



# WEST VALLEY CENTRAL SCHOOL

*School and Community Working Together*

VOLUME 27, No. 9

APRIL 2022

## LEPRECHAUN TRAPS

Mrs. Green's kindergarten class made traps to try and catch the pesky West Valley Leprechaun. Each student shared how their trap works in library class. Their traps were very colorful and creative! The WV Leprechaun tried each trap, but we couldn't trick that pesky Leprechaun. He did leave the students awards and prizes and he wished them better luck next year.



*Aubree M.*



*Aurora P.*



*Avery J.*



*Cassidy F.*



*Conner B.*



*Jayde F.*



*Jenelle S.*



*Zara W.*

# MESSAGE FROM THE SUPERINTENDENT

BY DR. TAWEEPON FARRAR

Just as the clocks recently moved forward, our district continues to move forward!

## FACILITIES

The district is in the bid process for the Capital Improvement Project (CIP). We look forward to all the improvements to the district that the CIP will bring along with the Capital Outlay Project (COP) and Smartschools Project.

The 2022-23 Capital Outlay Project was recently approved by the Board and includes interior door replacement that was not completed in the previous 2021-22 COP. Other items include athletic entryway exterior door replacement (frames to remain), athletic entryway floor replacement, and elevator floor replacement. Most of this work will occur this summer while students are not in session.

In preparation for these projects, we have moved some offices and classrooms internally. One major move was the main office location. If there is a need to visit the school, you will still arrive at the same doors and follow the same procedures. Signs have been posted inside to direct any visitors to the new temporary location.



## BUDGET

Ms. O'Brien, our business administrator, along with our administrative team have been presenting the 2022-23 budget to the Board of Education over the last couple of board meetings. I encourage you to attend the April board meetings to learn more about the budget. Our school board will be adopting the budget for the 2022-23 school year at the April 19th board of education meeting.

## ACADEMICS

Our teachers have been working very hard on aligning their curriculum to the NYS standards while focusing on best instructional strategies in English Language Arts. We will continue this work over the summer into next school year. In addition, we will begin alignment work in Math and Science this summer and into next school year. We also will spend time incorporating STEM into our curriculum.

## ATHLETICS

This spring season, we are excited to have both softball and track again at West Valley! Please take note the dates of our home games—we invite you to come out to support our athletes!

Remember that Spring is a lovely reminder of how beautiful change can truly be.

# #WEAREWESTVALLEY

## APRIL IS OCCUPATIONAL THERAPY MONTH!

BY KAEALYN PEMBERTON, OT

What is occupational therapy? In schools, occupational therapy addresses the needs of students experiencing delays, disabilities, or health challenges through therapeutic interventions. These interventions can address difficulties in fine motor, eye-hand coordination, visual motor, visual perception, self-care, sensory processing, decreased strength, decreased range of motion, and executive functioning difficulties.

### At Home OT Tips

Limit screen time: too much screen time can result in decreased attention and sleeping difficulties. Children 2-5 years old should have one hour of screen time per day. Older children should be limited to 2 hours per day.

**Play outside:** have your child play outside for 30-45 minutes after school to promote self-regulation, gross motor skills, socialization, and creativity! Let them burn off that energy! Check out the 1,000-hour challenge online to learn more about the benefits of outdoor play.

**Make writing practice fun:** have your child use chalk on a sidewalk to practice their letters. When writing or doing homework, have your child lay on their bellies to work on wrist extension for a proper pencil grasp and to increase core strength.

**Helping around the house:** having your child help in the kitchen can work on following multi-step directions and upper extremity strengthening when carrying items to the table/setting the table or opening jars/containers. Bringing in the groceries, vacuuming, and wiping down counters is all heavy work that provides proprioceptive input that releases "feel good" endorphins!

Want more OT tips and tricks?  
Check out [theotttoolbox.com](http://theotttoolbox.com) for more!

## ATTENDANCE REMINDER:

When your child is going to be absent or late to school, please contact Dana Westfall in our attendance office, not your child's classroom teacher. Mrs. Westfall can be reached by calling 716-942-3100 ext. 4170 (or option 1), by email ([dwestfall2@wvalley.org](mailto:dwestfall2@wvalley.org)), or through the Remind app. Please also send an excuse note with them when they return. Thank you.

## KINDNESS WEEK

Kindness counts here at West Valley! Student Council hosted a Kindness Spirit Week, including dress up days and kindness challenges. District wide, students wrote thoughtful letters to friends, family, and faculty, and collected clothes for donation. Since our local West Valley Clothes Closet is not currently taking clothing donations, all items went to benefit students at another local district, Springville GI. Over ten pounds of clothes were collected! We also collected \$50 to donate to the West Valley Clothes Closet. To finish the week, students and staff wore their school colors proudly, representing unity as we come together to pledge kindness to ourselves and one another.

#WeAreWestValley





# West Valley Central School 2022 - 2023 Budget Development Calendar

Mar. 17, 2022	Petitions available for Board of Education Candidates from District Clerk
Apr. 2, 2022	1st Publication of Legal Notice for Budget Hearing, Vote, and Election (Subsequent publications on April 16th, April 30th and May 14th); (1st Publication occurs at least 45 days before annual meeting, no sooner than 49 days before annual meeting)
Apr. 5, 2022	Budget Workshop 7:00 p.m. – Budget Overview Prior to April 19th Adoption
Apr. 18, 2022	Board candidate petitions due to District Clerk by 5:00 p.m. (No later than 30 days before annual meeting)
Apr. 19, 2022	BOE Meeting 7:00 p.m. – Final Budget Review, Adoption of 2022-2023 Budget & Property Tax Report Card/ Adoption of BOCES Admin Budget
Apr. 20, 2022	Submission of Property Tax Report Card to SED (by the end of the business day following budget adoption/no less than 21 days prior to annual meeting); submission of Property Tax Report Card to local newspaper
May 3 - May 17, 2022	Copies of the budget must be available to the residents upon request (during the 14 days before the vote and on the day of the vote)
May 5, 2022	Voter Registration Day 3:00-7:00 p.m. — main entrance foyer (no more than 14 days, nor less than 5 days before vote)
May 10, 2022	Annual Budget Hearing 7:00 p.m. — Library Conference Room (7 to 14 days prior to annual meeting); BOE meeting following hearing
May 11, 2022	Budget Notice mailed to district residents (at least 6 days prior to annual meeting)
May 17, 2022	Annual Budget vote (in Gymnasium) and Board of Education Election from 12:00 p.m. to 9:00 p.m. (3rd Tuesday in May)/BOE Meeting 8:00 p.m.



## BOARD CORNER

### ARE YOU INTERESTED IN RUNNING FOR THE BOARD OF EDUCATION?

**Petitions** to be a candidate for a board of education seat are available beginning March 17, 2022, in the main office from 8:00 a.m. to 4:00 p.m., Monday through Friday, except holidays. **Signed petitions must be filed with Carolyn Boberg, District Clerk, by 5:00 p.m. on April 18, 2022.**

When the petition is picked up, you will need to identify what specific seat you would like to run for. There are two seats open for election to the Board of Education: a **five-year term**, currently held by Carla Heitman (term expires on June 30, 2022), and **four years** remaining on an original 5-year term, currently held by Jordan Robbins until May 17th, 2022 (appointed to seat due to resignation). If elected to this seat your term will start May 18th, 2022.

The petition requires signatures and residences of at least 25 qualified voters. The candidate's name and residence should be on each page of the petition.

#### To qualify to be a board candidate you must meet the following criteria:

- A citizen of the United States,
- Eighteen (18) years of age or older,
- Able to read and write,
- A legal resident of the district for a continuous and uninterrupted period of at least one (1) year prior to the election,
- Cannot be an employee of the West Valley Central School District,
- The only member of his/her family (that is, cannot be a member of the same household) on the West Valley Central School District Board,
- May not simultaneously hold another incompatible public office, including, but not limited to Superintendent, clerk, tax collector, treasurer or librarian, or an employee of the Board.
  - In union free and central school districts, however, a Board member may be appointed clerk of the Board and of the district.
- Must not have been removed from a school district office within one (1) year preceding the date of appointment or election to the Board.

## PERSONAL REGISTRATION

Registration will be held in the main entrance foyer on **May 5th from 3:00 p.m. – 7:00 p.m.**

**Please bring personal identification and proof of address with you to register.** You may also register online at the Department of Motor Vehicles website at:

<https://dmv.ny.gov/more-info/electronic-voter-registration-application>

**If you are not registered, you may not cast a ballot.** Please take the time to register—everyone's vote is important. If you are in doubt, call Carolyn Boberg, District Clerk at 942-3100 ext. 4102 to determine your status.

**If you have voted in recent years your name will be on the list.**

#### To qualify to vote, you must be:

1. a citizen of the United States,
2. eighteen (18) years of age or older,
3. a resident within the District for a period of thirty (30) days preceding the next meeting at which he/she offers to vote,
4. a college student whose legal residence is in the school district,
5. on the Personal Registration of Voters list for West Valley Central School District which is provided by the Cattaraugus County Board of Elections.



# CAPITAL OUTLAY PROJECT 2022-2023



## SCOPE

### Base work

- ☐ Interior door replacement that was not completed in previous project
- ☐ Athletic entryway exterior door replacement (frames to remain)
- ☐ Athletic entryway floor replacement
- ☐ Elevator floor replacement

## BUDGET

**\$100,000**

*All work to be under \$100,000*

- ☐ Administration costs
- ☐ Architect / Lawyer Fees
- ☐ Insurance
- ☐ Newspaper publications
- ☐ Equipment
- ☐ Construction

## SCHEDULE

To be completed within a school year



- ☐ Cracking tile
- ☐ Worn finish



- ☐ Areas of damage
- ☐ Requires maintenance
- ☐ Old / outdated hardware



- ☐ Salt damage
- ☐ Failing hardware
- ☐ Threshold damage



- ☐ Salt damage
- ☐ Cracking tile
- ☐ Water infiltration



# CAPITAL IMPROVEMENT PROJECT 2021

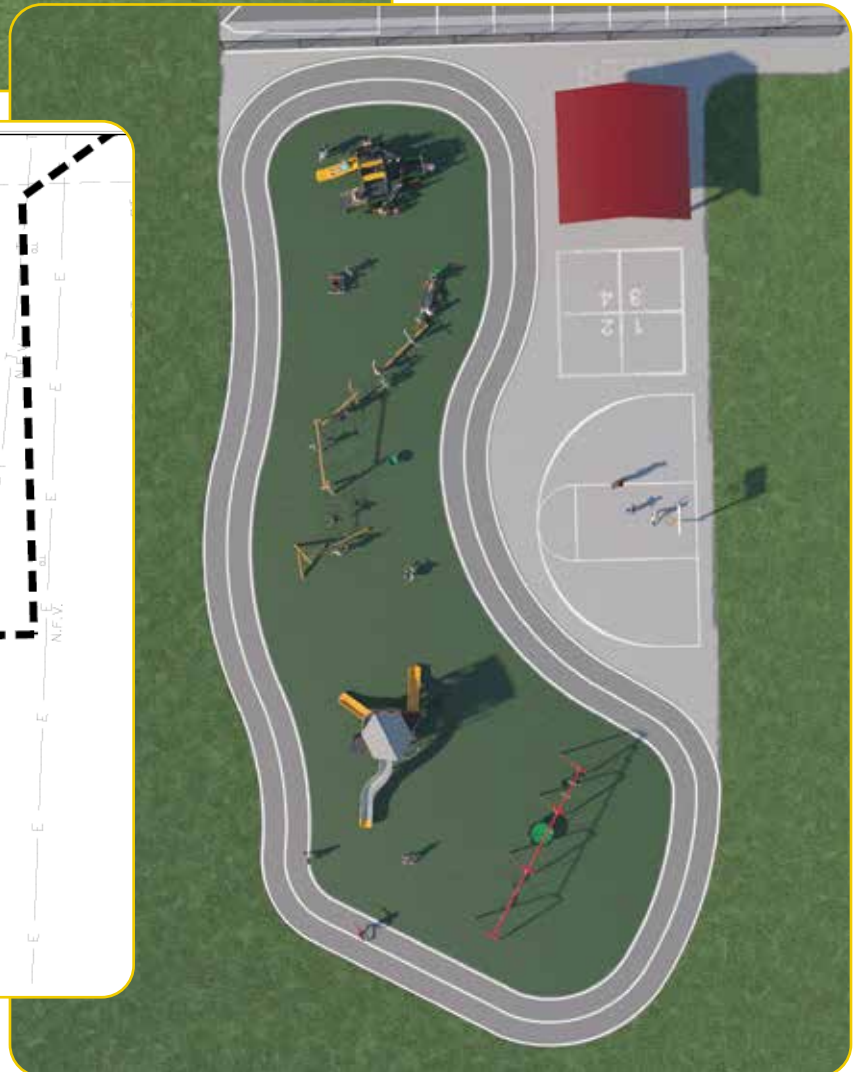
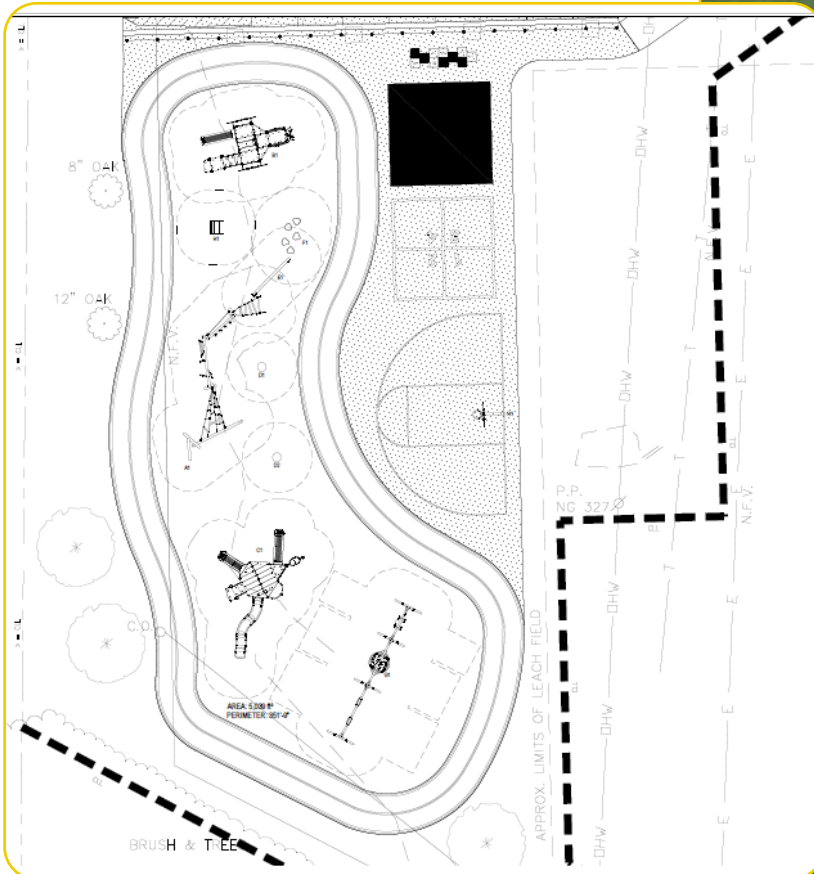
## PROPOSED PLAYGROUND DESIGN



West Valley Playground - Option 2

### Equipment Checklist:

- ☐ Ages 4-12
- ☐ Capacity 30-40
- ☐ Surfacing Preference PIP or Turf
- ☐ Special Needs/ADA Swings
- ☐ Farm Theme (Leo's Haven)
- ☐ No Covered Slides
- ☐ Climbing Wall
- ☐ Steering Wheel
- ☐ Balance Beam
- ☐ Swings
- ☐ Obstacle Course





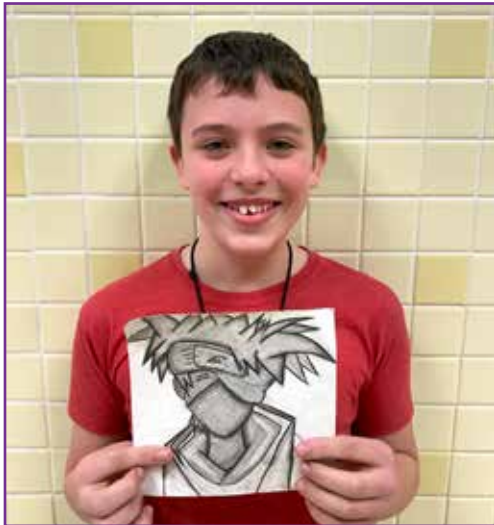
# ART CORNER

Spring is finally here! It is hard to believe that we are finishing up our third quarter and entering the last ten weeks of school. Kids have been creating so much amazing art at West Valley.

Currently in Mrs. Lechner's room the younger students have been focusing on Saint Patrick's Day. A few different projects the kids have done with the shamrock were mosaics, learning how to trace a heart to create a four-leaf clover, and creating organic shapes using different tones of green. The 6th graders just finished up an Optical Art project that showed an illusion with a circle. The 7th graders having been working with wire. They created an action figure with wire and wood. Our 8th graders just finished up a collaged self-portrait.

Mrs. Mazzuto's high school students have been busy creating sculptures that show movement in Studio in Art. Her drawing and painting students just finished up self-portraits, and sculpture students are working on paper pendant lights. They just completed their piñatas. The art club just finished a mural. They also just completed an acrylic paint pour. They are beautiful!

Our artist of the month is Sebastian Froland. He is a 6th grader at West Valley. This is Sebastian's first year at West Valley and he has settled in nicely. Sebastian has four younger siblings. Some things about Sebastian are he loves tacos and the color blue. His favorite movie and book are from the Harry Potter series. He loves to draw in his free time. When he grows up he wants to design video games.





## HIGH SCHOOL ART



# SPORTS SCHEDULES WEST VALLEY ATHLETICS

### VARSITY TRACK & FIELD

DATE	TIME	LOCATION
4/19/2022	5:00 p.m.	CLV, Franklinville/Ellicottville @ Franklinville
4/26/2022	5:00 p.m.	CLV, Portville @ Cattaraugus-Little Valley
5/3/2022	5:00 p.m.	CLV, Gowanda @ Gowanda
5/10/2022	5:00 p.m.	CLV, Silver Creek/Forestville @ West Valley
5/17/2022	5:00 p.m.	CLV, Salamanca @ Salamanca
5/26/2022	5:00 p.m.	CCAA League Meet @ Randolph

### VARSITY TRACK & FIELD

Coach: Dana Lembke - [DLembke@wvalley.org](mailto:DLembke@wvalley.org)  
Assistant Coach: Alex Marino - [AMarino@wvalley.org](mailto:AMarino@wvalley.org)

### GIRLS' VARSITY SOFTBALL

Coach: Bryan Hansen - [BHansen@wvalley.org](mailto:BHansen@wvalley.org)  
Assistant Coach: Natalie Galvin - [NGalvin@wvalley.org](mailto:NGalvin@wvalley.org)

### GIRLS' VARSITY SOFTBALL

DATE	TIME	LOCATION
3/30/2022	5:00 p.m.	@ Falconer
4/1/2022	5:00 p.m.	Brocton @ West Valley
4/4/2022	4:30 p.m.	Portville @ Allegany-Limestone - Turf
4/5/2022	5:00 p.m.	@ North Collins
4/7/2022	4:30 p.m.	@ Cattaraugus-Little Valley
4/19/2022	5:00 p.m.	@ Salamanca
4/21/2022	5:00 p.m.	@ Brocton
4/23/2022	11:00 a.m.	@ Ellicottville
4/25/2022	4:30 p.m.	Franklinville @ West Valley
4/26/2022	5:00 p.m.	Tapestry Charter @ Delaware Park
4/30/2022	11:00 a.m.	North Collins @ West Valley
5/2/2022	4:30 p.m.	Cattaraugus-Little Valley @ West Valley
5/4/2022	5:00 p.m.	Salamanca @ West Valley
5/5/2022	5:00 p.m.	JFK @ West Valley
5/7/2022	11:00 a.m.	@ Franklinville
5/9/2022	4:30 p.m.	Ellicottville @ West Valley
5/11/2022	5:00 p.m.	Tapestry Charter @ West Valley
5/14/2022	11:00 a.m.	Portville @ West Valley
5/16/2022	4:45 p.m.	@ Akron





# 30+ WAYS TO DE-STRESS

BY MRS. DANIELLE BEHRINGER,  
ASSISTANT PRINCIPAL AND CSE/CPSE/504 CHAIRPERSON

It is hard to believe that we are already entering the month of April. Hopefully the weather will cooperate and bring us warmer and sunnier days! Spring also brings more opportunities for students to get outside and burn off that built up winter energy. However, these last few months of school can often be busy and stressful for students and families. Since April is Stress Awareness Month here are some quick tips and strategies that can be used to relieve stress and work some relaxation into your day.

## 30+ WAYS TO DE-STRESS IN LESS THAN 10 MINUTES

- LISTEN TO YOUR FAVORITE TUNES
- HEAD OUTSIDE
- STRETCH
- MEDITATE
- READ FOR PLEASURE
- WALK, BIKE, SKATEBOARD AROUND THE BLOCK
- COUNT TO 10
- DANCE
- JOURNAL
- WRITE DOWN 10 THINGS YOU'RE GRATEFUL FOR
- DOODLE OR DRAW
- TELL SOME JOKES
- CALL A FRIEND
- CHEW A PIECE OF GUM
- FOCUS & NOTICE YOUR PRESENT SURROUNDINGS (GROUNDING)
- DISCONNECT FROM TECH
- LOOK AT A HAPPY PHOTO
- SQUEEZE A STRESS BALL
- WATCH A FUNNY YOUTUBE VIDEO
- PUNCH A PILLOW
- DEEP, SLOW BREATHING
- READ AN INSPIRATIONAL QUOTE
- SPEND TIME WITH YOUR PETS
- PRACTICE YOGA POSES
- DO 20 JUMPING JACKS
- DO SOMETHING NICE FOR SOMEONE
- SIT IN THE SUN
- VISUALIZE A SAFE, COMFORTING PLACE
- PICK SOME FLOWERS
- GIVE YOURSELF A NECK MASSAGE
- TAKE A SHOWER
- KICK A SOCCER BALL

[www.SharonMartinCounseling.com](http://www.SharonMartinCounseling.com)

## 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 to 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.

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.

## VALENTINE'S DAY DANCE

After the dance was rescheduled twice, our 9th-12th graders were finally able to dance the night away at their Valentine's Day Dance. "School dances are always a popular event for our students, and we're happy to be able to host them," says senior class advisor Mrs. Mazzuto. "The kids enjoyed a night with their friends and we sure saw some great dance moves!"





# Positive Parenting Tips for Healthy Child Development

## Preschoolers (3-5 years of age)

### Developmental Milestones

Skills such as naming colors, showing affection, and hopping on one foot are called developmental milestones. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

As children grow into early childhood, their world will begin to open up. They will become more independent and begin to focus more on adults and children outside of the family. They will want to explore and ask about the things around them even more. Their interactions with family and those around them will help to shape their personality and their own ways of thinking and moving. During this stage, children should be able to ride a tricycle, use safety scissors, notice a difference between girls and boys, help to dress and undress themselves, play with other children, recall part of a story, and sing a song.

*For more details on developmental milestones, warning signs of possible developmental delays, and information on how to help your child's development, visit the "Learn the Signs. Act Early." campaign website.*

<http://www.cdc.gov/ncbddd/actearly/index.html>

### Positive Parenting Tips

**Following are some things you, as a parent, can do to help your preschooler during this time:**

- Continue to read to your child. Nurture her love for books by taking her to the library or bookstore.
- Let your child help with simple chores.
- Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.
- Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what he should be doing instead.
- Help your child develop good language skills by speaking to him in complete sentences and using "grown up" words. Help him to use the correct words and phrases.
- Help your child through the steps to solve problems when she is upset.
- Give your child a limited number of simple choices (for example, deciding what to wear, when to play, and what to eat for snack).



### Child Safety First

As your child becomes more independent and spends more time in the outside world, it is important that you and your child are aware of ways to stay safe. Here are a few tips to protect your child:

- Tell your child why it is important to stay out of traffic. Tell him not to play in the street or run after stray balls.
- Be cautious when letting your child ride her tricycle. Keep her on the sidewalk and away from the street and always have her wear a helmet.
- Check outdoor playground equipment. Make sure there are no loose parts or sharp edges.
- Watch your child at all times, especially when he is playing outside.

- Be safe in the water. Teach your child to swim, but watch her at all times when she is in or around any body of water (this includes kiddie pools).
- Teach your child how to be safe around strangers.
- Keep your child in a forward-facing car seat with a harness until he reaches the top height or weight limit allowed by the car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it will be time for him to travel in a booster seat, but still in the back seat of the vehicle. The National Highway Traffic Safety Administration has information on how to keep your child safe while riding in a vehicle.

## Healthy Bodies

- Eat meals with your child whenever possible. Let your child see you enjoying fruits, vegetables, and whole grains at meals and snacks. Your child should eat and drink only a limited amount of food and beverages that contain added sugars, solid fats, or salt.
- Limit screen time for your child to no more than 1 to 2 hours per day of quality programming, at home, school, or child care.
- Provide your child with age-appropriate play equipment, like balls and plastic bats, but let your preschooler choose what to play. This makes moving and being active fun for your preschooler.

A pdf of this document for reprinting is available free of charge from

<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html>

## Additional Information:

<http://www.cdc.gov/childdevelopment>

1-800-CDC-INFO (800-232-4636) <http://www.cdc.gov/info>

National Center on Birth Defects and Developmental Disabilities  
Division of Human Development and Disability



## WEST VALLEY HOSTS VIRTUAL FAMILY ENGAGEMENT NIGHT, 3-8 ASSESSMENTS CONTINUE

BY MR. DANIEL AMODEO, PRE-K-12 PRINCIPAL/CURRICULUM COORDINATOR

There have been many changes over the last few years; everything from COVID, to Social Emotional Learning, to improving our curriculum, to the start of our Capital Project. With all that has been happening at West Valley Central School hosted an opportunity to engage with our families on March 24th.

### Topics of the evening included:

1. Why and how we are addressing Social Emotional Learning in our classrooms.

2. How our curriculum will support an inclusive, positive school culture.
3. How we can use Federal funds provided to West Valley to support our students and families.
4. Obtain feedback from our families on these topics and others.

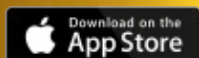
This event was a great way to connect with families and share the great things happening at West Valley. We look forward to future events that can be held in person

which will help us to engage more with West Valley families and the community.

As students return from Spring Break, we will be preparing for the administration of the NYS 3-8 Math Assessments on April 26th and 27th. We are very pleased with all of our students taking the 3-8 ELA assessments in March and look forward to our students continuing to show what they know.



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# PTO Plant Sale

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

**Plant pick up will be at Fox Valley Greenhouse at 5790 Fox Valley Rd, West Valley  
(942-3710)**

**On Thursday May 19<sup>th</sup> 2:00 p.m. - 7:00 p.m. or Friday May 20<sup>th</sup> 10:00 a.m. - 5:00 p.m.**

**Please mail order forms and Checks payable to West Valley PTO  
by April 19, 2022**

**West Valley PTO  
c/o Amy Butler  
5378 Williams Ave  
West Valley, NY 14171**

**or**

**West Valley PTO  
c/o Jody Thiel  
8978 Gentner Rd  
Machias, NY 14101**

Please note if you'd like a WVCS student to receive credit for your purchase; prizes will be awarded to the top 5 sellers in the school!

## **Important Notes:**

\*Mixed flowering annuals include: 48 plants total, minimum of 4 each, such as zinnia, snapdragon, pansy, marigold, wax begonia, petunia, impatiens, coleus, portulaca, or dusty miller

\*Vegetables include: 4 cukes, 4 winter squash, 2 zucchini, 2 summer squash, 4 hot peppers, 4 sweet peppers, 4 cherry tomatoes, 4 cabbage, 8 tomato, 4 lettuce, 4 broccoli, 4 cauliflower

\*Herbs include: thyme, oregano, lavender, basil, parsley, rosemary, dill, tarragon, and cilantro (There may be substitutions if there are adverse growing conditions.)

\*Mixed hanging basket (5 varieties/colors minimum): lobularia, bidens, verbena, calibrochoa, sweet potato vine, hanging petunia, etc.

\*14" patio pot is mixed plant material and colors and comes in a 14" terra cotta pot.

**We reserve the right to make substitutions.**

Any special ordering questions, contact Coutures at the Greenhouse. Any other questions please contact Jody Thiel at 942-6513.

*Thank you for your support!*



[illegible]



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

Monday	Tuesday	Wednesday	Thursday	Friday
				Egg, Sausage & Cheese Breakfast Sandwich or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk <span style="float: right;">1</span>
Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh Or Prepared Fruit ----- Non or Low Fat Milk <span style="float: right;">4</span>	Assorted Muffins or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk <span style="float: right;">5</span>	Breakfast Burrito or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk <span style="float: right;">6</span>	Mini Strawberry Cream Cheese Bagel or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk <span style="float: right;">7</span>	Pop Tarts or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk <span style="float: right;">8</span>
NO SCHOOL Spring Break <span style="float: right;">11</span>	NO SCHOOL Spring Break <span style="float: right;">12</span>	NO SCHOOL Spring Break <span style="float: right;">13</span>	NO SCHOOL Spring Break <span style="float: right;">14</span>	NO SCHOOL Spring Break <span style="float: right;">15</span>
NO SCHOOL <span style="float: right;">18</span>	Assorted Muffins or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk <span style="float: right;">19</span>	Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk <span style="float: right;">20</span>	Cereal Bar or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk <span style="float: right;">21</span>	Breakfast Pizza or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk <span style="float: right;">22</span>
Pillsbury Waffles or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk <span style="float: right;">25</span>	Sausage, Egg & Cheese Breakfast Sandwich or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk <span style="float: right;">26</span>	Raspberry Churro or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk <span style="float: right;">27</span>	Assorted Breakfast or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk <span style="float: right;">28</span>	Breakfast Burrito or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk <span style="float: right;">29</span>

**MENU SUBJECT TO CHANGES**

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
				Grilled Cheese or Chicken Ranch Wrap ----- Carrots Tomato Soup <span style="float: right;">1</span>
Nacho Grande or Chicken Salad Wrap ----- Bean Salad Salsa <span style="float: right;">4</span>	Chicken Patty on Bun or Turkey & Cheese Sandwich ----- French Fries <span style="float: right;">5</span>	BBQ Pork on Bun or Ham & Cheese Sub ----- Buttered Carrots Cole Slaw <span style="float: right;">6</span>	Sweet & Sour Chicken over Rice or BLT Sandwich ----- Broccoli <span style="float: right;">7</span>	Cheese Pizza or Egg Salad Sandwich ----- Tossed Salad <span style="float: right;">8</span>
NO SCHOOL Spring Break <span style="float: right;">11</span>	NO SCHOOL Spring Break <span style="float: right;">12</span>	NO SCHOOL Spring Break <span style="float: right;">13</span>	NO SCHOOL Spring Break <span style="float: right;">14</span>	NO SCHOOL Spring Break <span style="float: right;">15</span>
NO SCHOOL <span style="float: right;">18</span>	Chicken Nuggets w/Rice Pilaf or Turkey Wrap ----- Seasoned Carrots <span style="float: right;">19</span>	Pizza or Ham Sandwich ----- Romaine Salad <span style="float: right;">20</span>	Taco in a Bag or Meatball Sub ----- Salsa Corn <span style="float: right;">21</span>	Chicken & Gravy over Biscuit or BLT Sandwich ----- Green Beans <span style="float: right;">22</span>
BBQ Chicken Strips or Ham & Cheese Wrap ----- Buttered Noodles Baked Beans <span style="float: right;">25</span>	Pizza or BLT Sandwich ----- French Fries <span style="float: right;">26</span>	Twin Tacos w/toppings or Turkey Sub ----- Corn Salsa <span style="float: right;">27</span>	Grilled Cheese Sandwich or Chicken Salad Wrap ----- Tomato Soup <span style="float: right;">28</span>	Baked Chicken w/Bread Stuffing or Ham Sandwich ----- Peas <span style="float: right;">29</span>

**MENU SUBJECT TO CHANGES**



**West Valley Central School 2021-2022 calendar**  
**# 180 of student days; #184 of teacher days**

updated March 15 2022

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

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

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

DECEMBER Days						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	15wk	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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

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

MARCH Days						
S	M	T	W	T	F	S
		1	2	3	25wk	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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

MAY Days						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	35wk	21
22	23	24	25	26	27	28
29	30	31				

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

**2021-2022  
SCHOOL  
CALENDAR  
CHANGES**

June 21st, 22nd, and 23rd, 2022 were Board approved to be ½ days for PreK-6th grade students instead of full days of instruction.

- 6-Sep Labor Day
- Sept 7 & 8 Superintendent Days
- 9-Sep PreK Open House, K-12 first day
- 10-Sep PreK first day of class
- 11-Oct Columbus Day
- 11-Nov Veterans Day
- Nov 24-26 Thanksgiving Break
- Dec 24-31 Early Winter Break
- 17-Jan Martin Luther King Day
- 31-Jan Student 1/2 day; Rating Day
- Feb 21-25 Pres. Day; Mid-Winter Break
- April 11-18 Spring Break; Good Friday
- 30-May Memorial Day
- 20-Jun Juneteenth Day
- 24-Jun Rating Day

- School not in session
- School and Offices closed
- Open House for Elementary 5:45-6:45pm and for Secondary 7-8pm
- Nov 22&23 1/2 day Prek-12-parent conference
- Superintendent Days 9/7, 9/8, 10/25, 3/18
- Quarter ends 11/12, 1/28, 4/8, 6/23
- 6/14 last day of regular classes for grades 7-12
- 6/23 last day of regular classes for grades PreK-6
- June 25 Commencement
- January and June regents exams
- January 25 - 28 June 15 - 24
- 3-8 NYS ELA-paper 3/29-3/31; computer based 3/29-4/5
- 3-8 NYS Math-paper 4/26-4/28; computer based 4/26-5/4





## MATH FUN

The students in Miss Collura's class have been working hard writing numbers 1-1,000 by filling in charts that are in sums of 100. This past week they had a 1,000 party in their math class to celebrate everyone filling in their charts up to 1,000. During this celebration the students were able to make gum ball machines in sums of 100 using bingo dabbers and charts with fruit loops glued on; they also played a number sorting game. When they put all their finished products together, they were able to count by 100's to see that ten one hundreds make 1,000.



## SCHOOL DISTRICT TAX CODE NUMBER

The New York State resident income tax returns (IT-200 and IT-201) require you to enter the name and code number of the public school district where you were a resident as of December 31 for the tax year 2021. The school district name and code for entry on state income tax forms are: **West Valley Central School District**, code is **690**. It is important to put this number on your tax return because it helps determine the amount of State Aid we receive for the school district.



## PARENTING IS HARD. EPIC CAN HELP.



### PROGRAM TOPICS:

- Dealing with Disobedience
- Managing Fighting & Aggression
- Developing Good Bedtime Routines
- Hassle-Free Shopping with Children

### WHEN & WHERE:

**Saturday**  
April 16 - May 14  
**10am - 12pm**

*All courses held on Zoom*

**REGISTER:** 716-332-4141 or [PrzyluckiE@epicforchildren.org](mailto:PrzyluckiE@epicforchildren.org)

## American Red Cross BLOOD DRIVE

**April 8<sup>th</sup>**  
**9 a.m.-2:00 p.m.**  
**in the Auditorium**

## 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  
Tracy Chai  
Michael Harmony  
Carla Heitman  
Gary Niesyty  
Jordan Robbins

**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



# Cheesy Chicken & Broccoli Pasta

## PREPARATION

1. Heat olive oil on medium heat in a large pot. Add chicken breasts, season with salt and pepper, and allow the chicken to brown on one side.
2. Flip chicken, then add onions and garlic as the second side browns.
3. Once the chicken has browned on both sides, add chicken broth, water, and pasta to the pot.
4. Stir all ingredients, cover the pot with a lid, and bring to a boil. When it begins to boil, uncover and stir. Bring the heat to low, stir, then cover and let simmer for 20 minutes.
5. After 20 minutes has passed, uncover and add in the broccoli. Stir continually as the broccoli steams until the rest of the liquid evaporates.
6. Add milk and cheddar cheese and stir until the cheese melts and you have a smooth cheese sauce.
7. Add salt and pepper (to taste), cayenne, and nutmeg. Stir once more, then you're ready to serve.
8. Enjoy!

## INGREDIENTS

for 4 servings

- 2 tablespoons olive oil
- 2 chicken breasts, cut into 1 inch (2cm) pieces
- salt, to taste
- pepper, to taste
- ½ cup yellow onion, about half an onion, diced
- 2 cloves garlic, about 1 tablespoon, minced
- 2 cups chicken broth
- 3 cups water
- 16 oz pasta shells
- 4 cups broccoli, or one head of broccoli
- ½ teaspoon cayenne powder
- ¼ teaspoon nutmeg
- 1 cup milk
- 2 cups shredded cheddar cheese



## WEST VALLEY FOOD PANTRY

The West Valley Food Pantry will be open by appointment only until further notice. If you are in need of food, please call Kris Aldrow at 716-942-6690 or Amy Frank at 942-6657 and a time will be set up. All orders will be filled on normal food bank days.

If you need emergency food please call and arrangements will be made for a pickup or delivery time.

The blessing box is no longer located at St. Paul's United Methodist Church in West Valley.

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.

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

- Canned fruit
- Macaroni (no spaghetti)
- Noodles • Canned vegetables • Soup • Salad dressing
- Paper towels • Toilet paper

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