



WWW.DANSVILLECSD.ORG

FALL 2019



Dear School Community Members,

One of the best things about working at Dansville CSD is seeing how our students light up when they interact with our therapy dogs each day. The dogs have made a wonderful difference in the lives of our students. Through their interactions with our therapy dogs, children learn empathy, kindness and responsibility. Many children enjoy learning in the presence of the dogs and they even practice their reading skills by reading aloud to them.

The dogs are also used to incentivize learning. Children at EBH get “Mazi time,” Ginger Bear in her classroom teepee and one on one with Toffee. DHS students are treated to Kova’s welcome in the library, hugs with Lucky and Rory’s positive behavioral reinforcement.

Our dogs are transforming school culture in a very positive way. More time with our dogs means more smiles, more laughter and less stress. They help everyone around them feel a little better.

Our handlers and dogs have trained hard and passed many tests to become Dansville certified teams. We’re very grateful to our handlers Lynne Blum (Kova), Sheila Cripps (Toffee), Carrie Koziel (Mazi), Holly Kubrich (Lucky), Alisha Sharp (Rory) and Melissa Visalli (Ginger). We respect the fine work that trainer Kaylee Walker-Lohrmann has done with our teams and we deeply appreciate the funding for training from the Foundation for Dansville Education.

The program was initiated two years ago when teachers Deb Fenton and Carrie Koziel strongly advocated for the benefits of dogs in schools. We launched a therapy dogs in training pilot last year and conducted a program review over the summer. Since then, we revised our procedures and expectations to make the program even better this year. The therapy dog program was recently highlighted on WHAM 13 and our dogs and caring handlers are more reasons to be Mustang Proud!

Yours in Education,

Dr. Paul J. Alfoto

Upcoming Dansville Musical Programs

December 5	5th/6th Band/Chorus Winter Concert
December 7	Winter in the Villager Performance/Drumline Parade
December 11	HS Band/Chorus Winter Concert
December 12	2nd Grade Winter Concert
December 18	JH Band/Chorus Winter Concert

CONGRATULATIONS

*To these DCS family members
for their years of service!*

10 Years



Mike Mistretta, Denise Dunham, Steve French, Isla Cartwright, Krystina Kysor, Melinda Rittenhouse

20 Years



Jodi Sutton, Vivian Young, Donna Chase, Dawn Baird, Lisa Wolcott, Carrie Frazier, Mary Catherine Calabrese, Chris Atwell, Dan Dixon, Kathy Stein

25 Years



Tawny Livingston, Phyllis Hober, Barb Stone

30 Years



Joe DeBell





MUSTANG SPORTS ACCOLADES

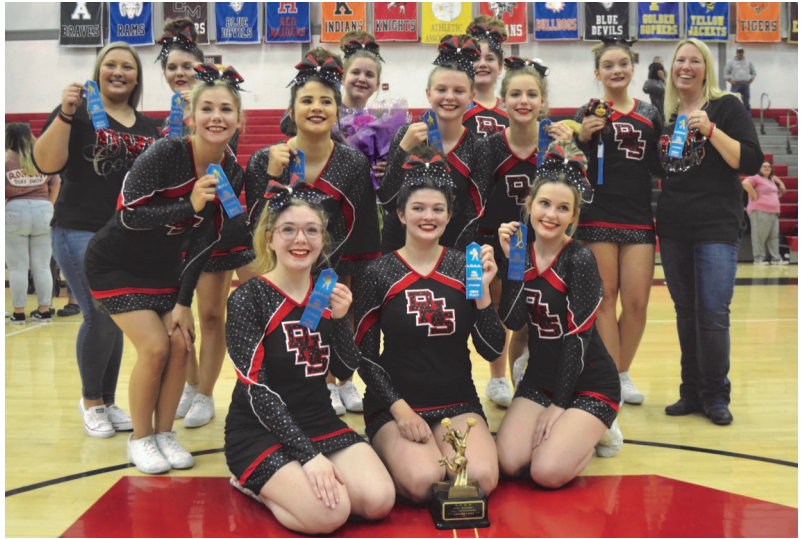
Congratulations!



Tanner Dettman
Class C Offensive
Player
of the Week



John Wilkinson
Class C Defensive
Player
of the Week



Fall Cheerleading—LCAA Division 1 Champions

Athlete of the Month September

Jenna George

Athlete of the Month October

Chad Thomas



Mustangs of the Month: September

- Kaitlyn Lee – Girls Swimming
- Zach Foster – Boys Cross Country
- Jessica Qiu – Girls Cross Country
- John Wilkinson - Football
- Emily Porter – Cheerleading
- Grace Rittenhouse – Girls Soccer
- Nick Camuto – Boys Soccer

Mustangs of the Month: October

- Sydney Martin – Girls Swimming
- Morgan Wolcott – Girls Soccer
- Maggie Bacon – Girls Cross Country
- Tyler Harris – Boys Soccer
- Madison Jacobs – Volleyball
- Tiana Rowley – Fall Cheerleading
- Ryan Carnevale – Football



MUSTANG SPORTS ACCOLADES



LCAA All Stars

Football—John Wilkinson, Tanner Dettman, Ryan Carnevale, Shane Crandall
Girls Swimming—Sydney Martin, Alycia Wachtel, Bailey Rossborough, Kaitlyn Lee
Volleyball—Jenna George, Madison Jacobs
Cross Country—Chad Thomas, Maggie Bacon
Fall Cheerleading—Emily Porter, Tiana Rowley, Devon Peaty, Skylar Hinrich
Boys Soccer—Tyler Harris, Nick Camuto
Girls Soccer—Morgan Wolcott, Grace Rittenhouse, MacKenzie Lawless

Exceptional Seniors

Volleyball—Jenna George, Madison Jacobs
Boys Soccer—Jake Avery
Girls Soccer—Grace Rittenhouse, Abbi Briggs, Jill Schramm, MacKenzie Lawless, Kyra Veaut
Boys Soccer—Section V AllStar Nick Camuto

#DansvilleMustangProud

Congratulations to **Aidan Kreiley**, Senior Dansville Mustang Swimmer, on his official signing to attend and swim Division 1 at the University of Louisville (one of the top ACC programs in the country). Aidan will also be competing this June in the Olympic Trials. Pictured below is Aidan, his family and his swim coach.





Dansville Mustangs Wall of Fame

Dansville High School - Mustang Athletics - Wall of Fame - Announces the Induction Class of 2019

(Sponsored by the Dansville Rotary Club)

Dansville Central Schools, in conjunction with The Athletic Wall of Fame Committee, will host an Athletic Wall of Fame Induction Ceremony on January 10, 2020.

On January 10, 2020 an induction ceremony for the Dansville High School Mustang Athletics Wall of Fame will be held in the Dansville High School gymnasium to honor individuals who have made a significant impact in the history of Dansville High School athletics.

On that evening, the girls varsity basketball team, followed by the boys varsity basketball team, will be playing division rivals Wayland Cohocton. The girls' game will begin at 6pm and the Wall of Fame Ceremony will take place immediately following that game (at approximately 7:15pm), just prior to the start of the boys' varsity game. Inductees selected to this year's Wall of Fame will be introduced in front of the crowd and will be presented with a plaque, which will be hung on the Athletic Wall of Fame located in the hallway outside of the gymnasium.

Prior to the event on January 10, 2020, a gathering will be held in the high school cafeteria at 5:30pm for the inductees and their guests. Current members of the Dansville Wall of Fame are encouraged to attend.

The Wall of Fame Committee, on behalf of the Dansville Central School District, wishes to congratulate the following individuals on being inducted into this year's Dansville High School's Mustang Athletics Wall of Fame: **Larry & Phyllis Greene, Val Fadziewicz, Aaron Morrow**

For a list of current Athletic Wall of Fame members, as well as information to nominate an individual, visit: <https://www.dansvillecsd.org/Page/2543>



Bring Your Box Tops to EBH

We welcome Box Tops any time and we have a spot in the office/lobby for them to be turned in. Our Student Council uses the proceeds to fund projects for our students and the building!

EBH Robotics Tournament

The EBH lego robotics team worked through trial and error to come up with ideas "to find a problem in our community and see how we can use technology to solve it." The team chose The Castle on the Hill, because they decided that they wanted to clean it up because it is one of the biggest additions to our history and it should not just be there to take up space. The team competed in Corning, and even though we did not qualify to move on, still did well and used teamwork to make it through the competition.

The team is looking forward to next year and to new projects and coding!

Student members were: Isaiah Goins, Carter Saylor, Jeriah Barrows, Isaac Kurtz, Camden Foster, Zephan Dixon, Anthony Phillips, Conner Moose, Johanna Huey, Adanya Blair, Aiden Geiger, Kylie Reagle, Chloe Bosley, Tristan Bracher, Sawyer Wightman, Zane Dixon, Peter Thompson. Coaches: Ms. Petrillo and Mr. Saylor



Teacher Training

The faculty at Dansville have all participated in professional learning with Kagan Cooperative Learning. Kagan Professional Development is all about engagement! When students are engaged, they pay attention, they're motivated, they learn more, and the learning sticks. The biggest difference between the Kagan approach and teaching using traditional methods is the ability to engage every student. Traditional classroom teaching captures the minds and attention of some students, but not all. Good teachers engage more students. But even the best teachers who use traditional instruction don't require every student to participate. With traditional instruction, there is always a subset of students who fall through the cracks. We're all too familiar with the results: a widening gap between high achievers and low achievers.



Introducing

Meet Deborah McAfee, DCSD Bus Driver & Celebrated Artist

Deborah McAfee drives school bus in the morning and afternoon, and when she's not on route, she creates whimsical art. She is a mixed media artist that has work shown all over the Rochester area. Deborah is excited about bringing her talent to Dansville in the very near future.

As an art major at Caledonia-Mumford school, she was encouraged by her art teacher, Mr. Haggarty, who challenged her to try new media and projects.

She remembers as a young child discovering that her mom wanted to travel the world, so she drew the Taj Mahal for her--that was her first drawing.

At the age of 16, she ran an auto body shop out of her garage where she worked on snowmobiles, Corvettes, boats, cars and trucks for many years. She worked for a yacht repair shop in Florida where she did fiberglass repairs and carpentry. As if that wasn't enough, she has built her own homes, garages and workshops! For fun, Deborah learned to scuba dive and has also raced four-wheelers and dirt bikes.

Bringing statues to life.

Deborah has work showing all over Rochester. When Rochester had their call for "Horses on Parade," she didn't get in, but she was determined to bring her creation to life. She fabricated the "Sea Spirit," a 10-foot tall sea horse, which was inspired by her love of scuba diving. Her sea horse was accepted into the High Falls Gallery at the same time the Horses on Parade were showing, where it remained for some years. Deborah said the biggest compliment she got was when she was walking down the street with her camera and a gentleman ran up to her and said, "forget about the other horses, you have to go inside High Falls and see their seahorse!" Sea Spirit came to Charlotte, NY after High Falls, and now resides at ARTISANWorks Gallery in Rochester.

Her sculptures are made with steel and wood, cement, wire and fiberglass. She says, "Every piece of art needs to be fun." She also has many projects going at the same time: "I am usually working on 4 things at once."



Deborah has several pieces currently on display at ARTISANWorks and is now working on another to be shown there. "Salsa Dancers" and "Sisters of the Galaxy" are two of her life-size fiberglass sculptures at ARTISANWorks. She also has a wood carving, "Mardi Gras Dancers," shown there. Louis Perticone, Founder of ARTISANWorks, recently told a Dansville student field trip that "Ms. McAfee is a gifted but humble artist."

Other highlights of Deborah's work include "Uncle Sam with the Deer on Parade" displayed at Eastview Mall in 2002; Kodak's "Perfect Touch Gorilla" at Wegman's of Webster; Harris Communications "Freebird" at Frontier Field; Genesee Valley Pennysaver Reader's Choice horse; RTS Bus Lighthouse in Irondequoit; "American Pride" of Benches on Parade at the Rochester Airport, and much more.

Deborah is waiting to hear about a grant she applied to with the New York Foundation for the Arts (NYFA) that will enable her to bring six of her life size statues to Main Street in Dansville to be part of the "Inspiration Trail" of Livingston County. Deb says she wants to help bring people into Dansville. She envisions statues that people will interact with and she wants kids to drag their parents here to enjoy these sculptures. "Magical" is the word she uses to describe her vision of the six sculptures that she hopes to bring to Dansville in 2020. "I want these to be fun to touch, beautiful, and for people to interact with them and take photos. I want these to be fun or nothing, since this is mainly about the kids, too!" She anticipates dancing and movement in the designs she is planning. She wants people to want more sculptures but says "let's see how this goes first."

Deborah envisions a graphic t-shirt that would complement her sculptures that could be carried in area shops that will help "spread the fun and magic." She is excited to work closely with Dansville's ArtWorks Gallery in expanding the arts to our community. She said she is always excited to see the many different art projects that DCS art teachers explore with their students each year.

Deborah's belief is "In life, anything can be accomplished... anything!" She says "art is inside my every thought; it's what I am all about, how I feel, how I look at and respond to the world around me. There is so much beauty if you look around you!"

When asked what sculptures we can look forward to seeing here in Dansville, Deborah stayed quiet and said "let's wait--it's part of the magic." We look forward to Deborah McAfee's creations in Dansville!

CONGRATULATIONS to Steven Petrillo!

The 2019 "Wear Red & Black on Your Back" Essay contest winner of a Dansville letterman jacket.



Hydroponics in the High School

The Introduction to Agriculture class harvested their bounty and created a class feast of salad and pesto pasta. All students took part in growing, harvesting, and preparing the meal. The students used the hydroponic grow tower to grow the ingredients from seed, monitoring both lighting and the nutrients they were putting in the tower.



SAT Prep Courses Coming to DHS this Spring

This spring DHS will be offering SAT Prep courses for Juniors who plan to take the SAT Exam in the spring. Dates and times have not yet been determined. Please be on the lookout for more information on our District Facebook page. More details will also be shared through our robocall system once they become available.

achieve
more

SAT

Letter from Dan Dixon, Primary School Principal

Dansville Primary School is off to a great start to the school year. Faculty, staff and students are working very hard on both academic and social/emotional growth. Some of our November (1st Trimester) academic targets for each grade level are listed below:



Pre-Kindergarten

I can...

Literacy:

- Find my own name in print
- Find 12 out of 26 capital & lowercase letters
- Name 8 out of 26 capital/lowercase letters

Math:

- Name 9 out of 9 colors (red, orange, yellow, green, blue, purple, pink, black, brown)
- Count to 10
- Find numbers 0-5
- Name numbers 0-5
- Name 2 out of 4 shapes (circle, square, rectangle, triangle)
- Count 0-5 objects in a set with 1:1 correspondence

First Grade

I can...

Literacy:

- Say words and then delete the 1st sound (cat without the/c/ is at) 5 out of 6 times
- Read at a Fountas & Pinnell level F or G
- Answer questions about key details in text
- Retell texts including key details
- Use grade level phonics & word attack strategies to read unknown words
- Read grade level text fluently
- Identify 100 words by sight

Math:

- Count to 100
- Identify numbers 0-50
- Compose & decompose numbers to 10
- Subitize 0-10 (quickly identify numbers without counting)
- Represent and solve addition & subtraction equations
- Add fluently within 10 (20 in 3 minutes)

Kindergarten

I can...

Literacy:

- Recognize 26 out of 52 letters at random
- Identify 10 out of 26 letter sounds at random
- Isolate and pronounce 1st sounds in words
- Hear rhyming words
- Say words that rhyme with a given word
- Recognize at least 10 words by sight
- Read at a level A or B

Math:

- Count to 20
- Recognize numbers 0-10
- Represent a number of objects in writing 0-5
- Count objects in a set (10) with 1:1 correspondence
- Compare number of objects greater than, less than and equal to in 2 out of 3 trials
- Compare numbers 1-5

Second Grade

I can...

Literacy:

- Read a Fountas & Pinnell level K or L
- Read 195 words by sight

Math:

- Start at a given number and count on (within 200)
- Identify numbers within 200
- Write numbers within 200
- Use place value blocks to build numbers within 200
- Quickly add and subtract within 20 (Fact Fluency)

DPS STEAM Lab

from Ms. Petrillo, STEAM Lab TA

We have been learning so much already in the STEAM Lab. We learned what STEAM stands for (not the vapors we see!!) and how we can all think and be just like any part of STEAM at any age (Scientist, Technologist, Engineer, Artist, Mathematician). We have even had some fun challenges already! PreK and K did a “Who Can Build the Tallest Cup Tower?” challenge, while 1st and 2nd grade did the “Who Can Build the Longest Paper Chain?” challenge. We learned that we have to put some of our skills to the test like thinking creatively, working as a team and problem solving. We also learned some new vocabulary in the Lab: Create, Extract, Pattern, and Collaborate. We learned and will continue to learn the design process which we will be using all the time: Ask, Imagine, Plan, Create, and Improve. We are looking forward to continuing to get our brains thinking with more fun activities in the coming months. If you have any questions please feel free to contact me at petrilloj@dansvillecsd.org.



Fire Safety at Primary School

Chief Camuto, Fire Fighters Jake, Bradley, Buckel and EMTs June, Tatu, and Saluzzo visited 3PK today to teach our classes about how to stay safe in case of a fire. They showed us their gear and a smoke detector. We practiced getting out quickly, and got to see their trucks. Special thanks to Sparky for visiting too!



You can find Mrs. Rinker on the primary school website every Wednesday for a read aloud. A new video is posted each week with Mrs. Rinker reading a bedtime story! Super Reader Story Time is a great video to pull up on your device and watch when you are in a waiting room, in the car, or even at home before bed! We hope you and your family can join us each week for a new story!



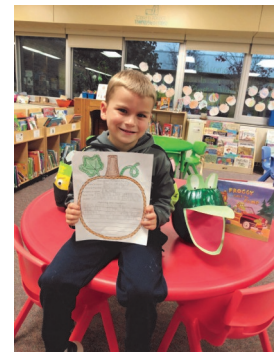
Johnny Appleseed Visits!

In recognition of Johnny Appleseed Day, Mr. Kranz and Mrs. Kowal's kindergarten classes enjoyed a full day of apple themed activities. Unfortunately, Mr. Kranz couldn't be at school that day but John Chapman (aka Johnny Appleseed) was able to sub for him. What a treat! Both classes made homemade applesauce, an apple stamping project, apple graphing, and of course enjoyed eating apples and their homemade applesauce.



Storybook Pumpkins

The Storybook Pumpkin Patch was a huge hit in the primary school library! Families were invited to transform a pumpkin at home and have it look like their favorite book character! By the end of October, the library was transformed into an amazing pumpkin patch with over 30 storybook pumpkins!



3PK Family Literacy

3PK had their first Family Literacy Event hosted by Mrs. Sick and Rinker's Readers! Students and their families were invited to participate in five different literacy based stations all having to do with counting! The biggest hit: counting goldfish crackers, pretzels, marshmallows and more to make a snack bag! Dansville Artworks and the Dansville Public Library were at the event also, helping to spread the literacy love! All students took home two brand new counting books to keep!



RED RIBBON WEEK



The Primary School celebrated Red Ribbon week! They showcased leadership and healthy choices at this level. On "We are Mustang Leaders Day," Mrs. Spoor's Pre-K showed up with 100% red and/or black!



Letter from EBH Principal, Lisa Allen

Dear Parents and Community,

It's all about the goals! Do you have personal goals in your home? Does your family have goals? These can be about the amount of time on social media, exercise, having dinner together, weight planning, reading minutes, etc. Everyone seems to have a goal whether they are written down or just in our heads.

Students at EBH also have goals. We check in on our Wildly Important Goals (WIGs) each week. This year we have begun celebrating WIG Wednesdays! Each classroom takes about 10 minutes first thing in the morning to track their data and see how they are progressing. Students have accountability partners to help with filling in data and cheering each other on. Most goals are academic related such as iReady minutes, scores on quizzes, reading minutes, learning math facts. However, some are more about learner behaviors. These include coming to school with all materials, getting to school on time, coming to school, transitioning between lessons quickly and efficiently, raising a hand rather than shouting out, etc. Looking at our Leadership Binders is pretty impressive since many of our students took the job of figuring out a goal very seriously! We talked about what our goals are and how we can get there. We talked about Lead Measures - the actions that will get us to our goals. Sometimes we just set goals and don't think about how to get there so our students are learning this early in life!

As you talk with your students, be sure to ask them about their WIGs and how they are doing. I'd also challenge you to consider setting your own WIG and identifying 2 lead measures that can get you to reach your goal. An accountability partner will keep you on track!

As we enter the Holiday season - our entire EBH family would like to wish you the best. We are thankful for our supportive families and the great students we get to be with each day.

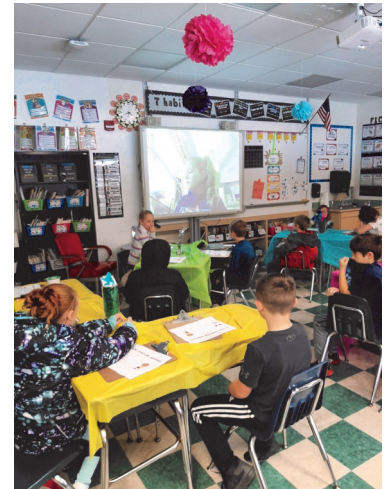


- Parent Teacher Conferences on November 25 and 26.
- Thanksgiving Recess will be November 27 - 29
- Holiday Recess in December will be December 23 - January 3
- EBH Holiday Concert for grade 5 & 6 Band and Chorus is December 5, 7:00
- Caroling at Winter in the Village is December 7.

Congratulations to all of our cross country runners!



Third graders celebrating their Narrative Writing. They recorded themselves and then used the videos to share with classmates. Great writing for sure!!



The EBH Bands have had a busy start to the school year! Students are able to “select an instrument to play in band when they enter 4th Grade at EBH. Receiving their instrument and opening their case for the very first time is a special and exciting time for them! The 5th and 6th Grade Band marched in the Homecoming Parade on October 4th. They worked very hard in rehearsals at learning and memorizing their marching song, "Any Way You Want It"! We hope to see you at the upcoming EBH Band concerts! The 5th and 6th Grade Band and Chorus Holiday Concert is Thursday, December 5th, 2019 at 7:00pm in the High School Auditorium and the 4th Grade Band and Chorus Winter Concert is Thursday, January 9th, 2020 at 7:00pm in the High School Auditorium.

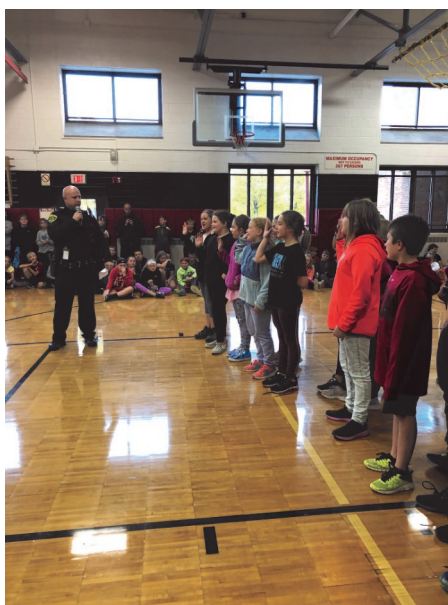
EBH Band Updates



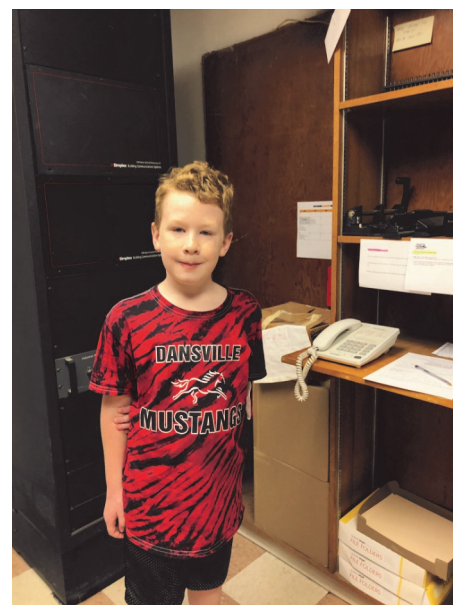
EBH Happenings



Winning Pumpkin



Safety Patrol being Sworn In



One of EBH's 12 Announcement Leaders



Letter from High School Principal, Thomas Frazier

Dear Parents and Community,

We have had a very busy start to the school year at Dansville High School! During the 2019-20 school year, we will continue to foster a culture of leadership and expect students to exhibit our core beliefs of Learn, Lead, and Succeed. We believe that these core beliefs will help prepare students to *achieve their full potential as they prepare for life after high school.*

In order for students to Learn, Lead, and Succeed, they must consistently be in school and arrive on time. Showing up for school has a huge impact on a student’s academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school.

DID YOU KNOW

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent or about 18 days of the school year can drastically affect a student’s academic success.
- Students are considered chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child be successful after high school, whether they choose to join the workforce, join the military, attend trade school, or attend college.

WHAT YOU CAN DO

- Make school attendance a priority.
- Talk about the importance of showing up to school everyday, and make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night’s sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don’t let your child stay home unless truly sick. Complaints of headaches or stomachaches may be signs of anxiety.
- If you are having difficulty getting your child to school on time, please reach out to your child’s school counselor, assistant principal, or me so that we can work together to improve his/her attendance. If you have any questions or concerns related to this newsletter or anything else, please contact me in the High School Main Office.

Information taken from attendanceworks.org

DHS Alumnus Visits AP Government

Rachel Bovard a legislative veteran on Capital Hill in Washington D.C., visited Dansville on Thursday November 7th. Bovard, a 2002 graduate and former student of Mr. Bill Pogel, presented on the legislative processes in both the House of Representatives and the Senate. Lastly, Ms. Bovard gave an overview of the current impeachment inquiry with President Donald Trump.





Student Council Hosts Book Drive For Indonesia

Dansville High School Student Council hosted a book drive this past spring to collect used books to send over to Indonesia to a DHS Alumni, Anna Bondi. Anna is currently serving a term in Indonesia for the next year and a half teaching the English language to Indonesian youth and has no books in English to provide for her students. The school that Anna teaches at has approximately 1500 students and she, herself, teaches about 500 of them! Anna wanted to build their library and start an English Club. She says that she has 43 students signed up for that already, but she needed books. Anna reached out to Mr. Sanderson, her former English teacher, and he approached the Student Council. From there, the Student Council was able to organize a book drive and collected used books to be sent over to Indonesia for Anna and her students. Student Council paid for the shipping to send a 40-pound box of books to Anna and her students!

Congratulations to the following student athletes who have been selected as September's Strength & Conditioning Award Winners! (Pictured Left to Right: Caitlyn Conroy, Emma Butters, Arryl Gerber, Mackenzie Johnson Boser, Elliot Mapes and Devin Douglas)



Job Skills

Mrs. Kubrich's class is working in the High School Library daily doing various "jobs" such as reshelving books and completing "jobs" for faculty at all buildings. Juniors and Seniors mentor the students as they complete these "jobs."



RAC College Visits

On Wednesday, Oct 9th, the Rochester Area Colleges Fair visited Dansville High School. This was a great opportunity for our 11th and 12th graders to meet college reps and ask questions about their respective schools and the various majors they have to offer. Many staff members were also involved with the College Fair by wearing apparel from their alma maters. Many of the schools who visited were represented by staff members.





High School Students of the Month

The Dansville Central Schools “Rotary Club Student of the Month” has changed a bit from years past. Students are selected based on the Rotary “Four Way Test”:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

By applying the above “Four Way Test” to student nominations, we will be able to acknowledge students who are consistently helping others, volunteering their time, and generally being model students and citizens.

We are proud to announce the following students as September and October “Rotary Students of the Month”:



SEPTEMBER STUDENTS OF THE MONTH

Emma Beardsley

Parents: Lisa and Michael Beardsley

Activities and Honors: Cross Country, Indoor Track, Outdoor Track, National Honor Society, Pony Express and Student Lighthouse Team. Honors: Script D, Varsity D, Outdoor Track MVP, LCAA All-Star, Wegman’s Athlete of the Month, and National Guard Leadership Award.

Future Plans: Attend college to major in actuarial science or mathematics with hopes to become an actuary.



Aidan Kreiley

Parents: Laura and Chris Kreiley

Activities and Honors: Santa Hat Society, Pony Express, Lifeguard for the morning adult swim program and summer rec., Varsity Swim Team (5 years), 5 Sectional Titles, and 8 County Titles. Honors: National Honor Society, Varsity D, Swim Team MVP, Script D, 2019 Dansville Mustangs Coaches Award, NYS Meet of Champions (3 years), Olympic Trial cut time in Summer Olympics, and Qualified for the 2020 Olympic Team.

Future Plans: Attend the University of Louisville to study exercise science and compete on their Division 1 swim team. I have a goal to be a NCAA Champion and to continue in the sport of swimming either as a coach or a strength and conditioning coach who works with collegiate teams.



OCTOBER STUDENTS OF THE MONTH

Rose Miller

Parents: Jeff and Diana Miller

Activities and Honors: National Junior Honor Society, National Honor Society, National Art Honor Society President, Pony Express, Assistant Director for Drama Club. Honors: Athlete of the Month, Script D, Varsity D, and numerous school leadership awards.

Future Plans: Attend college to become a school psychologist and earn a license for art therapy.



Olivia Williams

Parents: Matthew and Tammy Williams

Activities and Honors: Interact Club and Pony Express. Honors: National Junior Honor Society, National Honor Society, Honors Academy, 2019 Livingston County Teen Recognition Award, Fredrick Douglass & Susan B. Anthony Scholarship Award, and the Presidential Scholarship from St. John Fisher College.

Future Plans: Attend a 4 year college in pursuit of a health related career. I currently have been accepted into the St. John Fisher College - Wegmans School of Nursing Program and am waiting on decisions from Nazareth and Keuka Colleges.

2019 HOMECOMING



Newsletter STUDENT NEWSLETTER

Meet Coach Pogel: Dansville's Strength and Conditioning Coach

Story by Tanner Dettman and Noah Holland (Grade 12)

We recently had the opportunity to interview Coach Pogel about his position as strength and conditioning coach.

Q: When and why did you become interested in training student athletes?

A: When I first started teaching I had some good mentors who got me into coaching. About my second year I started with my first teams and I really enjoyed working with the kids outside of the classroom

Q: What are the benefits of strength training for student athletes?

A: Improved confidence, reduced injury, and enhanced performance.

Q: What improvements have been made to the weight room to accommodate strength training for student athletes?

A: We've updated the weight room to be more modern in terms of equipment. We have purchased new racks, bars, and weights. The coaching staff has also participated in a number of clinics and seminars to improve their content knowledge and skill level. We have also implemented conjugate training into our workouts. (Conjugate training is based on the powerlifting principles of Louis Simmons and Westside Barbell in Columbus Ohio. It consists of max effort and dynamic speed weightlifting.)

Q: In your opinion what are the best exercises or lifts that student athletes can perform?

A: I'd have to say box squats because they work the posterior chain, an area that is underdeveloped in our sedentary society. The posterior chain includes the hamstrings and glutes.

Q: Talk to us about what a day in the weight room looks like during one of your sessions.

A: Working with coaches to begin with, when players are hurt or injured. It depends on what demands a team may need at that point in the season, especially for varsity sports and then putting together a workout that will tailor those needs. A typical workout will focus on mobility and recovery from all of the strain and stress that kids endure during the season. Then we will always include a core lift such as dead lift, box squat, or bench press along with accessory lifts to build up muscle tissue, core work, and then a finisher for cardiovascular.



Certifications:

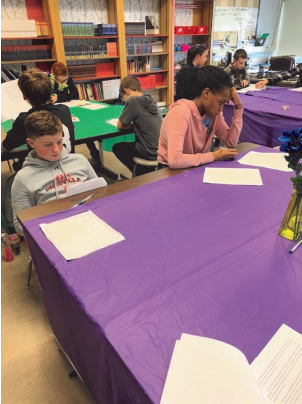
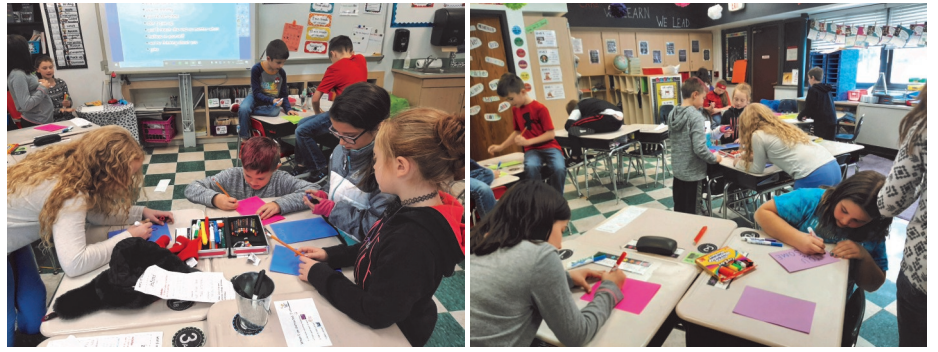
- NYS Certified Coach
- First Aid / CPR
- Crossfit Level 1
- Crossfit Conjugate Training
- IYCA High School Strength and Conditioning Specialist (Pending)

Seminars/Clinics:

- Livonia Strength and Conditioning Summit June 2018
- Nate Harvey Strength Clinic Rome NY January 2019
- UB Sports Performance Clinic April 2019
- EliteFTS Sports Training and Success Summit (TBA 2020)

Cards for Christmas!

EBH Student Council members making cards for patients at Noyes Cancer Center. They plan to deliver for holiday time.



Ms. Rosario's students celebrated the end of their Narrative Fiction unit this week. They were given time to read and comment on each other's stories during a "Coffee House" style celebration. Thank you for your hard work, 7th-Graders!



Mrs. Wilson-Jones's class worked on creating mineral crystal models in Earth Science earlier this week. Students had to determine the physical properties of their mineral based on the atomic (gumdrop) structures.



Band students have been practicing hard at Practice Club, held in the band room on Mondays during 9th period. Students can earn a sticker for the practice club chart by practicing for a solid 30 minutes. These stickers can then be traded in for prizes, and if they come to 25, they can come to an exclusive end of the year party!



Students in Mrs. Cusato's Global 10 class participated in a simulation activity that illustrated the economic reasons that led to the start of the French Revolution. The students were each given candy that represented currency and given scenarios in which they were forced to pay a "tax" showing them what led the peasantry of France to a revolution.

8th Grade Students Giving Back

In Mrs. Bacon's Family and Consumer Science class, 8th graders recently concluded their sewing unit by participating in a field trip to the Livingston County Skilled Nursing Facility. Students worked in pairs to create a fleece lap blanket using skills including measuring, cutting, and pinning. Students designed unique labels using stencils and fabric markers and sewed labels on using a hand stitching technique. The blankets were donated to the residents on the Memory Lane Unit at the nursing home. Students presented the blankets to the residents, spent time talking with them and did a craft activity.



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Congratulations!



2019 Wall of Pride Inductees

Pictured: Jane Schryver, Dr. William Seymour, accepting for C. Arthur Seymour, Jennifer Welch Brushafer, Mike Welch, Tom Wamp, accepting for Paul E. Wamp, Jr.