

West Valley Central School

School and Community Working Together



VOL. 25 No 1

September 2019



The District will be continuing with the Community Eligibility Program for the 2019-2020 school year. Breakfast and Lunch will be free for all students.

SUPERINTENDENT'S CORNER

SEPTEMBER 2019



With a beautiful summer winding down, I am looking forward to the start of the 2019-20 school year. We had a lot of activity this summer with driver education and the summer reading program. We also hosted the summer recreation program and even had the support of the town and the Hose company to host a bike rodeo. But nothing compares to the start of a new school year. Every student has the opportunity to set their goals for the year and follow through on achieving them all.

We have updated the cafeteria and auditorium with a new paint job and some new floor tiles. We have a new mural in the cafeteria and a sensory hallway set up in the WV foyer. Our cleaning staff has been very busy getting the building in tip top shape and ready for a new school year.

We have also had some staff changes over the summer. Mrs. Enser retired and Miss Pfeffer will be moving into her classroom. Mrs. Roland will take her place in fifth grade and Ms Natalie Galvin will be our new sixth grade teacher. We also welcome Mr. Schiumo who will be replacing Mr. Gelen in the physical education department and as our athletic director. We have one new English teacher, Ms. Koutsandreas. Mr. Connor will be returning to teach science and we welcome Ms. Drozd as our new school nurse.

We are sharing athletics with Springville Griffith Institute this year and there are a wider variety of opportunities for our student athletes. We also may be able to bring some teams back to West Valley if we have enough athletes to start and finish a season.

I am looking forward to seeing you all in September, until then I wish you a safe, happy and healthy rest of the summer.

Eric Lawton
Superintendent

PRINCIPAL'S CORNER

SEPTEMBER 2019



Welcome back current students, new families, veteran and new teachers, staff, and community members! It is with great excitement that we await the start of a new school year. This is another opportunity to help our students reach their highest potential and realize their dreams. I am looking forward to students filling our hallways and classrooms on Thursday, September 5th, our first student day.

I am truly excited about this upcoming school year.

Throughout the summer, we have worked diligently to prepare for another successful school year. Whether it be painting, cleaning, repairing, servicing buses, imaging student computers, attending trainings, or preparing classrooms; our entire staff is dedicated to offering the best experience for our students.

I would like to welcome our new teachers to the West Valley family. With their additions we will continue to offer students a wide range of opportunities at all levels. Outside of the core requirements, secondary students will have access to 56 college credit bearing classes, Career and Technical Education, and a variety of electives. Elementary students will continue to enjoy a well-rounded education that includes instruction in the Arts, Physical Education, Library, and Computers.

All of our extra-curricular activities seek to provide enrichment opportunities that are available to all of our students and build upon the learning that occurs during the regular school day. We will continue to offer our Mentoring Program, Girls on the Run, Boys on the Right Track, Academic Challenge, SADD, Student Council, Athletics, and many more opportunities for students.

I am very excited about the opportunities for our students in the upcoming school year and we will continue to work with the school community to offer our current and future students nothing but the best. I look forward to seeing students, staff, parents, and community members at our Open House on September 12th (Elementary PK-6: 5:45-6:45pm, Secondary 7-12: 7:00-8:00pm). I hope that everyone has enjoyed their summer and I look forward to the 1st day of students on Thursday, September 5th.

Class of 2019 Award Winners

Valedictorian	Rachel Frascella	GI/WV Retired Teacher Scholarship	Nathan Dash
Salutatorian	Travis Dusterhus	State of NY Comptroller	Mike Boberg Brandon Blackmon Travis Dusterhus Becca Smith
Academic Excellence	Rachel Frascella Aaron Schenne	Supt Award for Attendance (5 years each)	Mike Boberg Lilly Shanley
Bette Aldrow Medical Award	Delaney Neuman	Triple C Awards	Abby Proctor Rachel Frascella Maddy Shanley
Irwin Ahrens Memorial	Brian Reed	U or R. Bausch & Lomb Science	Rachel Frascella
Alumni Association Award	Lilly Shanley	U or R. Fred Douglas/ Susan B. Anthony	Abby Proctor
American Legion Award	Brian Reed	U or R. George Eastman Young Leader	Aaron Schenne
American Red Cross Scholarship	Travis Dusterhus	U or R Xerox Award for Innovation	Mike Boberg
Art	Nathan Dash	US Marine Corp. Distinguished Athlete	Camryn Phinney Mike Boberg
Ashford Snowmobile Club	Mike Boberg Lilly Shanley	US Marine Corp. Scholastic Excellence	Lillian Shanley
Louis Armstrong Award	Nathan Dash	US Marine Corp. Semper Fidelis	Rachel Frascella
Tim Brown Memorial Award	Maddy Shanley	Wells College	
CANY Scholastic Recognition	Rachel Frascella	21st Century Leadership	Nathan Dash Abby Proctor
CCB Academic Scholarship	Madison Shanley	Liz Wiley Memorial	Madison Shanley
Catt. Co. Youth Citizenship	Lillian Shanley	Keith Young Memorial	Brian Reed
Community Service Award	Abby Proctor	Leo Bernhoft Memorial	Sam Klahn
Lawrence DeGrange Memorial	Sam Klahn	Al Engels Scholarship	Mike Boberg
Doug Ford Memorial	Mike Boberg	Elisa B. Hughey Arts	Nathan Dash
English	Rachel Frascella	Janda Lee Hunt Memorial	Scott McBurney
God and Country	Travis Dusterhus	Jack Nuthall Memorial	Maddy Shanley
Heart and Hustle	Becca Smith (12)	Delmont K. Pfeffer Memorial	Rachel Frascella Travis Dusterhus
Kristen Hintz Memorial Track	<i>No Winners this Year</i>	Obidah Ramadhan Award	Travis Dusterhus
Theron Hotaling Memorial	Madison Shanley	Gilbert Snyder Memorial	Sam Klahn
Instrumental Music	Brian Reed	WVTA Scholarship	Nathan Dash
JBC Academic Progress Award	Becca Smith (11) Desiree Gillis (11)	CH2MHill WXT West Valley, LLC Science	Brandon Blackmon Rachel Frascella Abby Proctor Aaron Schenne Madison Shanley
JCC College Connections Student	Rachel Frascella (11) Brandon Blackmon (12)		
Language	Rachel Frascella		
Barb Nagel Memorial	Delaney Neuman		
NHS Outstanding Member	Rachel Frascella		
NHS Distinguished Service	Travis Dusterhus		
NHS Scholastic Excellence	Rachel Frascella		
ONO Craft Group Award	Maddy Shanley		
Outstanding Vo-Tech Student	Lilly Shanley Mike Boberg Brandon Blackmon Delaney Neuman		
Rensselaer Medal	Rachel Frascella		
RIT Computing Medal	Travis Dusterhus		
RIT Innovation and Creativity	Rachel Frascella		
Russell Sage College Award	Nathan Dash Rachel Frascella		
Pete Scherer Memorial	Mike Boberg		
Anna Schroeder Memorial	Madison Shanley		
John Phillip Sousa	Rachel Frascella		

Asbestos Notification

In compliance with Sections 763.85 and 763.93 of the asbestos containing materials in schools rule, all facilities owned, leased or operated by the West Valley Central School District have been inspected for the presence of asbestos- containing building materials. Asbestos management plans have been developed for all facilities and submitted to the NYS Education Department. Copies of the management plans are available for public inspection during business office hours in the business office. For questions concerning the inspections and management plans, contact Bill Sloand at 942-3100 extension 4122.

Pesticide Use Notification

During the school year, it may be necessary for maintenance staff to use pesticides on school grounds to meet pest management goals. Any individual interested in registering to receive a written notification 48 hours prior to pesticide application, or has questions about the integrated pest management program and pesticide use, contact Bill Sloand at 942-3100 extension 4122.

West Valley Food Pantry

The pantry is located at the Ashford Town Barns on Fox Valley Road. It services the families of the Town of Ashford and the West Valley School District. If West Valley Central School closes due to inclement weather, the food pantry will close.

It is open the 2nd and 4th Wednesday of each month from 1-4pm. For emergency needs, call Kris Aldrow at 942-6690 or Corky Miller at 716-257-3651.

Donations are always welcome. We are always in need of the following items; juice, cereal, macaroni, toilet paper and paper towels.



WEST VALLEY, NY – West Valley Central School Principal, Daniel Amodeo, announced the following students in grades 7-12 have been named to the honor roll for the fourth quarter.

High Honor Roll

- Grade 8 – Benjamin Fisher
Kasper Heitman

Honor Roll

- Grade 7 – Kyree Meppen
- Grade 8 – Christopher Amodeo
Janay Ghani, Colleen Keller, Zachary Westfall
- Grade 9 – Kayleann Kowalski
Lucas Proseus
- Grade 10 – Chloe Chai,
Isabella Draine-Soto
Makenze Hurtubise
- Grade 11 – Caitlyn Cizdziel
Morgan Drake
Sandra Hebdon
- Grade 12 – Michael Boberg
Rachel Frascella
Delaney Neuman
Madison Shanley

Merit Roll

- Grade 7 – Mara Campanella
Gabriela Chesebro
Ronni DuFrane
Carson Finn
Jordan Manaher
Nicholas Peters
Bethany Stanier
- Grade 8 – Jacob Coluci
Tristan Ehnes
Gabrielle Hickey
Zander Smith
Nolan Spencer
Samantha Stock
- Grade 9 – Janette Calkins
Nathan Niesyty
- Grade 10 – Rodney Boberg
Kyle Hickey
Aaron Ignatowski
Leah Seltzer
- Grade 12 – Brandon Blackmon
Travis Dusterhus
Camryn Phinney
Brian Reed
Aaron Schenne
Lillian Shanley

Turn Markers



Into Energy!

Dear Community,

I'm excited to tell you about a very special program I'm coordinating at our school in conjunction with Crayola. It's called Crayola ColorCycle – an amazing program devised to repurpose used markers rather than sending them to landfills!

The ColorCycle program has repurposed more than 70 tons of expended markers in the United States and Canada since 2013 and uses the most advanced plastic conversion technologies available today to make wax compounds for asphalt and roofing shingles as well as to generate electricity that can be used to heat homes, cook food, and power vehicles.

All around West Valley Central School, students and teachers will be collecting used markers that are ready to be discarded. Please help support our efforts by sending your kids in with any used markers you may have around the house—even non-Crayola brands! Highlighters and dry erase markers can also be included. Drop-off boxes will be located around the school for your child to deposit the markers.

Thank you in advance for participating! With the help of parents like you across the country, the Crayola ColorCycle program can continue to keep tons of plastic out of landfills each year.

Remember, don't throw out that used marker—*ColorCycle it!*

Sincerely,

Jacquelyn Mumbach

Learn more at <http://www.crayola/colorcycle>



TOPS in Education

At TOPS Friendly Markets, we are committed to helping the communities we serve. Schools are a big part of those communities. Did you know... TOPS has donated more than \$850,000 in the past 6 years to local schools? The program that makes it easier to get additional money for school improvements and programs. TOPS contributes up to 5% of your purchase to the school(s) you have chosen. The more you shop, the higher percentage we donate! Here is how it works: Whether you are new to this program or currently participating, you need to register your bonus card for the 2019-2020 TOPS in Education program year. <https://www.topsmarkets.com/education/> and follow the prompts.

YEARBOOK PERSONAL ADS

Place a personal ad in the yearbook for one of our seniors!

Making your ad is simple. Just fill out the form, include any pictures you'd like us to use, and attach payment. Return this form along with your pictures, to the office or to Mrs. Mumbach or Mrs. Kazmierczak by January 15, 2020.

Prices: ½ page (8 ½" x 5 ½") \$50.00
Full page (8 ½" x 11") \$100.00

¼ page (4 ¼" x 5 ½") \$25.00

These ads can include pictures and text or just text. They can be hand-written or emailed. All work will be recreated AS IT WAS WRITTEN. Photos may be digital or actual photos. Photos will be returned. If photo is scanned please make sure the resolution is at least 300 dpi. Ad size may limit space.

Name _____	Phone Number _____
Number of Photos included for this Ad _____ (please put your name on the back of all photos)	
Text wanted in the ad: (ie, "We love you Suzy! ") Write it below or attach a typed version or email to jmumbach@wvalley.wnyric.org	

Payment options:	
Bring your payment with this form to the front office in an envelope with your name on it, send it with your student or mail it to WVCS 5359 School St. West Valley, NY 14171 ATTN: J. Mumbach (checks payable to WVCS Yearbook)	
Type of ad (ie, full page ad) _____ amount: Price Paid	
\$ _____	
_____ Cash \$ _____	
_____ Check \$ _____	Check # _____
**Please do not create your own ad-it may not be compatible with our software.	



PICTURE DAY-
SEPTEMBER 13, 2019

RETAKE DAY-
OCTOBER 18, 2019

For Parents: What is Career Cruising?

Career Cruising is an Internet-based career exploration and planning tool used by your son or daughter to explore career and college options and develop a career plan. Career Cruising can be accessed from school, from home, or wherever your son or daughter has access to the Internet. Features of the program include:

ASSESSMENTS

World-renowned assessment tools to help your child identify his or her career interests, skills, abilities, and learning styles

CAREER PROFILES

Thorough and up-to-date information about hundreds of different occupations, including direct links between careers and related college programs

MULTIMEDIA INTERVIEWS

Interviews with real people in each occupation, which add depth and realism to career profiles

COLLEGE AND FINANCIAL AID INFORMATION

Comprehensive college and financial aid information, with a number of useful search tools to help your child find the right college and the right scholarships

EMPLOYMENT GUIDE

Advice for all stages of the job search process, including developing a job search plan, networking, writing resumes and cover letters, preparing for interviews, and adjusting to a new job

MY PLAN

An online portfolio where your child can develop and reflect on his or her academic, personal, and career exploration activities, and make plans for the future

RESUME BUILDER

Integrated with the My Plan tool to help your child create, format, and print professional-looking resumes quickly and easily

PARENT PORTAL

Allows you to view the information your child has stored in his or her Plan, learn more about the careers and schools that your child is interested in, and communicate with your child's career advisor

To register for your Parent Portal account, go to www.careercruising.com/Parent and enter your activation code. To receive an activation code, please contact your child's career advisor.

FALL 2019 WESTERN NEW YORK COLLEGE

CONSORTIUM OF HIGHER EDUCATION

On Thursday, October 3, 2019, in the Auditorium, from **10:00 am to 10:45 am**, the Western New York Consortium of Higher Education (which consists of **20 colleges**) will visit West Valley Central School. The colleges that will be in attendance are two and four-year, private or public institutions. The college representatives will talk with our students regarding future academic opportunities. This is an excellent chance for 10th - 12th grade students to either begin thinking about "higher" education (i.e. gathering lots of free materials and asking questions) or confirming their choices of what college they wish to attend next fall. The colleges attending are: Alfred State College, Alfred University, Bryant and Stratton College, Buffalo State College, Canisius College, Daemen College, D'Youville College, Erie Community College, Fredonia State College, Genesee Community College, Hilbert College, Houghton College, Jamestown Community College, Medaille College, Niagara County Community College, Niagara University, Saint Bonaventure University, Trocaire College, University at Buffalo, and Villa Maria College.

2019 PSAT/NMSQT Registration Announcement

On Wednesday, October 16, 2019, our school will administer the PSAT/NMSQT (Preliminary Scholastic Aptitude Test/ National Merit Scholarship Qualifying Test) for 10th and 11th graders. The cost per student is **\$17.00**, and checks are to be made payable to WEST VALLEY CENTRAL SCHOOL. The **deadline** to sign up and pay for the test is **Friday, October 11, 2019** in the Guidance Office. Even if your child is not considering college at this time, he or she should take this test. Just taking it can encourage a student to start thinking seriously about life after high school, goals, and the education necessary to reach those goals.

1. It measures the reading, math, and writing skills needed for college (and for success in most jobs and careers in today's world). After the test, a score report will show the students' results in each of the sections. It will also target areas that need improvement before re-taking/taking the PSAT/SAT standardized tests.
2. This test gives students a chance to see how their skills compare with those of other students who will apply to college.
3. For 11th graders only, it is the first step in entering the National Merit Scholarship Corporation competitions for scholarships and recognition.
4. The Student Search Service gives PSAT/NMSQT test takers the option to voluntarily place their names and addresses in a pool of college-bound students interested in receiving admission and financial aid information from certified colleges, universities, and scholarship agencies.
5. Lastly, it provides practice for the SAT exams, which most juniors take for the first time in the spring.

The 21st Annual Financial Aid Night In OCTOBER!!!

Please attend the "**21st Annual Financial Aid Night**" at West Valley Central School. At **6:00 pm** on **Wednesday, October 9, 2019**, in the cafeteria, Christopher Cartmill (Director of Financial Aid from Saint Bonaventure University) will provide information for 11th and 12th graders and their parents on the financial aid process including; completion of the FAFSA (Free Application for Federal Student Aid) forms, grants, scholarships, and various student and parent loans.

Financial aid is money that comes in many forms. It generally consists of a combination of grants (actual cash that you do not have to pay back), scholarships (actual cash awarded for academic achievement), and loans (must be paid back). These types of aid come from a variety of sources: the college itself, individual states, private donors, and the Federal Government (by far the largest source of aid). Once you've filled out the Free Application for Federal Student Aid (FAFSA) via the internet (<http://www.fafsa.ed.gov/>) colleges will extend to you the types of aid for which you are eligible.

SAT / ACT Schedule and Information

CEEB Code: 335-920

2019-2020 SAT/Subject Tests Dates

Tests Dates	Registration Deadlines	Late Registration Deadlines
August 24	July 26	August 13
October 5	September 6	September 24
November 2	October 3	October 22
December 7	November 8	November 26
March 14 (SAT only)	February 14	March 3
May 2	April 3	April 21
June 6	May 8	May 27

The SAT with Essay costs **\$64.50** for the regular registration deadline. Late registration deadlines cost an additional **\$30.00**. Other "SAT Fee" information (i.e. SAT Subject Tests, scores by phone, extra score reports to a college, test center and date changes...etc.) is available at <http://sat.collegeboard.org/register/sat-fees> .

In order to register for the SAT Exam use the following website: www.sat.org/register. It is very important that when a student applies for the SAT's online that they write down all their passwords, and print a copy of the confirmation page (last page); this is the admission ticket for the day of the test. If a student has test modifications and/or thinks they qualify for a fee-waiver please see Mr. LaBrake before applying for the SAT's.

Select which scores you want to send to your score recipients on-line through the following website: <http://sat.collegeboard.org/register/sat-score-choice> . Score Choice gives you the option to choose which scores (by test date for the SAT and by individual test for SAT Subject Tests™) you send to colleges — in accordance with an institution's stated score-use practice. If you decide not to use Score Choice, all of your scores will be sent to your recipients. Students should still feel comfortable sending all scores, since most colleges consider a student's best score.

You must provide a photo with your registration, which will become part of your Admission Ticket. If you are not easily recognizable in your photo, you will not be admitted to the test center: <http://sat.collegeboard.org/register/photo-requirements> .

Any seniors interested in attending a college (**fall of 2020**) that requires the SAT's who have not tested, or wish to test again, should test either the **August 24th** or **October 5th**.

Information about the SAT's are available in the Guidance Office. See Mr. LaBrake for assistance with registering for the SAT's.

2019-2020 ACT Dates

Tests Dates	Registration Deadlines	Late Registration Deadlines
September 14	August 16	August 30
October 26	September 20	October 4
December 14	November 8	November 22
February 8	January 10	January 17
April 4	February 28	March 13
June 13	May 8	May 22

ACT with Writing costs \$67.00 and the late fee is \$30.00. Students must check with individual colleges to see if they will accept the ACT "No Writing" exam for \$50.50. Other "ACT Fee" information (i.e. refunds, test center and date changes...etc.) is available at www.actstudent.org/regist/actfees.html. To register online for the ACT, go to www.actstudent.org.

No test centers are scheduled in New York for July 18th of 2020.

You will need a credit card to register online. If a student has test modifications and/or thinks they might qualify for a fee-waiver see Mr. LaBrake before applying for the ACT's.

As part of ACT's [test security requirements](http://www.actstudent.org/regist/add-photo.html), you must now provide a recent photo of yourself in order to complete your test registration. This photo will be used for identification and test security purposes. This photo will print on your ticket and on the score report that is automatically sent to your high school. Photos are valid for two years: <http://www.actstudent.org/regist/add-photo.html>.

With online registration you:

- Register for the ACT 24/7
- Know immediately whether your preferred test center has space for you to test
- View your scores at no charge
- Print your admission ticket

Required Notification Regarding the Release of Student Information

According to Board of Education policy #7540, the District shall publish an annual public notice informing parents of eligible students of their right to refuse the release of student information. Following such public notice... "the District may release such information to an outside group without individual consent."

Such information includes name, address, telephone listing and birth date. The only groups that request information are the armed service recruiters. These are the only groups to whom the District would send information upon request. Federal Law requires school districts release student directory information to the armed services (Army, Navy, Marines, etc.) unless parents specifically refuse the release under the terms of this Board policy.

If you do not want the school to release directory information to outside groups during the 2019-20 school year, please complete the form below and return it to Mrs. Dana Westfall no later than Monday, September 9, 2019.

Name of Student(s)/Grade(s): _____

Home Address: _____

Telephone Number: _____

In accordance with the Board of Education Policy #7540, I do not grant permission for the West Valley School District to release directory information concerning my child(ren) to outside groups during the 2019-20 school year.

Authorized Signature by Parent/Guardian: _____

Date: _____

September 1, 2019

Dear and Parents/Guardians,

West Valley Central School will be administering the ASVAB assessment instrument, which is part of the ASVAB Career Exploration Program (CEP), to any **interested** students in grades 10 - 12 on Thursday, December 5th from 8:00 AM to 11:00 AM. Please have your son/daughter sign up in the Guidance Office with Mr. LaBrake by Friday, November 22nd. This test is an invaluable tool to help your student with his/her future educational and career plans.

The ASVAB CEP will help your student:

- To learn more about themselves and the world of work
- Explore occupations in line with their interests and skills
- Develop an effective strategy to realize their career and education goals

One of the scores of the ASVAB is the military services' entrance score which may be used by your student to explore career options in the military. Your child's name and ASVAB CEP Scores will be released to the military unless you choose not to have their name released. Even if your child's name is released to the military, by no means is your child obligated to the military service.

The ASVAB CEP's website: www.asvabprogram.com offers great information regarding the program to include a brief video summary explaining the process and benefits of the program. Please call me with additional questions, 716-942-3100, extension 4148. Thank you.

If you would rather not have your student's test scores released to the military, please sign and complete the information below and return to the Guidance Office.

I, (Parent/Guardian Name) _____ request that (student's name) _____ name and ASVAB CEP results not be released to the military recruiting services.

Signature of Parent/Guardian _____ Date _____

Sincerely,

Matthew L. LaBrake

School Counselor



WEST VALLEY CENTRAL SCHOOL

2019 - 2020 SCHOOL CALENDAR

185 Days

SEPTEMBER							Days	20
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							
OCTOBER							Days	22
S	M	T	W	T	F	S		
		1	2	3	5wk	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				
NOVEMBER							Days	17
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		
DECEMBER							Days	15
S	M	T	W	T	F	S		
1	2	3	4	5	6	7		
8	9	10	11	12	15wk	14		
15	16	17	18	19	20	21		
22	23	24	25	26	27	28		
29	30	31						
JANUARY							Days	19
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	31			

FEBRUARY							Days	15
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		
MARCH							Days	22
S	M	T	W	T	F	S		
1	2	3	4	5	25wk	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	15
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	20
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	35wk	23		
24	25	26	27	28	29	30		
31								
JUNE							Days	20
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						

Sept 3 & 4

5-Sep

6-Sep

14-Oct

11-Nov

Nov 27-29

Dec 23-Jan 3

20-Jan

Feb 17-21

April 9-17

25-May

27-Jan

ELA NYS gr 3-8 March 25-27; Math NYS gr 3-8 April 22 & 23

26-Jun

Superintendent day

K-12 first day of class

PreK first day of class

Columbus Day

Veterans Day Observance

Thanksgiving Break

Early Winter Break

Martin Luther King Day

Pres. Day; Mid-Winter Break

Spring Break

Memorial Day

Rating Day

Rating Day

Rating Day

School not in session

School and Offices closed

Open House for Elementary 5:45-6:45pm
and for Secondary 7-8pm

1/2 day PreK-12, parent conference

Superintendent Days 9/3, 9/4, 1/27, 3/20

Quarter ends 11/8, 1/24, 4/8, 6/25

6/16 last day of regular classes for grades 7-12

6/25 last day of regular classes for PreK-6

January and June 2020 Regent exams

* January 21-24

* June 2; 17-26

June 27 2020 Commencement

West Valley CS Pre K - 12 Breakfast Menu

MENU IS SUBJECT TO CHANGES

September 2019



CHILDREN WHO EAT BREAKFAST
SHOW AN INCREASED ABILITY TO
LEARN, EXHIBIT BETTER ACADEMIC
PERFORMANCE AND MAY HAVE A
DECREASED RISK OF BEING
OVERWEIGHT.

Offered Daily

NYS apples from LynOaken Farms

Fresh or Prepared Fruit

All Juice served is 100% juice

Skim, Low Fat White, or Low Fat Chocolate

NYS Milk from Upstate Farms

Start with:

- **One Entree**
- **Fruit (May Choose 2 Different)**
- **One 4 oz. Juice Cup**
- **Add serving of milk**

Take at least 3!

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3	4	5	6 Mini Maple Waffles ----- Non or Low Fat Milk
9 Sausage, Egg & Cheese On A Biscuit ----- Non or Low Fat Milk	10 Apple or Cherry Frudel ----- Non or Low Fat Milk	11 WG RASPBERRY CHURRO ----- Non or Low Fat Milk	12 Breakfast Burrito ----- Non or Low Fat Milk	13 French Toast Sticks ----- Non or Low Fat Milk
16 Ham, Egg & Cheese Breakfast Sandwich ----- Non or Low Fat Milk	17 Cinni- Minis ----- Non or Low Fat Milk	18 RICH'S WG DONUT ----- Non or Low Fat Milk	19 Breakfast Pizza ----- Non or Low Fat Milk	20 Mini French toast ----- Non or Low Fat Milk
23 Sausage, Egg & Cheese Breakfast Sandwich ----- Non or Low Fat Milk	24 Apple or Cherry Frudel ----- Non or Low Fat Milk	25 WG RASPBERRY CHURRO ----- Non or Low Fat Milk	26 Breakfast Burrito ----- Non or Low Fat Milk	27 French Toast Sticks ----- Non or Low Fat Milk
30 Ham, Egg & Cheese On A Biscuit ----- Non or Low Fat Milk				

West Valley Central School Grades K-8 Lunch Menu

September 2019

Menu is subject to change.



Lunch Fact

MY PLATE RECOMMENDS:

Choose Vegetables rich in color. Brighten your plate with Red, Orange, or Dark Green

USDA.

MyPlate.gov internet: <http://www.myplate.gov>

Offered daily

With all School Lunches:

Fresh NYS apples from LynOaken Farms
Fresh or Prepared Fruit (served by the ½ cup portion)

Vegetables (served by the ¾ cup unless otherwise noted)

Must take ½ cup of Fruit OR Vegetable (May take 1 cup)

Skim, Low Fat White, or Low Fat Chocolate NYS Milk from Upstate Farms

IN ADDITION TO THE ENTRÉE OF THE DAY,

WE OFFER:

Peanut Butter & Jelly Sandwich (2M & 2G)

Julienne Salad

Yogurt Parfait made with NYS Upstate

Farms Yogurt

Start with a:

- **Vegetable**
- **Fruit** (or take both)
- Choose whole grains
- Pick a lean protein
- Add serving of milk

Take at least 3

Monday	Tuesday	Wednesday	Thursday	Friday
2 			5 Cheese & Pepperoni Pizza Or Turkey & Cheese Sub ----- Green Beans	6 Grilled Cheese Sandwich W/Tomato Soup Or Ham & Cheese Sandwich ----- Broccoli
9 Chicken Patty On A Bun Or Chicken Salad Wrap ----- French Fries	10 8" Taco W/Seasoned Rice Or Turkey & Cheese Sandwich ----- Corn Salsa ¾ cup	11 Meatball Sub Or Ham & Cheese Sandwich ----- Baked Beans	12 Cheese & Pepperoni Pizza Or Turkey & Cheese Sub ----- Green Beans	13 Italian Dunkers W/Pizza Sauce Or Ham & Cheese Sandwich ----- Broccoli
16 Burger OR Cheeseburger On A Bun Or Chicken Salad Sandwich ----- Tater Tots	17 Taco In A Bag Made with Nacho Doritos Or Turkey & Cheese Sandwich ----- Corn Salsa ¾ cup	18 Hot Open Faced Chicken & Gravy Sandwich Or Ham & Cheese Sandwich ----- Broccoli	19 Cheese & Pepperoni Pizza Or Turkey & Cheese Sub ----- Green Beans	20 Mac & Cheese Or Ham & Cheese Sandwich ----- Sweet Carrots ¾ cup Baked Beans
23 Chicken Nuggets W/Dinner Roll Or Chicken Salad Wrap ----- Baked Beans	24 Nacho Grande Turkey & Cheese Sandwich ----- Corn Salsa ¾ cup	25 Sweet & Sour Chicken W/Rice Or Ham & Cheese Sandwich ----- Broccoli	26 Cheese & Pepperoni Pizza Or Turkey & Cheese Sub ----- Carrots	27 Grilled Cheese W/Tomato Soup Or Ham & Cheese Sandwich ----- Green Beans
30 Burger OR Cheeseburger On A Bun Or Chicken Salad Sandwich ----- French Fries				

West Valley Central School Grades 9-12 Lunch Menu

September 2019

Menu is subject to change.



MY PLATE RECOMMENDS:

Choose Vegetables rich in color. Brighten your plate with Red, Orange, or Dark Green

USDA:

MyPlate.gov internet: <http://www.myplate.gov>

Offered daily

With all School Lunches:

Fresh NYS apples from LynOaken Farms

Fresh or Prepared Fruit (served by the ½ cup portion)

Vegetables (served by the ¾ cup unless otherwise noted)

Must take ½ cup of Fruit OR Vegetable (May take 1 cup)

Skim, Low Fat White, or Low Fat Chocolate

NYS Milk from Upstate Farms

IN ADDITION TO THE ENTRÉE OF THE DAY,

WE OFFER:

Peanut Butter & Jelly Sandwich (2M & 2G)

Julienne Salad

Yogurt Parfait made with NYS Upstate



Farms Yogurt

Start with a:

- **Vegetable**
- **Fruit** (or take both)
- **Choose whole grains**
- **Pick a lean protein**
- **Add serving of milk**

Take at least 3



Monday	Tuesday	Wednesday	Thursday	Friday
2 	3	4	5	6
Chicken Patty On A Bun W/Seasoned Noodles Or Chicken Salad Wrap ----- French Fries	8" Taco W/Seasoned Rice Or Turkey & Cheese Sandwich ----- Corn Salsa ¼ cup	Meatball Sub Or Ham & Cheese Sandwich ----- Baked Beans Cauliflower	Cheese & Pepperoni Pizza Or Turkey & Cheese Sub ----- Green Beans Romaine Salad	Grilled Cheese Sandwich W/Tomato Soup Or Ham & Cheese Sandwich ----- Broccoli Cauliflower
9	10	11	12	13
Burger OR Cheeseburger On A Bun W/Mac Salad Or Chicken Salad Sandwich ----- Tater Tots	Taco In A Bag Made with Nacho Doritos Or Turkey & Cheese Sandwich ----- Corn Salsa ¾ cup	Hot Open Faced Chicken & Gravy Sandwich Or Ham & Cheese Sandwich ----- Broccoli Cauliflower	Cheese & Pepperoni Pizza Or Turkey & Cheese Sub ----- Green Beans Romaine Salad	Italian Dunkers W/Pizza Sauce Or Ham & Cheese Sandwich ----- Broccoli Carrots
16	17	18	19	20
Chicken Nuggets W/Dinner Roll Or Chicken Salad Wrap ----- Baked Beans	Nacho Grande Made With Tostitos Chips & Seasoned Rice Or Turkey & Cheese Sandwich ----- Corn Salsa ½ cup	Sweet & Sour Chicken W/Rice Or Ham & Cheese Sandwich ----- Broccoli Cauliflower	Cheese & Pepperoni Pizza Or Turkey & Cheese Sub ----- Carrots Romaine Salad	Mac & Cheese Or Ham & Cheese Sandwich ----- Sweet Carrots ¾ cup Baked Beans
23	24	25	26	27
Burger OR Cheeseburger On A Bun W/Seasoned Noodles Or Chicken Salad Sandwich ----- French Fries				Grilled Cheese W/Tomato Soup Or Ham & Cheese Sandwich ----- Green Beans Seasoned Tomatoes
30				

WEST VALLEY CENTRAL SCHOOL

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

BOARD OF EDUCATION

Timothy Ploetz, President
Kim Cizdziel, Vice-President
Michael Harmony
Darla Kent
Stephen Kowalski
Gary Niesyty
Dawn Samborski

ADMINISTRATION

Mr. Eric Lawton, Superintendent
Mr. Daniel Amodeo, Pre-K-12 Principal and
District Curriculum Coordinator

NON PROFIT
ORGANIZATION
U.S. POSTAGE PAID
Permit No. 5
West Valley, NY

OR CURRENT RESIDENT

POSTAL PATRON LOCAL

WVCS CALENDAR OF EVENTS FOR SEPTEMBER

September 3rd Superintendents Day – No students
September 4th..... Superintendents Day – No students
Community Library 6-7:30 pm
September 5th 1st day of classes for students
September 13th Elementary Open House 5:45 pm – 6:45 pm
Secondary Open House 7 pm – 8 pm
September 15th School pictures 8 am – 2 pm auditorium
September 16th Board meeting 7 pm library conference room

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

Clothing, shoes, bedding, household items and books are available for Cattaraugus County residents.

Donations of gently worn, clean seasonal items are always 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 successful year.

