

WEST VALLEY CENTRAL SCHOOL

School and Community Working Together



Volume 25, No. 3

November 2019

FALL FEST

Fall Fest was a fun filled event that the whole West Valley community enjoyed. The senior class made an awesome meal for everyone to enjoy. The juniors turned the library into Halloween central with different crafts and activities. The sophomores and freshmen made delicious milk shakes and baked goods. Games were sponsored by the WVTa and the WV PTO sponsored an obstacle course for everyone to enjoy. There were class competitions for our high school students and the evening ended with a float parade through town. Thank you to our local fire department for helping us safely navigate the streets. The junior class won the class competition this year! Thank you to everyone that helped to make this event so successful for our students and community. Mark your calendars because Spring Fling will be June 12, 2020.



Veterans Breakfast – Friday, November 8th at 8:45 AM in the Cafeteria.
Please RSVP with Carolyn at extension 4102 for an accurate count. Thank you for your service!

SUPERINTENDENT'S CORNER

As I write this, I am looking out at the leaves changing, feeling the temperature drop and looking forward to the things that November brings. We are excited to be hosting a breakfast to honor our veteran's on

November 8th at 8:45AM. We have our parent teacher conferences on November 25th and 26th and we will celebrate Thanksgiving on November 28th.

At our safety committee meeting we discussed the overall safety of our building. One recommendation from both the committee and from safety experts is to maintain a single point of entry for our building. **We will now lock the doors near the gym in the morning and afternoon.** These doors will be opened in the morning as the buses arrive by a staff member. If students arrive before 7:30, they should use the doors near the main office. Thanks for your cooperation with this new safety protocol.

Our Board of Education will be looking at the request for proposals in November and will be hiring an educational consulting firm to perform an efficiency study. Once completed they will be doing a public presentation to our board and community around March. We will be looking for any possible ways to operate more efficiently while still providing a high-quality education for our students.

Our students have been busy with school work, athletics, and extra-curricular activities. We had students go to Pumpkinville, Haunted Hayride, Letchworth Park, Fort Niagara, and enjoy plays at Cattaraugus-Little Valley. We have animal visits every month and our students spend time learning in the grove when weather permits. Our fifth and sixth grades enjoyed a homework party for completing all of their assignments for the five- week period.

I wish everyone a very happy Thanksgiving Holiday.

Eric Lawton

Eric Lawton
Superintendent



PRINCIPAL'S CORNER

We are just about to finish the 1st quarter of the school year as November 8th marks the closing of grades. The end of the first quarter is the time of year that we hold our Parent-Teacher conferences. This year our conferences will be held on November 25th and November 26th. On these days, students will have a half-day of school and will be released at 11:15.

At Open House, teachers had schedules available for parents to sign up for parent-teacher conferences. If you were unable to sign up for a conference at that time and your child is in grade 7-12 please contact Mrs. Dana Westfall to schedule a parent-teacher conference for your child. If your child is in grades Pre-K-6 you may contact your child's classroom teacher to schedule a parent- teacher conference. If you have any concerns that you would like addressed prior to the scheduled parent-teacher conferences please do not hesitate to contact us.

I would also like to congratulate our fall athletes, coaches, chaperones, parents, our transportation department and all others who helped to make our fall sports season a success. We are looking forward to a successful winter season.

Throughout November our school continues to provide opportunities for our students and community. Our PTO will provide a Middle School Fun Night on Friday, November 8th. We will have our Fall Band Concert on Thursday, November 14th. The Boys on The Right Track program will have their 5k run at the Nike Base in Hamburg, NY on November 3rd, while the Girls on the Run 5k will be at Delaware Park on Saturday, November 9th. We will have a Red Cross Blood drive on November 7th and a Veterans breakfast on November 8th. Finally, our Kindergarten and 1st grade classes will host our annual Thanksgiving Feast on Friday, November 22nd. With that in mind, I could not be more thankful to have the opportunity to work with the students and community of West Valley. I wish everyone a Happy Thanksgiving!

Dan Amodeo

Dan Amodeo
Principal



FREE COMMUNITY CLOTHES CLOSET

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.

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 the following items; juice, cereal, macaroni, toilet paper and paper towels.

BLESSING BOX

St. Paul's Church has a blessing box located in their coat room. It services the families of the Town of Ashford and the West Valley Central School District. The items in the blessing box are free. Stop in and take only what you need.



PARTNERSHIPS ALLOW HIGH SCHOOL STUDENTS TO EARN COLLEGE CREDITS

Through a high school - college partnership, West Valley Central School offers qualified juniors and seniors the opportunity to enroll in various college courses for post-secondary credit. Teachers who have qualified as adjunct instructors teach enhanced concurrent enrollment college courses at West Valley during the school day and students can earn both high school and college credits (dual enrollment).

Experiencing the rigor of a college course while still in high school can help prepare students for the jump to the next level by helping them understand the expectations and challenges of college academics and post-secondary programs. All college courses offered at West Valley are identical in all important aspects to courses offered to matriculated college students – using the same syllabi, materials, textbooks, assignments, and assessments.

Per enrollment, West Valley is once again offering college courses for the 2019-2020 school year from: (SUPA) “Syracuse University Project Advance” through Syracuse University, Houghton College, and “College Connections” through Jamestown Community College. Below is a list of all courses (60 credits total) that have been offered at West Valley with a brief description. Courses currently in progress for the 19-20 school year (two semesters) are indicated with an asterisk (*).

- **SUPA General Biology I & II - BIO 121 & 123/124 - 8 Credits***

This two-semester course introduces modern biological concepts through demonstrations and lab work. Students carry out experiments, view demonstrations, interpret experimental results, make drawings to document observations, and many other activities. You won't just learn facts, you'll see how the very fabric of all living things is woven by rich, interactive relationships.

- **SUPA Introduction to Cybersecurity - CPS 155 - 3 Credits**

This newly developed course will give potential “cyber sheriffs” the fundamentals of organizing and protecting a network. You'll be introduced to the mechanisms and the history of software, hardware, and OS security. You'll dissect important issues such as privilege sniffing, password cracking, disaster recovery, and digital forensics.

- **SUPA The Economics of Personal Finance - ECN 305 - 3 Credits***

The world of personal finance can be overwhelming. From credit cards to mortgages and more, ECN 305 is here to explain the essential information you need to know to make financially smart decisions for the rest of your life. This Introduction to Personal Finance focuses on the foundations of financial planning—such as setting short-term and long-term financial goals—and then tackles essential aspects of consumer personal finance, including record keeping, budgeting, banking, saving, borrowing, investing, insurance, taxes, and retirement planning.

- **SUPA American History to 1865 - HST 101 - 3 Credits***

If you want to get at the roots of the “American Experiment,” HST 101 provides

the framework, examining the incubation of our current political and societal values. You'll be presented with complex historical issues and asked to analyze all the ramifications of their resolution.

- **SUPA American History Since 1865 - HST 102 - 3 Credits***

Because you're not just studying the American experience, you're having one. From the Civil War to the present, you'll trace the impact of the social movements engendered by pivotal American events. You'll read from diverse texts, including first-hand reactions to everything from the end of slavery and the struggle for equal rights to the “war at home” fueled by Vietnam and Watergate.

- **SUPA General Chemistry I - CHE 106/107 - 4 Credits**

Sign up for CHE 106 and get a fascinating and fundamental grasp of the underpinnings of reality (as we currently understand them!) You'll investigate forms of energy, atomic structure, quantum theory, periodic law, molecular geometry, properties of liquids and gases, and more. You'll learn the concepts necessary for continued study in chemistry, medicine, biology, engineering, and physics.

- **SUPA General Chemistry II - CHE 116/117 - 4 Credits**

“World is crazier and more of it than we think,” wrote the poet Louis MacNeice. In this continuation of CHE 106/107, lectures and labs will more deeply explore the dynamic processes that make up the organic and inorganic world. Topics include chemical reactions, chemical equilibrium, thermochemistry and thermodynamics, electrochemistry, voltaic cells, nuclear chemistry, organic chemistry, and polymers.

- **(Houghton College) College Literary Studies - ENGL 111 - 3 credits***

Principles of literary interpretation. Topical thematic study of texts, the reading process and critical perspectives to develop analytical thinking and appreciation.

- **(Houghton College) College Writing - WRIT 111 - 3 credits***

Development of writing skills, particularly commensurate with advanced college curricula. Demands of audience and form taught by reading, frequent writing, peer workshops, discussion and conferences.

- **(Jamestown Community College) College Elementary Statistics - MAT 1540 - 3 credits***

Students will investigate various topics in both descriptive and inferential statistics including measures of central tendency and spread, graphical analysis of data, probability, random sampling, correlation and regression, hypothesis testing and confidence intervals. Practical applications are emphasized throughout the course. A significant part of the course is taught in a laboratory setting using a software package such as Minitab.

- **(Jamestown Community College) College Algebra/Trigonometry - MAT 1590 - 4 credits***

Students will learn algebra and trigonometry

topics necessary to prepare them for the study of Precalculus. Topics include one-to-one functions and their inverses and graphs, polynomial and rational functions and their applications, radicals and exponents, complex numbers, and trigonometric functions, including graphs and basic identities. Problem-solving and applications are emphasized. An approved graphing calculator is required.

- **(Jamestown Community College) Pre-Calculus - MAT 1600 - 4 credits***

Students will learn topics necessary for studying calculus and discrete mathematics. Algebra topics include rational and polynomial functions. Trigonometry topics include graphs, identities, half and double-angle formulas, and inverse trig functions. Other topics include exponential and logarithmic functions, and an introduction to limits. An approved graphing calculator is required.

- **(Jamestown Community College) Calculus/Analytic Geometry I - MAT 1710 - 4 credits**

Students will study the fundamental concepts of calculus. Topics include an introduction to analytic geometry, functions, limits and continuity, and derivatives and integrals and their applications. An approved graphing calculator is required. A computer algebra system such as DERIVE is incorporated into the course.

- **(Jamestown Community College) Calculus/Analytic Geometry II - MAT 1720 - 4 credits**

Students will further their study of calculus. Topics include applications of the definite integral such as volume, surface area and arc lengths, logarithmic and exponential functions, trigonometric and hyperbolic functions, techniques of integration, polar coordinates, parametric equations, improper integrals, and sequences and series including power series and Taylor series. An approved graphing calculator is required. A computer algebra system such as DERIVE is incorporated into the course.

- **(Genesee Community College) College Physics I – PHY 121 – 4 credits ACE (Accelerated College Enrollment)**

An algebra/trigonometry-based introduction to physics for career or transfer students with majors somewhat, but not closely, related to physics. Topics include one and two-dimensional motion, Newton's laws, energy, momentum, rotation, statics, fluid mechanics, heat and thermodynamics, and special relativity.

- **(Hudson Valley Community College) General Psychology – PSYC 100 – 3 credits (Online through Distance Learning)**

This course consists of systematic, empirical study of human behavior. The course covers the following: introduction to psychology, research methodology, biological psychology, sensation and perception, consciousness, learning memory, thought and language, intelligence, human development, motivation and emotion, personality theories, abnormal psychology, health psychology, and social psychology.



S.T.E.A.M. CLUB

Students in K-3rd grade have the opportunity to join S.T.E.A.M. Club. S.T.E.A.M. stands for Science, Technology, Engineering, Art, and Math. The first Wednesday of every month the 2nd and 3rd grade students will meet, and the second Wednesday of the month the Kindergarten and 1st grade students will meet. We will have a different theme for each month and will explore the different parts of S.T.E.A.M. Permissions slips will be sent home a week before each meeting. During our first meeting, we had to complete different challenges. The 2nd and 3rd graders had to make room on their broom for the most passengers and learned about optical illusions. The kindergarteners and 1st graders built ghost traps, made monsters, and used static electricity to make a bat dance. Our theme for November will be Robots and Coding.



FIRE PREVENTION ASSEMBLY

On October 18, members from the West Valley Volunteer Hose Company visited our Prek through 3rd grade students to speak about both fire and Halloween safety.



ASVAB CAREER EXPLORATION PROGRAM (CEP)

Dear Parents/Guardians,

West Valley Central School will be administering the ASVAB (Armed Services Vocational Aptitude Battery) 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 child 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 son/daughter 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 son/daughter'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 LaBrake
School Counselor



YEARBOOK PERSONAL ADS

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

Deadline: January 31, 2020

- 1/4 page: \$25.00
- Full page: \$100.00
- 1/2 page: \$50.00
- Short Text Only Message (Limit 50 words): \$20.00

All ads can include photos and text or just text (unless stated otherwise). They can be handwritten or emailed. All work will be recreated AS 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 of photos included for Ad _____

(please put your name on back of all photos).

Text wanted in the ad: (ie, "We love you, Suzy!")
Write text below or attach a typed version or email to:
jmumbach@wvalley.org. Please make sure the text is exactly the way you want it. It will be made as written.

Payment options:

Bring your payment with this form to the front office in an envelope with your name on it. Send it with a student, mail to WVCS 5359 School Street, West Valley, NY 14171
Attn: J. Mumbach (checks payable to WVCS Yearbook)

Size of Ad:

Amount Paid: Check _____ Check # _____

Cash _____

Please do not create your own ad - it may not be compatible with our software

COMMUNITY LIBRARY

The library is open every Wednesday evening 6:00-7:30 PM. Community members can check out books and movies, use the computers, or explore our Makerspace.

Come check out what our library has to offer!



YEARBOOK SALES

The 2019-20 Vallian Yearbook is now on sale. Students who purchase a yearbook before December 1, 2019 will be entered into a drawing for a free yearbook. Winner will be announced on December 6, 2019.

The last day to order a yearbook will be March 1, 2020. There will be only a few extras ordered so please get yours soon.

The cost of this year's FULL COLOR yearbook is \$50.00. A deposit of \$25.00 will hold your yearbook. The final payment of \$25.00 will be due by March 1, 2020.

Name of Student _____

Homeroom _____

Amount paid _____

Date Ordered _____

Orders should be given to Mrs. Mumbach or Mrs. Kazmierczak



AUDITIONS!

Tuesday, 12/3

Thursday, 12/5

Monday, 12/9

Tuesday, 12/10

Please sign up for an audition time, and pick up an audition form and sheet music outside Mr. Cole's room.

AUDITION REQUIREMENTS:

1. Memorized monologue - from any dramatic production - between 30-60 seconds
2. Prepare a song from Mary Poppins, Jr. (two choices - pick up sheet music to practice with when signing up for an audition)
3. Cold reading - will be provided for you at the audition
4. Vocalize with Mr. Cole to show range

You are auditioning to be a part of the WV school musical. If chosen, you will be assigned a role that best suits your skills, and the needs of the production overall.

"There are no small parts... only small actors" - please only audition if you are willing to play ANY role.

All students who audition must be willing and able to come to ALL rehearsals for scenes they are a part of, and **must be available** for the dress rehearsal Tuesday, March 10 at 3:30pm, and for the performances, Friday and Saturday, March 13 and 14 at 7:00pm.

WELCOME TO OUR NEW STAFF

GARY CICH ENGLISH TEACHER

My name is Gary Cich and I am the new English teacher at West Valley Central School. My responsibilities include eighth, tenth, twelfth, and college English, as well as an English elective called literature and film. I graduated from the University at Buffalo with a bachelor's degree in English Language Arts and a master's degree in English Education.

I was born and raised in Tonawanda, New York and recently moved back to the area after spending five years in the Southern Tier teaching ninth and eleventh grade English at Hancock Central School. I have also coached both varsity basketball and baseball at Hancock and am always looking for opportunities to get back into my true passion, ice hockey.

I am exceedingly excited to be part of the West Valley family and community and look forward to an excellent school year!

NATALIE GALVIN ELEMENTARY TEACHER

Teaching has forever been my passion in life, and I am beyond excited to kick off this school year with my sixth-grade class. I have recently achieved a long-term goal of mine this past



August, by completing my Masters of Science in Education, as a Literacy Specialist. Outside of school, you can find me cooking, doing arts and crafts or cuddling with my cats on the couch with some coffee. After my first month of teaching within the West Valley School District, I must say that the faculty and staff have made me feel like I truly belong. The encouraging words and positive comradery of this district makes it easy to know how great of a fit it is. I am excited to continue my career as a West Valley wildcat and look forward to what each year will bring!

RACHAEL MULHISEN LONG TERM SUBSTITUTE FOR SPECIAL EDUCATION



Graduated from Springville Griffith Institute where I was a member and captain of the swim team. I then went on to swim division 1 and graduated with a bachelor's of science from Canisius College. I am currently attending Niagara University for my master's degree; I will graduate this December. In 2018 I was inducted into Kappa Delta Pi International Honor Society in Education through Niagara University for my GPA and coursework. I have taught for three years in various schools in Erie County in math and special education. I currently live in Colden NY and have a bearded dragon named Bruce.

LINDSEY DROZD SCHOOL NURSE

"It is not how much we do – it is how much love we put into the doing."

– Mother Teresa

When I graduated SGI in 2008 it wasn't my plan to become a nurse, but life's path lead me to realize my passion of caring for others for a living. By 2012 I graduated from Trocaire college with my Associates of Science in Nursing. Before I even sat for my NCLEX exam, I was working as a General Nurse at Bertrand Chaffee hospital, serving others within my own community. About a year after I became a RN, I took a brief sabbatical from BCH and developed my nursing skills in the infusion and ambulatory surgery settings before returning to the Emergency Department, all while slowly working on my Bachelor of Science degree in Nursing through Alfred State. Although working in my own community was my passion, I made the ultimate decision to say good-bye to my co-workers at BCH and went to the urgent care setting for more family-friendly hours before finally working in primary care during the year of 2018. At this time, I was asked to shadow a nurse in the community for my last semester at Alfred State and decided to work alongside Catherine Sobota, RN BSN, an awesome school nurse at Springville Middle school. During those 10 weeks, I truly found my passion within nursing, and made a lot of meaningful relationships with students that I will never forget. I also became a substitute in my preceptor's absence and learned to manage school nurse duties first hand. I found that serving the youth by being a school nurse, was having a hand in shaping the future and it meant something more, something bigger than me and suddenly, it was my goal to become a school nurse. With that, I am beyond excited to be here in the neighboring community to where I was born and raised, serving the families of West Valley the best way I know how, by being the best School Nurse I can possibly be!



KATERINA KOUTSANDREAS ENGLISH TEACHER

I am Katerina Koutsandreas, West Valley's new English teacher for grades seven, nine, and eleven. I graduated from SUNY Fredonia with a B.A. in English Adolescence Education and a minor in Communications with a concentration in Journalism. I am currently pursuing my master's degree at the University at Buffalo. I would highly recommend both schools for anyone who is considering a career in Education, but Fredonia holds a special place in my heart.

I was raised in Hamburg, New York, but during my final year of college and for a year afterward, I moved to New York City. I lived in the Bronx and Brooklyn. While there, I taught in one of the largest schools in Brooklyn where Ruth Ginsberg, Chuck Schumer, and Judge Judy all graduated from. I loved New York City, but I was homesick. I moved back to the area, bought two Newfoundland puppies (you can't have those in an NYC apartment), and now I'm here at West Valley. My cousins graduated from West Valley back in the day and I have only ever heard great things about the community and the people who live here. When I saw an opportunity to become a part of it, I had to take it. All the wonderful people at West Valley, students and teachers alike, have been so welcoming and, for that, I am very grateful.

Outside of school, I love to read, write, and play rugby. I have been playing rugby competitively for eleven years. Throughout that time, I have sustained quite a few injuries, but I would not take it out of my life for anything. In addition to being a player, I have also been a rugby coach. Two years ago, the high school boy's rugby team that I coached took the New York City championship. When I'm not teaching, reading, writing, playing rugby, or waitressing part time, I am watching the Food Network and pretending to be a gourmet chef. I have a pretty huge half-Greek-half-Polish family and food is the one thing that can always bring us together. I love to be the person who promotes that togetherness through cooking.

My goals for the coming year are to go skydiving, go on a West Coast road trip, climb a few more mountains in the Adirondack region, and see the Buffalo Bills go to the Super Bowl (ha!). That's me! I'm glad to be here! Thanks for reading!



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NEW STAFF CONT'D

CHRIS SCHIUMO

**BOY'S PHYSICAL EDUCATION
& ATHLETIC DIRECTOR**

Mr. Schiumo is a first-year teacher for the West Valley CSD. He has spent the last four years teaching Health & Physical Education for Fairfax County Public Schools and had spent one-year teaching for the District of Columbia Public Schools. Mr. Schiumo was born and raised in WNY where he attended Williamsville East High School. He completed his undergraduate work in Health & Physical Education at Canisius College. In 2015, Mr. Schiumo completed his Master's degree Sport Administration from Liberty University.

Mr. Schiumo enjoys spending time with his wife and one-year old daughter Olivia. He enjoys fitness and participating in all-sports. Mr. Schiumo enjoys watching the New York Yankees, Buffalo Sabres and Buffalo Bills.



CANDLE SALE

The Senior Class will be running an Eco-Scents Candle Sale through November 8th. The 9.6 oz. candles come in a glass hex jar with gold lid (16 oz. total weight) and sell for \$10.00. When purchasing from the seniors, you are not only helping a small Western New York area business grow, but more importantly, you are helping the seniors to reach their fundraising goal for their senior trip, prom, and graduation. The candles are hand poured in small batches with great pride. You cannot find a stronger scented or more lovingly made candle anywhere. Please ask a Senior or feel free to contact Mr. Lembke (716) 942-3100 x4120 if you are interested in purchasing. Thanks for your support!

~ Class of 2020



HOLIDAY SALE

The Senior Class will be running a Holiday Wreath and Poinsettia sale. All Wreaths and Poinsettias come from Jake's Greenhouse located in Springville, NY. The sale will run from November 8th-November 22nd with a delivery date of December 3rd. Small Poinsettias run \$8 and Large run \$11. Wreaths start out at \$20 and go up to \$27 depending on the wreath. All Wreaths are Handmade with Fresh Fraser Fir/Homemade Red Velvet Bow and 3 Natural Pine-Cones. Help support a great local business as well as the Senior Class. Please see a senior or feel free to ask Mr. Lembke (716) 942-3100 x4120 if interested. Thanks for your support!



*~ Class of
2020*



LIBRARY NEWS

Dot Day

We celebrated Dot Day in the library! Peter Reynolds is the author of the book *The Dot*. The theme of the book is to encourage students to keep trying and to never give up. The students in Kindergarten – 4th grade were each given either a challenge or a project to complete using dots of course. The students tackled the challenges and were able to create some awesome projects.

Humpty Dumpty

The kindergarten class has been traveling through Nursery Rhyme Land. They have met Jack and Jill, Little Miss Muffet, Little Boy Blue, and The Hey Diddle Diddle crew. The students enjoyed learning and acting out each of the rhymes.

They also learned about poor Humpty Dumpty and his fall. We decided to explore the rhyme of Humpty Dumpty a little bit more. The students learned how hard it is to put an egg back together after such a fall by pretending that they were all the Kings men. They also discovered that Humpty Dumpty was able to conquer his fear of heights after reading the story *After the Fall: How Humpty Dumpty Got Back Up Again* by Dan Sanat. Finally, the kindergarten students created their own fall resistant Humpty Dumpty's. The King of all the Land came to the library to test the new Humpty Dumpty's out. You will be happy to know that all the Humpty Dumpty's survived their fall off the wall!





BREAKFAST FACT

Children who eat breakfast show an increased ability to learn, exhibit better academic performance and may have 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!

LUNCH FACT

My Plate Recommends: Choose vegetables rich in color. Brighten your plate with Red, Orange, or Dark Green. *USDA:* <http://www.myplate.gov>

Offered Daily with all School Lunches:

- Fresh NYS apples from LynOaken Farms
- Fresh or prepared fruit (served by the 1/2 cup portion)
- Vegetables (served by the 3/4 cup unless otherwise noted)
- Must take 1/2 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 Entree of the Day, we offer:

- Peanut Butter & Jelly Sandwich (2M & 2G)
- Julienne Salad
- Yogurt Parfait made with NYS Upstate Farms Yogurt

Start with:

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

Take at least 3!


NOVEMBER 2019 GRADES PREK-12 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage, Egg & Cheese On A Biscuit ----- Non or Low Fat Milk	Apple or Cherry Frudel ----- Non or Low Fat Milk	RICH'S WG DONUT ----- Non or Low Fat Milk	Breakfast Burrito ----- Non or Low Fat Milk	Mini Maple Waffles ----- Non or Low Fat Milk
VETERAN'S DAY NO SCHOOL	Cinni- Minis ----- Non or Low Fat Milk	WG RASPBERRY CHURRO ----- Non or Low Fat Milk	Breakfast Pizza ----- Non or Low Fat Milk	Mini French toast ----- Non or Low Fat Milk
Ham, Egg & Cheese Breakfast Sandwich ----- Non or Low Fat Milk	Apple or Cherry Frudel ----- Non or Low Fat Milk	RICH'S WG DONUT ----- Non or Low Fat Milk	Breakfast Burrito ----- Non or Low Fat Milk	French Toast Sticks ----- Non or Low Fat Milk
Ham, Egg & Cheese On A Bagel ----- Non or Low Fat Milk	Cinni- Minis ----- Non or Low Fat Milk	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL

MENU SUBJECT TO CHANGES



NOVEMBER 2019 GRADES K-8 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				
Bacon Burger On A Bun Or BLT Sandwich ----- Baked Beans	Taco Salad Or Turkey & Cheese Sandwich ----- Corn / Salsa ¼ cup	French Toast Sticks w/Syrup & Sausage Or Ham & Cheese Sandwich ----- Hashbrown Patty	Cheese & Pepperoni Pizza Or Turkey & Cheese Sub ----- Romaine Salad	Grilled Cheese Sandwich W/Tomato Soup Or Ham & Cheese Sandwich ----- Broccoli / Cauliflower
VETERAN'S DAY NO SCHOOL	Taco In A Bag Made with Nacho Doritos Or Turkey & Cheese Sandwich ----- Corn / Bean Salad	NYS Menu Day Butternutty Mac N Cheese W/Dinner Roll Or Ham & Cheese Sandwich ----- Sweet Carrots	Cheese & Pepperoni Pizza Or Turkey & Cheese Sub ----- Romaine Salad / Green Beans	Taco Chili W/Toppings (cheese, onion, hot peppers) Or Ham & Cheese Sandwich ----- Peas
Popcorn Chicken W/Buttered Noodles Or Chicken Salad Wrap ----- Baked Beans	Nacho Grande W/Tostito Chips & Seasoned Rice Or Turkey & Cheese Sandwich ----- Corn / Salsa ¼ cup	Spaghetti & Meatsauce W/Warm Garlic Dinner Roll Or Ham & Cheese Sandwich ----- FARM FRESH ZUCCHINI	Cheese & Pepperoni Pizza Or Turkey & Cheese Sub ----- Romaine Salad	Grilled Cheese Sandwich W/ Tomato Soup Or Ham & Cheese Sandwich ----- Sweet Carrots
1/2 DAY PARENT CONFERENCES BREAKFAST ONLY	1/2 DAY PARENT CONFERENCES BREAKFAST ONLY	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL

MENU SUBJECT TO CHANGES

NOVEMBER 2019 GRADES 9-12 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				
Bacon Burger On A Bun Or BLT Sandwich ----- Baked Beans	Taco Salad Or Turkey & Cheese Sandwich ----- Corn / Salsa ¼ cup	French Toast Sticks w/Syrup & Sausage Or Ham & Cheese Sandwich ----- Hashbrown Patty / Green Beans	Cheese & Pepperoni Pizza Or Turkey & Cheese Sub ----- Romaine Salad / Sweet Carrots	Grilled Cheese Sandwich W/Tomato Soup Or Ham & Cheese Sandwich ----- Broccoli / Cauliflower
VETERAN'S DAY NO SCHOOL	Taco In A Bag Made with Nacho Doritos Or Turkey & Cheese Sandwich ----- Corn / Bean Salad	NYS Menu Day Butternutty Mac N Cheese W/Dinner Roll Or Ham & Cheese Sandwich ----- Sweet Carrots	Cheese & Pepperoni Pizza Or Turkey & Cheese Sub ----- Romaine Salad / Green Beans	Taco Chili W/Toppings (cheese, onion, hot peppers) Or Ham & Cheese Sandwich ----- Peas
Popcorn Chicken W/Buttered Noodles Or Chicken Salad Wrap ----- Baked Beans / Broccoli	Nacho Grande W/Tostito Chips & Seasoned Rice Or Turkey & Cheese Sandwich ----- Corn / Salsa ¼ cup	Spaghetti & Meatsauce W/Warm Garlic Dinner Roll Or Ham & Cheese Sandwich ----- FARM FRESH ZUCCHINI	Cheese & Pepperoni Pizza Or Turkey & Cheese Sub ----- Romaine Salad / Cauliflower	Grilled Cheese Sandwich W/ Tomato Soup Or Ham & Cheese Sandwich ----- Sweet Carrots / Peas
1/2 DAY PARENT CONFERENCES BREAKFAST ONLY	1/2 DAY PARENT CONFERENCES BREAKFAST ONLY	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL

MENU SUBJECT TO CHANGES





MEDIA BALANCE & WELL-BEING

#DIGCIT WEEK

October 14-18 was Digital Citizenship week. Check out the tips from Commonsense Education for helping your family find balance in our digital world. One great idea is to use the Family Media Agreement to guide a discussion with your kids. Then hang the signed agreement on your refrigerator as a reminder of your family's plans to stay balanced and safe online.



Learn more ways to find balance in your digital lives at commonsensemedia.org!

We find balance
in our digital lives.

COMMON SENSE MEDIA

Family Media Agreement

I, _____, will:

... take care.

- ☐ I will take care of the device I'm using and tell my family if it's broken, stolen, or lost. As a family, we have agreed on the consequences if I lose or break a device, and I understand those consequences.
- ☐ Unless I have paid for a device with my own money or it was a gift, I understand that the device belongs to the family member(s) who bought it.
- ☐ _____

... stay safe.

- ☐ I will not create accounts or give out any private information - such as my full name, date of birth, address, phone number, or photos of myself - without my family's permission.
- ☐ I will not share my passwords with anyone other than my family. I will ask my family to help me with privacy settings if I want to set up devices, accounts, or profiles.
- ☐ If anyone makes me feel pressured or uncomfortable or acts inappropriately toward me online, I'll stop talking to that person and will tell a family member or other trusted adult about it.
- ☐ _____

... think first.

- ☐ I will not bully, humiliate, or upset anyone online - whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles - and I will stand up to those who do.
- ☐ I know that whatever I share online can spread fast and far. I will not post anything online that could harm my reputation.
- ☐ Whenever I use, reference, or share someone else's creative work online, I will give proper credit to the author or artist.
- ☐ I know that not everything I read, hear, or see online is true. I will consider whether a source or author is credible.
- ☐ _____

... stay balanced.

- ☐ I will help my family set media time limits that make sense, and then I will follow them.
- ☐ I will be mindful of how much time I spend in front of screens, and I will continue to enjoy the other activities - and people - in my life.
- ☐ If using media or being online is making me unhappy or it's hard to stop, I will take a break and talk to a family member.
- ☐ _____

... communicate openly.

- ☐ I will talk to my family about what media I use and what I do online and answer any questions they have openly and honestly.
- ☐ I will tell my family if I'm struggling with media use, have made a mistake online, or need help.
- ☐ _____

In exchange, my family agrees to:

- ☐ recognize that media is a big part of my life, even if they don't always understand why.
- ☐ talk with me about what worries them and why before saying "no."
- ☐ talk to me about my interests and embrace my world, including helping me find media that's appropriate and fun.
- ☐ _____

X

SIGNED BY ME

X

SIGNED BY MY PARENT OR CAREGIVER



SKI & BOARD CLUB 2019–2020

Ski season will be here before we know it. Our club travels down to Holiday Valley each Tuesday after school beginning in January and ending in March. If good skiing conditions arrive in December, we may be able to get a night on the slopes in before our winter break. West Valley students in grades 7-12 are eligible, but I can accept students in lower grade levels with parent/guardian permission and a phone call or meeting.

Although we like to have registration forms and dues in by November 1st, students can still register with Mr. Stead. The cost does increase \$10 after November 1st. If you have any questions, you can contact Mr. Stead at school by phone or E-mail. 942-3100 ext. 4114 gstead@wvalley.org.

VETERANS DAY HERO WALL

Dear West Valley Families,

In preparation for Veterans Day, we plan to assemble a Hero Wall with pictures of military Veterans related to West Valley students and staff. We hope that families are willing to send in pictures of relatives in uniform to be added to our Hero Wall. This will be an excellent way to show our support and honor those who have served our country or those who are serving.

If you are sending in pictures, we ask that it be a copy of the original. We don't want an original photo to be lost or damaged. If you don't have access to a copier, we can copy the picture here. Also, **please label the back of the picture with the name of the Veteran, the name of the West Valley student(s), and their teacher.** Please have all pictures in by **Thursday, November 7th**. If you have any questions or prefer to email the photos, please contact Rachel Mychajluk at rmychajluk@wvalley.org or 716-942-3100 x 4135.



HANG UP AND DRIVE

On Monday, October 7th students in grades 7-12 heard from Jacy Good and Steve Johnson on the dangers of distracted driving. Jacy, a survivor of a crash involving a distracted driver, shared her impactful story with our students. Their central message that phone usage "can wait" resonated with many of our students.



STUDENT COUNCIL PRESENTS...



When: November 12th to November 22nd

Location of Bottles: The Main Office

Who: Each class (7-12) have their own jug for collecting money.

RULES:

Gain points by adding **silver coins and bills** to your class jug.
Lower other classroom totals by adding **pennies** to their jugs.

Prize: Pizza party for the winners and Splat Ball Night! Winners decide which **charitable organization** they want to donate to!

Adding:

Nickels	+5 points
Dimes	+10 points
Quarters	+25 points
\$1 Dollar	+100 points
\$5 Dollars	+500 points
\$10 Dollars	+1000 points
\$20 Dollars	+2000 points

Subtracting:

Pennies	-1 point
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THE HEARTBEAT OF WVCS

The start of a new school year has been busy with students creating their masterpieces. The students have taken to heart the idea that their best work is YET to come, and have been doing



quotes, and learning more about the use of colors in their work.

Studio Art students just finished up their monochromatic geometric project. Students were tasked with creating a painting, using just one color, and adding tints and shades to their color.



The 6th grade class has completed a few projects already! They've learned a lot about the color wheel already this year, and their work has incorporated their knowledge.

The Painting and Drawing students tackled charcoal selfies. Many of their portraits astound the audience and receive daily compliments. We are proud of the work they have done!

The 7th and 8th graders have finished their half-face portraits. The end results were amazing! The students' effort and attention to detail really shows through their projects.



siblings, and a younger cousin, who she influences in photography. Adriana's favorite subjects in school are Writing and Art. In her free time, Adriana spends time doing the things she loves—watching anime, reading, and spending time with friends.



their best to improve their art skills. The elementary classes have been working hard on a variety of projects: collage sunflowers, oil pastel leaves, and crazy cats (lines and patterns!). Our older students spent the first five weeks immersed in self-portraits, creating posters that depict famous artists'

quotes, and learning more about the use of colors in their work. Studio Art students just finished up their monochromatic geometric project. Students were tasked with creating a painting, using just one color, and adding tints and shades to their color. They felt challenged, and most were very excited to see their finished projects. Their sketchbooks are turning out to be a creative outlet for the majority of them.

Art Club has starting planning their next project. The students involved are preparing to give the Library a new mural, and looking for additional projects around the building.

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S.T.E.A.M. IN KINDERGARTEN

Mrs. Green's kindergarten class has been moving full S.T.E.A.M. ahead this year. The kindergarten class has been working on developing their creativity and ingenuity. The students worked together to create a perch for "Harry", so he has a place to sit in their classroom. Students were given just a few supplies and they had to work together in their groups to develop a plan to make a perch. Students learned that sometimes you need to try again. The class also learned about making a hypothesis when they did different experiments with apples. They enjoyed watching an apple erupt like a volcano. The students saved the day when they learned how to code Iron Man through the city, build skyscrapers for Superman to leap and a single bound, and design their own superhero capes. The students are learning important skills and having an awesome time!



THE POWER OF YET



There seems to be a phenomenon going around the school that is amazing! It's the power of the little word "yet." It expresses the patience required and belief in one's self or another person's abilities to realize that some things are worth waiting for. Those things take work, time and don't always come in the form of anything that could be remotely easy. It's a "You can do it!" attitude. It's a type of "hope" that we have, and it's not easy, but if you really think about it, it is exactly the process that allows for success; the power of YET.

This year our faculty and staff have been invited to join this phenomenon by purchasing a t-shirt of their choice with the phrase, "I believe in the power of yet" printed on it and by adopting the attitude that "We can do it!" This positive attitude is spreading throughout the school and with it, amazing things will happen!

HOMECOMING WEEK 2019

September 30th to October 4th was Homecoming Week and Fall Fest at WVCS. Grades 9-12 competed in class competitions throughout the week. Saturday morning, the Senior class competed against the Juniors in a Football game, which the Juniors won. WVCS Homecoming Court was recognized at the Homecoming Dance that evening. Justin Seltzer and Sandra Hebdon were crowned Homecoming King and Queen; Prince and Princess were Kyle Hickey and Isabella Draine-Soto; Lord and Lady were Bane Smith and Janette Calkins; and Duke and Duchess were Christopher Amodeo and Lauren Frascella.



Seniors vs. Juniors Football Game.



High School students compete in the Hula Hoop Race during Friday's Pep Assembly.



Jacob Coluci, Zach Westfall, Sandra Hebdon, Mike Moritz, Ethan Gilbert, Justin Seltzer and Sierra Folts participate in Seniors v. Juniors Football Game.



WVCS recognizes the members of Boys on the Right Track.



Bane Smith, Kyle Hickey, Rod Boberg, Zach Schoepflin, Yvonne Kneis, Leah Seltzer, Chloe Chai, and Nate Niesyty participate in the Seniors v. Juniors Football Game.



WVCS recognizes participants in Girls on the Run.



WVCS Student Athletes!



WVCS Homecoming Court: Duchess Lauren Frascella, Duke Christopher Amodeo, Lady Janette Calkins, Lord Bane Smith, Princess Isabella Draine-Soto, Prince Kyle Hickey, King Justin Seltzer, Queen Sandra Hebdon.

4TH & 5TH GRADE CLASSES VISIT ALLEGANY STATE PARK

On Thursday, September 26th, fourth and fifth grade classes travelled to Allegany State Park where they were able to learn and experience many new activities. Students rotated through three different activities while at the park. They had the opportunity to try kayaking and paddle boarding where they learned water safety. They also tried fishing and were taught about many different types of fish and how to handle them once caught. Additionally, the students were able to look for “creek critters” and find out how important the food web is to our ecosystem. Finally, students utilized a new program using iPads where they followed a GPS-based system to find specific trees within the park; similar to a scavenger hunt. Once at the tree, they answered questions before moving on to the next. Thanks to the “Connect Kids to Parks” field trip grant, students had a great time exploring nature, learning safety tips to use in nature and learned the importance of how everything in the ecosystem works together.



PRIMARY STUDENTS VISIT ALLEGANY STATE PARK

This Fall our primary students went to Allegany State Park on a field trip. While there, they learned about the life cycle of frogs and toads. In addition, they participated in a scavenger hunt where they found a variety of items found in nature. They also went on a nature walk where they learned about various different plants and animals that live at the park. Finally, they created a rainbow made out of items found in nature. The children also had time to eat lunch at the park and play on the playground. The trip was funded through the ‘Connect Kids To Parks: Field Trips’ grant and was a wonderful educational experience for our children. The primary classes are planning on returning to Allegany State Park in the Spring to further their education.



OLD FORT NIAGARA FIELD TRIP

On Friday, October 11th 4th and 7th grade students attended a field trip to Old Fort Niagara in Youngstown, NY. Students rotated through interactive stations learning about a range of 18th century topics. Students encountered Haudenosaunee people, French, British and American soldiers as well as craftsmen demonstrating their trades. Students witnessed musket and artillery firing demonstrations and used their math skills to discover how military engineers designed the fort 250 years ago!



CONSTRUCTION CAREER DAY

To help educate and expose our students to the importance of the construction industry and the numerous careers within it, a group of juniors and seniors traveled up to the Operating Engineers training facility in Lakeview, New York on October 3rd, and attended the Construction Career Day. Students were able to experience all of the trades through hands-on activities, operating equipment, and speaking with individuals who work in these fields. Many of the representatives had the latest and greatest machinery, tools, and technology available to our students to explore and try out. Each trade was very informative and enjoyed speaking with the students in order to explain the various career opportunities that are increasing every day throughout Western New York. Each and every trade is wide open for employment opportunities. In addition to the trades, numerous colleges were on hand to provide information regarding their construction related degree options. It was a great day for our students to explore career options that are not only growing in our area but expanding in today's technological society. We are looking forward to another great Construction Career Day in 2020. If you have any questions regarding this day, or would like any additional information about a particular trade, feel free to contact Gerry Stead at gstead@wvalley.org, or 942-3100 ext. 4114



WEST VALLEY CENTRAL SCHOOL

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

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ADMINISTRATION

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

OR CURRENT RESIDENT

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WWW.WVALLEY.WNYRIC.ORG

EMERGENCY SCHOOL CLOSINGS

West Valley Central School District uses the Blackboard Connect system to send an automated message regarding school closings and cancellations of after school activities. The message is sent to your household phone number and to the emergency contacts that you listed at the beginning of this school year. If this information has changed or you would like to verify what is on file, please call Dana Westfall at 942-3100 extension 4111. The District also contacts the following radio and television stations:

Channel 2 **Channel 4** **Channel 7**
WBEN 930 am **WPIG 95.7 fm** **WYRK 106.5 fm**

LOST AND FOUND

There is a lost and found box in the main office. Typically, this box is quite full throughout the school year. Announcements are made periodically for students to check the box if they are missing anything but unfortunately many items remain unclaimed. During parent/teacher conferences, all items will be placed on tables in the main WV foyer. Please take anything that belongs to your child.

At the end of each quarter, any unclaimed items will be donated to the community clothes closet.

COLLECTING CAN TABS

West Valley is collecting can tabs to benefit Ronald McDonald House Charities. Please send to WCS, Attention: Mrs. Ford.



WEST VALLEY CALENDAR OF EVENTS

Class of 2020 Eco Scents Candle sale through November 8th

Class of 2022 Yankee Candle sale through November 1st

Nov. 1	- Junior High Area All State - Emergency go home early drill - dismissal at 2:20pm
Nov. 2	- Junior High Area All State
Nov. 4	- Board of Education Meeting at 7pm in the Library - Men's Basketball 6-8pm - Gymnasium
Nov. 5	- PTO Meeting 4-6pm in the Library
Nov. 7	- Red Cross Blood Drive 9am-3pm in the Auditorium
Nov. 8	- Class of 2020 Wreath and Poinsettia Sale through November 22nd - Veterans Day Breakfast 8:45-10am in the Cafeteria - Middle School Fun Night 6-7:30pm in the Gymnasium
Nov. 11	- Veterans Day - No School for students and staff
Nov. 12	- Grades 7-12 Coin Wars through November 22nd in the Main Office
Nov. 13	- Fall Band Concert 7-8pm in the Auditorium
Nov. 18	- Scholastic Book Fair through November 24th in the Library - Men's Basketball 6-8pm in the Gymnasium
Nov. 21	- Varsity Bowling Match at Cascade Lanes 3:30-5pm
Nov. 22	- Primary Grades Thanksgiving Feast 9-1pm in the Auditorium
Nov. 25	- Early dismissal for students at 11:15am - Parent/Teacher Conferences start at 11:15am - Men's Basketball 6-8pm in the Gymnasium
Nov. 26	- Early dismissal for students at 11:15am - Parent/Teacher Conferences start at 11:15am

UPCOMING EVENT

Dec. 6	- At 6pm, Ashford Community Center will be hosting the Christmas Tree Lighting Celebration
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