



# SEAFOORD EDUCATION *Spotlight*

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SUMMER 2025

## CLASS OF 2025 GOES ON A JOURNEY OF HEROISM

Clad in their green and white caps and gowns, Seaford High School's 160 graduates were asked to reflect on their heroes – not fictional characters in capes, but real people who have made a difference in their lives. Heroism was the theme for this year's commencement exercises held on June 13 at the LIU Post Tilles Center.

A week earlier, seniors put on their cap and gowns for the first time for a trip down memory lane. Manor and Harbor elementary school graduates each went to their respective former elementary schools for the annual clap-out, then reunited at the middle school for a walk through the halls. They were celebrated by the district's younger students as well as their former teachers for the upcoming milestone.

On graduation day, they gathered at the Tilles Center with seniors snapping selfies and helping each other affix their caps as they waited in the wings. On cue, underclassmen in the high school band began playing "Pomp and Circumstance," and the graduates filled into the seats in the middle of the theater.

Following her introduction, Principal Nicole Schnabel, spoke of her personal hero, one the graduates. She spoke of Aeron Go, a student who came to Seaford in his senior year and, instead of blending into the background, chose to stand tall, embrace Seaford pride and immediately immerse himself into student life, "Inspiring the Class of

2025 to have the same conviction as they enter a new world for themselves."

Valedictorian Anastasia Perlegis spoke metaphorically about heroism. She referenced a family vacation to the Greek island of Zakynthos. Their driver, as a parting gift, gave them a plain, plastic bottle of olive oil. It was the best olive oil they ever had. That bottle, she noted, symbolized that greatness does not need a label.

"The best things we do in life, success itself, does not need validation by recognition nor comparison against others," she said.

Salutatorian Ava Caruso honored World War II veteran Bob Hartline, whom she met during last year's Soaring Valor trip, sponsored by the Gary Sinise Foundation.

"Getting to know him has reminded me that without the sacrifices of our nation's veterans, the opportunities we have been granted would not exist," she said.

Superintendent Dr. Adele Pecora reminded graduates that heroism is often found in moments where ordinary people act selflessly to help others.

"The potential for heroic action lies within each of us," she said, "when we choose to persevere through adversity, when we show kindness without expecting anything in return, when we help someone who's hurting just because it's the right thing to do. In those moments, we are heroes, even if only for a little while."

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**2025**  
Class of  
*Congratulations!*







# CLASS OF 2025

## GOES ON A JOURNEY OF HEROISM

(continued from cover)

Ms. Schnabel honored all seniors who went on the Soaring Valor trip to the National World War II Museum with the annual Viking Valor award. The graduates were also joined by one of the WWII Veterans from that trip, Jack Cook, who wanted to personally congratulate the two students he was paired with, Dylan Malone and Emily Richardson. Gary Sinise also delivered a personalized video message to the Seaford graduates.

Board of Education President Lisa Herbert conferred diplomas on the graduates, who were then congratulated by Dr. Pecora, Executive Director for Humanities Dr. Charles Leone, Ms. Schnabel, State Sen. Steve Rhoads and Town Councilman Chris Schneider as they crossed the stage and exited behind a large, lit up "2025" sign. Dr. Pecora presented each graduate with a laminated bookmark and a "Hero in Me" Seaford Vikings pin.



## AWARD RECIPIENTS

### Seaford MS/HS PTSA Academic

**Award:** Anastasia Perlegis and Ava Caruso

### SASA Student Leadership Award:

Kyle O'Hagan and Rachel Schnaier

### United Teachers of Seaford

**Scholarship:** Paula Kranis and Emily Scimeca

### Anthony J. Varuolo Student

**Council Award:** Dylan Malone

**Patriot Award:** Ava Caruso, Anastasia Perlegis, Emily Richardson, Skyler Secondino, Jayne Singleton

### BY THE NUMBERS

**Graduates:** 160

**Regents Diploma with Honors:** 16

**Advanced Placement Capstone Diploma:** 26

**Seal of Biliteracy:** 18

**Seal of Civic Readiness:** 58

**Pathways to Service Commendation:** 45

**Electrical Training Center Graduates:** 18

**EMT Program Graduates:** 9





# Valedictorian, Salutatorian Excelled in Academics and as Leaders



It's been a prosperous four years for Seaford High School valedictorian Anastasia Perlegis and salutatorian Ava Caruso. Not only did they excel academically and earn the top ranks in the Class of 2025, they took advantage of the school's wide range of extracurricular activities.

They have both portrayed the Seaford Viking mascot in homecoming parades and were inducted into numerous honor societies. Anastasia was president of the National Art Honor Society for two years and spearheaded the creation of the senior class mural with a nostalgia theme. She's also a member of the Leo Club and was elected homecoming queen this year, which is one of her fondest high school memories in addition to the spirit week events that led up the annual fall celebration.

Ava was a three-sport athlete and served as captain of the field hockey, bowling and spring track and field teams. Winning conference championships in field hockey and bowling are standout memories. She also was president of the Class of 2025, president of the Science Club, co-president of Books and Bagels, vice president of Mathletes and a member of the Green Team.

In the fall, Anastasia will attend Molloy University to study biology. Her goal is to become a pediatric physical therapist and aspires to open her own practice in the future. Anastasia decided to stay close to home to continue to be with her family and remain active in her church, Saint Demetrios Greek Orthodox Church of Merrick, where she is a teaching assistant at the Hellenic School, a competitive Greek dancer and a member of the service-based Greek Orthodox Youth of America. At Molloy, she wants to play intramural volleyball and get involved in healthcare-related student groups.

Ava will head south, attending the Florida Institute

of Technology to major in ocean engineering. Passionate about helping the environment, she wants to work in the field of coastal restoration and said attending school right on the coast will be "the perfect place to practice." It was one of only a handful of schools with the specific program, and she said she will have lots of opportunities to conduct research. At the Florida Institute of Technology, Ava wants to participate in triathlons and get involved in the robotics club.

Anastasia has been a Seaford student since kindergarten at Manor Elementary School, while Ava moved to the community in sixth grade. Both of them value their experiences and the people they have met along the way.

Ava expressed her gratitude for the teachers and guidance counselors who always went above and beyond to support their students. She said in a small, close-knit high school, she was able to cultivate meaningful relationships that fostered her success.

"I feel so grateful to have met these educators who have made such an impact," she said. "High school, for me, was the perfect opportunity to grow and learn."

Ava added that she was able to succeed as a student, as an athlete and as a leader, and will always treasure the insight gained from each distinct area of her high school experience.

Anastasia said that high school left her with many life lessons – the importance of good character, discipline, integrity and remaining humble. Her advice to incoming students is to make the most of what Seaford High School has to offer and follow their own path.

"Don't be afraid to try new things," she said. "Don't wait for your friends to do it. Just live your best life. Find what's important to you. I wouldn't be the person I am without every single activity that I've done."



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Dr. Adele V. Pecora  
**Superintendent of Schools**

# Young Scholars Complete Fifth, Eighth Grades

While June was full of celebration in Seaford, it was extra special for the district's fifth and eighth graders who achieved important milestones. Moving-up ceremonies were held for Seaford Manor Elementary School on June 16, Seaford Harbor Elementary School on June 17 and Seaford Middle School on June 25.

Fifth graders at Manor Elementary School were lauded for their achievements as Seaford Scholars. Principal Joann Krudis noted that their accomplishments reflected both their commitment to school and to good character. She said they move on to middle school as a class that understands how to make a big impact and know that kindness counts.

"That's what being a Seaford Scholar is all about," she said. "It's not just about academics – it's about leadership, empathy, perseverance and heart."

The Manor and Harbor ceremonies included several musical performances. Manor's graduates sang "Our Time" while Harbor's fifth graders did a vocal rendition of "Best Day of My Life."

Harbor Principal Jennifer Bisulca spoke about the daily reminder in the morning announcements, "Let your light shine bright." She encouraged them to be leaders, powered by everything they have learned at Harbor, as they move on to middle school.

"You're not leaving behind what makes you strong," she said. "You carry with you everything that being a Harbor student means: a scholar's curiosity, an innovator's creativity, a leader's heart and a Viking's determination."

Seaford Middle School Principal Dr.

Morey told his eighth graders that they will be heading to the high school in a few months where the motto is "surround each other with greatness." He said that greatness can be achieved by working together as a Viking family and taking with them the lessons of teamwork consistently reinforced in middle school.

"We are all stronger and accomplish more when we work together and avoid isolation, confrontation and selfishness," he said. "We can achieve great things by working together and collectively focusing our talents and passions on singular goals."

Seaford Middle School recognitions included the New York State Comptroller's award for academic excellence and leadership potential, the New York State Attorney General's Triple C award for character, courage and commitment, the Civic Ambassador award and the C.W. Fuller Award in recognition of the district's first superintendent. The new Iron Viking Jr. award from the Booster Club recognized seven students who played all eight sports seasons in seventh and eighth grade.

At the middle school and both elementary schools, student awards were presented by the Association of Retired Teachers of Seaford, Seaford Association of School Administrators and United Teachers of Seaford. Superintendent Dr. Adele Pecora recognized each school's Seaford Scholars of the Year who best embodied the 10 traits of the Seaford Scholar profile.

