 15
Bagel W/ Assorted Toppings 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 18	French Toast Sticks With Syrup 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 19	Muffin with Graham Fish 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 20	Chocolate Filled Crescent 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 21	Breakfast Wrap 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 22
Muffin with Graham Fish 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 25	Parent Teacher Conference No School 26	No School 27	Thanksgiving No School 28	No School 29

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.



NOVEMBER 2024 - GRADES K-6 - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				No School 1
Meatballs with Sauce And a Dinner Roll, or Buffalo Chicken Wrap Vegetarian Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz 4	Nacho Grande, or Ham Sandwich Steamed Corn 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz 5	Philly Cheese Steak Sub, or Turkey Sandwich Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz 6	Pizza, or Chicken Salad Wrap NYS Cauliflower 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz 7	Hot Dog/Hamburger, or Ham Sandwich Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz 8
Veterans Day No School 11	Taco W/lettuce, Tomato, Cheese, or Chicken Wrap Steamed Corn 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz 12	Rotini with Meatballs, or Ham Sandwich Black Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz 13	Barbeque Hamburger On A Bun, or Turkey Sandwich Green Beans 1/2c NYS Kale 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 14	Pizza, or Ham Sandwich Fresh Carrot Sticks 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz 15
Mickey Mouse Birthday, Grilled Cheese Sandwiches And Cherry/Blue Raspberry Juice Rush Green Beans 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 18	Taco In A Bag, or Chicken Salad Wrap Veg. Beans 3/4c Seasoned Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 19	Pizza, or Ham Sandwich Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz 20	Hot Dog with Assorted Toppings, or Turkey Sandwich NYS Chips Corn 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 21	Thanksgiving Dinner - Baked Chicken, Mashed Potatoes With Gravy Broccoli 3/4c, 1c Romaine Lettuce =1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 22
Half day, no lunch served. 25	No School 26	No School 27	Thanksgiving No School 28	No School 29

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.

NOVEMBER 2024 - GRADES 7-12 - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				No School 1
Meatballs with Sauce And Dinner Roll, or Buffalo Chicken wrap Sweet Potatoes 3/4c, Broccoli 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 4	Nacho Grande, or Ham sandwich Green Beans 1/2c Corn 1/2 c Fresh or Prepared Fruit 1/2c Milk-8oz 5	Philly Cheese Steak Sub, or Turkey Sandwich Mixed Vegetables 1/2c, Peas 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 6	Chicken Nuggets W/Alfredo Noodles, or Chicken Salad wrap Steamed Carrots 1/2c, NYS Seasoned Kale 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 7	Hot Dog, Hamburger, Or Cheeseburger, or Ham Sandwich Baked Beans 1/2c, 1c Romaine Lettuce=1/2c, Fresh or Prepared Fruit 1/2c Milk-8oz 8
Veterans Day No School 11	Taco With Seasoned Rice, or Chicken Wrap Bean Salad 1/2c, Steamed Corn 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 12	Rotini With Meatballs, or Ham Sandwich Sweet Potatoes 3/4c 1c Romaine Lettuce=1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 13	Barbeque Hamburger On A Bun, or Turkey Sandwich NYS Brussel Sprouts 1/2c, Fresh Carrots 1/2c, Fresh or Prepared Fruit 1/2c Milk-8oz 14	General Tso Chicken Nuggets over Rice, or Ham Sandwich 1c Romaine Lettuce=1/2c, Green Beans 1/2c, Fresh or Prepared Fruit 1/2c Milk-8oz 15
Mickey Mouse Birthday, Grilled Cheese Sandwiches And Cherry/Blue Raspberry Juice Rush Steamed Carrots 3/4c, Baked Beans 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 18	Taco In A Bag, or Chicken Salad Wrap Bean Salad 1/2c 1c Romaine Lettuce =1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 19	Sweet & Sour Meatballs Over Rice, or Ham Sandwich Broccoli 1/2c, Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 20	Hot Dog with Assorted Toppings, or Turkey sandwich NYS Chips 1/2c, 1c Romaine Lettuce=1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 21	Thanksgiving Dinner - Baked Chicken Mashed Potatoes & Gravy Fresh Carrot sticks 1/2c, Mixed Vegetables 1/2c Fresh or Prepared Fruit 1/2c, Milk-8oz 22
Half day, no lunch served. 25	No School 26	No School 27	Thanksgiving No School 28	No School 29



WEST VALLEY CENTRAL SCHOOL

5359 School St. • West Valley, NY 14171

(716) 942-3100

BOARD OF EDUCATION

Heather Klahn, President
Charlie Davis, Vice President
Jonathan Boberg
Tracy Chai
Adam Fisher
George Kazmierczak
Melissa Pearl

ADMINISTRATION

Donald Putnam, Superintendent
Barbara Sporyz, Business Administrator
Daniel Amodeo, Pre-K–12 Principal
John Collins, Assistant Principal, CSE/CPSE/504 Chairperson

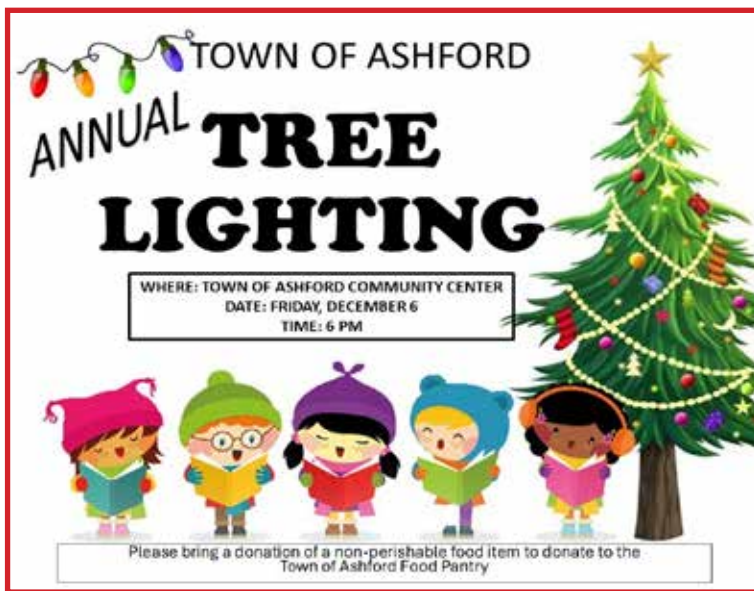
NON PROFIT
ORGANIZATION

U.S. POSTAGE PAID

Permit No. 5
West Valley, NY

OR CURRENT RESIDENT

POSTAL PATRON LOCAL



TOWN OF ASHFORD
ANNUAL TREE LIGHTING

WHERE: TOWN OF ASHFORD COMMUNITY CENTER
DATE: FRIDAY, DECEMBER 6
TIME: 6 PM

Please bring a donation of a non-perishable food item to donate to the Town of Ashford Food Pantry

HAT DAY

On Friday, October 11, two seventh grade students took the lead on organizing and running a very successful community fundraiser. Students and staff showed their support by bringing in monetary donations and wearing a hat to school. Stickers that read, "I support my community" were also created and given out that day to everyone in the district. These acts of support could be seen throughout the whole building. Great work West Valley on coming together for each other!



NOV. 8, 2024
VETERANS DAY
BREAKFAST

SPONSORED BY
WEST VALLEY CENTRAL SCHOOL DISTRICT

8:30 - 10:00 a.m. | School Cafeteria

716-942-3100 ext. 4102 | RSVP by October 29, 2024



SPORTS SCHEDULES

Visit our website for the most up-to-date game and practice schedules.

