

# JANUARY CALENDAR OF EVENTS

JAN. 3 COMMUNITY LIBRARY DAY (6:00-7:30 P.M.)

JAN. 13 | VOLLEYBALL CLINIC

JAN. 15 | MARTIN LUTHER KING JR DAY (NO SCHOOL)

JAN. 16 | BOARD OF EDUCATION MTG. (6:00 P.M.)

JAN. 26 | END OF 2ND QUARTER

JAN. 26 | EARLY DISMISSAL FOR STUDENTS (11.15 A.M.)

SCAN TO VIEW EVENT CALENDAR



## **BREAKFAST WITH SANTA**

The Class of 2024 would like to thank all who came out to support them for Breakfast with Santa on Sunday, December 10. The seniors raised over \$600 to go towards their senior trip! They would especially like to thank everyone who donated their time, food, and supplies, as well as items for the PTO Basket Raffle. Special thank you to the following:

- Senior class parent volunteers
- Angel Hair Design
- Arts Café
- Blue Sky Wellness
- Danette Robbins
- Emily Smith
- Ford Brothers Butcher Shop
- Julie's Pizzeria
- Leanna Pfeffer

- Lulu Belle's
- Pizzaz Hair Salon
- Root 39 Salon
- The DuFrane family
- The Fisher family
- The Lawrence family
- Tim & Bonnie's
- Tim Horton's in Springville



## **WELCOME TO 2024!**

BY MR. AMODEO, PRINCIPAL/CURRICULUM COORDINATOR

I would like to wish the West Valley community a Happy New Year! We are fast approaching the midpoint of the school year as the second quarter and first semester ends on January 26. Although we are only about halfway through



the school year, we will begin meeting with staff and students to begin planning for the next school year.

In developing student schedules for next year, students will meet with Mr. LaBrake to determine required and elective courses. Last school year we revised our elective course offerings and have implemented some of those this school year. We will continue to be responsive to our students, tailoring our offerings based on their interests and needs. While this may not mean the development of new courses, courses students had interest in that were not offered this year could be available next year.

Congratulations go out to our Girls Modified Basketball players and Coach Hansen as they completed a successful season. We are so proud of the Lady Wildcats for the commitment they made this season. We are looking forward to great things in the future from these student-athletes. As we wrap up the Girls Modified season, we will be entering the Boys Modified basketball season. As the Winter season rolls along, come out to a Girls JV basketball game, Boys Varsity basketball game, bowling match, or even an indoor track meet.

School districts across the state are transitioning from students taking 3-8 ELA, Math, and Science assessments on paper to students completing them on a computer. During the month of January our students in grades 5-8 will be participating in a simulation of computer-based testing. We are participating in this simulation in grades 5-8 as our students in these grade levels will be taking their assessments on the computer. This simulation will give us and the students an opportunity at practicing this new format before the actual assessments later this spring. If you have any questions regarding the transition to computer-based testing, please contact me or Mrs. Behringer.

Once again Happy New year and welcome back Wildcats!

## **WVCS HEALTH CORNER**

JANUARY: INTERNATIONAL OUALITY OF LIFE MONTH

How does one determine quality of life? Quality of life is defined as a concept that a person's life has a degree of health, comfort, and happiness. This concept has existed for decades. However, each person's perception differs based on culture, standard of living and individual value systems. On a personal level, one's quality of life can be significantly interconnected with finances, fitness, education provided, the relationships one has with others as well as how one feels spiritually.

The month of January is observed as International Quality of Life Month. It is meant to be a time that helps us focus on how we can improve the current quality of our own lives. You may ask, is it possible? Yes! The thing is, there is always something we can add to make our lives better. It can be a daily walk, a workout plan, reading a book daily, giving up unhealthy habits or spending more time with a loved one or friend. The goal is to achieve happiness.

#### Facts about happiness

- Happy people with positive emotions are less likely to develop the common cold.
- Doing charitable deeds is one of the fastest ways to get some happiness into our lives.
- According to several studies, "being outdoors makes people happier."
- Quality of life is enhanced in societies that provide more freedom and independence.
- Research has revealed that bright light in a room decreases sadness and hopelessness.

#### Start now. Here are some ways that may help improve your quality of life right now:

- Set small and large goals. Start small and make minor changes to your daily routine. Break larger goals down into small steps.
- Take regular breaks; mental and physical. (Naps have benefits: Reduced fatigue, increased alertness. Improved mood. Improved performance, including quicker reaction time and better memory.)
- Eat a balanced diet and exercise.
- Focus on 1 task at a time.
- Prioritize yourself and take control of your life.
- Go for walks (outdoors if possible) and make time for hobbies.
- Reflect on how you spend your time.
- Prioritize activities that bring you joy, health and wellness.
- Share the load. If possible, find a trusted friend or family member to help manage your work-life balance and stay on track.
- Don't be afraid to ask for help or delegate tasks as needed.
- Start a daily journal.
- Find gratitude in your daily life.

## 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 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 with any questions at 716-942-3100 extension 4148 or send an email to mlabrake@wvalley.org.



## **2ND GRADE STEAM**

Second graders took on a challenge in the STEAM Lab: crafting a sleigh for Santa in just 15 minutes, using materials found in the STEAM lab.













## 4TH GRADE MEDIEVAL PROJECT

Fourth grade has been busy working on building a Medieval Town! The class worked in groups to build each individual part. The students first learned all about what makes up these parts and then took their knowledge to create physical models! Everett and Cordelia built the Serf's house and field; Gavin, Logan and Serenity built a castle; Landen and Willow built a Church; and Jeremiah and Jack built the market. Kaylee and Jaxson built a representation of what the streets would have looked like back then.













## THE PINES FIELD TRIP

Art Club, NJHS, and NHS joined forces to bring holiday cheer to the residents of The Pines in Machias by decorating windows. The students worked hard to decorate as many windows as they could! Despite spending the entire day there, they did not want to leave because not only were they enjoying painting, but also sharing stories and seeing the cheer on the faces of the staff and residents.













# 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

### **BLOXELS VIDEO GAMES**

The sixth grade STEM classes have been working on creating their own video games. Through the Bloxels website, students developed a game from its concept stage all the way to the finished product. Students designed characters and wrote their backstory. They constructed a world for their hero to save. The game development process involved students configuring different types of blocks to add power-ups, enemies, dangers, and checkpoints. The best part of their games is that everyone's turned out unique!

























### RICK DEKAY INDUCTED INTO THE SECTION VI HALL OF FAME

Congratulations to Rick DeKay, longtime West Valley Central School staff member and coach, on his well-deserved induction into the Section VI Hall of Fame. He was honored at the 9th annual Section VI induction ceremony in December.

Coach DeKay taught sixth grade at West Valley for 34 years and served as Athletic Director from 1993 to 2010. He was inducted into the WVCS Sports Wall of Fame in 2008. His coaching legacy spans SIX decades, covering football, basketball, baseball, track, and soccer.

West Valley's current athletic director, Bryan Hansen, commented, "Coach DeKay was a steadfast presence at West Valley for over 30 years, investing his time for the betterment of our athletes and school community."

**Congratulations, Coach!** 



## **WEST VALLEY MENUS**

#### JANUARY 2024 - GRADES PREK-12 - BREAKFAST MENU Monday **Tuesday Friday** Wednesday **Thursday** Cinni Mini Cream Cheese Bagel Cherry Frudel Breakfast Wrap 100% Fruit Juice 1/2 C or Early Winter Break Fresh Fruit 1/2 C Fresh Fruit 1/4 C. Fresh Fruit ½ C Fresh Fruit 1/4 C. 5 No School Milk-8oz Milk-8oz Milk-8oz Milk-8oz Croissant Breakfast Bagel W/ Assorted Toppings French Toast Sticks W/ Syrup Pancake W/Syrup Cinnamon Sugar Donut Sandwich W/ Sausage 100% Fruit Juice 1/2 C or 100% Fruit Juice 1/2 C or 100% Fruit Juice 1/2 C or 100% Fruit Juice ½ C or 100% Fruit Juice 1/2 C or Fresh Fruit 1/2 C Fresh Fruit 1/2 C Fresh Fruit 1/2 C Fresh Fruit 1/2 C 10 12 Milk-8oz Milk-8oz Fresh Fruit 1/2 C, Milk-8oz Milk-8oz 11 Milk-8oz Breakfast Pizza Chocolate Fudge Pop Tart Cinni Mini Cherry Frudel 100% Fruit Juice ½ C or Martin Luther King Day Fresh Fruit 1/2 C Fresh Fruit 1/2 C Fresh Fruit 1/2 C Fresh Fruit 1/2 C 15 17 No School Milk-807 16 Milk-807 Milk-807 18 Milk-8oz 19 **Bagel W/Assorted Toppings** Breakfast Wrap Muffin W/ 4oz yogurt Cream Cheese Bagel Cinni Mini 100% Fruit Juice ½ C or 100% Fruit Juice 1/2 C or 100% Fruit Juice ½ C or 100% Fruit Juice ½ C or 100% Fruit Juice 1/2 C or Fresh Fruit 1/2 C 26 Milk-8oz Milk-8oz Milk-8oz Milk-8oz Milk-8oz Chocolate Fudge Pop Tart French Toast Cinni Mini Frosted Donut 100% Fruit Juice 1/2 C or 100% Fruit Juice 1/2 C or 100% Fruit Juice 1/2 C or Fresh Fruit 1/2 C Fresh Fruit ½ C Fresh Fruit 1/2 C Milk-8oz Milk-807

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.



	JANUARY 202	24 - GRADES K-6 -	LUNCH MENU	
Monday	Tuesday	Wednesday	Thursday	Friday
Early Winter Break No School 1	Taco In A Bag, Ham Sandwich Black Bean Salad ½ C Com ½ C, NYS Apple -1 Piece, Milk-8oz	Chicken Parm W/ Garlic Toast Chicken Salad Wrap Broccoli ½ C, Fresh Baby Carrots 3/4C, Fruit ½ C, Milk-8oz 3	Pizza Day, Turkey Sandwich Green Beans ½ C, Cucumber slices ½ C, Fresh Fruit 1 piece, Milk-8oz 4	Single Wild Cat Burger, Egg Salad Wrap
Hot Dog With Meat Sauce Turkey Sandwich Baked Beans ½ C, 1 C Romaine Salad ½ C, Fruit ½ C, Milk-8oz	Meat Taco W/ Lettuce, Tomato, cheese, Buffalo Chicken Wrap  Corn ½ C, Diced Tomatoes 3/4C  Fruit ½ C. Milk -8oz	Pizza Day, Egg Salad Sandwich Steamed Broccoli ½ C, Carrot Sticks ½ C, Fresh Fruit-1Piece, Milk-8oz 10	Loaded French Fries, Turkey Sandwich  NYS Cole Slaw ½ C, French Fries ½ C, NYS Apple-1Piece, Milk-8oz 11	Popcom Chicken, Ham Sandwich Broccoli ½ C, Mixed Vegetables ½ C, Fruit ½ C, Milk-8oz
Martin Luther King Day No School	Nacho Grande, Turkey Sandwich Black Bean Salad ½ C, Corn ½ C	Rotini W/ Alfredo Sauce, Chicken Salad Wrap Peas ½ C, Baby Carrots ½ C,	Meatball W/ Noodles & Garlic Toast, Ham Sandwich 	Pizza Day, Turkey Sandwich  Steamed Broccoli ½ C, Maple Glazed Carrots ¾ C, Fruit ½ C, Milk-8oz
Hot Dog W/ Meat Sauce & Cheese, Buffalo Chicken Wrap	Chicken Taco, Egg salad Sandwich	Loaded, Tator Tots, Ham Sandwich	Opposite Day - Breakfast for Lunch French Toast Sticks, Sausage, Buffalo Chicken Wrap  Roasted Red Potato Wedges 3/4 C	
Baked Beans ½ C, Green Beans ½ C, Fruit ½ c, Milk-8oz	Carrots ¾ C, Corn ½ C, Fruit ½ C, Milk-8oz	Broccoli ½ C, Tater Tots ½ C, NYS Apple -1 piece, Milk-8oz	Sweet Potatoes ½ C, Juice Rush ½ C, Fruit, Milk-8oz	Early Dismissal No Lunch 26
Chicken Tenders, Turkey Sandwich Broccoli ½ C, Baby Carrots ½ C, Fruit ½ C, Milk-8oz	Taco In A Bag, Ham Sandwich Com ½ C, Black Bean Salad ½ C, NYS Apple -1 Piece, Milk-8oz	Sweet N Sour, Chicken Over Rice, Turkey Sandwich 		

#### MENUS SUBJECT TO CHANGES

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#### JANUARY 2024 - GRADES 7-12 - LUNCH MENU Monday **Tuesday** Wednesday **Thursday Friday** Taco In A Bag W/ Seasoned Rice, Wild Cat Burger W/ Cheese, Chicken Patty On A Bun, Turkey Ham Sandwich Chicken Parm, Seasoned Noodles, Sandwich Lettuce, Tomato, Egg salad Wrap Garlic Toast, Chicken Salad Wrap Green Beans ¾ C, Fresh Fruit Carrots 3/4 C, French fries 1/2 C, Early Winter Break Black Bean Salad 34 C, Broccoli ¾ C, Fruit ½ C, Milk-8oz 3 4 No School NYS Apple -1 Piece, Milk-8oz 1 piece, Milk-8oz Fruit ½ C, Milk-8oz Hot Dog W/ Meat Sauce, Turkey 10" Meat Taco W/ cheese, lettuce Chicken Tender, Wrap Loaded French Fries, Turkey Sandwich Tomato, sour cream, Buffalo Egg Salad Sandwich Popcorn Chicken, Buttered Noodles, Sandwich Chicken Wrap Ham Sandwich Baked Beans 3/4 C, Fruit 1/2 C, Steamed Broccoli 3/4 C, Fresh Fruit-NYS Cole Slaw 3/4 C, NYS Corn 3/4 C, Fruit 1/2 C, Milk-8oz 11 Carrots <sup>3</sup>/<sub>4</sub> C, Fruit <sup>1</sup>/<sub>2</sub> C, Milk-8oz 12 Milk-8oz 1 Piece. Milk-8oz Apple -1 Piece, Milk-8oz Meatball Sub, French Fries, Ham Nacho Grande, Seasoned Rice, Sandwich Assorted Pizza Day Turkey Sandwich Rotini W/ Alfredo Sauce, Garlic Turkey Sandwich Toast, Chicken Salad Wrap Carrots 3/4 C, NYS Steamed Martin Luther King Day Black Bean Salad 34 C, Cabbage 1/2 C, Fresh Fruit -1 Piece Steamed Broccoli 34 C, 19 NYS Apple -1 Piece, Milk-8oz Peas 3/4 C, Fruit 1/2 C, Milk-8oz Fruit ½ C. Milk-8oz No School Milk-80z Opposite Day - Breakfast for Lunch, Hot Dog W/ Meat Sauce& Cheese, French Toast Sticks, Sausage, French Fries, Buffalo Chicken Wrap 10" Chicken Taco W/lettuce, Cheese Loaded Tator Tots, Ham Sandwich Buffalo Chicken Wrap Tomato, Salsa, Egg salad Sandwich Baked Beans 3/4 C, Fruit 1/2 C, Broccoli 34 C, NYS Apple -Early Dismissal Roasted Red Potato Wedges 3/4 C 26 Milk-8oz Carrots 3/4 C, Fruit 1/2 C, Milk-8oz 23 Juice Rush 1/2 C Fruit, Milk-8oz No Lunch 1 piece, Milk-8oz Sweet N Sour Chicken Over Rice, Taco In A Bag, Seasoned Rice, Ham Chicken Tenders, Seasoned noodles Sandwich Turkey Sandwich Turkey Sandwich Corn ½ C, Black Bean Salad ½ C, Carrots ½ C, Green beans ½ C, Broccoli 3/4 C, Fruit 1/2 C, Milk-8oz 29 NYS Apple -1 Piece, Milk-8oz Fruit ½ C, Milk-8oz



#### WILDCAT ATHLETICS

Thank you to the entire WVCS community for your support as we seek to grow our athletics program and provide a positive experience for our students. We believe that participation in athletics builds values like trustworthiness, citizenship, caring, fairness, and respect.

## Athletics Program Updates and Reminders

Athletics Calendar: The best way to stay up to date on our athletics events and schedules is to regularly check our website at <a href="https://www.wvalley.org/athletics">www.wvalley.org/athletics</a>. Game times, practice schedules, and bus departure details are all available and updated weekly. Please be aware that our schedule changes often, so check back frequently.

Spectator Guidelines: We want all spectators to enjoy the game and cheer on their Wildcats in a positive manner. As our creed says, we let the players play, the coaches coach, the officials officiate. Thank you for being a positive role model of good sportsmanship for our players.

Communication: We invite parents and guardians to stay in the loop by using the Remind app. Coaches use this platform to share schedule updates and directly connect with players and parents. Please contact your coach if you have any questions – they are here to help!

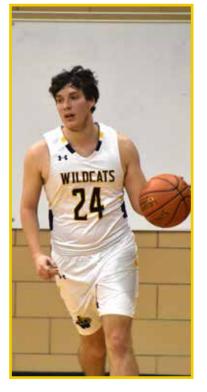
Save the Date: Our Winter Sports Awards Night is scheduled for March 5 at 6:30. We hope you can make it out in support of our winter studentathletes.

Your commitment to West Valley Athletics is greatly appreciated!

Bryan Hansen Athletic Director 716-942-3100 Ext. 4108 bhansen@wvalley.org











## **Sport Schedules**

GIRLS JV BASKETBALL			
Date/Time		Opponent	
1/5/2024, 6:00 PM		HINSDALE	
1/10/2024, 5:00 PM	VS	CATTARAUGUS-LITTLE VALLEY	
1/16/2024, 6:30 PM	VS	FRANKLINVILLE	
1/19/2024, 5:00 PM	VS	CHEEKTOWAGA	
1/29/2024, 5:00 PM	@	CATTARAUGUS-LITTLE VALLEY	
1/31/2024, 5:00 PM	VS	ELLICOTTVILLE	
BOYS VARSITY BASKETB	ALL		
Date/Time		Opponent	
1/4/2024, 6:00 PM	VS	FORESTVILLE	
1/5/2024, 7:30 PM	VS	HINSDALE	
1/8/2024, 6:00 PM	@	PINE VALLEY	
1/11/2024, 6:00 PM	VS	FRANKLINVILLE	
1/22/2024, 6:00 PM	@	NORTH COLLINS	
1/25/2024, 6:00 PM	VS	CATTARAUGUS-LITTLE VALLEY	
1/30/2024, 6:00 PM	@	FORESTVILLE	
2/2/2024, 6:00 PM	VS	PINE VALLEY	
2/6/2024, 6:00 PM	VS	FRANKLINVILLE	
2/9/2024, 6:00 PM	VS	ELLICOTTVILLE	
BOYS MODIFIED BASKET	BALI	L	
Date/Time		Opponent	
1/12/2024, 5:00 PM	@	OLEAN	
1/16/2024, 5:00 PM	VS	FRANKLINVILLE	
1/18/2024, 5:00 PM	@	ALLEGANY-LIMESTONE	
1/22/2024, 5:00 PM	VS	SALAMANCA	
1/24/2024, 5:00 PM	VS	PORTVILLE	
1/26/2024, 5:00 PM	@	RANDOLPH	
1/31/2024, 5:00 PM	VS	ELLICOTTVILLE	
2/3/2024, 11:00 AM	VS	OLEAN	
2/7/2024, 5:00 PM	VS	FRANKLINVILLE	
2/9/2024, 5:00 PM	VS	ALLEGANY-LIMESTONE	
2/13/2024, 5:00 PM	@	SALAMANCA	
2/15/2024 E 00 DM	0	DODTVILE	

BOWLING			
Date/Time		Opponent	
1/3/2024, 3:30 PM	VS	FRANKLINVILLE @ IVCC	
1/5/2024, 3:30 PM	VS	GOWANDA @ K&L LANES	
1/9/2024, 3:30 PM	VS	ELLICOTTVILLE @ CENTRAL	
1/10/2024, 3:30 PM	VS	CATTARAUGUS-LITTLE VALLEY @ CASCADE	
1/16/2024, 3:30 PM	VS	ALLEGANY-LIMESTONE @ GOOD TIMES	
1/17/2024, 3:30 PM	VS	SALAMANCA @ CASCADE	
1/19/2024, 3:30 PM	VS	CATTARAUGUS-LITTLE VALLEY @ CENTRAL	
1/23/2024, 3:30 PM	VS	ALLEGANY-LIMESTONE @ CASCADE	
1/29/2024, 3:30 PM	VS	HINSDALE @ CASCADE	



Dates and time are subject to change. Scan the QR Code below for the most up to date schedules:







**PORTVILE** 

2/15/2024, 5:00 PM

#### 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 Gary Niesyty

#### **ADMINISTRATION**

Dr. Taweepon Farrar, Superintendent
Barbara Sporyz, Business Administrator
Daniel Amodeo, Pre-K-12 Principal
Danielle Behringer, Assistant Principal, CSE/CPSE Chairperson

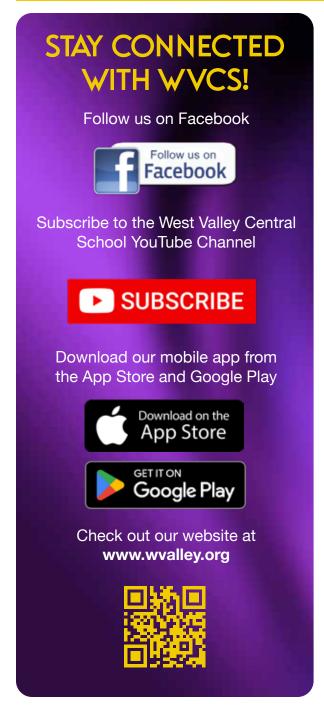
NON PROFIT ORGANIZATION

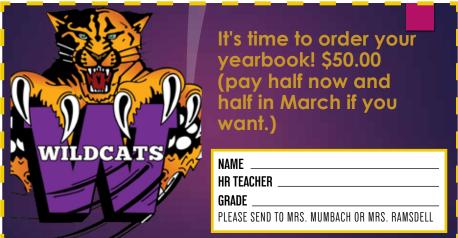
**U.S. POSTAGE PAID** 

Permit No. 5 West Valley, NY

#### OR CURRENT RESIDENT

#### POSTAL PATRON LOCAL





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