



# WEST VALLEY CENTRAL SCHOOL

*School and Community Working Together*

VOLUME 29, No. 6

JANUARY 2023

## Breakfast with Santa





# MESSAGE FROM THE SUPERINTENDENT

BY DR. TAWEEPON FARRAR

As we close the door to 2022, we can take a moment to reflect on a successful year. Here are a few of the amazing things that happened this year (shared in no particular order):



- Girls' and Boys' Modified and JV Basketball returned to WV.
- Basketball Cheer returned and we added Competition Cheer for the first time ever at WV.
- The Girls' Softball and Track and Field Teams returned for their second season since sports came back! The softball team made the playoffs and many of our track athletes placed during season meets.
- Our bowling team continues to grow and stay strong as they participated in the CCAA roll offs with the girls' team making sectionals.
- WV hosted a softball academy.
- We continue to collaborate with Springville-Griffith Institute CSD for Swimming, Volleyball, Varsity Basketball and Indoor Track.
- Four students were inducted into the National Honor Society (NHS) and National Junior Honor Society (NJHS).
- Four students participated in a varsity sport in all three seasons (Fall, Winter and Spring).
- WV hosted our first ever Cross-County Meet with a newly created trail throughout the property.
- We kicked off a new program –Wildcats Run– for grades 3-6 with 36 students participating.
- Our Outdoor Recreation Club went Indoor Rock Climbing.
- Our students took field trips to the Eternal Flame, the World War II Museum, Van Gogh experience, and Highmark Field plus numerous other trips.
- Our students had their artwork displayed at St. Bonaventure.
- The Class of 2022 went to San Antonio, Texas.
- Our 8th graders, now 9th graders, went to Washington D.C.
- Our high school technology class built dog houses, CO2 cars and flags.
- Our Spring musical, Tuck Everlasting, debuted on stage.
- We implemented our ROARS and RISE program to promote positive values and characteristics.
- New course offerings: HS Spanish 4 (college credit), Spanish 6 (6th Grade), Forensics, Science of Science Fiction, Animation (college credit), Sports and Literature, and World Mythology.
- Opened a STEAM LAB with the addition of STEM curriculum.
- 6th District in all of New York State to implement STEM curriculum supported by Steve Wozniak, co-founder of Apple.
- 100% participation in our 3-8 Math and ELA assessments.
- Professional development surrounding comprehensive ELA and Math curriculum coupled with instructional best practices such as co-teaching and specially designed instruction for our teachers.
- Installed Wildcat Sensory Floors in both the primary and intermediate halls!
- Implemented BoardDocs so the community can view board agendas, minutes and policies easier.
- We updated and adopted a WV Policy Manual.
- WV School Apparel debuts in Tops Markets and Rite-Aid.

I, along with Mr. Amodeo and Mrs. Behringer, spent some time with our student leaders. We had our first student leadership luncheon, sponsored by Crosby's, in December. Two students from each grade level 7-12 represented their grade level by sharing with the leadership team ways to improve the student experience at West Valley. The leadership team will reflect on their thoughts, comments, and suggestions then develop a plan of action on what we can add, enhance and/or change with their feedback. I would like to give a huge thank you to the following students:

7th grade	Jayden Thornton, Aaron Stoops
8th grade	Logan Manaher, Isabella Mitchell
9th grade	Payton Ehnes, Tucker Flemming
10th grade	Maggie Parish, Jack Tharnish
11th grade	Mara Swan, Ryann Turner
12th grade	Kasper Heitman, Olympia Leckey

We will host another student leadership luncheon near the end of the school year to get more feedback as the year ends in preparation for the 2023-2024 school year. There is so much to look forward to in 2023 as West Valley continues to focus on our guiding principles and core beliefs! Happy New Year!

# A NEW YEAR BEGINS | PLANNING 2023-2024

BY MR. AMODEO, PRINCIPAL/CURRICULUM COORDINATOR

I would like to wish the West Valley community a Happy New Year! We are fast approaching the mid-point of the school year as the second quarter and first semester ends on January 27th. Our 11th grade students are preparing to take their January ELA Regents exam. We provide the opportunity for our 11th grade students to take this exam in January as it gives them an additional opportunity to meet this graduation requirement.

Although we are only about halfway through the school year, we will begin meeting with students about what courses they will be taking next school year. In developing student schedules for next year, we will first look to students to provide input on what elective courses they would like to see offered. We will do this through collaborative conversations between students and their classroom teachers. Our 10th grade students have also visited the Career and Technical Center at Ellicottville BOCES to determine their interests in CTE courses. After obtaining student ideas we will look to identify themes and work with our teachers to develop our course electives for the 2023-2024 that consider students' interests. This process may lead to new electives and the retention of some of our current electives.

Once determined, students and families will be provided with a course guide that includes descriptions of required and elective courses. After students and families have had an opportunity to review our course offerings, students will then meet with Mr. LaBrake to make their course requests for the 2023-2024 school year.

Over the last decade, part of our elective offerings has included college level courses. These courses will be included in the course guide provided to students and families. In the past, West Valley had offered some AP courses. However, we made the decision to focus on college course offerings for several reasons. First and foremost was to provide as many students as possible with the experience and rigor of a college level class.

Over the last four years, 88% of our graduates have taken at least one college level course. Working with students to successfully complete a college level class helps to prepare them for their post-secondary options as well as earn transferable credits if they choose to attend college. Since 2019, 90% of students have successfully completed at least one college class. To our knowledge, most credits taken at West Valley have transferred to the college a student wants to attend. All our Jamestown Community College courses have articulation agreements with SUNY colleges and universities. We also partner with Syracuse University, Houghton University, and Hilbert College this year for Spanish.

In short, the difference we have found with AP courses vs. college courses is the flexibility students have in transferring credits. AP courses are dependent upon student performance on one test, on one day in the school year. There is wide range of variability on whether a college accepts an AP course for credit and the score needed on an AP exam to earn any amount of credit with a college. Therefore, based on our experiences with former graduates earning their degrees much sooner than their peers and the wider range of opportunities, we feel this has been the best for our students.

In closing, the course request process is extremely important in determining the learning that is best for our students individually and as a school. We will gain input from students, staff, and families when determining available electives for students, while creating the best learning experience and most impactful opportunities possible.



# WELLNESS BEGINS WITH YOU!

Self-care can be defined by the term itself—caring for yourself. This includes anything you do to keep yourself healthy physically, mentally, and spiritually. Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration,

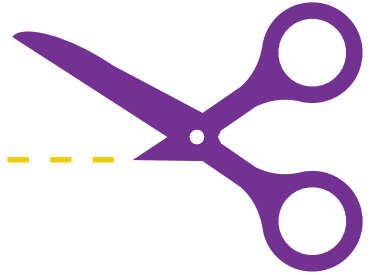
minimize frustration and anger, increase happiness, improve energy, and more. Essentially, practicing self-care is one of the most important things we can do for ourselves but is often the first thing to go when life gets busy.

The West Valley Central School Wellness Committee challenges you to put your

health and wellness FIRST this year! To support your efforts, and have a little fun, we will be using the attached BINGO board. As you complete the different challenges initial the box and write the date of completion. Once you get BINGO, send your completed board (with your name and contact information) to

West Valley Central School or email it to [DBehringer@wvalley.org](mailto:DBehringer@wvalley.org). Your BINGO board will be entered into a raffle, and hopefully picked, for a fun prize!

All are welcome to play along!



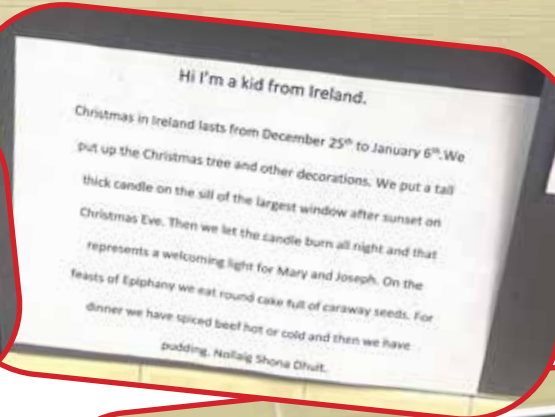
Physical Wellness	Emotional & Spiritual Wellness	Intellectual Wellness	Whole Body Wellness	General Wellness
Go to a fitness class with a friend or group of people.	Tell someone how much they mean to you.	Start to read a new book.	Get at least 6 (or more) hours of sleep.	Have a drink/coffee or social date with a friend.
Walk 5,000 steps.	Get a relaxing massage or go the salon (nails included)	Listen to a TED talk or motivational video.	Drink at least 40 oz of water each day for a week.	Choose a wellness activity that suits your needs.
Park at the far end of the parking lot.	Write a list of long term goals.	Take some time for you. Do what YOU need to re-energize.	Kick a habit to the curb for at least a week..	Explore a location. (Museum, state park, town, etc)
Drink only water for the day!	Do something thoughtful for your team/colleagues..	Treat yourself to something new, special or yummy.	Try a new cooking recepie.	Give up social media for a day...or longer!.
Eat 3 servings of veggies in one day.	Document your gratitude for a week. (Photo, journal, or an app)	Create a DIY craft with a loved one or by yourself.	Prepare healthy snacks for your workday.	Plan a date with a loved one.





# CHRISTMAS AROUND THE WORLD

Since the beginning of December, 4th graders have been taking a trip around the world, exploring Christmas in many different countries. We wrote an informative paragraph about what it would be like to be a child in that country. Students have researched traditions, decorations, how to say "Merry Christmas" in the language, and more for their country. We learned about Christmas in Germany in small groups, and we learned about La Befana- the Italian After-Christmas Witch as a class! This was such a fun unit and we had lots of fun learning about different countries.



## 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: 1/4/23, 2/1/23, 3/1/23,  
4/12/23, 5/3/23, 6/7/23  
Time: 6:00pm-7:30pm



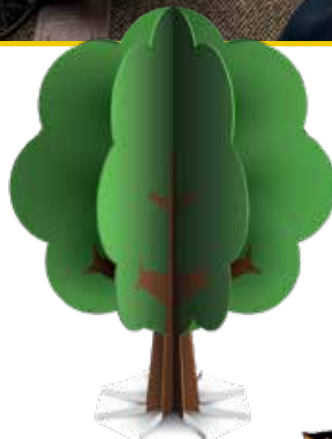


## WVCS STEAM LAB

2nd graders were challenged to create a tree that can stand on its own. They were given a paper bag, tree, and decorations to create their tree.



3rd graders have been studying animal classification in science. Students were challenged to create an animal of their own creation using the characteristics from one of the animal classifications. Students then shared their animal with the class and the class guessed which classification best fit that animal.



## LOST & FOUND

The Lost and Found Box in the main office is overflowing with items. As of December 7, there were 10 sweatshirts, 4 winter coats, a lunch pail, a thermos, a glove, a pair of muck boots, a winter vest, a pair of leggings and a fleece jacket. If your child is missing any of these items or any items during the school year, please contact the main office.



## WEST VALLEY FOOD PANTRY

Those of us serving the Ashford Food Pantry would like to thank the community members that contributed food to the National Honor Society through WVCS. The Honor Society collected over 300 pounds of food and paper supplies. The donations made to the Food Pantry helped to provide many families with special holiday meals. This year we are serving 47 families with Thanksgiving and Christmas boxes. The past year we provided over 6,500 meals in our community. We would like to thank you for your continued support.

The West Valley Food Pantry is 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 which are the 2nd and 4th Wednesday of each month from 1-4:00 p.m. If you need emergency food please call and we will arrange a pickup or delivery time. The food pantry is located at the Ashford Town Barn on Fox Valley Rd.

*If WVCS is closed for weather the Ashford Food Pantry will also be closed*

### The food pantry is in need of the following items:

- Canned fruit
- Soup
- Side rice/noodle dishes
- Spaghetti sauce
- Salad dressing
- Paper towels
- Toilet paper





## ART CORNER

It's hard to believe 2022 is coming to an end. So many exciting things have been happening in the Art Department! Mrs. Lechner received an early Christmas present this year: new tables and chairs to replace the COVID-19 set up. Everyone is so excited!

Our elementary kids have been working hard on their holiday projects. The children have created many different styles of trees using paint, markers, gems, and glitter. The 7th graders made holiday cards for a young lady that was paralyzed in an accident in Portville in September. The only thing she wanted for Christmas was cards.

On the high school side, photography students have been working on Christmas photographs! The graphic design students just completed their own greeting cards for Thanksgiving and Christmas, and ceramics students are working on sculptures by combining two random words drawn from a hat. Drawing and painting students are working on individualized self-portraits and the studio in art class completed their ceramic ornament series with a focus on texture. The Art Club has been decorating Tops bags which will be given back to Tops to circulate around the community.

### *Artist of the Month*

Our Celebrity Artist of the Month is Emma Nunn. Emma is a 4th grader who loves the color hot pink and mac-n-cheese. Her hobbies include basketball and sketching in her sketch book. Abby spends a lot of time reading when she can. She has two sisters, two brothers, two dogs, and two cats. This keeps her very busy!



*New tables and chairs in elementary art room!*







## WEST VALLEY PARENT SURVEY

Dear Parents/Caregivers,

West Valley School would love your feedback on before- and after-school programing, as well as a potential program for three-year-olds. Please take a few minutes to complete a quick survey to help us see what families would like/need in the future.

Thank you so much for your feedback and support.

Take the survey at:





# WEST VALLEY ATHLETICS





# WEST VALLY ATHLETICS





# WEST VALLEY ATHLETICS

## JV BOYS BASKETBALL

Date	Opponent
1/4/22	at Forestville 7:30 p.m.
1/5/22	at North Collins 5:00 p.m.
1/6/22	vs. Keshequa 5:00 p.m.
1/9/22	at Brocton 5:00 p.m.
1/14/22	at Holland 10:00 a.m.
1/18/22	vs. Brocton 5:00 p.m.
2/1/22	vs. Forestville 6:00 p.m.
2/8/22	at Ellicottville 7:00 p.m.
2/13/22	at Keshequa 5:00 p.m.

## BOYS MODIFIED BASKETBALL

*Practice Starts January 2nd*

Date	Opponent - All games 5:00 p.m.
1/13/22	at North Collins
1/17/22	vs. Cattaraugus-Little Valley
1/19/22	at Franklinville
1/20/22	at Forestville
1/23/22	vs. Gowanda
1/25/22	vs. Randolph
2/6/22	vs. North Collins
2/9/22	at Cattaraugus-Little Valley
2/10/22	at Randolph
2/13/22	vs. Franklinville
2/14/22	vs. Forestville
2/16/22	at Gowanda

*Schedules*  
For updated schedules,  
please visit our website at:  
**[www.wvalley.org](http://www.wvalley.org)**

## JV GIRLS BASKETBALL

Date	Opponent
1/4/22	at Forestville 6:00 p.m.
1/11/22	vs. Ellicottville 5:30 p.m.
1/24/22	vs. Catt.-LV 5:00 p.m.
1/28/22	vs. Franklinville 11:00 a.m.
2/1/22	vs. Forestville 7:30 p.m.
2/8/22	at Ellicottville 5:30 p.m.
2/11/22	at Franklinville 11:00 a.m.

## BOWLING

*All Matches Start at 3:30 p.m.*

Date	Opponent
1/3/23	at Salamanca
1/4/23	vs. Allegany-Limestone
1/6/23	vs. Genessee Valley
1/12/23	at Hinsdale
1/17/23	at Franklinville (Boys Only)
1/18/23	vs. Ellicottville
1/19/23	vs. Franklinville (Boys Only)
1/23/23	vs. Hinsdale
1/25/23	at Genessee Valley
2/1/23	at Gowanda
2/3/23	at Catt-LV

**WEST VALLEY  
CENTRAL SCHOOL**  
SPORTSMANSHIP CREED



**AT WEST VALLEY, SPORTSMANSHIP  
IS AN EXPECTATION!**

LET THE PLAYERS PLAY  
LET THE COACHES COACH  
LET THE OFFICIALS OFFICIATE  
AND MAY THE SPECTATORS ALWAYS BE POSITIVE





# JANUARY 2023 - GRADES PREK-12 - BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Pop Tarts OR Cereal w/ Graham Crackers ----- Juice, Fruit, Non- or Low-Fat Milk	<b>3</b> Cinni Mini OR Cereal w/ 1/2 Bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>4</b> Apple Frudel OR Cereal w/ Graham Crackers ----- Juice, Fruit, Non- or Low-Fat Milk	<b>5</b> Breakfast Sandwich OR Cereal w/ 1/2 Bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>6</b> Strawberry Mini Bagel OR Cereal w/ Graham Crackers ----- Juice, Fruit, Non- or Low-Fat Milk
<b>9</b> Bagels OR Cereal w/ 1/2 Bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>10</b> Assorted Muffins OR Cereal w/ Graham Crackers ----- Juice, Fruit, Non- or Low-Fat Milk	<b>11</b> Mini French Toast OR Cereal w/ 1/2 Bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>12</b> Donut OR Cereal w/ Graham Crackers ----- Juice, Fruit, Non- or Low-Fat Milk	<b>13</b> Breakfast Pizza OR Cereal w/ 1/2 Bagel ----- Juice, Fruit, Non- or Low-Fat Milk
<b>16</b>  NO SCHOOL	<b>17</b> Raspberry Churro OR Cereal w/ Graham Crackers ----- Juice, Fruit, Non- or Low-Fat Milk	<b>18</b> Breakfast Sandwich OR Cereal w/ 1/2 Bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>19</b> Cereal bars OR Cereal w/ Graham Crackers ----- Juice, Fruit, Non- or Low-Fat Milk	<b>20</b> Mini Waffles OR Cereal w/ 1/2 Bagel ----- Juice, Fruit, Non- or Low-Fat Milk
<b>23</b> Cherry Frudel OR Cereal w/ Graham Crackers ----- Juice, Fruit, Non- or Low-Fat Milk	<b>24</b> Cinni Mini OR Cereal w/ 1/2 Bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>25</b> Donut OR Cereal w/ Graham Crackers ----- Juice, Fruit, Non- or Low-Fat Milk	<b>26</b> Breakfast Pizza OR Cereal w/ 1/2 Bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>27</b> Cinnamon Mini Bagel OR Cereal w/ Graham Crackers ----- Juice, Fruit, Non- or Low-Fat Milk
<b>30</b> Pop Tarts OR Cereal w/ 1/2 Bagel ----- Juice, Fruit, Non- or Low-Fat Milk	<b>31</b> Assorted Muffins OR Cereal w/ Graham Crackers ----- 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!**

# JANUARY 2023 - GRADES PREK-12 - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Pizza OR Ham Sandwich ----- Cauliflower, Tomato Wedges, Fruit	<b>3</b> Twin Tacos OR BLT Sandwich ----- Corn, Seasoned Black Beans, Fruit	<b>4</b> Hamburger/Bun OR Ham Sub ----- Maple Glazed Carrots, Veggies, Fruit, Pasta Salad (9-12)	<b>5</b> Pasta/Meatballs OR Turkey/Ch. Wrap ----- Romaine Salad, Cucumbers, Apple, Garlic Bread	<b>6</b> Chicken Parm/Bun OR Egg Salad Sandwich ----- Carrots, Green Beans, Fruit, Sun Chips
<b>9</b> Pizza OR Chicken Finger Sub ----- Baked Beans, Cucumbers, Fruit	<b>10</b> Nacho Grande OR Ham-n-Cheese ----- Corn, Winter Squash, Fruit	<b>11</b> Open Face Chicken Gravy Salad OR Buffalo Wing Wrap ----- Peas, Mixed Veggies, Fruit	<b>12</b> Meatball Sub OR Chicken Ranch Wrap ----- Green Beans, Carrots, Apple	<b>13</b> Sloppy Joe/Bun OR Egg Salad Sandwich ----- Broccoli, Romaine Salad, Fruit, Seasoned Noodles (9-12)
<b>16</b>  NO SCHOOL	<b>17</b> Chicken Tacos OR Ham Sandwich ----- Corn, Seasoned Black Beans, Fruit	<b>18</b> Chicken Patty/Bun OR BLT Sandwich ----- Steamed Broccoli, Cucumbers, Fruit, Seasoned Rice (9-12)	<b>19</b> BBQ Pork/Bun OR Turkey Sub ----- Green Beans, Winter Squash, Apple, Mac Salad (9-12)	<b>20</b> Pizza OR Spicy Chicken Wrap ----- Carrots, Romaine Salad, Fresh Fruit
<b>23</b> Sweet-n-Sour Chicken/Rice OR BLT Sandwich ----- Broccoli, Carrots, Fruit	<b>24</b> Pizza OR Egg Salad Sandwich ----- Corn, Romaine Salad, Fruit	<b>25</b> Beef Burrito OR Ham Sub ----- Baked Beans, Mixed Veggies, Fruit	<b>26</b> Mac-n-Cheese OR Turkey Club Sandwich ----- Cauliflower, Green Beans, Apple	<b>27</b>  NO LUNCH HALF DAY
<b>30</b> Pizza OR BBQ Chicken Wrap ----- Baked Beans, Cucumbers, Fruit	<b>31</b> Tacos OR Turkey Sub ----- Corn, Seasoned Tomatoes, Fruit			

**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  
George Kazmierczak  
Gary Niesyty

**OR CURRENT RESIDENT**

**POSTAL PATRON LOCAL**

## ADMINISTRATION

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

## CLOTHES CLOSET

St. John the Baptist Church has a Free Community Clothes Closet located behind the church in Bingham Hall every Wednesday from 1-4:00 p.m. or by appointment.

Besides clothing and shoes, we accept bedding, kitchen and household items and books for Cattaraugus County residents.

Donations of gently worn, undamaged, clean, and seasonal items are welcome.

Upon request, we 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.



*From all of us at West Valley Central School,  
have a Happy New Year!*

