



# WEST VALLEY CENTRAL SCHOOL

*School and Community Working Together*

VOLUME 29, No. 3

OCTOBER 2022

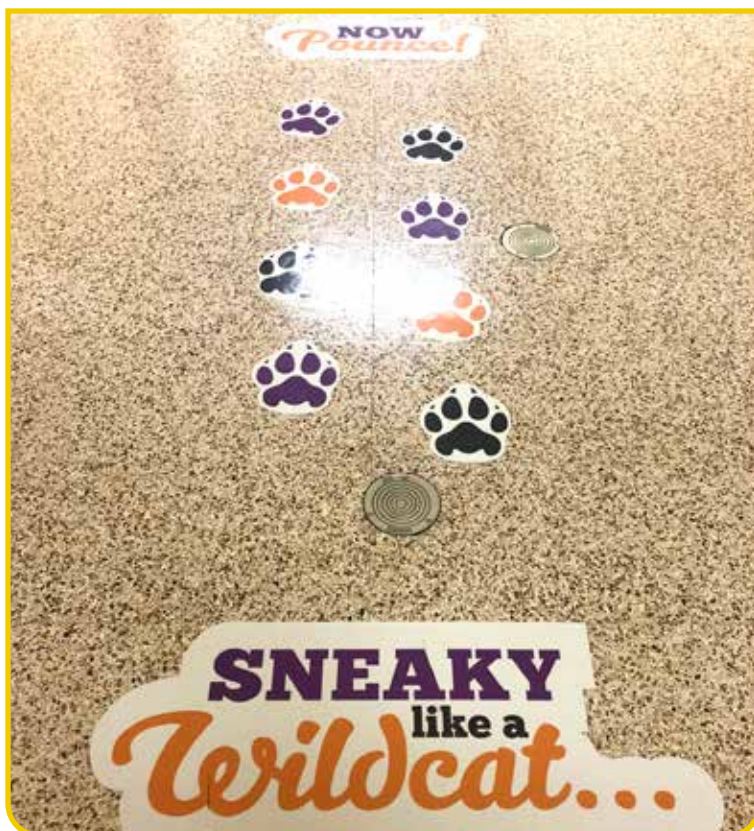
## WEST VALLEY ON THE MOVE!

Sitting still is a challenge for lots of kids (and adults!). Schools and teachers are starting to realize that children are more focused on learning when they're given a chance to wiggle, fidget, and move around. That's why classroom movement breaks, flexible seating, and fidget gadgets have become popular additions to the educational setting. A sensory path is another option for helping kids re-focus their energy throughout the day.

A sensory path is a series of guided movements for kids to follow, shown by markings on the ground or walls. As students follow the path and complete the movements, they work off excess energy and develop their gross motor skills. The various movements on a path are often designed to engage different parts of the body and brain, from frog hops to spins and wall pushes. Thanks to grant funds through Creating Healthy Schools and Communities (CHSC), West Valley Central School was able to purchase two sensory paths for the primary and intermediate sections of our elementary building that were designed and installed by CA BOCES.

The paths have given students and staff access to a fun way to get out their wiggles and provide additional movement throughout the day. They have also added more Wildcat flare to our halls as the pathways are personalized to our school colors and mascot. Additional grant funds have also been used to supply our elementary classrooms with flexible seating options such as wobble stools and yoga balls. Hopefully you spotted some of these new additions at open house and were able to give the sensory paths a go!

The grant funds that were utilized to purchase the sensory paths will be recurring over the next three school years. The Wellness Committee will be hard at work again this year trying to determine what other additions we can make to our school community that promote health and wellness through movement. The Wellness Committee is open to ALL West Valley Central School students, staff, and community members. If you are interested in participating or would like to make suggestions, please contact Assistant Principal, Mrs. Danielle Behringer at (716) 942-3100 ext. 4149, or via email at [dbehringer@wvalley.org](mailto:dbehringer@wvalley.org).



*Next Wellness Committee Meeting: October 4, 2022 @ 2:45pm*



# MESSAGE FROM THE SUPERINTENDENT

BY DR. TAWEEPON FARRAR

It was an exciting start to the new school year. The staff spent two days learning how to better serve our students and themselves! We had a visit from Dr. Melissa Sadin who provided all staff training on "Creating Trauma Sensitive and Culturally Competent Educators." Dr. Sadin provides educators the tools they need to build resilient students, prioritize self-care, and create equitable and trauma-focused classrooms. She offers engaging research-based training and consultation.

Students were eager and excited to begin the new school year. We did learn we needed to adjust departure procedures due to the capital project. We appreciate your patience as we worked through this process.



## CAPITAL PROJECT

The contractors are moving along on schedule for our new secure entryway. We do anticipate that the sidewalk in the bus loop will be poured around mid-October. It is still anticipated that the project will be completed by the New Year.

## 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 a board member, please thank them for their service to our school and students. Their dedication is truly appreciated.

We continue to look forward to each day our students walk into our halls. Thank you for your continued support for our district!

# #WEAREWESTVALLEY



## ROARS AND RISE

During the 2022-23 school year students and staff at WVCS are striving to model positive values and characteristics.



*Pre-K through 6th graders are ROARing towards Respect, Ownership, Attitude, Responsibility, and Safety.*



*7-12th graders are being challenged to RISE up and model Respect, Integrity, Safety, and Empathy.*

# #WEAREWESTVALLEY



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](http://nyssba.org)

## SCHOOL BOARD RECOGNITION WEEK OCTOBER 17-21, 2022

The New York State School Boards Association recognizes  
October 17-21 as School Board Recognition Week.

This 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 strong schools to build a strong community, and these men and women devote countless hours to making sure our schools are 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 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 educational 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 years of service are as follows:

Mrs. Heather Klahn Board President  
Mr. Charles Davis Vice President  
Mr. Jonathan Boberg  
Mrs. Tracy Chai  
Mr. Michael Harmony  
Mr. Gary Niesyty

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## WVCS ADOPTS "NEXT GENERATION" BOARD MANAGEMENT TECHNOLOGY

West Valley Central School has implemented BoardDocs, a school board management software solution. BoardDocs is a paperless meeting management software that saves time and resources while allowing the public unprecedented access to agenda items and board-related information. All documents associated with board meetings are automatically archived and can be accessed by date or topic.



# BoardDocs®

A DILIGENT BRAND



# STAFF ASSIGNMENTS

## BOARD OF EDUCATION

MEETS 3rd TUESDAY at 6:30 P.M.

President.....	Heather Klahn
Vice President: .....	Charles Davis
District Clerk:.....	Carolyn Boberg
Members/Term:.....	Jonathan Boberg (2026L)
.....	Tracy Chai (2024)
.....	Charles Davis (2025)
.....	Michael Harmony (2023)
.....	Heather Klahn (2025)
.....	Gary Niesyty (2023)

## ADMINISTRATION

**Dr. Taweepon Farrar, Superintendent/District Data**

**Coordinator Email – [tfarrar@wvalley.org](mailto:tfarrar@wvalley.org)**

Carolyn Boberg, Superintendent Secretary

Ann O'Brien, Business Administrator

Michelle Hogenmiller, Treasurer

Jennifer Seltzer, Account Clerk/Central Treasurer

Daniel Amodeo, PK-12 Principal/District Curriculum Coordinator  
Dana Westfall, Principal Secretary/Central Registrar

Danielle Behringer, Assistant Principal/CSE Chairperson Ashley  
Foster, Assistant Principal Secretary/CSE Secretary

## FACULTY

Agro, Alyssa.....	Music
Behm, Jessica.....	Spanish
Butcher, Loreen.....	Teacher Assistant
Clouse, Kathryn.....	Grade 1
Collura, Kristen.....	Elementary Special Education
Crum, Kerstin.....	Physical Education
Ford, Jeanne.....	Teacher Assistant
Fox, Allison.....	Mathematics 7-12
Galvin, Natalie.....	Grade 5 & 6 ELA/Social Studies
Green, Lisa.....	Grade 2
Hansen, Bryan.....	Educational Tech Mgr./Athletic Director
Harbison, William.....	Middle/High School Special Education
Hess, Bonnie.....	Aide
Isaacs, Elizabeth.....	English 7-12
Kazmierczak, Connie Jo.....	Teacher Assistant
Kazmierczak, Emily.....	Long Term Substitute Grade 4
Kenworthy, Steven.....	Mathematics 7-12/Social Studies
Kowalski, Patricia.....	Aide
Kruder, Kimberly.....	Science 7-12
LaBrake, Matthew.....	Guidance Counselor
Lechner, Lillian.....	Art
Lembke, Dana.....	Soc. St. 7-12/High School Special Education
Lewis, Kimberly.....	Computer Literacy/Spanish
Locke, Alison.....	Social Worker
Marchese, Jennifer*.....	Speech
Marino, Alexander.....	Health/Physical Education
Mazzuto, Hannah.....	Art
Mulhisen, Rachel.....	Grade 5 & 6 Math/Science
Mumbach, Jackie.....	Teacher Assistant
Pemberton, Kaelyn*.....	Occupational Therapist
Perger, Ted.....	Technology 7-12

Pfeffer, Leanna.....	Pre-K
Pfeffer, Michelle.....	Aide
Ramsdell, Julia.....	English 7-12
Roland, Rebecca.....	Reading
Senseney, Andrea.....	Elementary Special Education
Shaw, Elizabeth.....	Science 7-12
Shelley, Lindsey.....	Kindergarten
Simon, Ilene.....	Speech
Slavinski, Claire*.....	Physical Therapist
Speidel, Shawn*.....	School Psychologist
Thiel, Jody.....	Library Media Specialist
Venitelli, Vincent.....	Instrumental Music
Westfall, Diane.....	Grade 3
*BOCES - Cattaraugus-Allegany-Erie-Wyoming	

## MAINTENANCE:

William Sloand, Barry Mahnk

## LABORER:

Zachary Schoepflin

## CLEANERS:

Colleen Fuller, Theresa Nowak, Joseph Papp, Matt Trimm,  
Diane Perkins

## TRANSPORTATION:

Beau Dorman, Cheryl Gentner, Gary Feldman, Ruth Ann Courtney,  
Connie Zybert, Tiffany Pfeiffer, Jay Kupka

## CAFETERIA:

Patricia Belscher, Maureen Petruno, Lori Sullivan

## 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
Computers/iPads.....	Mr. Bryan Hansen
Conduct, Student.....	Mr. Daniel Amodeo/ Mrs. Danielle Behringer
Curriculum concerns.....	Mr. Daniel Amodeo
Extra-Curricular Activities.....	Mr. Daniel Amodeo
Detention.....	Mrs. Danielle Behringer
Health Concerns.....	Nurse
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.....	Mr. Matthew LaBrake
Student/Teacher concern.....	Mr. Daniel Amodeo
Use of building.....	Main Office

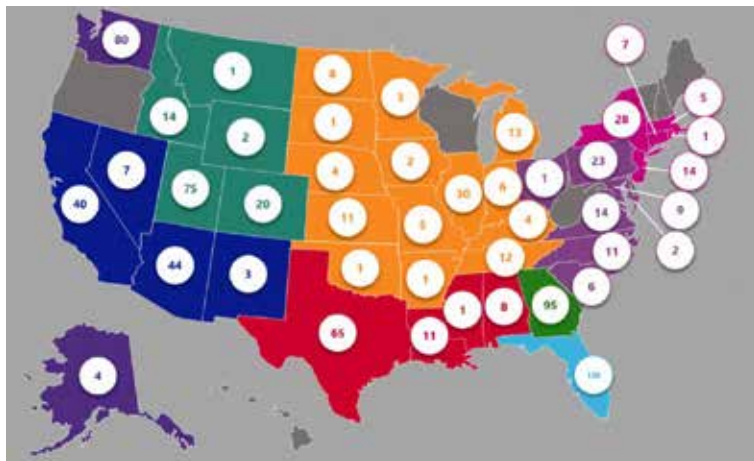




## MICROSOFT INNOVATIVE EDUCATION EXPERTS (MIEE)

830 MIEE'S in USA  
28 in New York State  
2 right here at  
WVCS!

Wildcat Congratulations go out to Kim Lewis and Alicia Dix for being named Microsoft Innovative Education Experts (MIEE) for 2022-23. The MIEEs program recognizes educator visionaries who are passionate about teaching and learning, who inspire students with creative thinking, and work in a truly collaborative spirit to share their learning with the world.



## CLOTHES CLOSET

St. John the Baptist Church has a Free Community Clothes Closet located behind the church in Bingham Hall every Wednesday from 1 to 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 have access to fulfill a need of furniture items.

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

Thank you very much for the continued support.

## 2ND GRADE FAIRY TALE PROJECT

Students in Mrs. Green's 2nd grade class used "loose parts," or materials other than a pencil and paper, to create and retell a fairy tale. The challenge was to use playdough to create all the elements of a story along with including the 5 characteristics of a fairy tale. Great job, 2nd graders!



# THE SCHOOL YEAR BEGINS!

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

The first few weeks of school have been filled with excitement, enthusiasm, and much West Valley Pride. I would like to thank our families for the amazing turnout at Open House. It is truly a pleasure to have our school community experience what our students are doing. If you did not have a chance to sign up for parent conferences, please contact Mrs. Dana Westfall to schedule an appointment for a parent-teacher conference.

During the month of October, we are looking forward to the many learning opportunities for both our students and staff. We will continue our curriculum work in ELA and Math through several days of professional development in October including our Superintendent Conference Day on November 1. The main goal of our professional development this year is to align our curriculums and our assessments. This means that each grade level knows what the next is doing and the skills taught at each grade level build on each other.

We will be aligning student assessments directly with the skills and rigor that our students will see on the 3-8 ELA and Math assessments. In September, we mailed home our students' ELA and Math Score reports to individual families. These reports can provide a "snapshot" of how your child is progressing. We will be using this type of data to help focus our curriculum on meeting students' needs and to design assessments that prepare our students to "show what they know." If you have any questions regarding your child's report, please contact us.

Outside of the regular classroom we have many things planned for our students in October. The WNY College Consortium will visit our school on October 6. This will be an opportunity for our students to interact with the Admissions Offices of many local colleges and universities.

The return of our Fall Fest will occur on Friday, October 7. We are planning for a parade that will include our class floats, activities for our youngest students, class competition, and other activities for the school community. The Tuesday after Fall Fest we will kick off our Spirit Week. We will have a Pep Rally for our students at the end of Spirit Week to celebrate our Fall athletes and show our West Valley Pride.

These opportunities reflect our commitment to providing our students with a well-rounded education. We look forward to continuing to offer our students opportunities in and outside of the classroom to provide the best experiences and education possible.

## Community Library is Back

**The school library will be open to the community 1 Wednesday a month. The library will be open 6:00pm-7:30pm.**

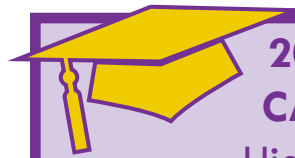
**Community members may check out books, DVDs, and use the library's resources.**

MYSTERY

GRAPHIC NOVELS

Dates: 11/2/22, 12/7/22, 1/4/23, 2/1/23, 3/1/23, 4/12/23, 5/3/23, 6/7/23

Time: 6:00pm-7:30pm



### 2022-2023 SCHOOL CALENDAR CHANGE

High School Graduation will be held on Friday June 23rd



## Collecting Can Tabs

To benefit Ronald McDonald House Charities

Please send to WVCS  
Attention: Mrs. Ford





## FIRST DAY PHOTOS



## YEARBOOKS

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

Name \_\_\_\_\_

HR teacher \_\_\_\_\_

Grade \_\_\_\_\_

Please send to the main office

### Place a Personal Ad for one of our Seniors

Name of Senior \_\_\_\_\_

Ad Size \_\_\_\_\_

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](mailto:jmumbach@wvalley.org) or [hmazzuto@wvalley.org](mailto:hmazzuto@wvalley.org), mail it to 5359 School St. West Valley, NY 14171 or send with student.

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**Ad sizes & prices:**    1/4 page - \$25    1/2 page - \$50    Full Page - \$100

**\*\* Please do not create your own ad as it may not be compatible with our software.  
DEADLINE IS JANUARY 31, 2023**



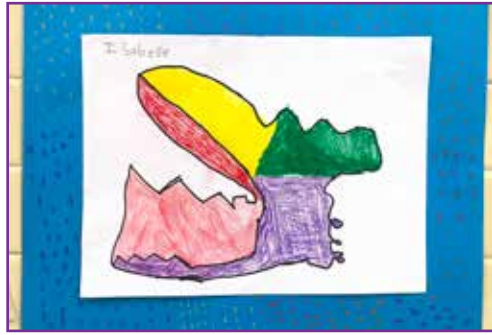
## ART CORNER

The new year is well underway and already bursting with creativity. At the elementary level, first and second graders are working on abstract art made with line, shape, and color. Third grade students are working on mixed media watercolor paintings with patterns, and fourth graders are learning about geometric and organic shapes.

In Drawing & Painting, we are working on value drawings with pumpkins. Afterwards, students will then be able to paint a pumpkin, presenting them at Fall Fest. Ceramics students are starting the year by creating nameplates, incorporating three symbols about themselves. It's a good way to start off ceramics as they review some basic techniques and processes. Our graphic designers have delved into what goes into logo design and the process of working with clients.

Art Club will also soon be up and running, with lots of fun activities planned for the year. Be sure to look out for a flyer with a schedule.

Our first celebrity artist is senior Kayla Dorman. Her birthday is coming up on October 27 and she aspires to be a cosmetologist. She's enjoying ceramics this year and her favorite color is purple. Other favorites include the TV series *Echoes*, the book series *Amelia Bedelia*, the song *Flashlight*, and turkey subs. Congratulations, Kayla! We can't see the growth in your artwork this year!





## PSAT/NMSQT

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's measure 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 child to sign up for the PSAT/NMSQT.

The time to start thinking about further education beyond high school is now!

## ASVAB CEP

Dear Parents/Guardians,

West Valley Central School will be administering the Armed Services Vocational Aptitude Battery (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 a.m. 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](http://www.asvabprogram.com) offers valuable 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

## WEST VALLEY FOOD PANTRY

The West Valley Food Pantry will be 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 Ashford Town Barn located on Fox Valley Rd.



# SPORTS SCHEDULES

## VOLLEYBALL (Girls' JV and Varsity)

DATE/TIME	Opponent	Location
Sat 10/1/22 8:30 a.m.	Frontier HS Tournament - Varsity only	Frontier HS
Tues 10/4/22 5/6:30 p.m.	Holland HS	Holland HS
Thurs 10/6/22 5/6:30 p.m.	Cleveland Hill HS	Springville HS
Fri 10/7/22 5/6:30 p.m.	Eden HS	Eden HS
Tues 10/11/22 5/6:30 p.m.	Tonawanda HS	Tonawanda HS
Wed 10/12/22 5/6:30 p.m.	Dunkirk HS	Springville HS
Thurs 10/13/22 5/6:30 p.m.	Hutch Tech	Hutch Tech HS
Fri 10/14/22 5/6:30 p.m.	Tonawanda HS	Springville HS
Tues 10/18/22 5/6:30 p.m.	East Aurora HS	Springville HS

## SWIMMING

Date/Time	Opponent	Location
Tues 10/4/22 5:00 p.m.	Depew HS	Springville HS
Thurs 10/6/22 5:00 p.m.	East Aurora HS	Springville HS
Tues 10/11/22 5:00 p.m.	Cheektowaga HS	Cheektowaga HS

## CROSS COUNTRY

Date/Time	Location
Sat, 10/1/22 @ Rochester Invitational (8:00 a.m. – 5:00 p.m.)	Genesee Valley Golf Course, Rochester
Tues, 10/4/22 @ Olean (4:15 p.m.)	Forness Park, Olean
Sat, 10/8/22 @ Allegheny Limestone (Southern Tier Invitational) Time TBD	Location: TBD
Tues, 10/11/22 @ West Valley HOME MEET (4:15 p.m.)	West Valley
Sat, 10/15/22 @ Alden Bulldog Stampede Invitational 9:45 a.m. – 3:00 p.m.	Alden High School
Tues, 10/18/22 @ Salamanca (4:15 p.m.)	Elkdale Country Club, Salamanca
Fri, 10/21/22 @ Evangola State Park for the Sunset Stampede Invitational	Evangola State Park, Irving
Fri, 10/28/22 @ Bemus Point Golf Course – CCAA League Meet (3:00 p.m.)	Bemus Point Golf Course
Fri, 11/4/22 @ Alden Sectionals – Varsity who are invited only (10:00 a.m.)	Alden High School

Dates subject to change. Check our website for the most up to date schedules: [www.wvalley.org](http://www.wvalley.org)





## OCTOBER 2022 - GRADES PREK-12 - BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Assorted Muffins Cereals w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>4</b> Pop Tarts Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>5</b> Sausage, Egg & Cheese Breakfast Sandwich Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>6</b> Cereal Bar Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>7</b> Mini Strawberry Cream Cheese Bagel Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk
<b>10</b> NO SCHOOL COLUMBUS DAY	<b>11</b> Raspberry Churro Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>12</b> Sausage Egg and Cheese Breakfast Sandwich Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>13</b> Mini French Toast Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>14</b> Assorted Muffins Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk
<b>17</b> Pop Tarts Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>18</b> Mini Waffles Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>19</b> Breakfast Pizza Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>20</b> Donut Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>21</b> Apple Frudel Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk
<b>24</b> Cinni Mini Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>25</b> Cereal Bar Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>26</b> Breakfast Pizza Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>27</b> Assorted Muffins Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>28</b> Mini Strawberry Cream Cheese Bagel Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk
<b>31</b> Raspberry Churro Cereal w/half bagel ----- Juice, Fruit, Non- or Low-Fat Milk				

**MENU SUBJECT TO CHANGES**

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

## OCTOBER 2022 - GRADES PREK-12 - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Chicken Tenders OR Ham Salad Wrap ----- Celery and carrot sticks/dip	<b>4</b> Pizza OR Assorted Sub ----- Green Beans	<b>5</b> Hot Ham-n-Cheese/Bun OR BLT Sandwich ----- Tomato/Cuc Medley	<b>6</b> Pasta w/Meat Sauce Garlic Bread OR Turkey Sandwich ----- Tossed Salad	<b>7</b> Nacho Grande OR Chicken Salad Wrap ----- Corn/Salsa
<b>10</b> NO SCHOOL COLUMBUS DAY	<b>11</b> Grilled Cheese/Tomato Soup OR Turkey Sub ----- Mixed Veggies	<b>12</b> Pizza OR Ham/Cheese Wrap ----- Seasoned Carrots	<b>13</b> Twin Tacos OR BLT ----- Black Beans/Salsa	<b>14</b> Chicken-n-Gravy Open Face Sandwich OR Egg Salad Sandwich ----- Peas
<b>17</b> Sloppy Joe OR Ham/Cheese Sub ----- Baked Beans	<b>18</b> Mac-n-Cheese/Roll OR Turkey Sandwich ----- Diced Tomatoes/Green Beans	<b>19</b> NNQ Chicken Strips OR Buffalo Wing Wrap ----- French Fries/Cole Slaw	<b>20</b> Pizza OR Ham/Cheese Bagel Sandwich ----- Carrots/Celery Sticks	<b>21</b> Taco in a Bag OR Chicken Ranch Wrap ----- Salsa/Corn
<b>24</b> Grilled Chicken Patty/Bun OR Turkey Bacon Wrap ----- Glazed Carrots/Seasoned Noodles	<b>25</b> Pizza OR BLT Sandwich ----- Cauliflower	<b>26</b> French Toast Sticks/Sausage Patty OR Ham Sub ----- Assorted Veggies	<b>27</b> Lazy Lasagna/Roll OR BBQ Chicken Wrap ----- Tossed Salad	<b>28</b> Chicken Nuggets OR Chef Salad ----- Cucumber Coins
<b>31</b> Nacho Fries/Taco Meat and Cheese ----- Corn Salsa/Black Beans				

**MENU SUBJECT TO CHANGES**



## 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

## BOARD OF EDUCATION

Heather Klahn, President  
Charlie Davis, Vice President  
Jonathan Boberg  
Tracy Chai  
Michael Harmony  
Gary Niesyty

**OR CURRENT RESIDENT**

**POSTAL PATRON LOCAL**

## ADMINISTRATION

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

## WNY COLLEGE CONSORTIUM

The Western New York Consortium Higher Education Common Recruitment Committee is excited to visit and meet with our students on **Thursday, October 6, 2022, at 10:15 – 11:00 a.m. in the AUD.** The WNY College Consortium is comprised of 20 colleges and universities across the Western New York region. This is a free event and will target grades 10-12.

## FINANCIAL AID NIGHT

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 have 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.



WEST VALLEY  
CENTRAL SCHOOL

FALL  
FEST

10.07.22 | 4-7PM

SR CLASS FOOD SALE | INFLATABLES  
TIE-DYE T-SHIRTS | FLOAT PARADE | GAMES  
FACE PAINTING | CLASS COMPETITIONS

SEE YOU  
THERE!

