



WEST VALLEY CENTRAL SCHOOL

School and Community Working Together

VOLUME 27, No. 6

JANUARY 2022



(Pictured Above) Miss Galvin's fifth and sixth graders made some beautiful holiday wreaths. The branches come from trees on Miss Galvin's family's property. The students were able to decorate the wreath and take it home for their families to enjoy! It was a wonderful experience and the students really enjoyed every minute of it.

MESSAGE FROM THE SUPERINTENDENT

BY DR. TAWEEPON FARRAR



Happy New Year!

It's a new year for all of us!

A new year signifies a time for a new beginning, a time for renewal and revival. The New Year always gives me a sense of hope. Hope that all our students and staff...

- * begin the new year with a positive mindset
- * stay healthy and safe
- * make the best of the new year by setting new goals and new challenges
- * have new experiences that make them grow
- * remember to be kind to one another
- * take the year to learn things they never knew

My final hope is that all of you had a wonderful holiday and have a happy New Year!

#WEAREWESTVALLEY

Striving for Excellence
Leading with Pride and Positivity
Moving Forward for our Students
One Team, One Family, One Community



A NEW YEAR BEGINS!

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 28th. Our 11th grade students will be 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.

Congratulations go out to our Girls' Modified Basketball players and Coach Marino as they completed a successful season. This is the first basketball season at West Valley in almost seven years and 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 the Lady Wildcats. As we wrap up the Girls' Modified season, we will be entering the Boys' Modified basketball season and are equally excited to follow their development.

On December 13, we held our first Winter Band Concert in over a year. Last year we were able to have a very small concert in the Spring but this Winter we were able to have both our Middle School and High School Bands play together. Our students put on a great performance, and I can't emphasize enough what an achievement this is. Our Band students were virtually learning for 1/3 of the 2019-2020 school year. Then last year, although we had band

GO WILDCATS!



Top row (L-R): Natalie Stainer, Ava Bockhahn, Madelynn Winsor, Addison Smith. First Row: Magdalena Parish, Eve Niesyty, Onnalee Caswell, Oliva Harmony. Not Pictured: Gianna Brown

classes, the students were separated by grade level into very small groups. In just over 3 months of this school year Mr. Venitelli and the students were ready for a full concert. We are very proud; simply amazing!

Although, we are just about halfway through the school year, we will begin meeting with students about what courses they will be taking next school year. To this end, we have had our 10th grade students visit the Career and Technical Center at Ellicottville BOCES to determine their interests in CTE courses. We will also be asking students about courses or fields of study that they may be interested in that we currently do not offer. The purpose of meeting with our students

so early is so that we can begin building a schedule for next year and determine what fiscal resources may be needed to support our program. This is a critical step in developing our school's budget.

While we look beyond this year for our students, we still have a great deal of work to accomplish this school year. In January, we will continue our ELA Curriculum work with Angela Stockman and have additional training with our ELA Curriculum resources. Students will be taking their Winter Benchmark assessments so that we can continue to adjust our instruction to meet their needs. The focus of all our work continues to be student achievement and for students to reach their highest potential.

NEW WEBSITE

WWW.WVALLEY.ORG



STUDENTS VISIT TO THE ETERNAL FLAME

On December 16, 2021 the Outdoor Recreation Club went for a hike at the Eternal Flame in Orchard Park, NY. The flame which exists in the Shale Creek Preserve section of Chestnut Ridge Park is fueled by natural gas seeping through shale at the base of a waterfall. The students were fortunate to get unseasonably warm temperatures nearing the mid-60's. After the hike the students went to Bella Pizza in Boston before heading back to West Valley. In attendance were Eve Niesyty, Thomas Snashell, Lucas Proseus, Natalie Stanier, Nick Peters, Jadon Shoepflin, Athens Leckey, Kasper Heitman, Matthew Kneis, Achilles Leckey, Jack Tharnish, and Onnalee Caswell. Mr. Connor, Mr. Lembke and PD joined in on the excursion as well.



Spring Musical Auditions

January 25–27, 2022

All students in grades 5–12 interested in performing in the spring musical must audition. Requirements for auditioning will be posted and announced.

Spring Musical Communications

Use class code **@wvcsshow** on Remind to receive notifications about auditions, scheduling of practices, show requirements, and more. This will be our main method of communication to performers and their families.

Contact Mrs. Kloepfer at akloepfer@wvalley.org with questions or concerns.

COMMUNITY CLOTHES CLOSET

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

Accepting Winter clothing and shoes, 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 and a successful year.



WV ART STUDENTS HAVE BEEN VERY BUSY

Our West Valley art rooms have been keeping up with the busy holiday season, creating some festive and spirited projects. Our first and second graders worked on their fine motor skills, making Rudolph collages while third and fourth graders made some beautiful antique Christmas trees. Fifth and sixth graders are following suit, making Christmas paintings, ornaments, and trees.

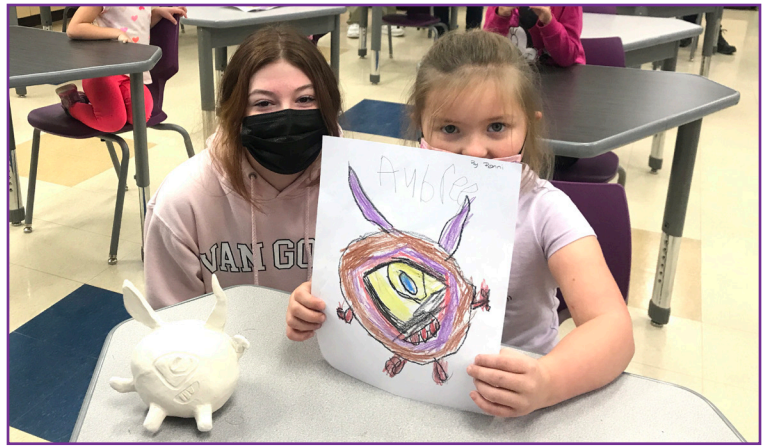
Our middle school students have been working on independent art projects and weavings and they are turning out beautiful!

Graphic Design students have been learning about typography and design, creating posters focused on a quote. Our high school ceramics class collaborated with the Kindergarteners by having the primary students draw a monster in which the upperclassmen brought their creations to life out of clay. It was great to see the high school students deliver their monsters to their creators!

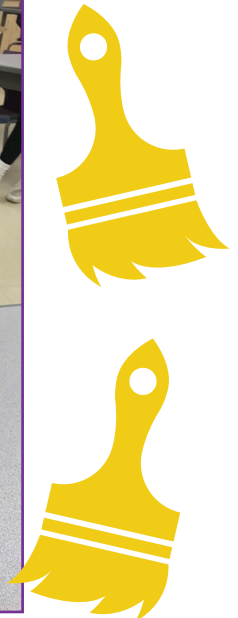
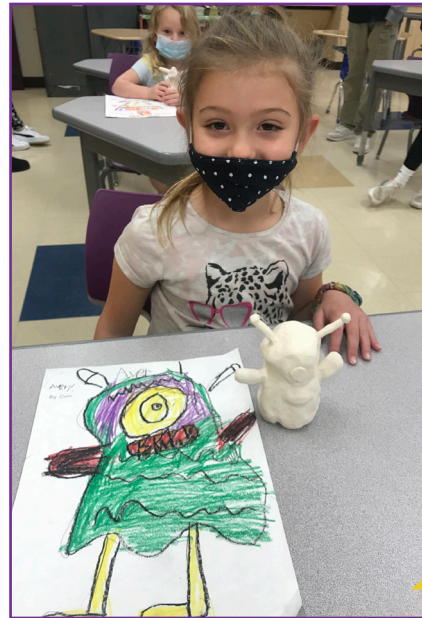
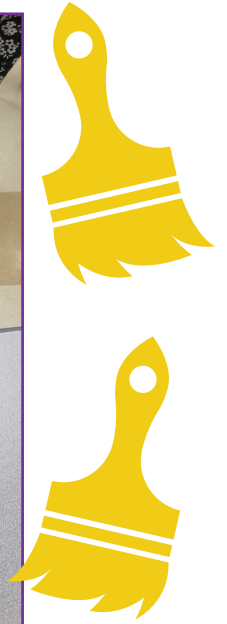
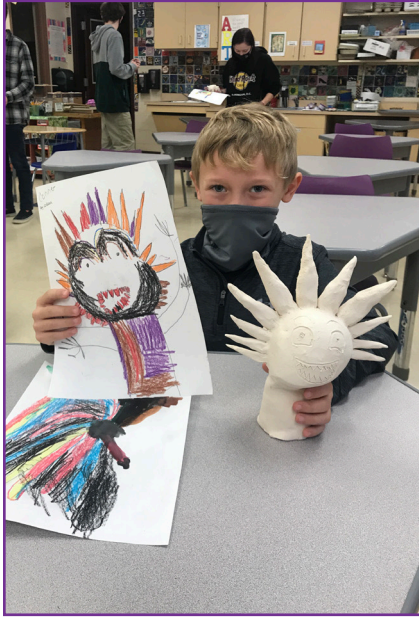
We'd like to extend a congratulations to the following students: Cassidy Foster (K), Gunnar Tirado (3rd), Emma Nunn (3rd), Savannah Griffis (4th), Abby Tucker (5th), Madison Lawrence (5th) and Bella McCarty (5th). Their artwork has been accepted in the Regina A. Quick Center for the Arts Pre-Kindergarten through Fifth Grade Juried Exhibition at St. Bonaventure University. They were honored at the exhibition opening, received a special gift and two free tickets to "The Mrs. Claus Holiday Show."

Another congratulations goes to eighth grader, Brendan Ghani. Brendan is our Featured Artist of the Month. Some of his favorites include the color blue, gym class, burgers, and the movie "Step Brothers." He loves riding his bike and all things patriotic.

On behalf of the art department, we'd like to wish everyone a very happy holiday season and we look forward to a creative 2022!



Great Job to ALL of our Budding Artists!



DOWNLOAD THE NEW WEST VALLEY MOBILE APP!

Stay connected with everything West Valley

- News
- Videos
- Menus
- Emergency updates
- And more!

Download from the App Store and Google Play!



IMPORTANT YEARBOOK INFORMATION

**It's time to order your yearbook! \$45.00
(pay half now and half in March if you want.)**

Name _____

HR teacher _____

Grade _____

Please return 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@wvvalley.org or hmazzuto@wvvalley.org, mail it to 5359 School St. West Valley, NY 14171 or send with student.



Ad sizes & prices: ¼ page-\$25

½ page-\$50

Full page- \$100

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

DEADLINE IS JANUARY 15th, 2022





STUDENTS CREATE PERSONAL NARRATIVES

In the month of November, the fifth and sixth graders each took part in a Personal Narrative unit. They read several different personal narratives and then created their own story. Each student had a unique story to tell—they added vivid details so the reader felt like they were there. Here are a few to share!



My First Time Riding a Dirt Bike

By Raymond Tharnish

I was sweating because I was so nervous. My dad picked up his leg and pushed down the kick starter.

“Ray, you have to twist the handle to go,” Dad explained.

“Which way?” I asked,

“Towards you,” Dad replied.

I swung my leg over the seat, put my leg into the ground, pushed the bike off the kickstand and rode away. My brain went blank, I forgot how to turn I got so nervous I smacked right into the middle of a tree. The next thing you know, I’m flying over the handlebars!

WV FOOD PANTRY SAYS "THANK YOU!"

Those of us serving the West Valley Food Pantry would like to thank community members who contributed to the WVSC National Honor Society Food Drive. The Honor Society collected over 200 pounds of food and supplies. We would also like to thank the staff that donated food and supplies throughout the year. The donations made to the Food Pantry were distributed to many families and individuals in the West Valley School District during and after the holiday season. With your help and support our pantry was able to provide over 25,000 meals in our community this past year. Thanks for your continued support.

~The West Valley Food Pantry

Kristine Aldrow, Pantry Coordinator

WVFP IS LOCATED AT FOX VALLEY ROAD

ASHFORD TOWN BARN

SERVING THE TOWN OF ASHFORD AND

THE WEST VALLEY SCHOOL DISTRICT

**WV FOOD PANTRY IS OPEN THE
SECOND AND FOURTH WEDNESDAY
EACH MONTH
FROM 1:00PM – 4:00PM**

OR FOR EMERGENCY NEEDS CALL

KRIS 716-942-6690

or

AMY FRANK 942-6657

**IF W.V. SCHOOL IS CLOSED FOR WEATHER,
THE W. V. FOOD PANTRY WILL ALSO BE CLOSED**





STUFFED TURKEY BURGERS

- Level: Easy
- Total: 20 min
- Prep: 10 min
- Cook: 10 min
- Yield: 4 servings

INGREDIENTS:

- 1 1/4 pounds lean ground turkey breast
- 1/2 cup chopped roasted red peppers, divided
- 1/2 cup shredded part-skim mozzarella cheese, divided
- 1/4 teaspoons salt
- Freshly ground black pepper

DIRECTIONS:

1. Divide turkey into 4 equal sized rounds. Make 2 equal sized patties out of each round so you have 8 patties total.
2. Sprinkle 4 of the patties with 2 tablespoons each of roasted red peppers and cheese, and top with remaining patties working the turkey around the edges to seal burgers closed.
3. Season with salt and a few grinds of pepper. Grill or broil until cooked through, about 5 minutes per side.
4. Enjoy!



BENEFITS OF FAMILY DINNERS



Our belief in the “magic” of family dinners is grounded in research on the physical, mental and emotional benefits of regular family meals.

Over three decades of research have shown that regular family meals offer a wide variety of physical, social-emotional and academic benefits. While some of these benefits can be gained through other activities, eating together is the only single activity that is known to provide all of them at the same time.

We recommend combining food, fun and conversation at mealtimes because those three ingredients are the recipe for a warm, positive family dinner — the type of environment that makes these scientifically proven benefits possible.

Some of the specific benefits of family dinners are:

- Better academic performance
- Higher self-esteem
- Greater sense of resilience
- Lower risk of substance abuse
- Lower risk of teen pregnancy
- Lower risk of depression
- Lower likelihood of developing eating disorders
- Lower rates of obesity
- Better cardiovascular health in teens
- Bigger vocabulary in preschoolers
- Healthier eating patterns in young adults

There are also benefits for adults, including:

- Better nutrition with more fruits and vegetables and less fast food
- Less dieting
- Increased self-esteem
- Lower risk of depression

BENEFITS OF FAMILY DINNERS

AGES 1-5

BENEFITS OF FAMILY DINNERS

Conversation at the dinner table is even better than reading to children in boosting their vocabulary, and helping them to read.

Kids who start eating dinners now are less likely to be overweight later.

New parents who develop a nighttime ritual feel more satisfied with marriages.

AGES 6-12

BENEFITS OF FAMILY DINNERS

Strong link between family dinners and academic performance, even stronger than doing homework, sports, or arts.

Increased intake of fruits, vegetables and micronutrients, and fewer fried foods, trans fats and sodas.

Children feel more connected to siblings and parents.

AGES 13-18

BENEFITS OF FAMILY DINNERS

Teens who eat regular family dinners are more likely to get A's in school.

Reduces high risk teenage behaviors like smoking, substance abuse, eating disorders, teenage pregnancy and violence.

Reduces depression and anxiety and increases self-esteem.

Opportunity to check in with kids to find out how they're doing.

JANUARY 2022 - GRADES PREK-12 - BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Frudels or Cereal w/ 1/2 Bagel ----- Juice, Fresh Or Prepared Fruit ----- Non or Low Fat Milk	4 Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	5 Egg, Sausage & Cheese Sandwich or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	6 Cinnaminis or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	7 French Toast Sticks or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
10 Frudels or Cereal w/ 1/2 Bagel ----- Juice, Fresh Or Prepared Fruit ----- Non or Low Fat Milk	11 Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	12 Assorted Muffins or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	13 Breakfast Burrito or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	14 Donut or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
17 NO SCHOOL	18 Sausage, Egg/Cheese Brkfst Sandwich or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	19 Cinnamon Roll or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	20 Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	21 Assorted Muffins or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
24 Cinnaminis or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	25 Mini Strawberry Cream Cheese Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	26 Frudels or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	27 Assorted Breakfast Items ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	28 Donut or Cereal w 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
31 Bagels 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!

JANUARY 2022 - GRADES PREK-12 - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Nacho Grande or Chicken Salad Sandwich ----- Corn & Black Bean Salsa	4 Pizza or Ham Sandwich ----- Broccoli	5 Lazy Lasagna w/Dinner Roll or Turkey Sub ----- Tossed Salad	6 Wild Cat Burger or Egg Salad Sandwich ----- French Fries	7 Chicken Patty/Bun or BLT Sandwich ----- Carrot Sticks w/Dip
10 Cheeseburger or Spicy Chicken Wrap ----- Baked Beans	11 Bowl of Chili or Turkey Sandwich ----- Carrots	12 Turkey & Gravy Sandwich or Ham & Cheese Sandwich ----- Mixed Vegetables	13 Beef Burrito or Assorted Sub ----- Corn	14 Pizza or BBQ Chicken Patty ----- Tossed Salad
17 NO SCHOOL	18 Grilled Cheese or Chicken Ranch Wrap ----- Green Beans Tomato Soup	19 Baked Chicken or BLT Sandwich ----- Sweet Potatoes Peas	20 Taco in a Bag or Ham & Cheese Sub ----- Corn	21 Pizza or Cheeseburger ----- Tossed Salad
24 Chicken Patty w/Lettuce & Tomato or Ham Sandwich ----- Broccoli	25 Twin Tacos or Ham Burger ----- Mixed Bean Salad Corn	26 Pizza or Turkey Wrap ----- Carrots	27 Pasta w/Chicken Meat Sauce or Assorted Sub ----- Tossed Salad	28 Sloppy Joe or Hamburger ----- Curly Noodles Green Beans
31 HALF DAY, NO LUNCH				

MENU SUBJECT TO CHANGES



WINTER SPORTS UPDATE

GIRLS' MODIFIED BASKETBALL

By Coach Alex Marino

The girls have been extremely dedicated to the team this year. A lot of the girls are new to the game, and it can be a tough sport to learn in such a short period of time. I ask for a lot out of them, between showing up to every practice (including some Saturdays), and memorizing what seems like hundreds of different formations, plays, and skills. The girls have answered the call every time, and it shows on the court. Everyone on the team knows they have an important role, and if they are not doing the right thing the team doesn't work. Their effort on the court has yet to be matched by another team, representing the school proudly.



WVCS BOWLING TEAM

The bowling team is off to a strong start to the season. Both the boys' and girls' teams started their season off with a 4-0 win against Ellicottville. The team looks to improve every match and grow throughout the season.



SPORTS SCHEDULES

WEST VALLEY ATHLETICS

BOYS' MODIFIED BASKETBALL

DATE	TIME	LOCATION
1/13/2021	5:00 p.m.	vs. Allegany-Limestone
1/18/2021	5:00 p.m.	@ North Collins
1/21/2021	5:00 p.m.	@ Ellicottville
1/24/2021	5:00 p.m.	vs. Franklinville
1/28/2021	5:00 p.m.	vs. Randolph
1/31/2021	5:00 p.m.	@ Salamanca
2/1/2021	5:00 p.m.	@ Allegany-Limestone
2/4/2021	5:00 p.m.	vs. North Collins
2/7/2021	5:00 p.m.	vs. Ellicottville
2/9/2021	5:00 p.m.	@ Franklinville
2/10/2021	5:00 p.m.	vs. Salamanca
2/14/2021	5:00 p.m.	@ Randolph

VARSITY BOWLING

DATE	TIME	LOCATION
1/3/2022	3:30 p.m.	@ Hinsdale – Byllye Lanes
1/5/2022	3:30 p.m.	vs. Ellicottville – Cascade Lanes
1/6/2022	3:30 p.m.	@ Gowanda – K&L Lanes
1/7/2022	3:30 p.m.	@ Allegany-Limestone – Byllye Lanes
1/10/2022	3:30 p.m.	vs. Gowanda – Cascade Lanes
1/11/2022	3:30 p.m.	vs. Hinsdale – Cascade Lanes
1/13/2022	3:30 p.m.	vs. Salamanca – Cascade Lanes
1/19/2022	3:30 p.m.	vs. Allegany-Limestone – Cascade Lanes
1/24/2022	3:30 p.m.	vs. Franklinville (Boys) – Cascade Lanes
1/28/2022	1:00 p.m.	@ Salamanca – Central Lanes
2/3/2022	3:30 p.m.	@ Catt-LV – Central Lanes
2/8/2022	3:00 p.m.	CCAA Roll-Offs – Boys – Byllye Lanes
2/9/2022	3:00 p.m.	CCAA Roll-Offs – Girls – Byllye Lanes
2/16/22	9:00 a.m.	*Sectionals – Boys – Airport Lanes
2/17/22	9:00 a.m.	*Sectionals – Girls – Airport Lanes

Winter Bus Stop Safety

It's that time of year again! With the approach of winter, we encourage parents to talk to their children about bus stop safety.

Danger Zone: This is that 15-foot area that surrounds the entire bus. Always try to keep 15 feet between you and the bus.

Pick-up procedures:

- Be out 10 minutes before pick-up time.
- Running to the bus is extremely dangerous.
- Dress for the weather.
- Only approach the bus after it comes to a complete stop. Remember – 15 feet!
- Use handrails, as steps can be slippery.

Drop off procedures:

- No loose articles, drawstrings, papers, etc.
- Stay behind the white line until the door is open.
- Immediately proceed 15 feet from the bus. This is not the time to check the mail or grab the trash cans.



WEST VALLEY CENTRAL SCHOOL

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

BOARD OF EDUCATION

Heather Klahn, President
Charlie Davis, Vice President
Tracy Chai
Michael Harmony
Carla Heitman
Gary Niesyty
Jordan Robbins

ADMINISTRATION

Dr. Taweepon Farrar, Superintendent
Ann O'Brien, 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

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: 1/5/22, 2/2/22, 3/2/22
4/6/22, 5/4/22, 6/1/22
Time: 6:00pm-7:30pm



ANNUAL BREAKFAST WITH SANTA A SUCCESS!

The Class of 2022 would like to give a big "Thank You!" to the West Valley Community for coming out to the annual Breakfast with Santa at Bingham Hall. Thanks to all the volunteers, parents and people who donated baskets. The seniors were able to raise a good amount of money toward their senior expenses. Thanks again everyone!

