



WEST VALLEY CENTRAL SCHOOL

School and Community Working Together

VOLUME 30, No. 3

OCTOBER 2023

OCTOBER CALENDAR OF EVENTS

OCT. 4 | WNY COLLEGE CONSORTIUM

OCT. 6 | NIAGARA UNIVERSITY VISIT

OCT. 9 | COLUMBUS DAY (NO SCHOOL)

OCT. 11 | BOE MEETING

OCT. 13 | PK-4 FIRE PREVENTION ASSEMBLY

OCT. 18 | PSATS

OCT. 19 | REV THEATER WORKSHOP
(3RD GRADE)

OCT. 20 | PICTURE RETAKE DAY

OCT. 25 | REV THEATER WORKSHOP
(3RD GRADE)

OCT. 27 | GREAT PUMPKIN FARM
(PREK-2ND GRADE)

OCT. 30 | KUEKA COLLEGE VISIT

OCT. 31 | HALLOWEEN PARADE/
TRUNK OR TREAT

ART CORNER

Welcome back! Our students are hard at working creating art that will showcase their talent. Mrs. Lechner's students are working hard at projects that use their first names. Some of the projects will touch on abstract art, line design, and color theory. This year Mrs. Lechner will be teaching high school Drawing and Painting. Her students have begun a project that uses zentangle designs. Students are placing their design onto a triangle shape and reproducing it eight to ten times. This will be put together to make an abstract composition.

We would like to welcome Mr. Nathan Dash to West Valley. He will be teaching some elementary and high school classes this year. We are very excited to have him join our team. Stay tuned to see all of the amazing work!



MESSAGE FROM THE SUPERINTENDENT

By DR. TAWEEPON FARRAR

As we bid farewell to the warm days of summer, we welcome the crisp air, vibrant foliage, and wonderful sense of change that October brings. The school year is now in full swing, and students and staff are settling into their routines.

SAFETY FIRST

We have spent the weeks in September reviewing our safety drills and reviewing bus safety. With the addition of our School Resource Officer (SRO), Deputy Johnson, we have been able to push more into classrooms to talk in smaller groups about the importance of safety. As daylight hours shorten and weather conditions change, please remind your students about the importance of safety on their way to and from school. Encourage them to wear reflective clothing, use crosswalks, sidewalks, and follow pedestrian rules. Also, please be vigilant when driving near the school, especially during drop-off and pick up times.



OPEN HOUSE

Our Fall Open House was a success! I want to thank each of you for taking the time out to meet our teachers and see the environments that your children are learning in!

COMMUNITY ENGAGEMENT

I want to remind everyone that our district thrives when we work together as a community. Whether you are a parent, teacher, student or community member, your involvement and support make a significant difference. We encourage you to join our PTO, attend school events and stay connected with our school through our various communication channels.

SPORTS AND EXTRACURRICULAR ACTIVITIES

Our sports teams and extracurricular clubs have been hard at work already. Whether it's on the field, in the gym, or during club meetings, our students are dedicated to their passions and interest. Show your support by attending games and events throughout the month.

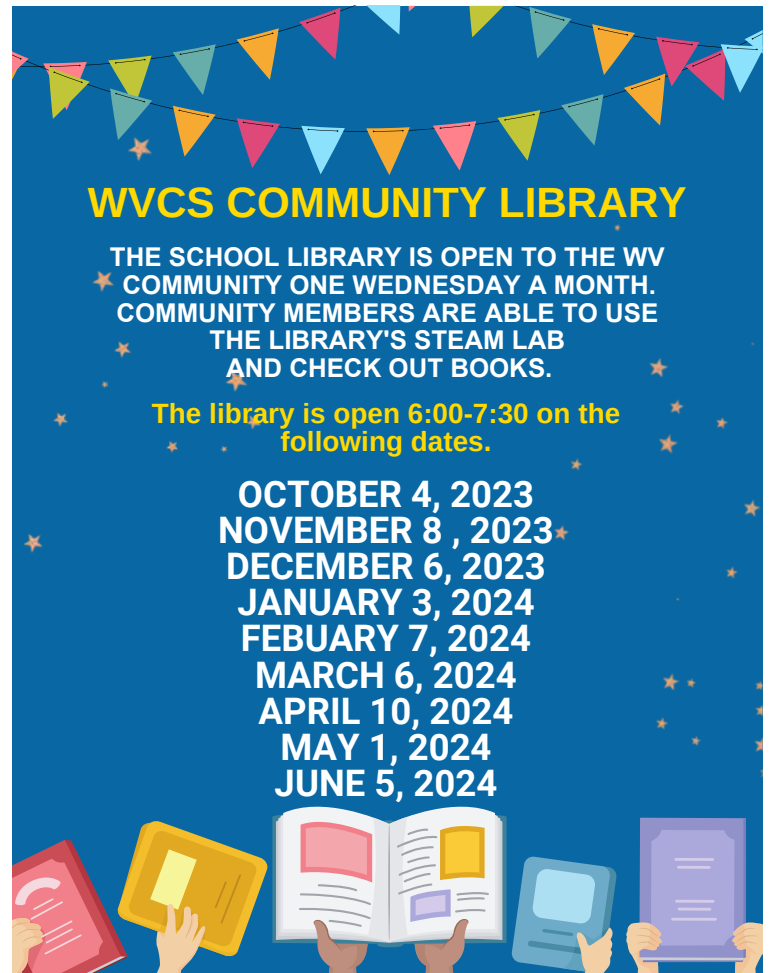
SCHOOL BOARD

October gives the community an opportunity to recognize the school board with school board appreciation week. Our school board members volunteer their time and devote a lot to being on the board. When you see board members, please thank them for their service to our school and students. Their dedication is truly appreciated.

As we immerse ourselves in the beauty of autumn and the exciting activities that October brings, let us remember that learning and growth are lifelong journey. Together, as a united West Valley Central School District, we can embrace the season of change and make it a time of discovery and connection.

Thank you for your continued support for our district, and here's to a fantastic October!

#WEAREWESTVALLEY



STARTING OFF STRONG!

BY MR. AMODEO, 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. I would like to thank our entire school community for the amazing turnout at Open House, participation throughout Spirit Week, Fall Fest, and our Homecoming Dance.

In the classroom, students and staff are working hard to achieve our goals for the year. Students have done an amazing job transitioning to our new cell phone policy. Thank you to students and families for your support. It has already made a positive impact in our classrooms and overall environment.

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, Math, and now Science through several days of professional development in October. The main goal of our professional development in ELA this year is to document and analyze student performance and to make specific instructional changes based on student performance. 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. In Science, we are beginning to align our standards and content but will also be focusing on the implementation of the new Science 5 and Science 8 assessment.

Outside of the regular classroom we have much planned for our students in October. The WNY College Consortium will visit our school on October 4. On October 13 we will partner with the West Valley Volunteer Hose Company to provide Fire Safety education to our students in grades PK-4. We are also planning several trips such as Old Fort Niagara, Whitworth Planetarium, Randolph Fish Hatchery, and the Great Pumpkin Farm. Finally, we will end the month of October with our annual Halloween Parade on Tuesday, October 31st.

Although the school year just started, we are full steam ahead for our students. We look forward to continuing to offer our students opportunities in and outside of our school to provide the best experiences and education possible.

School Board Recognition Week is a time to promote awareness and understanding of the important work performed by local school boards. Public schools form the bedrock of our communities and our country. Democracy thrives with educated citizens capable of critical thinking and civil discourse. And it is our local school boards who are ultimately responsible for student success.

"It takes a strong school to build a strong community, and these men and women devote countless hours to making sure our school is helping every child learn at a higher level," Dr. Taweepon Farrar said.

"They make the tough decisions every month and spend many hours studying education issues and regulations in order to provide the kind of accountability our community stakeholders expect."

Dr. Taweepon Farrar said the key work of school boards is to raise student achievement by:

- Developing a shared vision and goals for the district.
- Ensuring that strategies, resources, policies and programs align with district goals.
- Assessing and providing accountability for student achievement.
- Supporting a healthy school district culture in which to work and learn.
- Evaluating the superintendent to ensure continuous improvement.
- And much more!

"School board members give the West Valley citizens a voice in education decision-making. Even though we make a special effort to show our appreciation in October, their contribution is a year-round commitment," commented Dr. Farrar.

The members serving our district and their term expiration are as follows:

Mrs. Heather Klahn Board President (2025)
Mr. Charles Davis Vice President (2025)
Mr. Jonathan Boberg (2026)
Mrs. Tracy Chai (2024)
Mr. Adam Fisher (2028)
Mr. George Kazmierczak (2027)
Mr. Gary Niesyty (2028)

The Board of Education approved changing their October meeting from October 17th to October 11th at 6:00 p.m.

BOARD 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



WEST VALLEY NEW STAFF



MATTHEW BIRT
PHYSICAL EDUCATION
TEACHER

Mr. Birt previously taught at Persistence Prep in Buffalo. Before becoming a teacher, he worked for six years in pro/college sports communications. He attended Ohio University for Journalism/Strategic Communication and Canisius College for Physical Education. He enjoys playing sports (volleyball, hurling, Gaelic football) and spending time outdoors.



CLAYTON BLASZCZYK
TECHNOLOGY EDUCATION
TEACHER

Mr. Blaszczyk will be teaching carpentry, industrial arts, and building trades at West Valley this year. He earned his bachelor's degree from Buffalo State College in Technology Education. He likes to fish and kayak, but says that farming takes up most of his free time.



NATHAN DASH
ART TEACHER

Mr. Dash is a 2019 alumnus of West Valley. After graduation he attended Buffalo State College where he earned a degree in Art Education (PK-12). He enjoys creating, learning, writing, and playing music.



KATHI GIMBRONE
SPECIAL EDUCATION
CO-TEACHER

Ms. Gimbrone will be team teaching with ELA and Math Teachers this year working directly with students in the classroom. She previously worked in the Jamestown Public School and at Randolph Central. She is a St. Bonaventure grad, where she earned her bachelor's in elementary education and master's degree in reading. She enjoys all sorts of outdoor activities, including hiking, biking, snowmobiling, and snow shoeing.



EMILY KAZMIERCZAK
FOURTH GRADE TEACHER

This is Miss Kazmierczak's second year teaching at West Valley, but first year as a full-time staff member. (She served as a long-term sub last year.) She attended Mercy College for psychology and earned her master's in early childhood and elementary education from Niagara. She has coached volleyball, cheer, and softball here at WVCS.



ADRIENNE SAYERS
SPANISH TEACHER

Mrs. Sayers comes to us from the Niagara Falls City School District, where she worked for over two decades. She earned her bachelor's degree in French Education and her master's in Teaching/School District Leadership from Niagara University. In her spare time she enjoys singing, playing piano, reading, and traveling.

MEET WEST VALLEY'S NEW SCHOOL RESOURCE OFFICER

The halls of West Valley Central School have welcomed a new face dedicated to ensuring the safety and well-being of its students – Deputy Angela Johnson. With a background deeply rooted in Cattaraugus County and a passion for making a difference, Deputy Johnson brings a unique perspective to her role as a School Resource Officer (SRO).



Hailing from East Otto and a graduate of Cattaraugus-Little Valley, Deputy Johnson has worn several hats throughout her career journey. She's worked as a school substitute, spent time on a blueberry farm during her high school days, and has also worked at Holiday Valley. She is now a full-time employee at the Cattaraugus County Sheriff's Office, where she found her calling in law enforcement. A graduate of Hilbert College with a bachelor's degree in forensic science and criminal investigation, she later honed her skills at the Chautauqua County Sheriff's Academy in Jamestown.

"I went into law enforcement because I wanted to help people on a different level other than a teacher or counselor," Deputy Johnson shared. She's not just about the badge, though—she enjoys the outdoors, cherishes quality time with friends and family, loves reading books, staying active, and proudly cheers on her Buffalo Bills.

In her role as an SRO, Deputy Johnson takes on various responsibilities, primarily ensuring the safety of everyone within the district. "I interact with students all throughout the day," she shared, "greeting them as they arrive, interacting in the hallways, cafeteria, classrooms, and even participating in physical education classes and other outdoor activities." Her dedication extends to ensuring the school is secure, though she emphasizes she's not a disciplinarian; rather, she's here to support staff, administration, and most importantly, the students. Throughout the year, she will be a familiar face at school events, open houses, and home sports games.

In Deputy Johnson's own words, her message to parents and guardians is simple: "I am here for a reason, and that is to make sure your children are safe. I'm here for them."



WNY CONSORTIUM OF HIGHER EDUCATION COMMON RECRUITMENT

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 4**, from 10:15-11:00 a.m. the WNY Consortium will be in the Aud. This is a free event and will target grades 10-12.

NEW DIGITAL FORMAT PSAT/NMSQT

This fall the PSAT/NMSQT (Preliminary Scholastic Aptitude Test/ National Merit Scholarship Qualifying Test) will be **administered in a new digital format** that will provide an overall easier testing experience for students. On Wednesday, October 18, our school will administer the PSAT/NMSQT 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 should be made payable to WEST VALLEY CENTRAL SCHOOL. The **deadline** to sign up and pay for the test is **Tuesday, October 10**, in the Guidance Office or with Mrs. Westfall. 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 PSAT 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 a student's results in each of the sections. It will also target areas that need improvement before re-taking/taking the PSAT/SAT.
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.

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 the 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 it is intended to be opened once your child is home. The program will continue throughout the 2023-24 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 me with any questions at 716-942-3100 extension 4148 or send an email to mlabrake@wvalley.org.

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

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 **Wednesday, December 6, from 8:00 to 11:00 a.m.** Please have your son/daughter sign up in the Guidance Office with Mr. LaBrake by Friday, November 17. 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 military service. 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 at 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

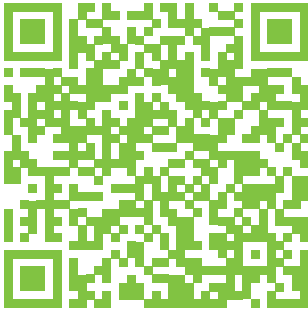
Date _____



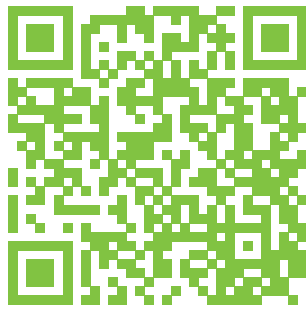
XELLO FOR PARENTS/GUARDIANS

This online program helps K-12 students determine future goals and plans to achieve them. It will help them explore options and create a plan for their future college experience and the world of work. Xello developed a family portal a few years

ago inviting parents and guardians to view their child's future goals and plans. For more information, scan the QR codes below with your Smart Device:



Getting Started with Xello



Blog Article:
Introducing Xello for Families



YouTube Video:
A 90-Second Video Overview



YouTube Video:
Future of Xello

Dear Parents and Guardians,

At West Valley Central School we strive to help your child prepare for academic, career, and future success.

Say Hello to Xello!

Xello is an engaging online program (K-12) that helps students build the skills, knowledge and plans to be future ready. The program uses an investigative, discovery-based learning process. Students better understand themselves, their future career options, and the 21st century skills they'll need to succeed.

Here's how it works...

The Student Experience with Xello

With Xello, your child will:

1. Build Self-knowledge - Define their interests, skills, preferences, and aspirations so they can explore the opportunities right for them.
2. Explore Options - Learn about career possibilities and educational pathways by exploring rich, engaging content and lessons.
3. Create a Plan - Your child can create dynamic actionable plans that outline the steps needed to achieve school, career, and life goals.
4. Learn & Reassess - Interactive lessons help your child develop age appropriate skills and knowledge for success in school and beyond.

Parent Involvement

You're encouraged to explore Xello with your child by logging in together. Your child can log in to his or her account via desktop or mobile device to share what they've learned about themselves, the world of work, and their future options.

Safe and Secure Environment

We take data protection and privacy very seriously. So does Xello. The program complies with legal requirements for safety and security outlined in the Family Educational Rights and Privacy Act (FERPA). That means advertising is not displayed within Xello, nor is data used for commercial purposes. Xello is also a signatory of the Student Privacy Pledge, requiring them to uphold strict standards for safeguarding student privacy regarding the collection, maintenance, and use of student personal information.

You can learn more about Xello and the student experience by visiting www.xello.world.



Join the West Valley Ski Club

Scan the QR Code to purchase a **Tuesday Night Pass**
Username: MWWESTVA **Password:** ski
Or go to <https://www.wvalley.org/skiclub>

- 8 TUESDAY NIGHTS WITH BUS RIDES
- PASS IS GOOD FOR ANY TUESDAY
- 8 LESSONS INCLUDED
- SEE MR. LEMBKE (ADVISOR) FOR HELP

\$165 Pass or \$294 with Ski/Snowboard Rental Included
Student Night Season Pass \$350 or Regular Season \$472
***Community members can also use the link to purchase any discounted pass

Calling all Community Members!



Tuesday, October 31st 4:30-5:30pm

WVCS Circle

Sponsored by WV PTO

We need your help to make this event a success for our younger students & their families! If you are willing to participate, you would need:

- A vehicle with a trunk, decorated for Halloween, to be parked in the circle from approx. 4:15pm to 5:30pm
- Candy to pass out or place in a bowl in the trunk

Please send an email to ptowestvalley@gmail.com by Friday, October 27th if you will be participating, so we have an idea of how many vehicles to expect.

Please help us bring some spooky Halloween spirit to the Valley!!



V E T E R A N S D A Y

7TH AND 8TH GRADE CLASS
WOULD LIKE TO HONOR OUR
VETERANS

VETERANS DAY
BULLETIN
BOARD

*Photos
Needed*

PLEASE DROP OFF OR EMAIL A PHOTO OF A VETERAN
THAT HAS SERVED AND IS CONNECTED TO THE WEST
VALLEY SCHOOL COMMUNITY BY NOV 1ST

INCLUDE THE NAME/RANK/BRANCH/RELATIONSHIP TO WV

A COPY WILL BE MADE. IF YOU WOULD LIKE THE PHOTO
RETURNED, PLEASE INCLUDE THE NAME OF THE STUDENT
THAT THE ORIGINAL CAN BE GIVEN TO.

PHOTOS > MR. DANA LEMBKE | DLEMBKE@WVALLEY.ORG

NOV. 8th, 2023

VETERANS DAY
BREAKFAST

SPONSORED BY
WEST VALLEY CENTRAL SCHOOL DISTRICT

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

716-942-3100 ext. 4102 | RSVP by October 30th, 2023



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, can fulfill a need of furniture items.

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

PREK LEARNING



WEST VALLEY FOOD PANTRY

Location: Ashford Town Barn, Fox Valley Rd. Open by appointment only.

If you are need of food, please call Kris Aldrow at 716-942-6690 or Amy Frank at 716-942-6657 to set up a time/day.

Most orders will be filled on normal food bank days: the 2nd and 4th Wednesday of each month (1-4:00 p.m.)

If you need emergency food please call and we will arrange a pickup or delivery time.

If WVCS is closed for weather the food pantry will also be closed.

FOOD PANTRY NEEDS:

Canned fruit
Soup
Side rice/noodle dishes

Spaghetti sauce
Salad dressing

Paper towels
Toilet paper

PAWS FOR THE CAUSE

October 6

Modified 5:00 PM • Varsity 6:30 PM

Concessions (Pizza, Snacks, Candy, Drinks
and more!) • Bake Sale

Come out and help us raise money for cancer
research. All donations greatly appreciated!

We are also selling concessions for the
Cross-Country Meet on October 17th
(Pizza, Snacks, Candy, Drinks and more!)



Winter Sports Sign-Ups

Sign-ups for Winter Sports will begin on Friday, October 13.

Practices begin on November 1 for Girls Modified Basketball and November 13 for JV/Varsity.

**Boys BB Modified, JV, Varsity • Girls BB Modified and JV • Girls BB Varsity with SGI
• Varsity Bowling • Indoor Track with SGI • Basketball Cheerleading**



WEST VALLEY MENUS

OCTOBER 2023 - GRADES PREK-12 - BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Chocolate chip Muffin w/4oz yogurt ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk -8oz 2	Bagel w/Assorted Toppings ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk -8oz 3	Breakfast Pizza ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk -8oz 4	Pancakes W/syrup ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk -8oz 5	8" Breakfast Wrap ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk -8oz 6
COLUMBUS DAY NO SCHOOL 9	French Toast Sticks W/Syrup ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz 10	Pillsbury Cinni Minni ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk -8oz 11	Croissant Breakfast Sandwich ----- 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz 12	Blueberry Muffin W/ 4oz Yogurt ----- 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz 13
Frosted Donut ----- 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz 16	Bagel w/ Assorted Toppings ----- 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz 17	Chocolate Chip Muffin W/ 4oz Yogurt ----- 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz 18	Pancakes W/Syrup ----- 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz 19	Bagel Breakfast Sandwich ----- 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz 20
Chocolate Fudge Pop Tart ----- 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz 23	French Toast Sticks W/ Syrup ----- 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz 24	8" Breakfast Wrap ----- 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz 25	Blueberry Muffin W/ 4oz Yogurt ----- 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz 26	Cherry Frudel ----- 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz 27
Pillsbury Cini Minni ----- 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz 30	Halloween Donut ----- 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz 31			

MENUS SUBJECT TO CHANGES

REMEMBER, if you are approved for free Lunch, you are automatically approved for Breakfast!

OCTOBER 2023 - GRADES K-6 - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger Or Cheeseburger On a Bun, or Turkey Sandwich ----- Baked Beans ¾ C, Fruit 1/2c Milk-8oz 2	Twin taco's W/Chicken Cheese, lettuce, tomato, salsa, or Egg Salad Sandwich ----- Corn 3/4C, NYS Farm Fresh Apples-1, Milk- 8oz 3	Rotini W /Meatsauce And a roll, or Ham sandwich ----- NYS Roasted Broccoli 3/4c, Fruit 1/2c, Milk-8oz 4	Cheese & Pepperoni Pizza, or Buffalo Chicken Wrap ----- Diced Carrots 3/4c, Fresh Fruit 1/2c, Milk -8oz 5	Hot Dog On A Bun, or Turkey Sandwich ----- NYS Sliced Cucumbers¾ c, Fruit 1/2c, Milk-8oz 6
COLUMBUS DAY NO SCHOOL 9	Taco In A Bag, or Chicken salad Wrap ----- Steamed Corn 3/4c, Fruit 1/2c, Milk -8oz 10	Chicken Patty On A Bun, or Ham Sandwich ----- Broccoli 3/4C, Fruit 1/2c, Milk-8oz 11	Cheese Pizza, or Turkey Sandwich ----- Baked Beans 1/2C, Green Beans 1/2C, NYS Farm Fresh Apples-1, Milk-8oz 12	Popcorn Chicken & Mac N Cheese, or Egg Salad Sandwich ----- Fresh Baby Carrots 3/4C, Fruit 1/2c, Milk-8oz 13
Chicken Parm On A Bun, or Chicken Salad Wrap ----- Maple Glazed Carrots 3/4c, Fruit 1/2c, Milk-8oz 16	Nacho Grande w/Tostitos Chips, Meat, Lettuce, Salsa, or Ham Sandwich ----- Black Bean salad 3/4C, Fresh Fruit 1/2c, Milk-8oz 17	Grilled Cheese Sandwich, or Buffalo Chicken Wrap ----- Corn 3/4C, NYS Farm Fresh, Apples-1, Milk-8oz 18	Cheese & Pepperoni Pizza, or Chicken Tender wrap ----- NYS Fresh bell Peppers ¾ C, Fruit 1/2c, Milk -8oz 19	Chicken Tender and Baked Fries, or Egg Salad Sandwich ----- Steamed Broccoli 3/4C, Fruit 1/2C, Milk-8oz 20
Hamburger Or Cheeseburger On A Bun, or Turkey Sandwich ----- Steamed Broccoli 3/4C, Fruit 1/2C, Milk-8oz 23	Twin Taco's W/ Meat Cheese, Lettuce, Salsa, Tomato, or Chicken Salad Sandwich ----- Corn 3/4C, NYS Farm Fresh Apples-1, Milk- 8oz 24	Popcorn Chicken w/ Baked Fries, or Ham Sandwich ----- Baked Beans ¾ C, Fruit 1/2c, Milk-8oz 25	Assorted Pizza, or Buffalo Chicken Wrap ----- NYS Roasted Cauliflower3/4c, Fruit 1/2c, Milk-8oz 26	Hot Dog On A Bun, or Turkey Sandwich ----- Sweet Potatoes 3/4c, Fresh Fruit 1/2C, Milk-8oz 27
Chicken Tenders, or Egg Salad Wrap ----- Carrots 3/4c, Fruit 1/2c, Milk-8oz 30	Happy Halloween Spooktacular Mac & Cheese, Haunted Forest Broccoli, Poison Apple, Witches Brew Milk, Worms in Dirt 31			

MENUS SUBJECT TO CHANGES

REMEMBER, if you are approved for free Lunch, you are automatically approved for Breakfast!

OCTOBER 2023 - GRADES 7-12 - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger Or Cheeseburger On a Bun, or Turkey Sandwich ----- Baked Beans ¾ C, Fruit 1/2c, Milk-8oz 2	Twin taco's W/Chicken, Cheese, Lettuce, Tomato, Salsa, Seasoned Rice, or Egg Salad Sandwich ----- Corn 3/4C, NYS Farm Fresh Apples-1, Milk- 8oz 3	Rotini W /Meatsauce And a roll, or Ham sandwich ----- NYS Roasted Broccoli 3/4c, Fruit 1/2c, Milk-8oz 4	Cheese & Pepperoni Pizza, or Buffalo Chicken Wrap ----- Diced Carrots 3/4c, Fresh Fruit 1/2c, Milk -8oz 5	Hot Dog On A Bun, or Turkey Sandwich ----- NYS Sliced Cucumbers¾ c, Fruit 1/2c, Milk-8oz 6
COLUMBUS DAY NO SCHOOL 9	Taco In A Bag W/ Doritos, Meat, Cheese, Lettuce, Tomato, Salsa, Seasoned Rice, or Chicken salad Wrap ----- Steamed Corn 3/4c, Fruit 1/2c, Milk -8oz 10	Chicken Patty On A Bun, or Ham Sandwich ----- Broccoli 3/4C, Fruit 1/2c, Milk-8oz 11	Cheese Pizza, or Turkey Sandwich ----- Baked Beans 1/2C, Green Beans 1/2C, NYS Farm Fresh Apples-1, Milk-8oz 12	Popcorn Chicken & Mac N Cheese, or Egg Salad Sandwich ----- Fresh Baby Carrots 3/4C, Fruit 1/2c, Milk-8oz 13
Chicken Parm On A Bun, or Chicken Salad Wrap ----- Maple Glazed Carrots 3/4c, Fruit 1/2c, Milk-8oz 16	Nacho Grande W/Tostitos, Meat, Cheese, Lettuce, Tomato, Seasoned Rice, or Ham Sandwich ----- Black Bean salad 3/4C, Fresh Fruit 1/2c, Milk-8oz 17	Grilled Cheese Sandwich, or Buffalo Chicken Wrap ----- Corn 3/4C, NYS Farm Fresh Apples-1, Milk-8oz 18	Cheese & Pepperoni Pizza, or Chicken Tender wrap ----- NYS Fresh bell Peppers ¾ C, Fruit 1/2c, Milk -8oz 19	Chicken Tender and Baked Fries, or Egg Salad Sandwich ----- Steamed Broccoli 3/4C, Fruit 1/2C, Milk-8oz 20
Hamburger Or Cheeseburger On A Bun, or Turkey Sandwich ----- Steamed Broccoli 3/4C, Fruit 1/2C, Milk-8oz 23	Twin Taco's W/Meat Cheese, Lettuce, Salsa, Tomato, Seasoned Rice, or Chicken Salad Sandwich ----- Corn 3/4C, NYS Farm Fresh Apples-1, Milk- 8oz 24	Popcorn Chicken w/ Baked Fries, or Ham Sandwich ----- Baked Beans ¾ C, Fruit 1/2c, Milk-8oz 25	Assorted Pizza, or Buffalo Chicken Wrap ----- NYS Roasted Cauliflower3/4c, Fruit 1/2c, Milk-8oz 26	Hot Dog On A Bun, or Turkey Sandwich ----- Sweet Potatoes 3/4c, Fresh Fruit 1/2C, Milk-8oz 27
Chicken Tenders, or Egg Salad Wrap ----- Carrots 3/4c, Fruit 1/2c, Milk-8oz 30	Happy Halloween Spooktacular Mac & Cheese, Haunted Forest Broccoli, Poison Apple, Witches Brew Milk, Worms in Dirt, 31			



WEST VALLEY CENTRAL SCHOOL

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

NON PROFIT
ORGANIZATION

U.S. POSTAGE PAID

Permit No. 5
West Valley, NY

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POSTAL PATRON LOCAL

ADMINISTRATION

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Barbara Sporyz, Business Administrator
Daniel Amodeo, Pre-K-12 Principal
Danielle Behringer, Assistant Principal, CSE/CPSE Chairperson

Sport Schedules

GIRLS VARSITY VOLLEYBALL

Date/Time		Opponent
Fri Oct 6 6:30 PM	vs	North Collins
Sat Oct 7 8:00 AM	@	Allegany-Limestone (Varsity only)
Tue Oct 10 6:30 PM	@	Brocton
Thu Oct 12 6:30 PM	@	Ellicottville

GIRLS MODIFIED VOLLEYBALL

Date/Time		Opponent
Fri Oct 6 5:00 PM	vs	North Collins
Thu Oct 12 5:00 PM	vs	Cattaraugus Little Valley
Wed Oct 18 5:00 PM	@	Gowanda
Tues Oct 24 5:00 PM	vs	Gowanda


CROSS COUNTRY

Date/Time		Opponent
Tue Oct 10 4:30 PM	@	Falconer High School
Sat Oct 14 10:00 AM	@	Alden High School
Tue Oct 17 4:30 PM	vs	West Valley Central School
Fri Oct 27 3:00 PM	@	League Meet in Bemus Point

GIRLS VARSITY SWIMMING & DIVING (SGI)

Date/Time		Opponent
Tue Oct 2 4:30/6:00 PM	@	Swimming Sectional Meet
Tue Oct 3 5:00 PM	vs	Iroquois High School
Thu Oct 12 5:00 PM	@	East Aurora High School
Wed Oct 18 5:00 PM	@	Diving ECIC's
Fri Oct 20 5:00 PM	@	Swimming ECIC's
Wed Oct 25 5:00 PM	@	Swimming Prelims - Class C
Thu Oct 26 5:00 PM	@	Diving Class Championship
Fri Oct 27 5:00 PM	@	Swimming Class Finals

Dates and time are subject to change.
Check our website for the most up to date schedules:
www.wvalley.org/athletics



It's time to order your yearbook! \$48.00 (pay half now and half in March if you want.)

NAME _____
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PLEASE SEND TO MRS. MUMBACH OR MRS. RAMSDELL

PLACE A PERSONAL YEARBOOK AD FOR YOUR SENIOR

Name of senior _____

Ad size _____

1/4 Page - \$25

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Full Page - \$100

Phone # in case of questions _____

of photos to include in ad _____

(Please put your name on the back of all photos. Digital photos at least 300 DPI)

Ad Text: (ex. We love you, Suzy!) Write your message below/attach it or email it to jmumbach@wvalley.org, mail it to 5359 School St., West Valley, NY 14171 or send with student.

****Please do not create your own ad as it may not be compatible with our software.**

DEADLINE IS JANUARY 15, 2024