

#### **VOLUME 27, NO. 7**

#### **FEBRUARY 2022**

#### **MISFIT TOY CHALLENGE**

West Valley students in 5th – 12th grade helped Santa through this year's toy shortage by competing in the library's Misfit Toys Challenge. For this challenge, students had to create a new toy by taking apart old toys. The students had 2 weeks to complete their toy, and all the work had to be completed in the library. Their imagination and creativity were impressive! The top 3 Misfit Toys were created by Bella McCarty, Ryan Bartz, and Dominic Tirado. Congratulations to our winners!















**TREE DECORATING CONTEST** 





WINTER FUN DAY 2021



# VEN NEBSITE WWW.WVALLEY.org

WEST VALLEY CENTRAL SCHOOL



#### WEST VALLEY FOOD PANTRY

The West Valley Food Pantry is open by appointment.

If you are in need of food assistance please call Kris Aldrow (716) 942-6690 or Amy Frank (716) 942-6657 to arrange a time. Most orders will be filled on normal food bank days which are the 2nd and 4th Wednesday of each month from 1-4 pm. If you need emergency food please call and I will arrange a pickup or delivery time. The Food Pantry is located at the Ashford Town Barn, Fox Valley Rd.

Please remember when WVCS closes for weather/snow the food pantry will not be open.

Remember the blessing box is located at St. Paul's United Methodist church in WV. It is available and open all day and evenings. The blessing box has many non-perishable items and personal care items.

The Food Pantry is in need of the following items:

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

We would also like to thank the community for their continued support.

Your support is allowing us to serve 28-30 families, 28 children, 42 adults and 19 seniors every two weeks. This is over 1200 meals/month.

#### NATIONAL HONOR SOCIETY (NHS) AND NATIONAL JUNIOR HONOR SOCIETY (NJHS)

Congratulations to our students who were inducted into the NHS and NJHS on January 25.

<u>NHS</u>

Zachary Westfall

<u>NJHS</u> Scarlett Clarkson Samantha Fisher Isabella Mitchell



#### **Community Library is Back**

The school library will be open to the

community one 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





#### THE 2<sup>ND</sup> HALF By Mr. Amodeo, Principal/Curriculum Coordinator

February is the beginning of the second semester and although it is a shortened month because of the Mid-Winter Break, there is a lot packed into a short period of time. The 100th day celebration by 1st graders is currently scheduled for February 15th in our Auditorium. I am excited to interview students about their projects. We have a Valentine's Day Dance for our students in grades 9-12 scheduled for February 4th. The REV Theater group will be performing for our 4th graders on February 1st. Mr. Lembke will be taking the Outdoor Recreation Club to the Niagara Climbing Center on February 17th and he will also be continuing with our Ski Club through the month of February. Finally, throughout the month of February there will be many opportunities to come out and support our Boys' Modified Basketball team as they get into the heart of their season.

The second semester will bring an opportunity for our students to "Show what they Know" when the 3-8 ELA and Math Assessments are given at the end of March and middle of April and the June Regents Exams at the end of the school year. Last school year we had a goal of 100% of our students taking the 3-8 ELA and Math Assessments. In collaboration with our families, teachers, and students we were able to meet that goal. We will have the same goal for this year and look forward to the opportunity our students have to demonstrate their growth.

There is much to be proud of—we applaud our students and staff for their many accomplishments throughout the 1st semester. Just like in many sports, where contests are divided into halves or periods, the school year is much the same. We have had a successful first half of the school year with overcoming adversity and persevering towards success. But the game or school year is not over. The 2nd half gives us the opportunity to build on the successes of the first, adjust, and continue to work towards improving our skills.



#### **Healthy Dietary Habits**

Food not only nourishes us, it is a large part of our society and culture. While nutrition is the end effect of food in the body, diet is about developing healthy eating habits.

A healthy diet is one that includes all the essential nutrients in appropriate amounts to promote health and growth, and prevent disease. Using a guide (www. choosemyplate.org) is very helpful in establishing healthy eating habits during life's different stages. A healthy diet is based on the concepts of:

- Variety. Choose a number of different foods as no single food can meet all of the daily nutrient requirements.
- **Balance.** Eat appropriate amounts of food from the recommended food categories on a daily basis.
- **Moderation.** Consume foods and beverages in serving sizes that are appropriate to meet energy needs while controlling calories, total fat, cholesterol, sodium, and sugars. Moderation is vital to maintaining a healthy weight; it also may help protect against chronic diseases such as heart disease or cancer.

What your child eats during infancy through early adulthood will have profound consequences for health in later life, so start healthy eating behaviors and habits early.

Remember these simple guidelines in your pursuit of healthy eating habits and good nutrition:

- Follow a guide (see www.choosemyplate.org) for your age, gender, exercise, and calorie needs;
- Eat sufficient amounts of whole grains, fruits, vegetables, protein foods and calcium/phosphorous sources every day;
- Maintain variety, balance, and moderation in your food choices;
- Drink plenty of water;
- Restrict sweets to meals and dessert avoid sugary snacks between meals;
- Limit your total sugar intake to no more than 10 teaspoon equivalents per day;
- Snack freely on fresh fruits and vegetables, low fat cheeses, whole wheat crackers or low-fat dairy products;
- Exercise regularly and moderately.



<b>PTO Pla</b>	n <b>t Sale 202</b> 2	
Name	_ Phone Number	
Plant pick up will be at Fox Valley Gre (9	enhouse at 5790 F 42-3710)	ox Valley Rd, West Valley
On Thursday May 19 <sup>th</sup> 2:00 p.m. – 7:00	•	y 20 <sup>th</sup> 10:00 a.m 5:00 p.m.
Please mail order forms an	d Checks payable	to West Valley PTO
	pril 19, 2022	
West Valley PTO		West Valley PTO
c/o Amy Butler		c/o Jody Thiel
5378 Williams Ave	or	8978 Gentner Rd
West Valley, NY 14171		Machias, NY 14101
	to receive credit for op 5 sellers in the so <b>rtant Notes:</b>	
* <u>Mixed flowering annuals include</u> : 48 plants snapdragon, pansy, marigold, wax begonia, <sub> </sub> miller		
* <u>Vegetables include</u> : 4 cukes, 4 winter squas 4 sweet peppers, 4 cherry 4 lettuce, 4 br		age, 8 tomato,
* <u>Herbs include:</u> thyme, oregano, lavender, l (There may be substitutions if there are adve		
* <u>Mixed hanging basket</u> (5 varieties/colors m sweet potato vine, hanging petunia, etc.	inimum): lobularia	, bidens, verbena, calibrochoa,
<u>*14" patio pot</u> is mixed plant material and co	olors and comes in	a 14" terra cotta pot.
We reserve the rig	ht to make substit	utions.
Any special ordering questions, contact Cout please contact Jody Thiel at 942-6513.	tures at the Greenh	nouse. Any other questions
Thank you fo	r your suppor	t! Order form on other side



#### Total Cost 103.00 \$ **Total Quantity** 4 14" Patio Pot \$42 M\* \$16 M\* / Mixed Hanging Basket "01 sinog98 gniwnogs10 \$19 2 \$24 M\* $\sim$ Herbs, 8 pots Vegetables, 48 plants \$22 ž Flowering Annuals, 48 plants \$22 M\* 10-12" height Σ stnald 84 \$16 Or Marigold - French Υw Vax Begonia, 48 plants \$22 Σ Coleus, 48 plants \$22 M Pansy, 48 plants \$22 Σ $|\Sigma| \sum_{i=1}^{\infty} Petunia, 48 plants Wave Variety$ Impatiens, 48 plants \$22 M Qty 12 ĸ 4 1/2" pot Pk \$39 ≽ Geranium Price Each Color GRAND TOTALS Phone 123-456-7890 W - White Pk - Pink R - Red M - Mix Yw -Yellow Or -Or -Color Codes: greenhouse pickup only 5 **Customer Name** Jane Doe

PTO Plant Sale 2022 Order Form

The Class of 2022 will be running their annual Premium Coffee Company Fundraiser from February 1st through February 14th. Premium Coffee Company is a local roastery in Buffalo, NY that is family owned. Not only do they offer coffee varieties in whole bean or ground form, but they also make their own single serve cups. Teas and hot chocolate will also be available for purchase. Please contact a member of the senior class, Mrs. Mazzuto, or Mr. Lembke to place an order. Thanks for your support!



~Class of 2022

# PREMIUM COFFEE Fundraising Order Brochure

#### CHOOSE FROM OUR WIDE VARIETY OF FRESH. LOCALLY ROASTED COFFEE BEANS

#### Single Serve Cups (see descriptions below):

House Blend Dark Roast Tuscan Blend Decaf French Vanilla Hazelnut

#### House Blend

Known as our "breakfast blend", a light to medium cup of coffee. With a perfectly blended amount of Mexican, Guatemalan, and Brazilian beans, the aroma of this coffee will turn your morning into a "morning of glory!"

#### Colombian

100% single-origin Colombian Coffee is a medium-bodied rich cup of coffee. Known to have a little "sweet" taste, it truly is a "Colombian Coffee Lovers Dream."

#### Tuscan Blend

"House Favorite", Tuscan Blend is a perfectly blended amount of Arabica beans that gives it a full rich bodied taste. With it's low acidity, our Tuscan Blend's sweet aroma will surely brighten your day!

#### French Roast

A dark roast of Mexican and Guatemalan beans known for their hearty robust flavor. Roasted in small batches to ensure every bean is roasted to perfection; a truly "European" taste profile for dark coffee!



#### Espresso

Our lively Espresso is a very robust full-flavored espresso. For maximum flavor, we recommend that you purchase the beans and grind them right before use. Often used as the basis for drinks such as a latte, cappuccino, and mocha's, our espresso beans have a fantastic rich flavor and a breathtaking aroma that will give your day an immediate "jump start."

#### Colombian Decaf

100% single-origin Colombian Decaf coffee is a medium-bodied rich cup of coffee. Decaf coffee that tastes nothing like decaf, our Colombian decaf is a smooth cup of coffee that has no after taste. A great after dinner coffee, especially for those who cannot have caffeine.

#### French Vanilla Decaf

Love the incredible aroma and rich flavor of French Vanilla coffee, but without the caffeine? This smooth and delicious coffee is perfect for you!

#### Our 100% AAA Arabica Beans Flavored Coffees:

Blueberry Cobbler French Vanilla Hazelnut Pumpkin Spice

#### Mot Chocolate and Bigelow Teas:

 Swiss Miss Hot Chocolate
 Classic Decaffeinated Green Tea

 Earl Grey Black Tea
 Classic Green Tea

 English Teatime Black Tea
 Lemon Lift Herbal Tea



# Class of 2022 Premium Coffee Fundraiser Order Form

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#### **STEAM CLUB**

The 2nd and 3rd grade students were ready to celebrate the holidays during our December STEAM Club day. Students made Santa ornaments to hang on their trees. They also helped improve Santa's sleigh using only aluminum foil. The students designed hats and made 3-D Christmas cards. Their creations were amazing, and everyone had fun!



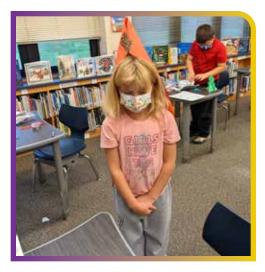


#### **HELGA THE HEDGEHOG**

Once again Mr. Morton, from Sun Dance Kids Farm, came with a really cool animal to teach us about! In January he brought Helga the hedgehog. He taught us all about where hedgehogs live, what they eat, and how they protect themselves. He even let us touch Helga! Did you know that hedgehogs can climb trees? They can, but they cannot climb down! When they're done in the tree and want to get down, they curl into a ball and drop to the ground. Their quills cushion them so they don't get hurt when they hit the ground. That's only one of the many cool facts we learned about hedgehogs this month. Thank you to Mr. Morton for sharing your animals with us!

















#### **ART CORNER**

Our West Valley students have been busy creating some amazing projects. Elementary students have been studying China and have been learning all about the Chinese New Year. Kindergarten and first graders have been making Chinese lanterns. Second grade is making fans from China, and third/fourth grade is working on wall hangings. The fifth graders are making radial snowflakes with watercolor markers.

Our middle school students have been working on self-portraits in 6th grade. The 7th graders have been experimenting with different techniques with watercolor. The 8th graders are redesigning Coca Cola bottles inspired by an artist they researched.

Studio in art is working on mandalas and graphic design is working on low poly art. Drawing and painting just finished taping murals in the hallways and are starting some radial symmetry designs.

#### ARTIST OF THE MONTH

Eva Barnes was chosen to be the artist of the month. Eva is in 7th grade and has two brothers and sisters. Her favorite color is purple, and she enjoys eating sushi. When she gets free time, some of the activities she enjoys are watching Stranger Things and creating art. Painting and drawing are her favorite media to work with. Eva loves to take care of animals and people. Her future plans are to go to school to be an Anesthesiologist.









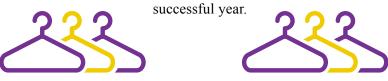


#### **COMMUNITY CLOTHES CLOSET**

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







#### **ROASTED VEGETABLES**

- Level: Easy
- Total: 30 min
- Prep: 15 min
- Cook: 15 min
- Yield: 6 servings

#### **INGREDIENTS:**

- 2 cup broccoli florets
- 2 cups cremini mushrooms
- 2 cups chopped butternut squash
- 1 zucchini, slided and quartered
- 1 yellow squash, sliced and quartered
- 1 red bell pepper, chopped
- 1 red onion, chopped
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar, or more, to taste
- 4 cloves garlic, minced
- 1 1/2 teaspoons dried thyme
- Kosher salt and freshly ground black pepper to taste

#### **DIRECTIONS:**

- 1. Preheat over to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
- 2. Place broccoli florets, mushrooms, butternut squash, zucchini, squash, bell pepper and onion in a single layer onto the prepped baking sheet. Add olive oil, balsamic vinegar, garlic and thyme; season with salt and pepper, to taste. Gently toss to combine.
- 3. Place into over and bake for 12-15 minutes, or until tender.\*
- 4. Serve immediately.

\*Baking time may need to be adjusted depnding on the thickness of the vegetables.

OUTDOOR RECREATION CLUB

#### **INDOOR ROCK CLIMBING OUTING**

#### Niagara Climbing Center

M.Malelordiot.cimbing THURSDAY, FEBRUARY 17TH, 2022 2:40-8:00PM **BRING \$10 FOR FOOD** 15 SPOTS RESERVED FOR ANYONE 13 & UP SIGN UP OUTSIDE MR. LEMBKE'S ROOM

Must be in good standing

Spring Chocolate Sale

West Valley's Class of 2024 will be selling Fowler's Chocolate just in time for spring! The fundraiser will run from Monday, February 7th to Friday, February 18th. All orders can be placed online! Shipping is free to the school, or you can choose to pay for shipping to any address. All orders will be delivered before Easter.

For a link to order, contact a 10th grade student or send an email to Ms. Fox at akloepfer@wvalley.org. Thank you for your support!





l l	FEBRUARY 2022 -	GRADES PREK-12 ·	- BREAKFAST MEN	J
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Bagels or Cereal w/ 1/2 Bagel	Egg, Sausage & Cheese Sand- <sup>2</sup> wich or Cereal w/ 1/2 Bagel	Cinnaminis or 3 Cereal w/ 1/2 Bagel	French Toast Sticks 4 or Cereal w/ 1/2 Bagel
	Juice, Fresh or Prepared Fruit	Juice, Fresh or Prepared Fruit	Juice, Fresh or Prepared Fruit	Juice, Fresh or Prepared Fruit
	Non or Low Fat Milk	Non or Low Fat Milk	Non or Low Fat Milk	Non or Low Fat Milk
7 Frudels or Cereal w/ 1/2 Bagel	8 Bagels or Cereal w/ 1/2 Bagel	Assorted Muffins or Cereal 9 w/ 1/2 Bagel	Breakfast Burrito or Cereal 10 w/ 1/2 Bagel	11 Donut or Cereal w/ 1/2 Bagel
Juice, Fresh Or Prepared Fruit	Juice, Fresh or Prepared Fruit	Juice, Fresh or Prepared Fruit	Juice, Fresh or Prepared Fruit	Juice, Fresh or Prepared Fruit
Non or Low Fat Milk	Non or Low Fat Milk	Non or Low Fat Milk	Non or Low Fat Milk	Non or Low Fat Milk
Pillsbury Waffles or Cereal 14 w/ 1/2 Bagel	Sausage, Egg & Cheese 15 Brkfast Sndwich or Cereal w/ 1/2 Bagel	Cinnamon Roll or 16 Cereal w/ 1/2 Bagel	17 Bagels or Cereal w/ 1/2 Bagel	Assorted Muffins or Cereal w/ 1/2 Bagel
Juice, Fresh or Prepared Fruit	Juice, Fresh or Prepared Fruit	Juice, Fresh or Prepared Fruit	Juice, Fresh or Prepared Fruit	Juice, Fresh or Prepared Fruit
Non or Low Fat Milk	Non or Low Fat Milk	Non or Low Fat Milk	Non or Low Fat Milk	Non or Low Fat Milk
21	22	23	24	25
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
28 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!

		FEBRUARY 2022	- GRADES PREK-1	2 - LUNCH MENU	
Monday		Tuesday	Wednesday	Thursday	Friday
		1 Hamburger on Bun or Chicken Salad Sandwich French Fries	2 Loaded Nacho Fries or Ham & Cheese Wrap Black Bean Salad Carrots	3 Chicken Fajitas or Turkey Sandwich Corn	Pizza or BBQ Chicken Sandwich Tossed Salad
Nacho Grande or Spicey Chicken Wrap Mixed Bean Salad	7	8 BBQ Pork on Bun or Ham & Cheese Sub Cole Slaw	9 Chicken & Biscuit or Cheeseburger on Bun Mixed Vegetables	10 Pizza or Turkey & Cheese Wrap Carrot Sticks Tossed Salad	Grilled Cheese or BLT Sandwich Tomato Soup Broccoli
Chicken Nuggets or Assorted Sub Baked Beans	14	15 Pizza or Hamburger on Bun Carrot & Celery Sticks	16 Taco-in-a-Bag or Ham Sandwich Corn Niblets	17 Chicken Patty on Bun or BLT Sandwich French Fries	Chicken Alfredo or Turkey Sandwich Broccoli
NO SCHOOL	21	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	NO SCHOOL
Pizza or Ham & Cheese Sandwich Green Beans	28				

MENU SUBJECT TO CHANGES





#### **GREEK MYTHOLOGY**

The 5th grade students read The One-Eyed Giant by Mary Pope Osborne in library. The book is part of a series of books about the Odyssey. As a concluding activity to the book, the students researched a Greek god, goddess, hero, or monster of their choice. Then they created a trading card for their subject. Everyone did a fantastic job on this project!













ATHENA



#### **SPORTS UPDATE**

#### Winter Sports Update

The WVCS Bowling Teams are looking forward to post-season play at the conclusion of the regular season. Teams will participate in the CCAA rolloffs at Byllye Lanes in Bradford, PA on February 8 (boys) and 9 (girls). We hope to qualify for sectionals which take place the following week, February 16-17 at Airport Lanes in Cheektowaga.

#### Spring Sports Update

The Spring Season gets underway on March 14.

*Varsity Track & Field* Head Coach: Dana Lembke Assistant Coach: Alex Marino

*Varsity Softball* Head Coach: Bryan Hansen Assistant Coach: Natalie Galvin

#### <u>Reminder</u>

If you are attending athletic events at WVCS or away please follow appropriate COVID protocols when inside. (Masks must be worn at all times when indoors.)

## SPORTS SCHEDULES NALLEY ATHLETICS

11	A CONTRACTOR OF		
100		BOYS	MODIFIED BASKETBALL
	DATE	TIME	LOCATION
	2/1/2022	5:00 p.m.	@ Allegany-Limestone
Ħ	2/4/2022	5:00 p.m.	vs. North Collins
Ħ	2/9/2022	5:00 p.m.	@ Franklinville
1	2/10/2022	5:00 p.m.	vs. Salamanca
h	2/12/2022	10:00 a.m.	@ Cattaraugus-Little Valley
	2/14/2022	5:00 p.m.	@ Randolph
	2/17/2022	5:00 p.m.	vs. Ellicottville
	and search and	and a strend of the	construction of the constr

VARSITY BOWLING						
DATE	TIME	LOCATION				
2/1/2022	3:30 p.m.	@ Gowanda - K&L 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				
* Need to quali	fy to participate					







### SOFTBALL Academy

TWO HOURS OF FUN AND EXCITEMENT HOSTED BY THE WEST VALLEY VARSITY SOFTBALL TEAM

> MARCH 26, 2022 9-11:00 AM (AGES 4-7) 12-2:00 PM (AGES 8-12)

REGISTER BY FEBRUARY 28 AT WVALLEY.ORG/SBACADEMY

Questions? Contact Mr. Hansen at 942-3100, ext. 4108 | bhansen@wvalley.org





#### 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

#### NON PROFIT ORGANIZATION

**U.S. POSTAGE PAID** 

Permit No. 5 West Valley, NY

#### **OR CURRENT RESIDENT**

#### POSTAL PATRON LOCAL

#### **ADMINISTRATION**

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

# Image: Algebra in the second seco

Official West Valley Gear is available for purchase at the Tops in Springville!

#### **NEW STUDENT LOCKERS**

Our students are getting new lockers as part of the capital project that will occur this coming summer. As a result, we will be disposing of the old lockers. If you are interested in having one of the old lockers, the cost is \$20 each. Please contact Mrs. Boberg in the district office at 716-942-3100 or email cboberg@wvalley.org by February 28th if you are interested.

