

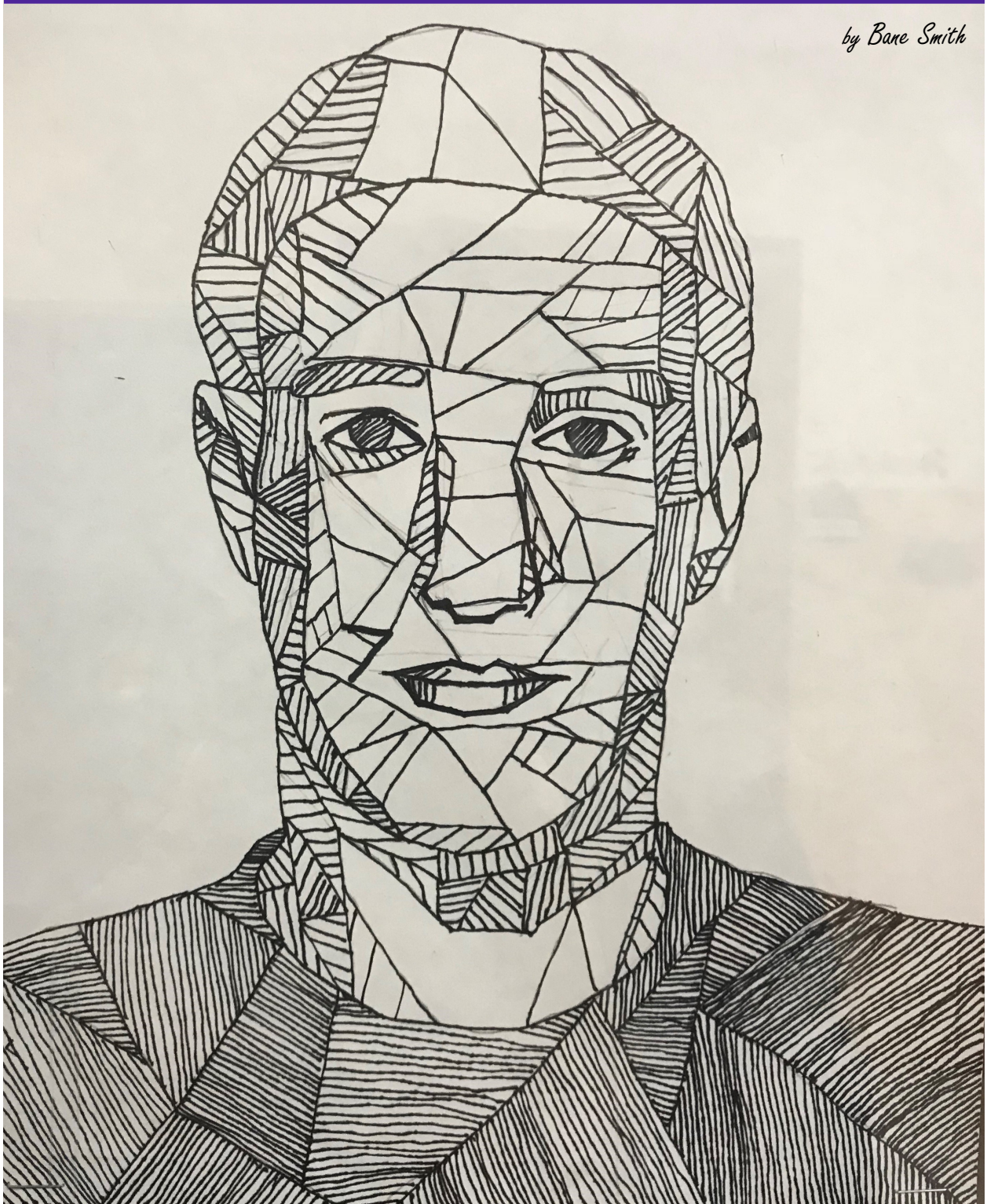


WEST VALLEY CENTRAL SCHOOL
NEWSLETTER
SCHOOL AND COMMUNITY WORKING TOGETHER

Vol. 24 No. 3

NOVEMBER 2018

by Bare Smith





Superintendent's Corner

Mr. Eric Lawton

November is a time of harvest, giving thanks and enjoying the beauty of the turning leaves in the valley. We also have some decisions to make regarding the future of our athletic programs this month.

We will be hosting a Veteran's breakfast at 9:00 AM on November 13th in our Cafeteria. All veterans and their guests are invited to attend. Please RSVP to Carolyn at ext. 4102 to help us get an accurate count. Students will be participating to say thank you for your service.

We held a staff development day on October 22nd that focused on Crisis Prevention and Preparedness. We are going to follow up with a school safety presentation by Christopher Baker of Cattaraugus County Emergency Services during the afternoon of November 9th. Please note students will only be in attendance on that day until 11:15.

November 7th will be our Fall Band Concert at 7:00 PM in our auditorium. We are hosting our blood drive on November 13th from 9:30 until 3:30. And we will have early dismissal at 11:15 on November 19 and 20 with no school on 21st, 22nd, and 23rd for Thanksgiving break.

We need to move forward with our athletics. The Ellicottville Board of Education decided not to continue our athletic merger after this year. Several representatives from our board and administration met with representatives of Springville G.I., to discuss the possibility of joining their athletic teams. West Valley Board of Education will be discussing athletics at the November 5th meeting in the library conference room at 7 PM.

I wish everyone a very happy Thanksgiving Holiday.

Key Items

- ♦ November 7 - Band Concert, 7 PM
- ♦ November 9 - Early Dismissal, 11:15 AM
- ♦ November 13 - Veterans Breakfast 9 AM
- ♦ November 13 - Blood Drive, 9:30 AM - 3:30 PM
- ♦ November 19, 20 - Early Dismissal, 11:15 AM
- ♦ November 21-23 - Thanksgiving Break



Principal's Corner

Mr. Daniel Amodeo

We are just about to finish the 1st quarter of the school year as November 9th marks the closing of grades. Please be reminded of the change in our school calendar on Friday, November 9th as students will have a half-day of school and dismiss at 11:15. The early dismissal is due to a full school staff safety training.

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 19th and November 20th. 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.

Congratulations to our newest National Honor Society members, Chloe Chai, Makenze Hurtubise, Leah Seltzer, and Isabella Draine-Soto. These students were inducted into the National Honor Society at a ceremony on October 14th. I would also like to congratulate all of our fall athletes, coaches, chaperones, parents, our transportation department and all others who helped to make our fall sports season a success.

Throughout November our school continues to provide opportunities for our students and community. We will have our Fall Band Concert on Wednesday, November 7th, Boys on The Right Track 5k run at Veterans Park in Buffalo on November 3rd, Girls on the Run 5k run at Delaware Park on November 4th, and our Lego League Competition on November 17th. We will have a Red Cross Blood drive on November 13th and a National Honor Society canned food drive the week of November 12th. Finally, our Kindergarten and 1st grade classes will host our annual Thanksgiving Feast on Friday, November 16th. 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!



National Honor Society



WVCS National Honor Society Inducts Four New Members

by: Caitlyn Cizdziel, NHS Secretary

On October 14th, the NHS inducted four new members and held a banquet for the inductees, current members, and their parents. The banquet was held to honor the achievements of the new members.

Ms. Amy Butler, retired WVCS teacher, was selected by the current members to be the guest speaker. She spoke about the four pillars of the National Honor Society that all members must follow: leadership, scholarship, service, and character. She also shared advice with both the students and adults in the room about following your dreams and being leaders and role models both in the school and in the community.

Congratulations to the new members:

Chloe Chai, Isabella Draine-Soto, Makenze Hurtubise, and Leah Seltzer

Veterans Day

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 (Homeroom teacher for Grades 7-12).** Please have all pictures in by **Friday, November 9th**.



Spirit Week

West Valley Spirit Week was October 15th to 19th leading up to the Homecoming Dance on Saturday night. Each day the high school classes competed against one another to show which class had the most school spirit. Monday was Flannel Day, Tuesday was ‘Murica Day, Wednesday was Class Colors, Thursday was Opposite Day and Friday was Wildcat Pride Day. Students also decorated the high school hallways for each class and the competition culminated in the Pep Assembly, class “brawn games” and float competition at Fall Fest Friday evening. After all the votes were tallied the Senior Class won! High school students continued the festivities Saturday morning with a friendly Flag Football game of Seniors v. Underclassmen. Seniors won with a final score of 36-20. The Homecoming Dance took place later Saturday night where Travis Dusterhus and Delaney Neuman were chosen as Homecoming King and Queen, Nick Finn and Caitlyn Cizdziel were Prince and Princess, Kyle Hickey and MaKenze Hurtubise were Lord and Lady, and Nathan Niesyty and Janette Calkins were Duke and Duchess. A big thank you to all of the students, staff, families and community members that participated and helped in the planning and implementation of all of these events!



Animal Programs

In October, our Elementary students were treated to two different animal programs. We had **Buffalo Animal Adventures** bring a *python*, *hissing cockroach* and an *Egyptian spiny mouse*. Later in the month, **Sun Dance Kids Farm** brought *millipedes*, *toads*, and a *tarantula*.

Both programs educated the children about each of the animals that they brought with. Students learned about the animals, their natural habitats, and learned about food webs. The children had an exciting time learning about these creepy, crawly animals! We look forward to more animals coming from each of these programs throughout the upcoming year.



the heARTbeat of West Valley



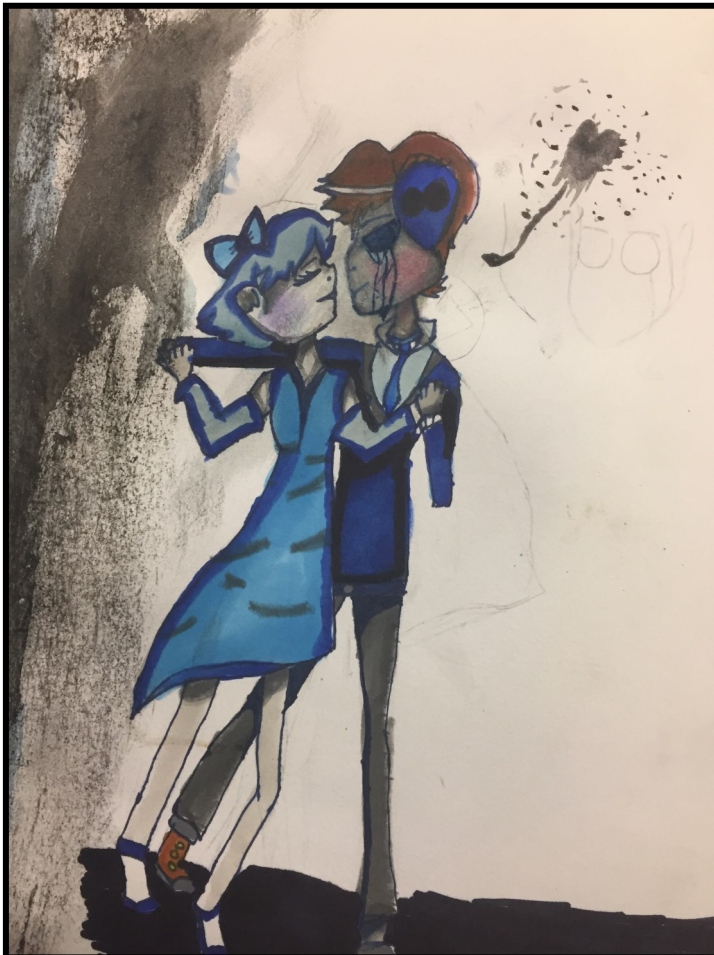
We are halfway through the first quarter and many exciting things are happening in the art department. Our 3rd graders just studied Van Gogh's Sunflowers and recreated their own version. The 4th graders just learned how to shade by using light and dark colors to create a three dimensional pumpkin. The Kindergarteners are in full swing creating fall projects they have been making witches and pumpkins.



Artist of the Month

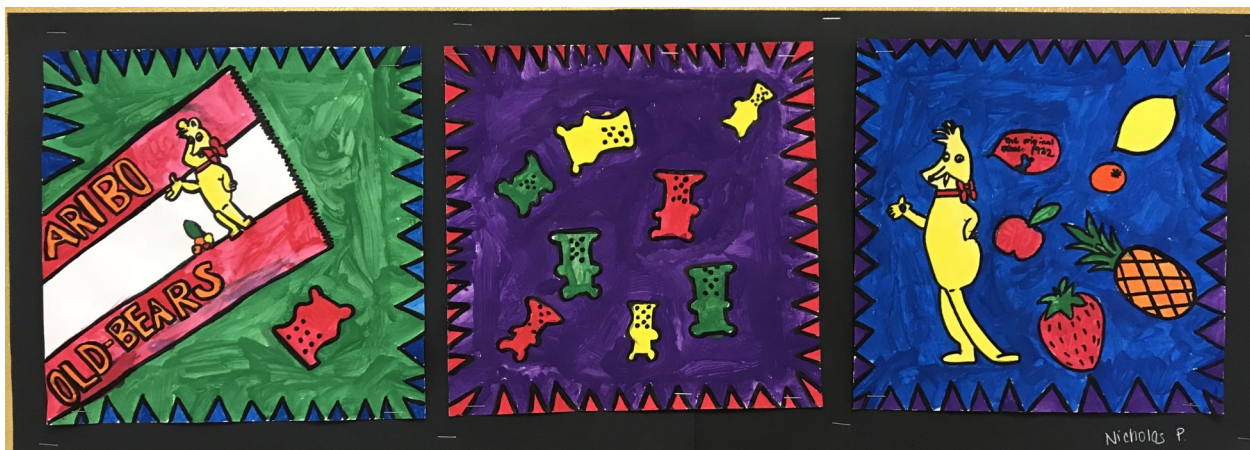
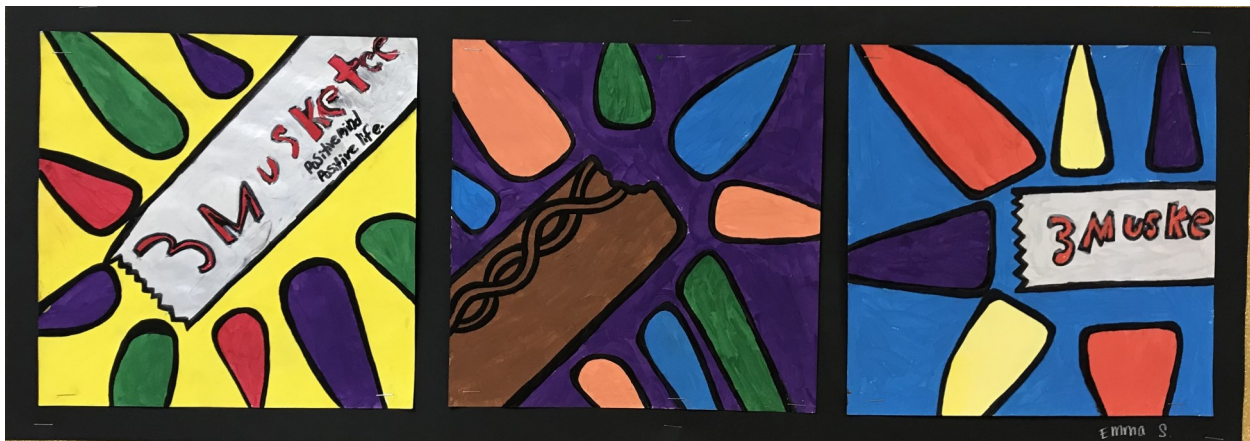
Presley Soderlund

Presley Soderlund is our Celebrity Artist of the month. She is a 4th grader that has a lot of talent and enjoys drawing in her sketchbook. Some day she would like to go to school to become an Animator. We are lucky to have such a talented young lady with many years to develop her artistic skills at West Valley.



Art.

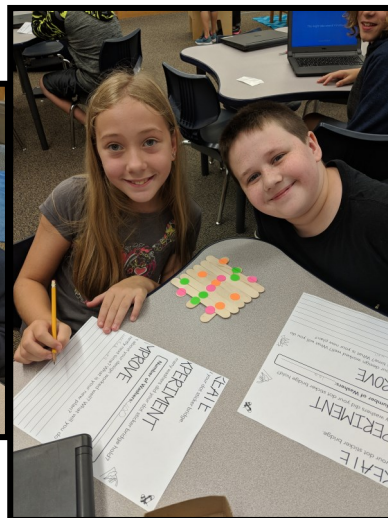




Library News

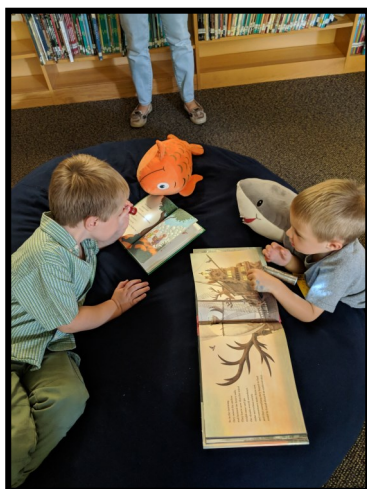
Dot Day

During the week of September 17th, students had the opportunity to celebrate Dot Day. The Dot is a book written by Peter Reynolds. The book encourages students to just make a mark and see where it takes you. In library, students used dots to create bridges, towers, buildings, and art work. The students were so creative and had a great time making their mark!



Flashlight Friday and STEAM Friday

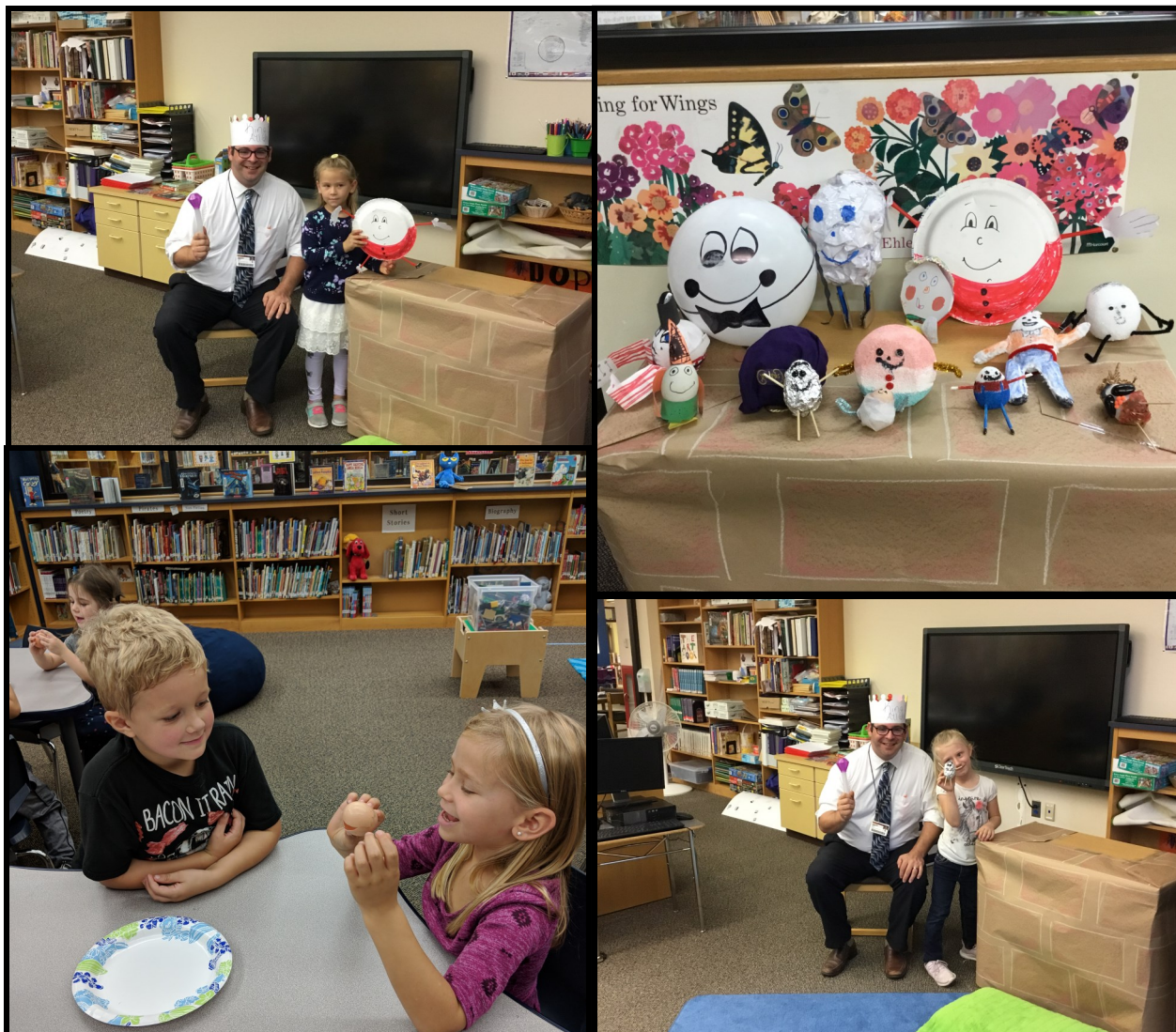
On Fridays, we take time out to read with our flashlight or explore the world of STEAM. On Flashlight Fridays, students enjoy choosing their own book and finding a quiet place to read with their favorite reading buddy and a flashlight. This opportunity allows student to develop a life long love of reading. On STEAM Fridays, students have an opportunity to explore Science, Technology, Engineering, Art, and Math concepts in the library. Different stations are set up for students to try coding, creating, building, and much more. STEAM Fridays help students to develop the critical thinking skills need to be a 21st Century learner.



Library News

Humpty Dumpty

The kindergarten class has been learning their nursery rhymes this month in library. One of our favorites was Humpty Dumpty. We sang and acted out Humpty Dumpty several times and we even learn what happened to Humpty after the fall in the book After the Fall: How Humpty Dumpty Got Back Up Again by Dan Santat. Students also tried to put Humpty Dumpty together again, but found it was difficult to fix a cracked egg. The King of All the Land asked the students to create their own Humpty Dumpty's that wouldn't break. The class brought in awesome versions of Humpty Dumpty. The King of All the Land came and tested out each of their creations. Everyone's Humpty Dumpty's made it!



Read About

First and Sixth graders have begun a program called 'Read About'. This is where the first graders read a book to the sixth graders. First graders move around the room reading to as many sixth graders as they can in the time allowed. Sixth graders help the first graders to sound out words when needed and then sign the first grader's log sheet after they have heard the story. This gives first graders much needed practice in reading and gives the sixth graders the opportunity to be a mentor to younger children. It also gives all of the children an opportunity to make new friends. It is a win-win for all involved!





Announcements

Child Find Notice

Attention Residents with children between birth and age 21: If your child is disabled or you suspect he/she may be disabled, you may be entitled to special education and related services, without cost to you. Please contact **Shawna Gugino**, *Director of Special Education* at 942-3100 extension 4149 or write West Valley Central School, Attention Special Education Department 5359 School Street West Valley, New York 14171 to register your child or obtain further information.



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.

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.

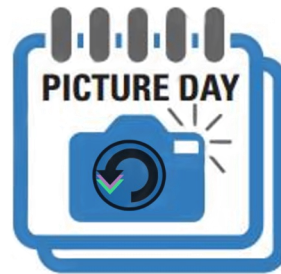




Announcements

Picture Day

Retake day- Friday, October 19th



RETAKES

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 2018-2019 TOPS in Education program year. Go to <https://www.topsmarkets.com/education/> and follow the prompts.

Veterans Breakfast

Tuesday, November 13th at 9:00 AM in the cafeteria

Please RSVP with Carolyn at ext. 4102 for an accurate count.

Thank you for your service!

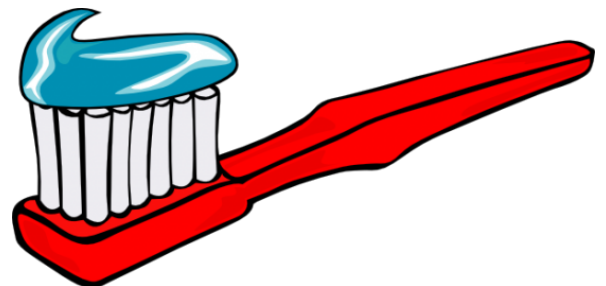
NHS Sponsored Canned Food Drive



November 13—20th

Class Competition

Suggested items: Canned Vegetables, Soups, Beans, Nuts, Pasta, Rice, Crackers, Cereal, Shampoo, Toothbrush, and Soap



★ ★ ★ — ★ ★ ★

V O L N T E E R

all that's missing is U!

Your West Valley PTO needs you!

- ♦ Help students at WVCS be the best that they can be
- ♦ Have a voice in activities and programs that PTO supports.
- ♦ There are no commitments or requirements; volunteer when you can!
- ♦ Meetings are about an hour long, once a month

The next meeting is November 14 at 6:45 p.m. in the WVCS library
Questions? Email: PTOWestValley@gmail.com

*"Alone we can do so little, together we can do so much."
-Helen Keller*

YEARBOOK SALES

The 2019 Vallian Yearbook is now on sale. Students who purchase a yearbook before December 3, 2018 will be entered into a drawing for a free yearbook. Winner will be announced on December 7, 2018. There will be an elementary winner and a high school winner.

**The last day to order a yearbook will be March 1, 2019
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, 2019.

Name of Student _____
Homeroom _____
Amount paid _____
Date ordered _____

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

YEARBOOK ADS

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 February 15, 2018.

Prices: ½ page (8 ½" x 5 ½")	\$50.00	¼ page (4 ¼" X 5 ½")	\$35.00
Full page (8 ½" x 11")	\$100.00	1/8 page (2" x 3")	\$20.00

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@wvvalley.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 # _____

West Valley Ski & Board Club

2018-2019



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 6th grade with parent/guardian permission and a phone call or meeting. If you would like to buy a pass through our club, please let me know and I can most likely provide you with the same prices as our club members. I am looking into that detail and will post additional information as it becomes available.

Skiing and boarding can get expensive during the winter months. Joining the club drastically reduces the overall cost of a student who participates in this outdoor sport. In addition to the cost savings, all members are provided free lessons on the nights that we go as a club. Another perk of the package is that students can ski/board any Tuesday evening that Holiday Valley is open even if the club does not go. Our club will travel by bus a total of 8 weeks from school.

Student season passes are available through the club at a discounted rate.

We will be having an informational meeting after school so that any interested students that are eligible can receive the necessary details and registration forms to join. If you have any questions regarding your child becoming a ski/board club member, you can email me at gstead@wvalley.org or call 942-3100 ext. 4114. I am looking forward to another great season on the slopes with the West Valley Ski & Board Club.

Thank You,

Gerry Stead

Old Fort Niagara

Field Trip



On Friday, October 5th 2018 Ms. Castro, Ms. Baren, Mr. Lembke, Mrs. Mazzuto, and Mrs. Mychajluk took the 4th, 7th and 8th grade students to Fall Frontier Days at Old Fort Niagara. Fall Frontier Days are a celebration of four nations that figured prominently in the early history of the Niagara Frontier. Students' experienced Native American, French, British and American history as it played out in a military community at the strategically important mouth of the Niagara River. The fort was divided into zones representing the different nations. Students used math skills to design an 18th century fort, heard about Native American wampum and diplomacy, learned about the French fur trade and explored the French Castle. They listened to fife and drum music of the period and learned about the importance of music to the army. Furthermore, there were demonstrations of the flintlock musket, students handled wooden muskets and learned the 1764 manual of arms used by British soldiers during the American Revolution, and a three pound cannon artillery demonstration.



Building a Model of Catal Huyuk

Students in 6th grade started the year by learning about world geography and the earliest known people. Part of their learning included understanding how the first civilization was created and what sustained the people of that community. Through the use of a variety of materials, students were tasked with creating a model of Catal Huyuk, the first known city in the world. Each group took a different approach to the design and focused on many different aspects of what they had learned. One group highlighted the importance of the nearby river, one group created a field of grains and barley, another featured crafts and jewelry that were created for trade, while others focused on the dwellings that people lived in by using ladders and rooftop entrances. Students had a great time using their creativity while also continuing their understanding of the earliest city. Nice work 6th graders!



Introducing West Valley Wildcats Gear!

**Students, Parents, Teachers, & Community Members
show off your Wildcat Pride!!!**



How do I get to the School Store?

Log on to Prep Sportswear <https://www.prepsportswear.com/> and select West Valley Central School. Or go directly to the school store <https://www.prepsportswear.com/school/us/new-york/west-valley/west-valley-central-school-wildcats?schoolid=2956>. You can also find a link on the West Valley Central School website <http://www.wvalley.wnyric.org>.

What does the site have to offer?

The website offers a wide range of T-shirts, Warm Ups, Sweatshirts, Polos, Bottoms, Hats and Backpacks. Clothes sizes range from Toddler, Youth, and Adult sizes to XXL. Every item is customizable from colors and design to different logos. You can even add your name, sports number, graduation year (i.e. Class of 2019), and any activity you can think of!

Questions???

Prep Sportswear offers online live chat if you have additional questions on a particular item. You can also contact Rachel Mychajluk rmychajluk@wvalley.org for any additional questions.



2018-2019
West Valley Central School Board of Education
Scheduled meetings

All meetings held in the library conference room unless otherwise stated below.

The Board of Education invites you, the residents of our school community, to feel comfortable in sharing matters of interest or concern that you might have.

The Board President will be happy to recognize those of you who wish to speak at our board meetings during the designated public comment section of the agenda. Please indicate this on the sign in sheet and you will be called on in order, at this time; please identify yourself with your name and address.

Those items brought to the attention of the Board during this time may be taken under consideration for future response or action. We ask that individual comments be limited to a few minutes in order to accomplish the evening's agenda.

We respectfully ask that issues related to specific school district personnel or students be brought to the attention of the Superintendent or Principal privately.

Tuesday, July 10 th @6:30pm	Reorganization meeting and Regular meeting to follow
Monday, July 23 rd @7pm	Regular meeting
Monday, August 6 th @7pm	Regular meeting
Monday, August 27 th @7pm	Regular meeting
Monday, September 10 th @7pm	Regular meeting
Monday, October 15th October 9th @7pm	Regular meeting
Monday, November 5 th @7pm	Regular meeting
Monday, December 10 th @7pm	Regular meeting
Monday, January 7 th @7pm	Regular meeting / Budget discussion
Monday, February 11 th @7pm	Regular meeting / Budget discussion
Monday, March 11 th @7pm	Regular meeting / Budget discussion
Tuesday, April 16 th @7pm	Regular meeting (agenda item, BOE will vote on BOCES Admin. Budget, BOCES BOE Election and school 2018/19 budget)
Monday, May 6 th @7pm	Annual Budget Hearing/Regular meeting (auditorium)
Tuesday, May 14 th from noon-9pm	Annual Budget Vote/BOE Election (gymnasium)
Monday, June 3 rd @7pm	Regular meeting
Monday, June 24 th @7pm	Regular meeting

West Valley Central School
2018-2019 School Calendar

184 Days

SEPTEMBER							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							
OCTOBER							Days 22
S	M	T	W	T	F	S	
	1	2	3	4	5wk	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 18
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 14
S	M	T	W	T	F	S	
						1	
2	3	4	5	6	7	8	
9	10	11	12	13	15wk	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						
JANUARY							Days 21
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			
MARCH							Days 21
S	M	T	W	T	F	S	
					1	2	
3	4	5	6	7	25wk	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 14
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 22
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	35wk	24	25	
26	27	28	29	30	31		
JUNE							Days 18
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							

4-Sep	Superintendent day
5-Sep	PreK -12 First day of classes
8-Oct	Columbus Day
12-Nov	Veterans Day Observance
Nov 21-23	Thanksgiving Break
Dec 21-Jan 1	Early Winter Break
21-Jan	Martin Luther King Day
Feb 18-22	Pres. Day/Mid-Winter Break
April 17-26	Spring Break
27-May	Memorial Day
25-Jan	Rating Day
26-Jun	Rating Day

Open House for Elementary 5:45-6:45pm and for Secondary 7-8pm
1/2 day PreK-12, parent conference
Superintendent Days 9/4, 10/22, 1/28, 3/22
Quarter ends 11/9, 1/25, 4/12, 6/25
School not in session
6/17 last day of regular classes for grades 7-12
6/25 last day of regular classes for PreK-6
January and June 2019 Regent exams
* January 22-25
* June 3, 17-26
June 29, 2019 Commencement


West Valley CS Pre K - 12 Breakfast Menu

MENU IS SUBJECT TO CHANGE

NOVEMBER
2018



Thankful

Monday	Tuesday	Wednesday	Thursday	Friday
5 Sausage, Egg & Cheese Breakfast Sandwich Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	6 Apple or Cherry Frudel Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	7 Sausage, Egg & Cheese Breakfast Sandwich Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	8 Breakfast Pizza Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	9 Mini French Toast Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk
12 NO SCHOOL VETERAN'S DAY	13 Cinni- Minis Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	14 Sausage, Egg & Cheese Breakfast Sandwich Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	15 Breakfast Burrito Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	16 Cinni- Minis Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk
19 Sausage, Egg & Cheese Breakfast Sandwich Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	20 Apple or Cherry Frudel Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	21 Sausage, Egg & Cheese Breakfast Sandwich Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	22 THANKSGIVING RECESS	23 THANKSGIVING RECESS
26 Sausage, Egg & Cheese Breakfast Sandwich Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit	27 Cinni- Minis Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit Non or Low Fat Milk	28 Sausage, Egg & Cheese Breakfast Sandwich Or Cereal w/ 1/2 a Bagel Chilled 100% Juice Cup Fresh or Prepared Fruit		

Attention Parents!!!

Breakfast is the most important meal of the day and provides the necessary energy to start a day of learning and achievement. Children who eat breakfast at school:

- Score better on Standardized Tests
- Have Fewer Health Issues
- Behave Better in Class

Take the worry out of paying for Breakfasts:

Prepay for your child with cash, check or money order. Make checks and/or money orders payable to West Valley Central School or pay online at myschoolbucks.com



Students may choose one item from each section. Students must choose at least three items to constitute a full breakfast.

One item must be a Fruit

Menu is subject to change.

West Valley Central School Grades Pre K-8 Lunch Menu

Menu is subject to change.

November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Cheese & Pepperoni Pizza OR Turkey & Cheese Wrap 1 Cup Salad = $\frac{1}{2}$ cup	TRY SOMETHING NEW Chicken & Cheese Wrap OR Ham & Cheese Sub Green Beans
5	6	7	8	9
Cheesburger Or Hamburger On A Bun Or Ham & Cheese Sub French Fries	Taco In A Bag Made with Nacho Doritos Or Turkey & Cheese Wrap Green Beans	Chicken Alfredo Over Rorini Or Ham & Cheese Sub Carrots & cup	Cheese & Pepperoni Pizza Or Turkey & Cheese Sub 1 Cup Salad = $\frac{1}{2}$ cup	Meat Ball Sub Or Ham & Cheese Sub Baked Beans
12	13	14	15	16
NO SCHOOL VETERAN'S DAY 	Soft Shelled Tacos Seasoned Rice Or Turkey & Cheese Wrap Sweet Carrots & cup	Diced Chicken & Gravy W/Rorini Noodles Or Ham & Cheese Sub Mashed Potatoes	Cheese & Pepperoni Pizza Or Turkey & Cheese Sub 1 Cup Salad = $\frac{1}{2}$ cup Cauliflower	Grilled Cheese W/Tomato Soup Or Ham & Cheese Sub Baked Beans
19	20	21	22	23
EARLY DISMISSAL NO LUNCH	EARLY DISMISSAL NO LUNCH	THANKSGIVING RECESS		
26	27	28		
Cheesburger Or Hamburger On A Bun Or Chicken Salad Sandwich Glazed Carrots	Ultimate Nachos W/Tortitos & Rice Or Turkey & Cheese Sandwich Vegetarian Beans Salsa & cup	Sweet & Sour Chicken Over Rice Fortune Cookies Or Ham & Cheese Sub Broccoli Corn		

Offered daily

With all School Lunches:

Fresh or Prepared Fruit

(Must take $\frac{1}{2}$ cup of Fruit or Vegetable - may take up to 1 cup)

Non or Low Fat White or Non Fat Chocolate Milk available daily

In addition to the Entrée of the Day, we also serve the following Items Daily:

**Peanut Butter & Jelly
Sandwich**

**Julienne Salad with a Dinner
Roll**

Start with a:

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

Take at least 3

West Valley Central School

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

Board of Education

Timothy Ploetz, President
Mike Harmony, Vice-President
Kim Cizdziel
George Kazmierczak
Stephen Kowalski
Gary Niesyty
Dawn Samborski

NON-PROFIT ORG.
US POSTAGE PAID
PERMIT NO. 5

West Valley, NY
14171

POSTAL PATRON LOCAL**Administration**

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

Or Current Resident**WVCS Calendar of Events**

November 3 rd	SAT Exam 8am
November 5 th	Sundance Farm Animals 1pm auditorium BOE meeting 7pm library conference room
November 7 th	Fall Band Concert 7pm auditorium
November 9 th	Student early dismissal @ 11:15am Afternoon staff conference day
November 12 th	Veterans Day
November 13 th	Veterans Day Breakfast 9am cafeteria Red Cross Blood Drive 9:30am auditorium
November 14 th	Elementary Faculty meeting 2:45pm auditorium
November 15 th	Secondary Faculty meeting 2:45pm auditorium Buffalo Animal Adventures 1pm auditorium
November 19 th	Student Early Dismissal @ 11:15am Parent Teacher conferences
November 20 th	Student Early Dismissal @ 11:15am Parent Teacher conferences
November 21 st -23 rd	No School Thanksgiving Break