



WEST VALLEY CENTRAL SCHOOL

School and Community Working Together

VOLUME 29, No. 2

AUGUST 2022

NATIONAL HONOR SOCIETY

West Valley's chapter of the National Honor Society had a very successful school year last year! Members Benjamin Fisher, Nolan Spencer, and Zachary Westfall volunteered a combined total of 80 community service hours. WVCS is proud to have these incredible students representing our school!

Nolan was awarded the Outstanding Honor Society Member Award by his fellow members, and Benjamin was awarded a scholarship from the Red Cross for his exceptional level of community service. Congratulations Nolan and Ben!



2022-2023 BELL SCHEDULE

7:35 a.m. 7-12 Students off Bus		
Homeroom: 7:36 a.m. - 7:44 a.m.		
	K-6	7-12
1	7:45 a.m. - 8:25 a.m.	7:45 a.m. - 8:25 a.m.
2	8:28 a.m. - 9:08 a.m.	8:28 a.m. - 9:08 a.m.
3	9:11 a.m. - 9:51 a.m.	9:11 a.m. - 9:51 a.m.
4	9:54 a.m. - 10:34 a.m.	9:54 a.m. - 10:34 a.m.
5	10:37 a.m. - 11:17 a.m.	10:37 a.m. - 11:17 a.m.
6	11:20 a.m. - 11:50 a.m. (L)	11:20 a.m. - 12:00 p.m.
7	11:52 a.m. - 12:32 p.m.	12:02 p.m. - 12:32 p.m. (L)
8	12:35 p.m. - 1:15 p.m.	12:35 p.m. - 1:15 p.m.
9	1:18 p.m. - 1:58 p.m.	1:18 p.m. - 1:58 p.m.
10	2:01 p.m. - 2:41 p.m.	2:01 p.m. - 2:41 p.m.
Teacher Day: 7:33 a.m. - 2:43 p.m.		
Student Day: 7:36 a.m. - 2:41 p.m.		
BOCES AM Departure: 8:30 a.m.		
BOCES AM Pick-up: 11:05 a.m.		
BOCES PM Departure: 11:35 a.m.		
BOCES PM Pick-up: 1:50 p.m.		



**LIGHTS
CAMERA
ACTION**

Picture Day

Friday, September 16

Friday, November 4 (re-take day)

MESSAGE FROM THE SUPERINTENDENT

BY DR. TAWEEPON FARRAR

We Are Ready for Another Great School Year!

BOARD AND LEADERSHIP RETREAT

We had an incredible and productive 4-day retreat over the summer sponsored by CA BOCES! The board spent time reviewing the board norms, updating board goals, and started revisions for the district vision and mission. The leadership team, inclusive of Ms. O'Brien, Mr. Amodeo, Mrs. Behringer, and Mr. Hansen, also reviewed the district vision and mission. They made recommendations. We will now take those recommendations to the staff and students to garner their input to complete revisions for the vision and mission statements.

COVID UPDATE

To our knowledge, at this point, there will be no restrictions to social distancing and masks. This is great news! However, the expectation to quarantine as per the County's Department of Health still exists.

NEW STAFF

We had staff retire and/or leave for other career opportunities so we have been very busy with the hiring process. Please take time to read about our new staff and anytime you see them please give them a warm West Valley welcome!



CAPITAL PROJECT/ FACILITIES/SAFETY

In the Main Office, demolition is completed, studs are up, and drywall is almost done. The foundation has been poured for the new secure entryway. The steel will be going up soon. Lockers on the first floor are gone and the old lockers will be temporarily re-installed on the second floor. We anticipate the new lockers coming and being installed over Christmas Break. Hallways will be painted as well. The tentative finish date is still by the end of year minus a few back ordered items. The next few weeks will be spent getting the new offices "blocked" off so students and staff can use the main hall. The main entry point will continue to be the current main doors. No other doors will be used for entry or exit points for students. Parents, guardians, and visitors will continue to use the main entryway if there is a need to come to the building. Staff will be required to enter from the rear doors in the back of the building. All doors will remain locked during the school day.

MOVING FORWARD

I am excited for another year with our students and staff—we continue to move forward in a positive way. Be sure to check out the district calendar that was mailed home as we intentionally put as many events in as possible for our families to prepare and be informed. As you can see in the calendar there is so much to look forward to!

#WEAREWESTVALLEY



BUILDING PROJECT UPDATES



BUILDING PROJECT UPDATES



A Look Back to Our First Building Project



WILDCATS RUN

WVCS kick-started a brand-new program last spring called Wildcats Run, and what a great first season it was! The program was enjoyed by 36 students in grades 3-6 who spent five weeks learning about different track and field events including sprints, relays, long jump, high jump, and more! Middle and high school track students got involved by helping introduce the different events to the younger students, including showing them techniques for success. Ms. Fox, Miss Galvin, and Miss Mulhisen coached the program, which culminated in a mini track meet where all the participants got to show off their skills for family and friends! We can't wait to continue the fun next year!





WELCOME TO OUR NEW WVCS STAFF FOR 2022-2023



KERSTIN CRUM
Physical Education
Teacher

Undergraduate degree:
SUNY Brockport
(Physical Education)

Graduate degree: Emporia State
University (Health, Recreation
and Physical Education)

Interests:
Skiing, Golf, Buffalo Bills

*"I am excited to work in a small
community and get to know all of
the staff and students!"*



BEAU DORMAN
Transportation
Supervisor, Bus Mechanic

College degree:
Alfred State College
(AAS in Auto Trades)

Interests:
Off Roding in my Jeep,
Hunting, Fishing, a nice night at
the race track with my kids!

*"I am looking forward to
working with the amazing staff at
WVCS!"*



**MARGARET (MIDGE)
HANSON**
School Nurse

College degree:
Trocaire College (AAS in Nursing)

Undergraduate degree:
SUNY at Buffalo (Nursing)

Graduate degree:
SUNY at Stony Brook
(Nursing/Midwifery)

Interests:
Quilting

*"Some of my ancestors were West
Valley settlers in the 1800's! I grew
up in Springville and raised my 6
children. After living in Texas and
Nebraska I am very happy to be
back in Western New York."*



BILLY HARBISON
Special Education
7-12 Teacher

Undergraduate degree:
SUNY Brockport (English 7-12/
Students with Disabilities 7-12)

Graduate degree:
SUNY Brockport
(Adolescence Inclusive)

Interests:
Sports (Football), Reading,
Having fun, Hanging out with
Friends and Family

*"I'm looking forward to making
an impact and establishing
relationships with all the students
and staff!"*



EMILY KAZMIERCZAK
Long-term Substitute
(4th Grade)

Undergraduate degree:
Mercy College (Psychology)

Graduate degree:
Niagara University (Early
Childhood and Childhood
Education)

Interests:
Volleyball, Photography,
Camping, Traveling (Road
Trips), Concerts

*"I'm looking forward to the
community, the atmosphere, the
staff and mostly the students."*



KIMBERLY KRUDER
Science Teacher

Undergraduate degree:
Buffalo State (Earth Sciences,
Geology, Meteorology,
Climatology)

Graduate degree: Buffalo State
(Science Education)

Interests:
Spending time with my twins
Zoey and Lennon. We enjoy
Hiking, Kayaking and Camping.

*"I'm excited to begin working
with my colleagues and build
friendships with students."*



ALISON LOCKE
School Social Worker

Undergraduate degree:
Plattsburgh State
(Expeditionary Studies)

Graduate degree:
University at Buffalo
(Social Work)

Interests:
Ultimate Frisbee, Traveling,
Swimming, Disc Golf, Skiing

*"I'm looking forward to being a
part of the WVCS community."*



LINDSEY SHELLEY
Kindergarten Teacher

Undergraduate degree:
SUNY Fredonia (Early
Childhood Education, Birth-2nd)

Graduate degree:
SUNY Fredonia (Curriculum
Instruction, Inclusive Education)

Interests:
Hiking, Yoga, Anything Crafty,
Writing and Reading

*"I'm looking forward to working
within a small community and
getting to know the district
family."*

A NEW SCHOOL YEAR RISES!

BY DANIEL AMODEO PRE-K-12
PRINCIPAL/CURRICULUM
COORDINATOR

The excitement for the beginning of the new school year is continuing to build as we get ready to welcome our students back on **September 8th**. The summer months have been filled with preparations for our students and staff to return. Throughout the summer many of our teachers have participated in Professional Development to prepare for the upcoming school year.

We have continued our work developing our ELA and Math curriculum. Specifically, this summer and throughout the year we look to create common standards-based assessments across grade levels that can be used to monitor student progress. To align our instruction, assessments, and parent communication, we will be implementing Standards-Based Report Cards in grade Kindergarten and 1st. More information will be provided regarding this transition at our Open House on **September 21st**. In addition to our ELA and Math work, we have provided professional development in STEM education, Trauma Informed practices, and Co-Teaching to continue providing our students the best instruction possible.

The length of our school day will remain the same, however, slight adjustments have been made to our bell schedule. These adjustments include increasing student passing time to 3 minutes and having two student lunches. Please find a copy of the 22-23 Bell Schedule in this newsletter on the first page. In closing, we can't wait to the start of the new school year. Please enjoy the last few days of your summer!

SCHOOL SNACKS FOR CLASS PARTIES AND CELEBRATIONS

As we begin the new school year, students, families, community members, and staff are considering all the celebrations that will occur and ways to make those moments fun and memorable. Bringing snacks to share with fellow students and teachers is often the most common way we choose to do that. As you plan for these events, please be considerate of the new Wellness Policy that outlines West Valley's commitment to "providing a school environment that promotes and protects students' health, well-being, and ability to learn by fostering healthy eating" (Board of Education Policy #5661).

In order to meet this commitment, snacks that are brought to school and shared with the whole class should meet the USDA Smart Snacks in School nutrition standards. Additionally, please continue to provide **prepackaged snacks only**. We also encourage classroom celebrations that focus on activities, rather than food.

If you have questions when planning for class-wide celebrations, please contact your student's teacher, or the assistant principal, Mrs. Danielle Behringer.

Thank you for your support as we continue to work together to provide and protect a healthy school environment for our students!



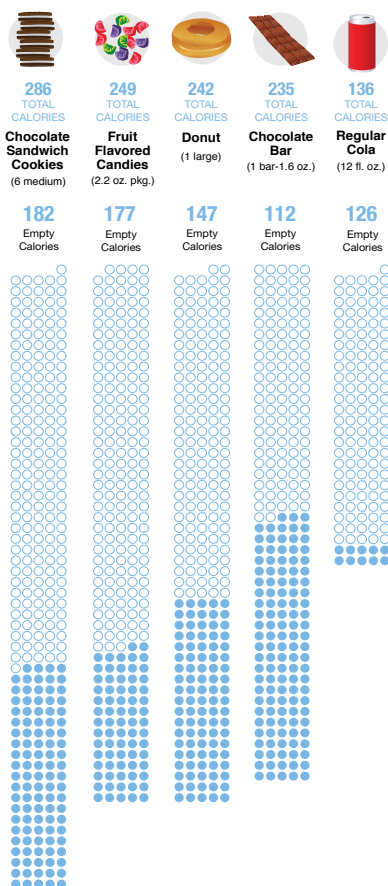
United States Department of Agriculture

SMART SNACKS IN SCHOOL

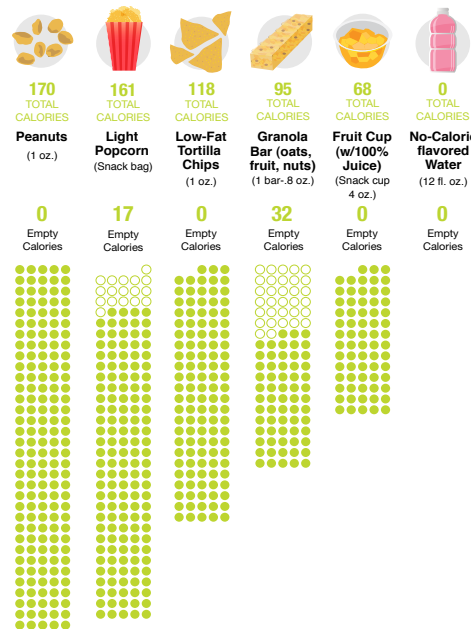
The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools—beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

● Equals 1 calorie ○ Shows empty calories*

Before the New Standards



After the New Standards



*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.

USDA is an equal opportunity provider and employer.



THE CONTINUING ADVENTURES OF WEST VALLEY'S BUS #88

West Valley's retired Bus #88 was purchased last year by Steve and Joanne Rowe of England. After making the trip across the Atlantic Ocean, Bus #88 (aka, "Lucy") has been converted into a fully functioning recreational vehicle! "Lucy" has been traveling across southern England making quite the impression—she even brought home the top award at an American Car Show. Not a bad life for a retired school bus from West Valley, NY! Follow Lucy's adventures on Instagram at www.instagram.com/lucy.usa.to.uk.



TEMPORARY STUDENT DROP OFF AND PICK UP PROCEDURES

While construction is ongoing, West Valley Central School will operate under new temporary drop-off and pick-up procedures.

Building Access:

All students and visitors must enter and exit through the current main doors as the single point of entry for the building.

Drop-Off Procedures:

7:00-7:25 a.m.

Parents may use the "Bus Loop" to drop off children at the Main Doors.

7:25-7:36 a.m.

This time is designated for bus drop-off. Parents arriving during bus drop-off must wait until all buses have left the "Bus Loop."

Pick-Up Procedures:

Before 2:41 p.m.

Elementary students dismissed to the bus.

Elementary Walkers & Riders delay until buses leave.

2:44 p.m.

Buses depart

2:45 p.m.

Walkers and riders dismissed and may be picked up once the "Bus Loop" is cleared.



SAT

Any seniors interested in attending a college (Fall of 2023) that requires the SAT's who have not tested, or wish to test again, should test either August 27th or October 1st.



Registering for the SAT

When you register for the SAT online, it is very important that you write down all your passwords and print a copy of the confirmation page (last page); this is the admission ticket for the day of the test. If you require test modifications, please see Mr. LaBrake before registering for the SAT's.

SAT[®]

You must provide a photo with your registration, which will become part of your admission ticket. If you are not easily recognizable in your photo, you will not be admitted to the test center.

West Valley's CEEB Code: 335-920

See Mr. LaBrake for assistance with registering for the SAT's.

Cost Information

The SAT costs **\$60.00** for the regular registration deadline. The optional SAT Essay is discontinued for the weekend SAT. Late registration deadlines cost an additional **\$30.00**.

ACT

Cost Information

ACT with Writing costs **\$88.00** and the late fee is **\$36.00**. Students must check with individual colleges to see if they will accept the ACT "No Writing" exam for **\$63.00**.

Registration

You will need a credit card to register online. If a student thinks they might qualify for a fee-waiver, email Mr. LaBrake before applying for the ACT's.

As part of ACT's test security requirements, you must now provide a recent photo of yourself in order to complete your test registration. This photo will be used for identification and test security purposes. This photo will print on your ticket and on the score report that is automatically sent to your high school. Photos are valid for two years.



SAT Test Date*	Registration Deadline	Deadline for Changes, Regular Cancellation, and Late Registration
Aug 27, 2022	Jul 29, 2022 Register	Aug 16, 2022
Oct 1, 2022	Sept 2, 2022 Register	Sept 20, 2022
Nov 5, 2022**	Oct 7, 2022 Register	Oct 25, 2022
Dec 3, 2022	Nov 3, 2022 Register	Nov 22, 2022
Mar 11, 2023	Feb 10, 2023	Feb 28, 2023
May 6, 2023	Apr 7, 2023	Apr 25, 2023
June 3, 2023	May 4, 2023	May 23, 2023

The ACT Test US Students Registration Test Prep Test Day Scores		
2022-2023 Test Dates (National)		
Test Date	Regular Registration Deadline	Late Registration Deadline Late Fee Applies
September 10, 2022	August 5	August 19
October 22, 2022	September 16	September 30
December 10, 2022	November 4	November 11
February 11, 2023	January 6	January 20
April 15, 2023	March 10	March 24
June 10, 2023	May 5	May 19
July 15, 2023*	June 16	June 23
*No test centers are scheduled in New York for the July test date. See Non-Saturday Testing		

WNY CONSORTIUM OF HIGHER EDUCATION COMMON RECRUITMENT FALL 2022 - 10/6/2022 - 10:15-11:00 A.M.

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 Thursday, October 6, 2022, 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.

PSAT'S ARE WEDNESDAY, OCTOBER 12, 2022

On Wednesday, October 12, 2022, our school will administer the PSAT/NMSQT (Preliminary Scholastic Aptitude Test/ National Merit Scholarship Qualifying Test) for 10th and 11th graders. 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 **Monday, October 3, 2022**, in the Guidance Office or with Mrs. Westfall. Even if your child is not considering college at this time, he or she should take this test. 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 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.

Please encourage your children to sign up for the PSAT/NMSQT. The time to start thinking about further education beyond high school is now!

24TH ANNUAL FINANCIAL AID NIGHT - WEDNESDAY, OCTOBER 19, 2022, AT 6:00 P.M.

On Wednesday, October 12, 2022, our school will administer the Please attend the **"24th Annual Financial Aid Night"** at West Valley Central School at 6:00 p.m. on Wednesday, October 19, 2022. 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.

Financial aid is money that comes in many forms. It consists of a combination of grants (actual cash that you do not have to pay back), scholarships (actual cash awarded for academic achievement), and loans (must be paid back). These types of aid come from a variety of sources: the college itself, individual states, private donors, and the Federal Government (by far the largest source of aid). Once you've filled out the Free Application for Federal Student Aid (FAFSA): <http://www.fafsa.ed.gov/> colleges will extend to you the types of aid for which you are eligible.

ASVAB CAREER EXPLORATION PROGRAM FOR 10TH - 12TH GRADERS - WEDNESDAY, DECEMBER 7, 2022

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 7, 2022, 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 18th. 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 the military service.

The ASVAB CEP's website www.asvabprogram.com offers great 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. Thank you.

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) _____
name and ASVAB CEP results not be released to the military
recruiting services.

Signature of Parent/Guardian _____

Date _____

Sincerely,

Matthew LaBrake
School Counselor



BOARD CORNER

2022-2023 West Valley Central School District Board Goals

1. The Board of Education will engage with and communicate to the school community in multiple ways on a broad variety of issues including program, facilities, and budget.
2. The Board of Education will engage the community in a culture of pride by developing mission and vision statements that lead to a brand for West Valley Central School.
3. The Board of Education will increase achievement by setting an expectation of the value of assessments, so the district maintains high NY State Education Department participation rates.
4. The Board of Education will present a five-year facility plan and a five-year fiscal plan that builds community understanding and delivers community buy-in.

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

Athletics	Mr. Bryan Hansen
Attendance	Mrs. Dana Westfall
Bus / Transportation	Mrs. Cheryl Gentner
CSE	Mrs. Danielle Behringer
Computer / iPads	Mr. Bryan Hansen
Conduct, Student	Mr. Daniel Amodeo / Mrs. Danielle Behringer
Curriculum Concerns	Mr. Daniel Amodeo
Extra-Curricular Activities	Mr. Daniel Amodeo
Detention	Mr. Daniel Amodeo
Health Concerns	Mrs. Margaret Hanson
Help with a Personal Problem	Mr. Matthew LaBrake / Mrs. Alison Locke
Late to Class	Mrs. Dana Westfall
Library / Media	Mrs. Jody Thiel
Locker Problems	Main Office
Lost / Stolen Articles	Main Office
Scheduling / Course Issue	Mrs. Danielle Behringer
Student / Teacher Concern	Mr. Daniel Amodeo
Use of Building	Main Office

WEST VALLEY FOOD PANTRY

Open by appointment *only*

If you are in need of food, please call Kris Aldrow 716-942-6690 or Amy Frank 942-6657. All orders will be filled on normal food bank days.

Food Bank Days and Hours
2nd and 4th Wednesday from 1-4:00 p.m.

The fourth Wednesday of each month produce boxes will be available for anyone in the town of Ashford or in the West Valley Central School District from 1:00-2:30 p.m. at the Ashford Town Barn located on Fox Valley Rd.

FREE COMMUNITY CLOTHES CLOSET

St. John the Baptist Church in Bingham Hall every Wednesday from 1-4:00 p.m. or by appointment

If you have any questions or would like to make an appointment, please call Jacque Conrad at 942-3836.

JCC'S COLLEGE CONNECTIONS STUDENTS OF THE YEAR 21-22

BEN FISHER



Congratulations to West Valley junior Ben Fisher on being named one of JCC's College Connections Students of the Year for 2021-22. Ben was recognized, along with other students in WNY, for completing college-level work at JCC during high school all the while demonstrating resourcefulness, integrity, and dedication.

JCC
JAMESTOWN
COMMUNITY
COLLEGE

S U N Y

**COLLEGE CONNECTIONS
STUDENT OF THE YEAR**



West Valley Central School
2022-2023 School Year



Student attendance days 180
Teacher days 184

SEPTEMBER <i>Days 17</i>						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
OCTOBER <i>Days 20</i>						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
NOVEMBER <i>Days 17</i>						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
DECEMBER <i>Days 16</i>						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
JANUARY <i>Days 20</i>						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Key: school not in session
 School and offices closed
 Superintendent day - no students
 last day of reg. classes
 Open House

FEBRUARY <i>Days 15</i>						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				
MARCH <i>Days 22</i>						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
APRIL <i>Days 15</i>						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						
MAY <i>Days 22</i>						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
JUNE <i>Days 16</i>						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

1/2 day for elem only
 PreK orientation
 1/2 day for students



SEPTEMBER 2022 - GRADES PREK-12 - BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
Labor Day			Mini Strawberry Cream Cheese Bagel or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Cereal Bar or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
12	13	14	15	16
Mini French Toast or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	Mini Strawberry Cream Cheese Bagel or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	Sausage, Egg & Cheese Breakfast Sandwich or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk
19	20	21	22	23
Raspberry Churro or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	Assorted Muffins or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Sausage, Egg & Cheese Breakfast Sandwich or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Breakfast Pizza or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
26	27	28	29	30
Pillsbury Waffles or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Sausage, Egg & Cheese Breakfast Sandwich or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Raspberry Churro or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Mini French Toast or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk

MENU SUBJECT TO CHANGES

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

SEPTEMBER 2022 - GRADES PREK-12 - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
Labor Day			Pizza or Ham & Cheese Sandwich ----- Baby Carrots w/Dip	Grilled Cheese Sandwich or Chicken Salad Wrap ----- Green Beans Tomato Soup
12	13	14	15	16
Twin Tacos or Turkey Sub ----- Salsa Corn	Sweet & Sour Chicken w/Rice or Buffalo Wing Wrap ----- Broccoli	Pizza or Ham Sandwich ----- Buttered Carrots	Chicken Patty on Bun or Egg Salad Sandwich ----- Cauliflower	Italian Dippers w/Sauce or Turkey & Cheese Wrap ----- Tossed Salad
19	20	21	22	23
BBQ Chicken Strips or Ham Sub ----- Buttered Noodles Green Beans	Pizza or Turkey & Cheese Wrap ----- Seasoned Carrots	Taco in a Bag or BLT Sandwich ----- Bean Salad Salsa	Chicken Parmesan w/Bun or Ham Salad Wrap ----- French Fries	Grilled Cheese Sandwich or Assorted Sub ----- Tomato Soup Corn
26	27	28	29	30
Pizza or Chicken Patty on Bun ----- Tossed Salad	Nacho Fries w/Taco Meat & Cheese or Chicken Ranch Wrap ----- Green Beans	Chicken Fajita or Ham & Cheese Sandwich ----- Baked Beans Rice	Taco Salad or Turkey & Bacon Sandwich ----- Salsa Corn	Hamburger on Bun or Spicy Chicken Wraps ----- Carrot Sticks Macaroni Salad

MENU SUBJECT TO CHANGES



ATHLETICS UPDATE

Fall 2022 Sports Season

Cross Country (at West Valley)

Coach: Dana Lembke

Swimming (at Springville-Griffith) Girls Varsity

Volleyball (at Springville-Griffith) JV/Varsity

Soccer (at Holland) Varsity Boys

Looking Ahead to Winter 2022-23

Basketball (Boys' and Girls' Modified and JV at West Valley)

Bowling (Boys' and Girls' Varsity at West Valley)

Basketball (Boys' and Girls' Varsity at Springville-Griffith)

Indoor Track Varsity (Boys' and Girls' Varsity at Springville-Griffith)

Watch for sign-ups in mid- to late-September.

Parents: if your son or daughter is planning on playing a winter sport you can begin the online registration process at www.wvalley.org/athletics.

#WeAreWestValley

Let's go Wildcats!

Cross Country Course Coming to WVCS!

Mr. Lembke and the team are working hard to create a safe course for our first home meet on October 11. Please come out and support our athletes and see our new course!



SPORTS SCHEDULES

Volleyball (Girls' Varsity and JV – Springville-Griffith/West Valley)

DATE/TIME	Opponent	Location
Tues Aug 30 4:00 PM	Gowanda Scrimmage - Varsity & JV	Gowanda HS
Wed Aug 31 4:00 PM	Niagara Frontier Scrimm.-JV Only	Niagara Frontier
Thurs Sept 1 4:00 PM	Niagara Frontier Scrimm.-Varsity Only	Niagara Frontier
Wed Sept 7 5/6:30 PM	Depew HS	Depew HS
Fri Sept 9 5/6:30 PM	JFK HS	Springville HS
Sat Sept 10 8:30 AM	St. Mary's Tournament - Varsity only	St. Mary's HS
Mon Sept 12 5/6:30 PM	Alden HS	Alden HS
Wed Sept 14 5/6:30 PM	Dunkirk HS	Dunkirk HS
Fri Sept 16 5/6:30 PM	Holland HS	Springville HS
Tues Sept 20 5/6:30 PM	Cleveland Hill HS	Cleveland Hill HS
Wed Sept 21 5/6:30 PM	Orchard Park HS	Orchard Park HS
Fri Sept 23 5/6:30 PM	Depew HS	Springville HS
Tues Sept 27 5/6:30 PM	JFK HS	JFK HS
Thurs Sept 29 5:15/6:45 PM	Alden HS	Springville HS
Sat Oct 1 8:30 AM	Frontier HS Tournament - Varsity only	Frontier HS
Tues Oct 4 5/6:30 PM	Holland HS	Holland HS
Thurs Oct 6 5/6:30 PM	Cleveland Hill HS	Springville HS
Tues Oct 11 5/6:30 PM	Tonawanda HS	Tonawanda HS
Wed Oct 12 5/6:30 PM	Dunkirk HS	Springville HS
Thurs Oct 13 5/6:30 PM	Hutch Tech	Hutch Tech HS
Fri Oct 14 5/6:30 PM	Tonawanda HS	Springville HS
Tues Oct 18 5/6:30 PM	East Aurora HS	Springville HS
Wed Oct 26 5:00 PM	West Seneca East HS	West Seneca East HS

Swimming (Girls' Varsity – Springville Griffith/West Valley)

Date/Time	Opponent	Location
Thurs Sept 1 4:00 PM	Pioneer HS	Pioneer HS
Wed Sept 7 5:00 PM	Cleveland Hill HS	Springville HS
Tues Sept 13 5:00 PM	Alden HS	Springville HS
Fri Sept 16 4:30 PM	Tonawanda HS	Tonawanda HS
Fri Sept 23 5:00 PM	Holland HS	Holland MS
Tues Sept 27 5:00 PM	Eden HS	Eden MS/HS Pool
Tues Oct 4 5:00 PM	Depew HS	Springville HS
Thurs Oct 4 5:00 PM	East Aurora HS	Springville HS
Tues Oct 11 5:00 PM	Cheektowaga HS	Cheektowaga HS

Dates subject to change.

*Check our website for the most up to date schedules:
www.wvalley.org*

Cross Country (Boys' Varsity/Modified -- West Valley) Cross Country (Girls' Varsity/Modified – West Valley)

Date/Time	Location
Tue Sep 13 4:15 PM	Pat McGee Trail in Little Valley
Tue Sep 20 4:15 PM	Panama Central HS
Tue Sep 27 4:15 PM	Frewsburg Central School
Tue Oct 11 4:15 PM	West Valley Central School
Tue Oct 18 4:15 PM	Elkdale Country Club Cross Country Course
Fri Oct 28 3:00 PM	Bemus Pt. Golf Course

WEST VALLEY CENTRAL SCHOOL

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West Valley, NY 14171
(716) 942-3100

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ADMINISTRATION

Dr. Taweepon Farrar, Superintendent
Ann O'Brien, Business Administrator
Daniel Amodeo, Pre-K–12 Principal
Danielle Behringer, Assistant Principal, CSE/CPSE Chairperson

SOFTBALL UPDATE

Congratulations to three West Valley Softball players for being selected to the CCAA East 2 First and Second Teams for the 2022 spring season. First Team: Colleen Keller and Lauren Frascella. Second Team: Samantha Herbst

