



# WEST VALLEY CENTRAL SCHOOL

*School and Community Working Together*

VOLUME 28, No. 10

MAY 2022



CONGRATULATIONS to the cast and crew of Tuck Everlasting! Your hard work paid off, and you put on three amazing shows for WVCS elementary students, staff, friends, family, and community members. Great job!!



## 2021-2022 SCHOOL CALENDAR CHANGES

Friday, May 27, 2022, was Board approved as a day off for students and staff (unused snow day).



# MESSAGE FROM THE SUPERINTENDENT

BY DR. TAWEEPON FARRAR

In my last newsletter article, I spent time reflecting upon this past year and all the AMAZING accomplishments of the West Valley CSD Board of Education, staff, and most importantly our students. If you missed the March newsletter, I highly recommend that you read it. It can be found on our website for your convenience, [www.wvalley.org](http://www.wvalley.org). Celebrating successes has such a profound and positive impact on community culture. Our focus is on "Moving Forward"—increasing our services for students so they can be the best students they can be and increasing expectations for our district so we can be the best we can be. This focus is in direct support of our district mission.



## Supporting our District Mission

We believe that all people can learn and that learning is a life-long experience. Our responsibility is to:

- Provide an educational atmosphere conducive to all learners acquiring college and career readiness and 21st century skills
- Hold our staff to high expectations as they facilitate the achievement of all students according to the New York State Common Core Standards

- Facilitate cooperation between parents, the community, and the school
- Work to educate the "whole child" academically, emotionally, physically, and socially

This time of the school year is the time to remember our mission as a school district and why the support of our families and community towards the district mission is so critical.

## Budget Process for 2022-2023

When building the 2022-2023 budget, the following key principles were our goals:

- Moving Forward with a Fiscally Responsible Budget
- Long Term Financial Planning for Sustainability
- Team Approach
- Consultation with Financial Experts

A separate newsletter specific to the 2022-2023 budget will be sent home to provide all the budget details in advance of the school budget vote on May 17th. I want to thank each of you for your support of our district! Our students thank each of you for your support in their educational experience at WV!

# #WEAREWESTVALLEY



WVCS STUDENT COUNCIL PRESENTS

## TEACHER APPRECIATION WEEK | MAY 2 - MAY 6, 2022

Show your spirit for our fabulous teachers!

Monday <b>5/2</b>	<b>You are "SUN"satinal</b> Wear your SHADES in honor of our Super Cool Teachers	<b>High 5 a teacher to start the week right!</b>
Tuesday <b>5/3</b>	<b>ORANGE you my Favorite Teacher</b> Wear ORANGE and take your vitamin C for our Outstanding Teachers	<b>Take a selfie with a teacher you appreciate today!</b>
Wednesday <b>5/4</b>	<b>HATS off to our Teachers</b> Wear a HAT or CAP for our Groovy Teachers	<b>Teachers are life long learners. Teach a teacher something new today.</b>
Thursday <b>5/5</b>	<b>NACHO Ordinary Teacher</b> Celebrate our Awesome Teachers by wearing your CINCO DE MAYO attire or red and green	<b>Thank a teacher today for all their hard work and dedication.</b>
Friday <b>5/6</b>	<b>Teachers make us COLLEGE bound</b> Wear your COLLEGE attire for our Dedicated Teachers	<b>Write a note to a teacher or draw them a picture and deliver it to them.</b>

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# West Valley Central School 2022 - 2023 Budget Development Calendar

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. — <b>main entrance foyer</b> (no more than 14 days, nor less than 5 days before vote)
May 10, 2022	Annual Budget Hearing 7:00 p.m. — <b>Library Conference Room</b> (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

### RESPONSIBILITIES OF A BOARD MEMBER

With school children always their ultimate focus, school board members act officially at the board table, working with other board members to serve students and accomplish the following:

- Create a shared vision for the future of education
- Set the direction of the school district to achieve the highest student performance
- Provide rigorous accountability for student achievement results
- **Develop a budget and present it to the community, aligning district resources to improve achievement**
- Support a healthy school district culture for work and learning
- Create strategic partnerships with the community stakeholders
- Build the district's progress through continuous improvement
- Adopt and maintain current policies
- Hire and evaluate the superintendent
- Ratify collective bargaining agreements
- Maintain strong ethical standards



## 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.

## PROPOSITIONS

**PROPOSITIONS FOR THE ANNUAL BUDGET, PURCHASE OF SCHOOL BUS (AND RELATED EQUIPMENT) FOR THE TRANSPORTATION PROGRAM (USING MONIES ALREADY ON HAND IN THE TRANSPORTATION RESERVE FUND), ESTABLISHMENT OF A NEW CAPITAL IMPROVEMENTS RESERVE FUND 2022 and BOARD MEMBERS VOTE** will be held on **Tuesday, May 17th, 2022, from noon until 9 p.m. in the WVCS GYMNASIUM.**

*The district will again rent the electronic voting machines from Cattaraugus County.*

**ANNUAL BUDGET HEARING**  
**Monday, May 10, 2022,**  
**WVCS Library Conference room at 7 p.m.**



## ABSENTEE BALLOTS

West Valley Central School District is required by law to make absentee ballots available to qualified district voters for our May 17th, 2022 Annual Budget Vote, purchase of school bus (and related equipment) for the transportation program (using monies already on hand in the transportation reserve fund), establishment of a new capital improvements reserve fund 2022 and board members election. Call Carolyn Boberg, District Clerk at 942-3100 ext. 4102 for an application or question.

A qualified district voter must request in advance an **application** for **absentee ballots** and select the reason you will not be able to appear in person on May 17th, 2022, to vote in person on this particular day.

- (a) are/or will be a patient in the hospital, or unable to appear personally at the polling place on such day because of illness or physical disability or,
- (b) duties, occupation, business or studies will require him/her to be outside of the country/county or city of their residence on such day, or
- (c) on vacation outside the country/county or city of his residence on such day; or,
- (d) absent from his voting residence because detained in jail awaiting action by a grand jury or awaiting trial or is confined in prison after conviction for an offense other than a felony.
- (e) COVID concern

The district clerk must receive the application at least seven days before May 17th, 2022 **(if the ballots need to be mailed to you); this will give ample time to be returned to the district)**. Completed absentee ballots will be accepted by Carolyn Boberg until 5 p.m. on May 17th, in the gymnasium.

## STUDENT REGISTRATION

We are now scheduling appointments for Pre-Kindergarten, Kindergarten, and new student registration for the 2022-23 school year. If you have a child who will be 4 years old before December 1, they are eligible for our Pre-K program. Students who will be 5 before December 1 are eligible for Kindergarten.

Please call our Registrar, Mrs. Dana Westfall, at (716) 942-3100 ext. 4170 to schedule an appointment.



## KINDERGARTEN SCREENING

On June 7th and June 8th, West Valley will be conducting kindergarten screening for all students eligible to attend kindergarten in September 2022. Kindergarten screening is a way to gauge your child's current functioning and growth. It is a brief evaluation or assessment of several developmental domains of functioning in young children that typically takes place prior to the beginning of kindergarten. If your child currently attends West Valley's preschool program, they will automatically be scheduled for the screening and participate during the school day. If you have a child who is eligible for kindergarten, but they do not currently attend West Valley, please contact our registrar Mrs. Westfall at (716) 942-3100 ext. 4170 to register and sign-up for screening.

If you have any questions regarding the screening process, please contact Mrs. Behringer, Assistant Principal.



## BETTER HEARING AND SPEECH MONTH

May is recognized nationally as Better Hearing and Speech Month (BHSM), a month that is dedicated to raising awareness of Hearing and Communication Disorders. The American Speech-Language-Hearing Association's website provides information regarding Speech and Language Development, Hearing and Communication Disorders. The website can be accessed at [www.asah.org/public](http://www.asah.org/public).

Respectfully,

Your West Valley Speech Therapy Team  
Ilene P. Simon, M.S. CCC/SLP  
MaryBeth Freitas, M.S. CCC/SLP

## MAY THE 4<sup>TH</sup> (QUARTER) BE WITH YOU!

*BY MR. DANIEL AMODEO,  
PRINCIPAL-CURRICULUM COORDINATOR*

Yes, we are in the final quarter of the school year, and it certainly has come quickly. We have less than 8 weeks left in the school year with much to do. The 4th quarter is a very busy time for students and staff and often when students can show the most growth. Students and teachers will continue their preparations for end of the year assessments, while at the same time planning for the next school year continues. Students in grades 6-11 have had the opportunity to meet with Mr. LaBrake and plan their courses for the next school year. We will use this information and student interests to start the process of determining next year's schedule.

In the meantime, as students continue their studies there is much to look forward to outside of the regular school day. Our Varsity Softball and Track seasons are in full swing. Despite some inclement weather through the early part of the season our Athletic Director, Mr. Hansen, our grounds crew, and all our coaches have been able to manage the changes to provide our athletes with as many opportunities to practice and play as possible.

Our 8th graders will be attending the Close-up Washington D.C. trip May 1-4. This is the first year since the beginning of the pandemic that we have been able to provide this opportunity for our 8th graders. We are looking forward to our Elementary, Middle School, and High School choruses, led by Mr. Cole, performing a Variety Show on May 18th and the return of our community Spring Fling on May 20th. Finally, West Valley will again be hosting a community Memorial Day celebration to honor all of those that sacrificed their lives for the freedoms we enjoy today. We are looking forward to all these events and the opportunity for our community to support our students and school.

## REMINDER TO PARENTS OF HOME SCHOOLED STUDENTS

Just a reminder to submit quarterly reports for your children. Annual Assessments must be filed with fourth quarter reports. Parents of students who intend to educate their children at home must provide a written notice to the superintendent annually by July 1st of each school year.





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 716-942-6690 or Amy Frank 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.

Food bank days and hours:  
2nd and 4th Wednesday from 1:00-4:00 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.

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

## Collecting Can Tabs

To benefit  
Ronald McDonald House Charities

Please send to WVCS  
Attention: Mrs. Ford



# Safe Listening FOR LIFE!

**At all ages and life stages**, you can permanently damage your hearing by listening to sounds that are too loud for too long. This is called **noise-induced hearing loss**, or **NIHL**.

**1 in 8** children and teens aged 6–19 years and **1 in 4** adults aged 20–69 years are estimated to have NIHL.

This type of hearing loss is **preventable**, but once it occurs, it is **irreversible**.

## How it Happens

When you listen to noise that is **too loud**, for **too long**, and **too often**, it's a recipe for trouble.

**A healthy dose of noise:** Sounds at 70 decibels (dBA) or lower are generally safe to listen to for an extended period of time. Sounds at 80 dBA (for adults) or 75 dBA (for children) can lead to hearing loss if you listen to them for more than 8 hours at a time. The louder the noise, the less time you can listen safely.

## Loud Noise is Everywhere

Many of us are exposed to loud noise. Some people have loud jobs or hobbies that put them at greater risk of NIHL.

## Dangerous and Safe Noise Levels

<p><b>Painful impulse noise—Not safe for any period of time (even with use of hearing protection)*</b></p> <p>150 dBP** = fireworks at 3 feet, firecracker, shotgun</p> <p>140 dBP = firearms</p> <p><b>Painful steady noise—Not safe for any period of time (even with use of hearing protection)*</b></p> <p>130 dBA = jackhammer</p> <p>120 dBA = jet plane takeoff, siren, pneumatic drill</p> <p><b>Extremely loud—Dangerous to hearing (wear earplugs or earmuffs)</b></p> <p>112 dBA = maximum output of some MP3 players, rock concert, chainsaw</p> <p>106 dBA = gas-powered leaf blower, snow blower</p> <p>100 dBA = tractor, listening with earphones</p> <p>94 dBA = hair dryer, kitchen blender, food processor</p>		<p><b>Moderate—Safe listening for any time period</b></p> <p>70 dBA = group conversation, alarm clock</p> <p>60 dBA = typical conversation, dishwasher, clothes dryer</p> <p>50 dBA = moderate rainfall</p> <p>40 dBA = quiet room</p> <p><b>Faint—Safe listening for any time period</b></p> <p>30 dBA = whisper, quiet library</p> <p><small>*Wear double hearing protection (in- and over-the-ear)</small></p> <p><small>**Measured in dB peak pressure, or dBP</small></p> <div style="display: flex; justify-content: space-around;"> </div>
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## HOW TO PROTECT YOUR HEARING

You can enjoy your favorite activities and protect your hearing by following these tips:

- **Wear hearing protection (earplugs, earmuffs)** during loud events or activities.
- **Download a sound meter app** to monitor noise level in public places.
- **Keep a distance of 500 feet or more** from loud noise sources such as speakers.
- **Use quieter products** (e.g., toys, appliances, power tools)—check product reviews/ratings.
- **Keep the volume to half** when using earbuds or headphones.
- **Consider purchasing noise-canceling earbuds or headphones**, to reduce the urge to crank the volume.
- **Take listening breaks every hour** when using earbuds/headphones or attending loud events.
- **Heed the warning signs** and leave a noisy place if you have pain, ringing in the ears, or difficulty hearing.

Contact a certified audiologist if you are experiencing symptoms or have concerns. Learn more at [www.asha.org/public](http://www.asha.org/public).



## PTO SHIRTS

Thank you to the West Valley PTO  
for purchasing WVCS t-shirts for every  
student!



## West Valley's Spring Fling



**Everyone is invited**

**Jake and the Fatman BBQ**

**Games**

**Treats**

**Inflatables**

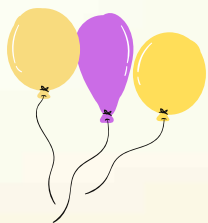
**MUSIC**

**FUN**

Date: May 20th

Time: 4pm-7pm

Place: WVCS





# Screen Time Guidelines by Age

*As recommended by the American Academy of Pediatrics (AAP) and World Health Organization (WHO)*

## Under 18 months old

No screen time outside of video chatting with Grandma, etc.

## Toddlers (18 months-24 months)

### Little to no screen time recommended

- This is a critical developmental period for them, so encourage as much physical and creative interaction with people as possible.
- If they do get screen time, co-watch high-quality educational content with them to help them understand what they are seeing, and limit total exposure to < 1 hour. (Content offered by Sesame Workshop and PBS Kids is great)

## Preschoolers (3-5)

### Up to 1 hour per day is fine

- Try to plan TV-time in advance – resist the temptation to use them as a calming or distracting device.
- Children at this age can have mindful interaction with characters, so help them understand what they are seeing and apply it to the world around them!
- Many types of screen media content have print or other versions – try finding books or toys that can enable your child to interact with favorite characters off-screen. It makes for another way to engage your kids in creative play!

## Elementary School Aged (6-10)

### Up to 1 to 1.5 hours per day

- Place consistent limits on time spent using media, and the types of media being consumed.
- Since they are now entering school, make sure screens don't become a habit before homework gets completed.
- While developing tech skills is important, try to aim for a balance of creative and laid-back time.
- As they grow, parents can gradually give kids more control and choice in how they manage their time.
- Make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

## Middle School Aged (11-13)

### Up to 2 hours per day

- At this age, children can understand the concept of balance. It is up to parents to help them see how screen time fits into their schedule.
- If you find your child getting really into a certain video game for a week or two, gently try to help them understand the benefits of moderation.
- Help your children understand that recognizing when we are spending too much time doing any one thing is a valuable life skill.



# THIRD QUARTER HONOR ROLL

## High Honor Roll

- Grade 7 – Samantha Fisher, Noah Klahn, Isabella Mitchell
- Grade 9 – Magdalena Parish
- Grade 12 – Macie Noel

## Honor Roll

- Grade 7 – Eva Barnes, Dominic Tirado
- Grade 8 – Payton Ehnes, Presley Soderlund
- Grade 9 – Eve Niesyty, Jack Tharnish
- Grade 10 – Athens Leckey, Olympia Leckey, Nicholas Peters
- Grade 11 – Benjamin Fisher, Kasper Heitman, Nolan Spencer, Zachary Westfall
- Grade 12 – Lucas Proseus

## Merit Roll

- Grade 7 – Calvin Keller, Logan Manaher, William St. Clair, Kara Troutman, Elizabeth Winsor
- Grade 8 – Olivia Harmony, Liliana Toms, Kaiden Troutman
- Grade 9 – Isabella Gibson, Madelynn Winsor
- Grade 10 – RyAnn Turner
- Grade 11 – Nicole Blackwell, Jacob Coluci, Gabrielle Hickey, Zander Smith
- Grade 12 – Kayleann Kowalski, Thomas Snashell

## BOCES CTE CENTER

## High Honor Roll

- Zander Smith (Carpentry and Construction Trades)
- Gabrielle Hickey (Cosmetology)

## Honor Roll

- Janay Ghani (Criminal Justice 1)
- Nicole Blackwell (Cosmetology 1)

## Perfect Attendance

- Gabrielle Hickey (Cosmetology)



## Memorial Day Ceremony May 30, 2022 @ 11:00

There will be a Town of Ashford  
Memorial Day Ceremony  
at West Valley Central School.



## Free Drive-In Movie Night June 3 @ 8:30PM



Drive-In sponsored by SADD and Reality Check,  
for grades 7-12 (if it rains, we will relocate to the AUD).

**Pizza, snacks, pop, and water for sale.**

Bring your trucks, blankets, lawn chairs, and sense of humor!  
Come support our SADD Chapter and laugh a little!



# WWII MUSEUM AND HOLOCAUST SPEAKER

On Friday, March 11th, 2022, the 10th Grade students visited the Eldred, PA World War II Museum. The WWII Museum contains three levels of World War II memorabilia, including huge model displays that you can drive miniature tanks over a replica of a life-size submarine, life-size bunkers you can walk inside, thousands of artifacts from guns to patches and flags to uniforms. After a dynamic discussion by the museum curator, students returned to West Valley where they were joined by other high school students in a presentation led by Holocaust survivor Grigory (Greg) Shershnevsky. Mr. Shershnevsky was born in Vilna, Lithuania shortly before the German occupation in 1941. He was "adopted" by a Christian Polish woman who also saved a number of other children. His father was active in the underground resistance movement and found Grigory after the war. His mother was presumed murdered by Nazis. The Christian Polish woman who hid him has since been named as Righteous Among the Nations for hiding Jewish children from the Nazis.







## TEAM TRACK

The Track and Field Team is returning for its second season since bringing back home sports to the West Valley athletic program. Last year, Head Coach Mrs. Lindberg and Assistant Coach Mr. Schiumo, along with the athletes, found great success with many athletes moving on to sectionals. Janay Ghani finished 2nd in the 200M at Sectionals last year and is looking to improve her personal best in the 100M and 200M. Jack Tharnish is looking to continue with his success in the 1600, Triple, Long, and High Jump. Olivia Harmony will once again be our distance runner focusing on the 1500M and 3000M. Jadon Schoepflin will be focusing on 100M and 200M while trying to improve his personal best for Shot Put and High Jump. Onnalee Caswell is taking a lead role as a hurdler and helping to teach our newer team members. Nolan Spencer, our captain, has been working hard in the off season to increase his strength. He will once again be competing in discus, and shot put.

Students are eager to build off the success and growth of last season. This season, our Track and Field team is focused on building camaraderie, increasing personal bests, and exploring new events. Students from last year are eager to succeed and are putting in hard work.

Thus far, the students have competed in one meet which took place in Franklinville on April 21st. Olivia Harmony finished 1st in the 1500- and 3000-meter run. She also took 3rd in 100 hurdles. Nick Peters ran a personal best of 12:07 in the 100-meter dash. Josh Kowalski took third in the 400 hurdles. Jack Tharnish finished 2nd in the long jump, triple jump, mile,

*Continued on Page 11.*





and 2-mile. Jadon Schoepflin took 3rd in the high jump and 2nd in shot put. Nolan Spencer took third in shot put. Maggie Parish finished 3rd in discus. Overall, the Boys' and Girls' teams placed 2nd. Great Job all Track and Field Wildcats!

With our athletics returning to West Valley last year, students are overjoyed to be hosting a meet this season on May 10th, 2022 at 5:00 p.m. All community members are encouraged to come out and support our Wildcats.

## SPORTS SCHEDULES

Schedules are subject to change.  
Please see the West Valley website  
for the most up-to-date schedules.



# SPORTS SCHEDULES WEST VALLEY ATHLETICS

### GIRLS' VARSITY SOFTBALL

**Coach: Bryan Hansen** – [bhansen@wvalley.org](mailto:bhansen@wvalley.org)  
**Assistant Coach: Natalie Galvin** – [ngalvin@wvalley.org](mailto:ngalvin@wvalley.org)

DATE	TIME	LOCATION
5/2/2022	4:30 p.m.	@ Cattaraugus-Little Valley
5/4/2022	5:00 p.m.	Salamanca @ West Valley
5/5/2022	4:30 p.m.	Franklinville @ West Valley
5/6/2022	5:15 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

### VARSITY TRACK & FIELD

**Coach: Dana Lembke** – [dlembke@wvalley.org](mailto:dlembke@wvalley.org)  
**Assistant Coach: Alex Marino** – [amarino@wvalley.org](mailto:amarino@wvalley.org)

DATE	TIME	LOCATION
5/3/2022	5:00 p.m.	CLV, Gowanda @ Gowanda
5/10/2022	5:00 p.m.	CLV, Silvercreek/Franklinville @ West Valley
5/17/2022	5:00 p.m.	CLV, Salamanca @ Salamanca
5/26/2022	5:00 p.m.	CCAA League Meet @ Randolph





## ART CORNER

Our West Valley artists have been creatively blooming this spring! In our preschool and kindergarten art classes, they created beautiful tulips out of painted paper. Third graders discussed symmetry and made symmetrical vases with lines and patterns, filling them with flowers too. Our 2nd, 6th, and 7th graders learned a little art history, studying Matisse and the Renaissance. The second graders created fish bowls and the 6th and 7th graders designed a modern Mona Lisa. Our eighth graders also learned about Pop Art while painting a candy bar wrapper.

Studio in Art and Drawing and Painting students are working on self-portraits. Studio in Art focused on foreshortening and Drawing and Painting students painted themselves in

a monochromatic palette. Photography students just finished an assignment called the “Staple City Project,” where students were given the task of taking photographs of staples so that they looked like a city scape—they looked so cool! Lastly, our Sculpture students have been busy between taking a field trip to the Corning Museum of Glass, participating in a sand blasting project, and creating pendant lamps; now they are working on sculptures that resemble cake!

In Art Club, we created galaxy soap and are now working on designing an Art Club shirt for the school year. We hope to make this a tradition and create an annual shirt every year for Art Club!

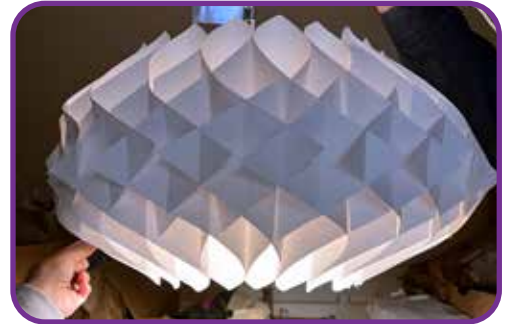
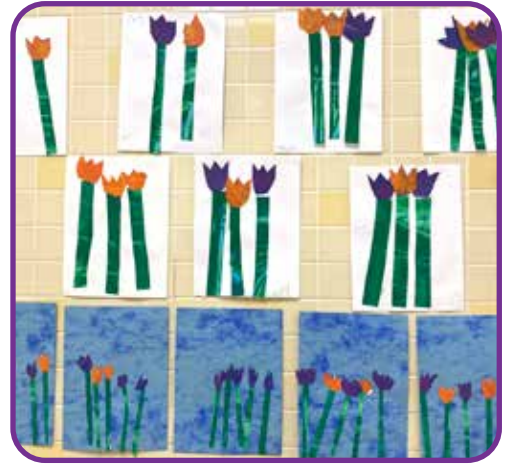
Our artist of the month is eighth grader Olivia Harmony. Olivia’s favorite

subject is art and her favorite food is thin mints. She has one dog and two cats. Two items on her bucket list are to go parasailing and ziplining. Art teacher Hannah Mazzuto says, “Olivia is so well rounded! Not only does she excel in the art room, but she also participates in outdoor track, cross country, basketball, cheerleading, and the musical. She sets a wonderful example for her peers and is a terrific role model.” When asked if she would rather eat ice cream for every meal for the rest of her life or broccoli, Olivia chose broccoli!

Finally, congratulations to Kayleann Kowalski! Her artwork was accepted into the Regina A. Quick Center for the Arts’ 2021-2022 High School Juried Art Exhibition. Her artwork was on display at St. Bonaventure University and she received an Honorable Mention award.









## OREGON TRAIL WITH SECOND GRADE

The second graders learned about life on the Oregon Trail. The students made many projects including log houses, covered wagons, and pioneer toys. We ended our unit with a "Pioneer Day" and displayed our projects for other students and families to see.



## EARTH DAY

Our Pre-K class celebrated Earth Day on Friday, April 22. They picked up garbage around town and painted heart-shaped earths for the bulletin board in the hall.



*Teen*

**EPIC**  
Every Person  
Influences Children

**TEENAGE YEARS ARE HARD.  
EPIC CAN HELP.**



### PROGRAM TOPICS:

- Getting Teenagers to Cooperate
- Coping with Teenagers' Emotions
- Building Teenagers' Survival Skills
- Reducing Family Conflict

### WHEN:

**Tuesday**  
**May 17 - June 14**  
**6pm - 8pm**

- all courses held on Zoom

**CONTACT:** 716-332-4126 or [PerryR@epicforchildren.org](mailto:PerryR@epicforchildren.org)



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh Or Prepared Fruit ----- Non or Low-Fat Milk	<b>3</b> Sausage, Egg & Cheese Breakfast Sandwich or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	<b>4</b> Raspberry Churro or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	<b>5</b> Assorted Muffins or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	<b>6</b> Cinnamon Roll or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk
<b>9</b> Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh Or Prepared Fruit ----- Non or Low Fat Milk	<b>10</b> Assorted Muffins or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	<b>11</b> Breakfast Burrito or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	<b>12</b> Mini Strawberry Cream Cheese Bagel or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	<b>13</b> Cereal Bar or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk
<b>16</b> Sausage, Egg & Cheese Breakfast Sandwich or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	<b>17</b> Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	<b>18</b> Breakfast Pizza or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	<b>19</b> Assorted Muffins or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	<b>20</b> Pillsbury Waffles or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk
<b>23</b> Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	<b>24</b> Assorted Muffins or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	<b>25</b> Sausage, Egg & Cheese Breakfast Sandwich or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	<b>26</b> Bagels or Cereal w/ 1/2 Bagel ----- Juice, Fresh or Prepared Fruit ----- Non or Low-Fat Milk	<b>27</b> NO SCHOOL
<b>30</b> Memorial Day NO SCHOOL	<b>31</b> Sausage, Egg & Cheese Breakfast Sandwich 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!**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> BBQ Chicken Patty/Bun or Turkey/Bacon Wrap ----- Buttered Carrots	<b>3</b> Nacho Grande or Ham & Cheese Sub ----- Corn Salsa	<b>4</b> Sloppy Joe on Bun or BLT Sandwich ----- French Fries	<b>5</b> Grilled Cheese Sandwich or Ham Sandwich ----- Tomato Soup	<b>6</b> Pizza or Chicken Salad Wrap ----- Tossed Salad
<b>9</b> Taco Salad w/Toppings or Turkey Sub ----- Corn Salsa	<b>10</b> Macaroni & Cheese w/Roll or Grilled Chicken Patty/Bun ----- Green Beans	<b>11</b> Pizza or Ham Sandwich ----- Baby Carrots w/Dip	<b>12</b> Lazy Lasagna w/Roll or Turkey Club Sandwich ----- Tossed Salad	<b>13</b> BBQ Chicken Strips or BLT Sandwich ----- Peas Sweet Potato
<b>16</b> Mexican Fajitas or Assorted Subs ----- Salsa Rice	<b>17</b> Hot Ham & Cheese/Bun or Cheeseburger ----- Baked Beans	<b>18</b> Taco-in-a-Bag or Turkey Sandwich ----- Salsa Corn	<b>19</b> Open Face Chicken & Gravy Sandwich or Ham & Cheese Wrap ----- Green Beans	<b>20</b> Pizza or BBQ Pork/Bun ----- Tossed Salad
<b>23</b> Twin Tacos or Turkey Sub ----- Refried Beans Salsa	<b>24</b> Chili w/Roll or Ham & Cheese Wrap ----- Seasoned Carrots	<b>25</b> Italian Dippers w/Sauce or Chicken Ranch Wrap ----- Seasoned Noodles Corn	<b>26</b> Pizza or Ham Sub ----- Tossed Salad	<b>27</b> NO SCHOOL
<b>30</b> Memorial Day NO SCHOOL	<b>31</b> Pizza or Chicken Salad Sandwich ----- Cucumbers/Tomato Salad			

**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  
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



## INGREDIENTS

for 4 servings

- 6 large egg whites
- 3 large eggs
- 1/2 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 1/4 cup finely chopped sweet red pepper
- 2 turkey bacon strips, chopped
- 1 cup fresh baby spinach
- 3 tablespoons thinly sliced fresh basil leaves
- 1/2 cup shredded part-skim mozzarella cheese



## Frittata Florentine

## PREPARATION

1. Preheat broiler. In a small bowl, whisk the first 6 ingredients.
2. In an 8-in. ovenproof skillet, heat oil over medium-high heat. Add onion, red pepper and bacon; cook and stir 4-5 minutes or until onion is tender and bacon is cooked. Reduce heat to medium-low; top with spinach.
3. Pour in egg mixture. As eggs set, push cooked portions toward the center, letting uncooked eggs flow underneath; cook until eggs are nearly thickened. Remove from heat; sprinkle with basil, then cheese.
4. Broil 3-4 in. from heat 2-3 minutes or until eggs are completely set. Let stand 5 minutes. Cut into wedges.

## CLOTHES CLOSET

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

Accepting seasonal clothing and shoes, bedding, kitchen and household items and books for Cattaraugus County residents. Donations of gently worn undamaged and clean items are welcome.

Upon request, we have access to fulfill a need of furniture items.

A heartfelt Thank You to the West Valley Central School student council members and advisor and the Teachers Association for their monetary donation. The continued support that is received from the community is also very appreciated. This has allowed us to have another successful year helping residents of Cattaraugus County.

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

