



WEST VALLEY CENTRAL SCHOOL

*School and Community
Working Together*

VOLUME 31, No. 10

MAY 2025

MAY

CALENDAR OF EVENTS

PARENTS AS READING
PARTNERS (PARP)
5/5 - 5/16

PTO MEETING
5/5

VOTER REGISTRATION DAY
5/6 - 3-7 PM

BUDGET HEARING
5/13

SPRING CHOIR CONCERT
5/15

VOLLEYBALL CLINIC
5/17

STEAM FAIR
5/20

BUDGET VOTE
5/20

MEMORIAL DAY
NO SCHOOL
5/26

COMMUNITY EDUCATION CLASSES

STAINED GLASS MAKING
5/15

RUBBER STAMP
CARD MAKING
5/19

NATIONAL HONOR SOCIETY INDUCTEES



Congratulations to our students who were inducted into the National Junior Honor Society and National Honor Society on March 25, 2025.

NATIONAL JUNIOR HONOR SOCIETY INDUCTEES: Savannah Griffis, Nicholas Klahn, Makayla Richardson, Jersie Czaplá, Alayna Kinney, and Karly Otto.

NATIONAL HONOR SOCIETY INDUCTEES: Samantha Fisher, Noah Klahn, Logan Manaher, Isabella Mitchell, Elizabeth Winsor, Payton Ehnes, Abbigail Pinkowski, and Victoria Parish.

We're proud of these students for their commitment to scholarship, leadership, service, and character.

SUPERINTENDENT'S CORNER

BY MR. DONALD PUTNAM, SUPERINTENDENT

As I stroll through the hallways, I am constantly inspired by the vibrant displays of student artwork and innovative projects that grace our walls. Each piece showcases the creativity of our young scholars, offering a glimpse into their imagination. Seeing their talent and the hard work they put into these creations impresses me. This testament to their capabilities brightens our learning environment and influences our decisions during budget planning sessions.

In recent months, the Board of Education has dedicated time to thoroughly evaluate our district's needs, all to craft a budget that ensures every dollar is invested wisely into our educational mission. We aim to create a rich learning experience that nurtures creativity while preparing our graduates with essential skills and knowledge.

As our students prepare to embark on the following chapters of their lives, whether pursuing higher education or entering the workforce, we are committed to equipping them for success. We wholeheartedly believe fostering an environment that values creativity and critical thinking is key to setting our graduates on a bright path. Let's continue building a supportive and dynamic community for all!



GO THE DISTANCE!

BY MR. AMODEO, PRINCIPAL/CURRICULUM COORDINATOR

The race has been long, and the distance is far, but we have less than eight weeks left in the school year with much to do. Students and teachers will continue their preparations for end of the year assessments, while at the same time plan for the next school year. The fourth quarter is a very busy time for students and staff. It is also a time for tremendous growth as we persevere through the end of the year to go the distance.

We are finishing up the final plans for a summer enrichment program for students currently in kindergarten through sixth grade. The focus of this program will be to continue building student skills through a variety of experiences and projects. The five-week program for students in K-6 will be like years past with students being able to attend from 8:00-11:00 a.m. four days per week. The program will run from July 7 through August 7. We expect to have registration information ready by the middle of May.

In the meantime, we have many upcoming events. Teacher Appreciation Week will be recognized from May 5 through May 9. This is a great opportunity to show the appreciation we have for our amazing teachers that really go above and beyond for our students. The junior class will be hosting a 6-8th grade dance on May 2. The Parents as Reading Partners (PARP) program for elementary students will begin May 5 and will conclude on May 16 with our PARP Carnival. Our spring chorus concert will occur on May 15, and the marching band will participate in the Springville Pageant of Bands on May 17. We end the month of May with a trip for our students to the WWII Museum in Eldred, PA, a Holocaust speaker for students in grades 7-12, and the annual Memorial Day ceremony on Monday, May 26.

On Tuesday, May 20, we will have our annual school budget vote. This evening will also feature a home track and field meet and STEAM Fair. Please come out and vote on Tuesday, May 20. Any resident of the school district who can show proof of residency is able to vote. You do not need to be "registered" to vote on our school budget. We are looking forward to all these opportunities and are grateful for our community's continued support.



#WeAreWestValley



BUDGET DEVELOPMENT CALENDAR 2025-2026



| | |
|------------------|---|
| MAY 6 - 20, 2025 | Copies of the budget must be available to the residents upon request. |
| MAY 6, 2025 | Voter Registration Day 3:00 -7:00 p.m., District Office. |
| MAY 13, 2025 | Annual Budget Public Hearing at 6:00 p.m. (Board of Education meeting following hearing). |
| MAY 14, 2025 | Budget Notice mailed to district residents. |
| MAY 20, 2025 | Annual Budget vote and Board of Education Election from 12:00 p.m. to 9:00 p.m. Board of Education Meeting 9:00 p.m. |

PERSONAL REGISTRATION

Registration will be held in the district office on May 6th from 3 p.m. -7 p.m. **Please bring personal identification and proof of address with you to register.** You may also register online at the Department of Motor Vehicles website at:

<https://dmv.ny.gov/more-info/electronic-voter-registration-application>

If you are not registered, you may not cast a ballot. Please take the time to register, everyone's vote is important. If you are in doubt, call Carolyn Boberg, District Clerk at 716-942-3100 ext. 4102 to determine your status. If you have voted in recent years, your name will be on the list.

To qualify to vote, you must be:

1. A citizen of the United States
2. Eighteen (18) years of age or older
3. A resident within the district for a period of thirty (30) days preceding the next meeting at which he/she offers to vote
4. A college student whose legal residence is in the school district
5. On the Personal Registration of Voters list for West Valley Central School District which is provided by the Cattaraugus County Board of Elections.

ABSENTEE BALLOTS

West Valley Central School District is required by law to make absentee ballots available to qualified district voters for our May 20th, 2025, Annual School Budget, purchase of a 65-Passenger Bus funded by the Transportation Reserve Fund, and board members election. Call Carolyn Boberg, District Clerk at 716-942-3100 ext. 4102 for an application or question.

A qualified district voter must request an application for absentee ballots in advance and select the reason you will not be able to appear in person on May 20th, 2025, to vote in person on this day.

Reasons Include:

- are/or will be a patient in the hospital, or unable to appear personally at the polling place on such day because of illness or physical disability or,
- duties, occupation, business, or studies will require him/her to be outside of the country/county or city of their residence on such day, or
- on vacation outside the country/county or city of his residence

on such day; or,

- absent from his voting residence because detained in jail awaiting action by a grand jury or awaiting trial or is confined in prison after conviction for an offense other than a felony.

The district clerk must receive the application at least seven days before May 20th, 2025, (if the ballots need to be mailed to you), this will give ample time to be returned to the district. Completed absentee ballots will be accepted by Carolyn Boberg until 5:00 p.m. on May 20th, in the WVCS foyer.

ANNUAL BUDGET HEARING

Tuesday, May 13, 2025, WVCS Multipurpose Conference Room at 6:00 p.m.

PROPOSITIONS FOR THE ANNUAL SCHOOL BUDGET, PURCHASE OF A 65-PASSENGER SCHOOL BUS (AND RELATED EQUIPMENT) FUNDED BY THE TRANSPORTATION RESERVE FUND, AND BOARD MEMBERS VOTE will be held on **Tuesday, May 20th, 2025**, from noon until 9:00 p.m. in the WVCS FOYER.

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

RESPONSIBILITIES OF A BOARD MEMBER

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

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





The EASTER BUNNY Visited WVCS



GOURDS GALORE!

Our second grade students had a wonderful time painting and decorating gourds to transform them into the cutest little bunnies! With guidance from Mrs. Butcher, the students brought their creative ideas to life, making each bunny unique.



EXPLORING THE WORLD OF GREEK GODS AND GODDESSES

Second graders at West Valley recently wrapped up their project on Greek mythology. Each student chose a Greek god or goddess to research and wrote a narrative paragraph about their chosen figure. They then designed their very own god or goddess—complete with unique internal and external traits and a colorful illustration. The project concluded with an open house in the auditorium, where staff, students, and family members had the opportunity to meet the gods and goddesses and learn more about each one. Great job, second graders!



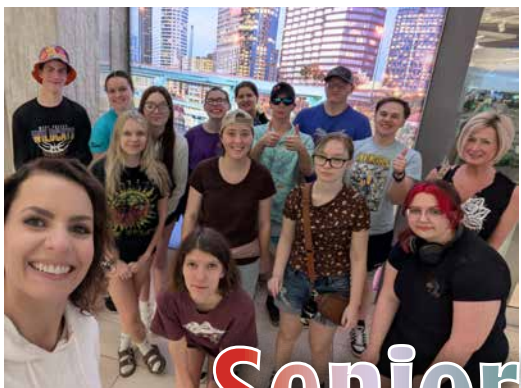
Art Corner!

Our students have been creating some amazing artwork. The seventh graders just finished a project using two different drawings. The drawings were evenly divided into one inch sections and placed onto tagboard. The images were alternated and glued down to the tagboard, which was then was folded like an accordion. This is called agamograph.

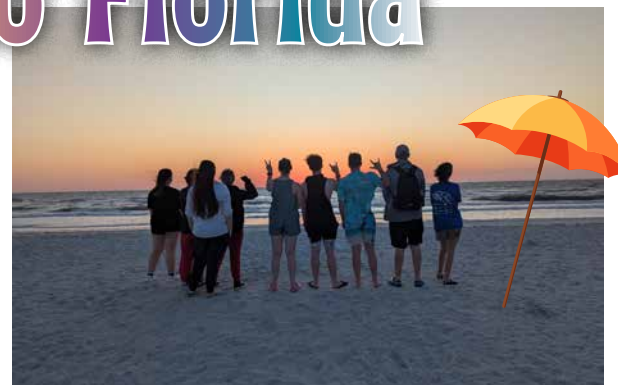
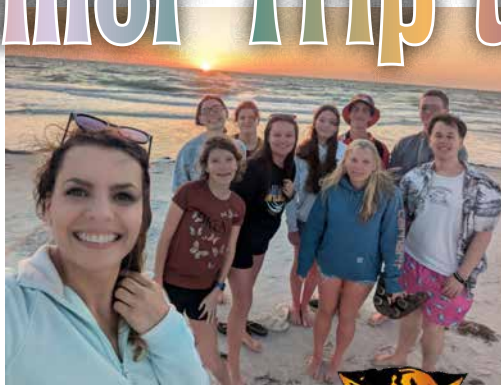
The sixth graders just finished a project dealing with a luminated letter. They could pick their first or second initial of their name. They also had to create a decorative border.

Our third graders researched birds. Then they created a clay bird and painted it. Their birds were made from paper bags and recycled paper, and look amazing!

The second graders completed their rabbit silhouette by drawing and outlining a rabbit with an oval boarder. Students had to follow a color scheme.



Senior Trip to Florida





Poetry Out LOUD



Pasta Dinner Success





National Save A Life Tour

On April 3, The National Save A Life Tour came to West Valley Central School and presented to all our students grades 9-12 in the auditorium. The focus of this presentation is the serious issues surrounding impaired driving, distracted driving, driver experience, improper driver behavior, and seat belt usage.

The National Save A Life Tour is a comprehensive, high-impact, safe-driving awareness program that informs, educates, and demonstrates the potentially deadly consequences resulting from poor choices and decisions made by the operator of a motor vehicle. The program specifically places emphasis on the following driving situations through using hands-on Distracted Driving Virtual Reality Driving Simulators:

- **Driver Experience** – young drivers and driver behavior based on maturity
- **Improper Driver Behavior** – careless driving habits- speeding, turn signal use
- **Safety Restraints** – proper seat belt usage
- **Impaired Driving** – alcohol usage, controlled substance, drowsiness
- **Distracted Driving** – cell phones, passenger activities

A huge thank you to Mr. LaBrake for organizing this event and to Deputy Johnson for sharing her knowledge on distracted and impaired driving! **WATCH A VIDEO RECAP**



May will be recognized nationally as National Speech-Language-Hearing Month, a month which is dedicated to raising awareness of hearing and communication disorders. The American Speech-Language-Hearing Association's website provides information regarding speech and language development, hearing, and communication disorders. The website can be accessed at www.asah.org/public.

Respectfully,
Your West Valley Speech Therapy Team

Ilene P. Simon, MS CCC/SLP
Erika Seltzer, MS CCC/SLP



NATIONAL
**SPEECH-
LANGUAGE-
HEARING**
MONTH



3rd Quarter Honor Roll

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

HIGH HONOR ROLL

Grade 7 – Dalton Otto, Lily Quinn

Grade 8 – Finley Ford-Grover, Delia Shoup

Grade 9 – Alayna Kinney

Grade 10 – Samantha Fisher, Noah Klahn

Grade 12 – Magdalena Parish, Jack Tharnish

HONOR ROLL

Grade 7 – John Atkinson, Jr., Lorelai Fish, Skyler Fuller, Savannah Griffis, Nicholas Klahn, Carson Malcolm, Braydan Mitchell, Cullen Shaw, Jr., Connor Washburn

Grade 8 – Kolin Holstein, Madison Lawrence, Julienna Robbins, Abigail Tucker

Grade 10 – Logan Manaher, Isabella Mitchell, Ezra Tingue

Grade 11 – Payton Ehnes, Olivia Harmony, Abigail Pinkowski, Annabelle Proseus

Grade 12 – Lemuel DiGiorgio, Isabella Gibson, Victoria Parish, Hailey Robbins, Slater Smith

MERIT ROLL

Grade 7 – Emily Gestwick, Alexis Moss, Makayla Richardson, Gavin Ulinger

Grade 8 – Ryan Bartz, Matthew Ignatowski, Nia Schoepflin

Grade 9 – Jersie Czaplá, Sebastian Froland, Karly Otto

Grade 10 – Eva Barnes, Scarlett Clarkson, Kara Troutman, Elizabeth Winsor

Grade 11 – Liliana Toms

Grade 12 – Onnalee Caswell, Joshua Kowalski, Natalie Stanier, Madelynn Winsor

BOCES 3rd Quarter Achievements

HIGH HONOR ROLL

Payton Ehnes

Karson Heitman

Zachary Kwasnik

Natalie Stanier

Jack Tharnish

HONOR ROLL

Victoria Parish

Abigail Pinkowski

Slater Smith

Liliana Toms

Madelynn Winsor

PERFECT ATTENDANCE

Madelynn Winsor

WVCS STUDENT COUNCIL
PRESENTS

2ND ANNUAL COLOR RUN

FRIDAY, JUNE 13TH FROM 4:30-7PM

RACE STARTS AT 5:30PM
WVCS TRACK

REGISTRATION:
\$20 PRE-REGISTRATION INCLUDES WVCS COLOR RUN T-SHIRT
\$10 REGISTRATION ONLY
USE QR CODE TO REGISTER



Class
FUNDRAISERS

FOOD TRUCK



Rain or shine: event will be cancelled for thunder/lightning only.





SPRING FLOWER SALE

Support the Sophomore Class Fundraiser. Orders are due by May 15th and will be shipped to your address.

GO TO THE QR CODE TO ORDER



COMMUNITY EDUCATION PROGRAM

We plan on offering classes/workshops this fall. The program is open to all members of the West Valley community.

We would like to know your ideas of classes that we can offer. Know someone willing to teach a class or workshop? Maybe you are interested in teaching? Are there any classes that you would like to be offered again?

Please contact Carolyn Boberg, Superintendent Secretary/District Clerk, at cboberg@wvalley.org or call **716-942-3100, extension 4102.**

PRE-K & KINDERGARTEN REGISTRATION

Registration appointments are being scheduled now for the 2025-26 Pre-Kindergarten and Kindergarten classes. If you have a child who will be four (4) years old before December 1, they are eligible for our pre-K program. Children who will be five (5) before December 1 are eligible for kindergarten.

Please call our **Central Registrar, Mrs. Dana Westfall, at 716-942-3100 ext. 4170** to schedule

your appointment now. Appointments will take place this year in late July and August, with a limited number being scheduled for the last week of June.



love fresh fruits and veggies?

Stop by to purchase fresh, healthy, affordable and locally grown produce!



West Valley Central School
5359 School St. West Valley,
NY 14171



May 6th & May 22nd
3pm-4:30pm



The Farm Market accepts credit, debit, cash, SNAP, and Apple Pay!

**FeedMore
wny**

FeedMore WNY
www.feedmorewny.org
(716) 822-2002



COMMUNITY EDUCATION CLASSES SPRING 2025

We're excited to offer a diverse range of classes and activities designed to enrich your personal and professional life.

Please fill out your registration form below.

REGISTRATION FORM

West Valley Central School
Community Education | Spring 2025

Please fill out completely and print legibly.

Name _____

Street _____

City _____ State _____

Phone Number _____

Email for notification _____
(please print carefully)

Course Name _____

I am 21 years of age or older Yes No
(please circle)

For Office Use:

Date Received _____

Check # _____

Class Fee _____

RUBBER STAMP CARD MAKING CLASS

still have spaces available!

How would you like to impress your friends and family with handmade cards? Each class you will make 8 cards, 2 each of 4 different designs. The designs/occasions change each month

Date: May 19

Time: 5:30-8:00 p.m.

Cost: \$15 per class; all supplies provided.

Registration deadline: One week prior to each class

REGISTRATION

Please complete a separate registration form and payment for each person and each class. Copies or 3x5 cards are acceptable. Be sure to include the correct course name. Registration and payment can be dropped off at the school or mailed to the address below. Reminder: we will not accept cash as a form of payment.

MAIL REGISTRATION FORMS AND CHECK TO:

West Valley Central School
Community Education Department
5359 School St
West Valley, NY 14171

CONTACT US

Email: cboberg@wvalley.org
Phone: 716-942-3100, ext. 4102
during office hours, 7:00 a.m. – 5:00 p.m, M-F

No classes will take place when school is closed

CHECKS PAYABLE TO:

WVCS



ENTERING OUR SCHOOL:

As part of the district's security protocol, the only exterior door that will be unlocked is the main entrance in front of school.

STAINED GLASS CLASS FOR BEGINNERS!

still have spaces available!

Stained glass is a hands-on course in which participants will learn the fundamental techniques of stained glass, including assembling glass pieces to create beautiful designs. You will explore the basics of foiling, soldering, and the proper use of tools. By the end of the course, you will have crafted your own stained-glass project to take home and will have the skills to continue the exploration of this timeless art form. No prior experience is necessary — just a passion for creativity and learning!

Multi-Purpose Conference Room, West Valley Central School

Date: May 15 and June 12, 2025

Time: 6-8 p.m.

Cost: \$35 and includes all materials for the session.



FREE COMMUNITY

CLOTHES CLOSET

St. John the Baptist Church
Location: behind the church in Bingham Hall
Wednesday from 1-4:00 p.m.
(or by appointment)

Besides clothing and shoes, we accept bedding, kitchen and household items, and books for Cattaraugus County residents. Donations of gently worn undamaged, clean, and seasonal items are welcome. Upon request, we can fulfill a need of furniture items.

For questions or to make an appointment, please call Jacque Conrad at 716-942-3836.



WEST VALLEY FOOD PANTRY

The Ashford Food Pantry is open every Wednesday during the month of April.

May 7th from 12-4 p.m. & 3-7 p.m.

May 14th from 12 p.m.-4 p.m.

May 21st from 12-4 p.m. & 3-7 p.m.

May 28th from 12 p.m.-4 p.m.

If you need emergency food, please call Amy Frank at 716-942-6657 and she will set up a day and time.

The food pantry is located at the Ashford Town Barn, Fox Valley Rd., West Valley.

Open 12-4 p.m.

Wed., May 7

Wed., May 14

Wed., May 21

Wed., May 28

Also Open 3-7 p.m.

Wed., May 7

Wed., May 21

Orders Filled

Wed., May 14

Wed., May 28

We would like to thank the community for their continued support.

FEEDMORE WHY WEEKEND BACKPACK PROGRAM

If any family wishes to participate in our **Weekend Backpack Program**, please contact Mr. LaBrake anytime during the school year. The goal of the Weekend Backpack Program is to provide nutritious and easy-to-prepare meals for children to take home on weekends. This program is provided to you **completely free of charge!**

Each week your child will be provided with a bag of nutritious, non-perishable food to be eaten over the weekend. The food will be placed in your child's backpack at the end of the school day and is intended to be opened once your child is home. The program will continue throughout the 2024-25 school year. Participation in the Weekend Backpack Program **will not affect your family's eligibility for other food assistance programs (such as SNAP, WIC, or food pantry access).**

To enroll your child/children in the program, contact Mr. LaBrake. Please call with any questions at 716-942-3100, ext. 4148 or send an email to mlabrake@wvalley.org.



On **Saturday, May 11** the West Valley Post Office is doing a food drive for the Ashford Food Bank.

To participate, leave a bag of non-perishable food on or next to your mailbox for your carrier to pick up. You may also drop your donation at the Post Office during their open hours.

Thank you in advance for your donation.



WEST VALLEY MENUS

MAY 2025 - GRADES PRE-K - BREAKFAST MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | | | Half of a Bagel W/ Cream Cheese ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz Yogurt ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 1oz Cereal Bowl ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 1 Pancake or 1 Waffle W/ Syrup ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 2oz Muffin ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz Yogurt ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Half of a Bagel W/ Cream Cheese ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 5 | 6 | 7 | 8 | 9 |
| 1oz Cereal Bowl ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 2oz Muffin ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz Yogurt ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Half of a Bagel W/ Cream Cheese ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 1 Pancake or 1 Waffle W/ Syrup ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 12 | 13 | 14 | 15 | 16 |
| 2oz Muffin ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 1oz Cereal Bowl ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 1 Pancake or 1 Waffle W/ Syrup ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz Yogurt ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Half of a Bagel W/ Cream Cheese ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 19 | 20 | 21 | 22 | 23 |
| Happy Memorial Day! No School | 1oz Cereal Bowl ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz Yogurt ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 2oz Muffin ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Half of a Bagel W/ Cream Cheese ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 26 | 27 | 28 | 29 | 30 |

MENUS SUBJECT TO CHANGES

REMEMBER, if you are approved for free lunch, you are automatically approved for breakfast!
If your child has a food allergy, please notify the food service office at 716-771-8685

MAY 2025 - GRADES PRE-K - LUNCH MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| | | | Popcorn Chicken (8) OR 1/2 Ham & Cheese Sandwich ----- NYS Potatoes 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz | Hamburger OR 1/2 Turkey Sandwich ----- Steamed Broccoli 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz |
| Assorted Pizza OR 1/2 Turkey & Cheese Sandwich ----- Carrot Sticks 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz | Nacho Grande OR 1/2 Ham Sandwich ----- Vegetarian Beans 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz | Lazy Lasagna OR 1/2 Turkey & Cheese Sandwich ----- Green Peas 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz | Baked Chicken (1) OR 1/2 Chicken Salad Sandwich ----- NYS Salad Greens 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz | Hot Dog OR 1/2 Ham & Cheese Sandwich ----- Carrot Sticks 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 5 | 6 | 7 | 8 | 9 |
| Meatballs W/ Noodles OR 1/2 Turkey & Cheese Sandwich ----- Green Beans 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz | Taco in a Bag OR 1/2 Ham Sandwich ----- Baked Beans 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz | Cheese & Pepperoni Pizza OR 1/2 Egg Salad Sandwich ----- Steamed Corn 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz | Barbeque Hamburger on a bun OR 1/2 Turkey & Cheese Sandwich ----- NYS Potatoes 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz | Chicken Tenders (2) OR 1/2 Egg Salad Sandwich ----- Steamed Broccoli 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 12 | 13 | 14 | 15 | 16 |
| Chicken & Gravy Over Noodles OR 1/2 Turkey & Cheese Sandwich ----- Beets 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz | Meat Taco OR 1/2 Ham & Cheese Sandwich ----- Vegetarian Beans 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz | Baked Chicken (1) OR Chicken Salad Sandwich ----- Sliced Cucumbers 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz | Meatballs (3) W/ Sauce & Dinner Roll OR 1/2 Turkey & Cheese Sandwich ----- NYS Salad Greens 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz | Pizza OR 1/2 Chicken Salad Sandwich ----- Rosted Corn 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 19 | 20 | 21 | 22 | 23 |
| Happy Memorial Day! No School | Pizza OR 1/2 Turkey & Cheese Sandwich ----- Baked Beans 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz | Meatballs (3) W/ Garlic Breadstick OR 1/2 Ham Sandwich ----- Fresh Baby Carrots 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz | Breakfast for Lunch OR 1/2 Turkey Sandwich ----- NYS Potatoes & Onions 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz | Chicken Mac & Cheese OR 1/2 Ham & Cheese Sandwich ----- Steamed Broccoli 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 26 | 27 | 28 | 29 | 30 |

K-12 BREAKFAST MENU, PG. 14
K-6 LUNCH MENU, PG. 14



MAY 2025 - GRADES K-12 - BREAKFAST MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| | | | Fruit & Yogurt Parfait W/ Graham Fish ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Frudel ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 1 | 2 | | | |
| Muffin W/ 4oz Yogurt ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Breakfast Wrap ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Cinnamon Roll ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Bagel W/ Assorted Toppings ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Frudel ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 5 | 6 | 7 | 8 | 9 |
| Cinnamon Roll ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Mini Filled Bagel ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Croissant Breakfast Sandwich ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Muffin W/ 4oz Yogurt ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Bagel W/ Assorted Toppings ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 12 | 13 | 14 | 15 | 16 |
| Pop Tart ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Mini Filled Bagel ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Breakfast Pizza ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Frudel ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Muffin W/ 4oz Yogurt ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 19 | 20 | 21 | 22 | 23 |
| Happy Memorial Day! No School | Cinnamon Roll ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Pop Tart ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Breakfast Sandwich ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | Frudel ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 26 | 27 | 28 | 29 | 30 |

MENUS SUBJECT TO CHANGES

REMEMBER, if you are approved for free lunch, you are automatically approved for breakfast!
If your child has a food allergy, please notify the food service office at 716-771-8685

MAY 2025 - GRADES K-6 - LUNCH MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| | | | Popcorn Chicken OR Ham & Cheese Sandwich ----- NYS Potatoes 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz | Mac & Cheese OR Turkey Sandwich ----- Steamed Broccoli 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz |
| 1 | 2 | | | |
| Assorted Pizza OR Buffalo Chicken Wrap ----- Carrot Sticks 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz | Nacho Grande OR Ham Sandwich ----- Vegetarian Baked Beans 3/4c, Seasoned Fresh or Prepared Fruit 1/2c, Milk-8oz | Lazy Lasagna OR Turkey & Cheese Wrap ----- Green Peas 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz | Baked Chicken OR Chicken Salad Wrap ----- NYS Salad Greens 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz | Hot Dog W/ Toppings OR Ham & Cheese Sandwich ----- Mixed Vegetables 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz |
| 5 | 6 | 7 | 8 | 9 |
| Meatballs & Noodles OR Turkey & Cheese Sandwich ----- Green Beans 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz | Taco in a Bag OR Buffalo Chicken Wrap ----- Baked Beans 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz | Cheese & Pepperoni Pizza OR Ham & Cheese Wrap ----- Steamed Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz | Barbeque Hamburger on a Bun OR Turkey & Cheese Sandwich ----- NYS Potatoes 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz | Chicken Tender Wrap OR Egg Salad Sandwich ----- Steamed Broccoli 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz |
| 12 | 13 | 14 | 15 | 16 |
| Chicken & Gravy Over Noodles OR Egg Salad Wrap ----- Carrot Sticks 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz | Meat Taco OR Ham & Cheese Sandwich ----- Vegetarian Beans 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz | Baked Chicken OR Chicken Salad Wrap ----- Sliced Cucumbers 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz | Meatballs W/ Sauce & Dinner Roll OR Turkey & Cheese Sandwich ----- NYS Salad Greens 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz | Assorted Pizza OR Chicken Salad Wrap ----- Roasted Corn 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz |
| 19 | 20 | 21 | 22 | 23 |
| Happy Memorial Day! No School | Pizza Day OR Turkey & Cheese Sandwich ----- Baked Beans 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz | Meatball Boat W/ Garlic Breadstick OR Ham Sandwich ----- Fresh Baby Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz | Breakfast for Lunch OR Turkey Sandwich ----- NYS Potatoes w/ Onion 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz | Chicken Mac & Cheese OR Ham & Cheese Wrap ----- Steamed Broccoli 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz |
| 26 | 27 | 28 | 29 | 30 |

7-12 LUNCH MENU, PG. 15



MAY 2025 - GRADES 7-12 - LUNCH MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| | | | Popcorn Chicken OR Ham & Cheese Sandwich ----- NYS Potatoes 1/2c, Steamed Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 1 | Hamburger or Cheeseburger OR Turkey Sandwich ----- 1C Romaine Lettuce=1/2c, Steamed Broccoli 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 2 |
| Meatball Boat W/ Garlic Breadstick OR Buffalo Chicken Wrap ----- Green Beans 1/2c, Sweet Potatoes 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 5 | Nacho Grande OR Ham Sandwich ----- Vegetarian Baked Beans 1/2c, Seasoned Corn 1/2c, Seasoned Fresh or Prepared Fruit 1/2c, Milk-8oz 6 | Lazy Lasagna OR Turkey & Cheese Wrap ----- Green Peas 1/2c, Steamed Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 7 | Baked Chicken W/ Dinner Roll OR Chicken Salad Wrap ----- NYS Salad Greens 1c, Sliced Cucumbers 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 8 | Hot Dog W/ Toppings OR Ham & Cheese Sandwich ----- 1C Romaine Lettuce=1/2c, Steamed Broccoli 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 9 |
| Meatballs & Noodles OR Turkey & Cheese Sandwich ----- Celery Sticks 1/2c, Carrot Sticks 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 12 | Taco in a Bag OR Buffalo Chicken Wrap ----- Baked Beans 1/2c, Roast-ed Corn 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 13 | General Tso Popcorn Chicken W/ Rice OR Ham & Cheese Wrap ----- Mixed Vegetables 1/2c, Baby Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 14 | Barbeque Hamburger on a Bun OR Turkey & Cheese Sandwich ----- NYS Potatoes 1/2c, Green Peas 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 15 | Chicken Tender Wrap OR Egg Salad Sandwich ----- 1C Romaine Lettuce=1/2c, Steamed Broccoli 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 16 |
| Chicken & Gravy Over Noodles OR Egg Salad Wrap ----- Green Beans 1/2c, Grape Tomatoes 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 19 | Meat Taco W/ Seasoned Rice OR Ham & Cheese Sandwich ----- Vegetarian Beans 1/2c, Seasoned Corn 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 20 | Baked Chicken W/ Dinner Roll OR Chicken Salad Wrap ----- Potatoes 1/2c, Steamed Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 21 | Meatballs W/ Sauce & Dinner Roll OR Turkey & Cheese Sandwich ----- NYS Salad Greens 1c, Pinto Beans 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 22 | Hamburger or Cheeseburger OR Chicken Salad Wrap ----- 1C Romaine Lettuce=1/2c, Steamed Broccoli 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 23 |
| Happy Memorial Day! No School 26 | Chicken Taco W/ Seasoned Rice OR Turkey & Cheese Sandwich ----- Baked Beans 1/2c, Roasted Cauliflower 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 27 | Meatball Boat W/ Garlic Breadstick OR Ham Sandwich ----- Mixed Vegetables 1/2c, Fresh Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 28 | Breakfast for Lunch OR Turkey Sandwich ----- NYS Potatoes and Onions 1/2c, Roasted Carrots 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 29 | Chicken Mac & Cheese OR Ham & Cheese Wrap ----- 1C Romaine Lettuce=1/2c, Steamed Broccoli 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 30 |

MENUS SUBJECT TO CHANGES

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WVCS HEALTH CORNER

Nature Makes Us Happier & Healthier

It's well-known that getting outdoors in nature can be good for people's health and well-being. A study of 20,000 people, led by Matthew White of the European Centre for Environmental & Human Health of the University of Exeter, found that people who spent two hours a week in nature or green spaces were more likely to report good health and overall psychological well-being versus those who didn't.

Nature and green spaces boost happiness by reducing stress hormones, increasing serotonin (a "feel-good" chemical), and fostering a sense of awe and wonder, leading to improved mood, reduced anxiety, and enhanced overall well-being.

OVERVIEW OF NATURE'S BENEFITS SIMPLIFIED:

- **STRESS REDUCTION:** Spending time in nature lowers cortisol levels, a hormone associated with stress, leading to feelings of relaxation and calm.
- **MOOD ENHANCEMENT:** Nature exposure can improve mood and self-esteem, with natural beauty inspiring feelings of awe and wonder.
- **ANXIETY REDUCTION:** Being outdoors can help reduce symptoms of anxiety, such as racing thoughts and heart palpitations.
- **SEROTONIN BOOST:** Nature exposure boosts serotonin levels, which are associated with feelings of happiness and well-being.

- **IMPROVED FOCUS AND ATTENTION:** Nature can help shift your mindset, reduce cognitive fatigue, and improve focus and attention.
- **ENHANCED CREATIVITY:** Spending time in nature can free the mind for creativity and problem-solving.
- **PHYSICAL BENEFITS:** Nature can encourage physical activity, which has numerous health benefits, including improved mood and reduced stress.
- **CONNECTION TO NATURE:** Feeling connected to nature can foster a sense of belonging and purpose, contributing to overall well-being.
- **AWE AND WONDER:** Natural beauty can inspire awe and wonder, which are powerful emotions that can lead to greater life satisfaction and happiness.

So next time you are feeling stressed, depressed, anxious or worried, one of the best things you can do is go out in nature. Take a walk, breathe some fresh air, feel the sun or wind on your face and focus on the nature around you. Observe with all your senses and try to be present in the moment to allow yourself to have the full benefits of being in and connection with nature.

For more information see "Forest bathing" or Shinrin-yoku. This is the Japanese practice of spending time in nature, particularly forests, to promote relaxation and well-being through sensory engagement and mindful connection with the environment.



WEST VALLEY CENTRAL SCHOOL

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

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OR CURRENT RESIDENT

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SUMMER CAMP 2025

ELLICOTTVILLE

Healthy Kids Summer Camp 2025 has been completely reimagined to deliver a more enriching, engaging, and structured experience for every camper. With expanded activities, improved programming, and additional locations, we've designed this year's camp to exceed expectations and create lasting memories.

SUMMER FULL DAY PROGRAM

@ ELLICOTTVILLE

Ages: K-12 years
Dates: July 7th - August 22nd
Hours: 7am-5pm



AFTER SCHOOL PROGRAM

In addition to our Summer Camp, we also provide and After School program where we offer activities in building social skills, exercise, and academic development heavily based in STEM!

Ages: K-12 Years
Pick up: as late as: 6:00pm

HOW TO SAVE

Did you know that New York State offers childcare tuition assistance programs funded by your tax dollars?

These programs are designed to make high-quality Summer Camps & Extended Day Programs accessible for families like yours. Think you don't qualify- think again. A family of four making \$108,000 & under qualifies. Check out the income levels to see if you might too!

 subsidy@healthykidsprograms.com

INCOME LEVELS TO QUALIFY

FAMILY SIZE

Family of 2
Family of 3
Family of 4
Family of 5


INCOME

\$73,869.56
\$91,250.63
\$108,631.70
\$126,012.77



HAVE QUESTIONS, WANT TO LEARN MORE?



 healthykidsprograms.com
 registration@healthykidsprograms.com
 845-330-0200