



WEST VALLEY CENTRAL SCHOOL

*School and Community
Working Together*

VOLUME 32, NO. 2

SEPTEMBER 2025

BACK To School

SEPTEMBER CALENDAR OF EVENTS

**LABOR DAY - SCHOOL/OFFICE
CLOSED - 9/1**

**SUPERINTENDENT'S DAY
NO STUDENTS - 9/2**

**STUDENT-PARENT ORIENTATION
9/2**

**SUPERINTENDENT'S DAY - NO
STUDENTS - 9/3**

**1ST DAY OF SCHOOL!
9/4**

**PRE-K ORIENTATION
9/4**

**BOE MEETING
9/9**

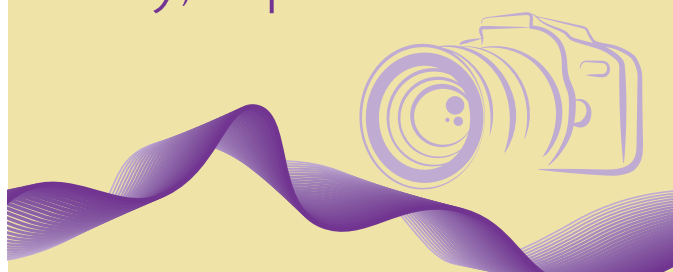
**SCHOOL PICTURE DAY
9/19**

**SENIOR PICTURE DAY
9/19**

**SCAN TO VIEW
EVENT CALENDAR**



SCHOOL PICTURE DAY Friday, September 19



**VIEW SCHOOL
SUPPLIES LISTS
HERE!**



BELL SCHEDULE

**7-12 Students off Bus: 7:35
Homeroom: 7:36-7:43**

**Teacher Day: 7:33-2:43
Student Day: 7:36-2:41**

	K-6	7-12
1	7:45-8:25	7:45-8:25
2	8:28-9:08	8:28-9:08
3	9:11-9:51	9:11-9:51
4	9:54-10:34	9:54-10:34
5	10:37-11:17	10:37-11:17
6	11:20-11:50(L)	11:20-12:00
7	11:52-12:32	12:02-12:32(L)
8	12:35-1:15	12:35-1:15
9	1:18-1:58	1:18-1:58
10	2:01-2:41	2:01-2:41

BOCES AM
Departure: 8:30

BOCES AM
Pick-up: 11:05

BOCES PM
Departure: 11:35

BOCES PM
Pick-up: 1:50



SUPERINTENDENT'S CORNER

By MR. DANIEL AMODEO, SUPERINTENDENT



Welcome back, students, families, and staff to an exciting new beginning! A new school year is upon us and another opportunity to empower all to realize their full potential. We look forward to this year's journey of learning and growth.

SUMMER RECAP

Although summertime can be an opportunity to rest and recharge, it serves as an opportunity to prepare for the new school year.

- We hosted a couple of school programs over the summer that provided enrichment opportunities for students in grades K-6. We again partnered with our town to provide a space for the Ashford Summer Recreation program.
- Teachers have been participating in district and BOCES professional development as we continue to work towards improving our performance. Teachers have also been preparing their classrooms and finalizing their instructional plans for the new school year.
- Our buildings and grounds department has been working hard through the summer heat in cleaning and preparing the building for opening day. In addition, they have taken on several building projects including updating several rooms in the district.
- We had an incredible and productive 4-day leadership retreat over the summer sponsored by CA BOCES! On Day 1 the board spent time reviewing board member roles, responsibilities, and governance. On Day 2 Superintendents worked to finalize potential regionalization activities districts may participate in. On Day 3 and 4 the leadership team, inclusive of Mrs. Mychajluk, Mr. Collins, and Ms. Carlton developed our plans for the staff and student opening days as well as planning out school year initiatives.

NEW STAFF

We are excited to have Rachel Mychajluk rejoin the West Valley family, now as our Principal and Curriculum Coordinator. We would like to welcome Jennifer Carlton, our new Business Administrator, to the West Valley family. Finally, we are happy to share that Mr. Jeremiah White will be starting in September as our new Business Teacher. This will allow us to provide middle school level CTE instruction in the area of business, and high school opportunities our students have not had in some time.

CAPITAL PROJECT FACILITIES UPDATE

- Our emergency project to replace the bus garage roof has been completed. This is significant as the new roof will allow us to better protect and maintain our fleet.
- Our next area of focus will be on repairing our maintenance pit which will allow us to fully service our vehicles.
- The faculty room Capital Outlay project is complete and will be open for use with the start of the new school year.
- As we move through the school year we will continue planning and preparing for the construction of our new playground, installation of new lighting and blinds, Library Media Center updates, painting of our gym, and paving our rear parking lot.

As we prepare for a new school year, remember we are not just a school but a community. We support each other to achieve our goals, dreams, and successes, and unite to overcome challenges and adversity. Every day is another chance to learn and grow. Every day is an opportunity to extend a helping hand. Every day is an opportunity to be the best version of yourself and every day we create our futures. I wish you all a fantastic new school year and hope you enjoy the rest of the summer. See you in September!

#WeAreWestValley



WELCOME BACK WEST VALLEY COMMUNITY!

BY MRS. MYCHAJLUK, PRINCIPAL



Dear West Valley Families, Students, and Staff,

It is with great excitement that I begin this school year as the new UPK–12 Principal at West Valley Central School. While this is a new role for me, West Valley already feels like home. Many of you may remember me from my time here as a social studies teacher, a position I proudly held for six years before stepping into school leadership.

I am honored to return to a community that values connection, collaboration, and excellence in education. This year, my goal is to continue building strong relationships with our students, families, and staff while supporting an environment where every learner feels challenged, supported, and inspired.

I look forward to seeing everyone at our Student–Parent Orientation on Tuesday, September 2nd, from 5:00–7:00 p.m. This will be a great opportunity to reconnect, meet teachers, and get ready for the year ahead. The first day of student attendance will be Thursday, September 4th, and we can't wait to welcome our Wildcats back into the building.

As we head into the new school year, I look forward to celebrating achievements, overcoming challenges together, and creating opportunities for every student, from our youngest Wildcats in UPK to our graduating seniors, to shine.

Here's to a wonderful year ahead!

*Warmly,
Rachel Mychajluk*

Q&A WITH MRS. MYCHAJLUK

You previously worked at West Valley. How long were you here, and what was your role during that time?

I was at West Valley for six years, from 2016 to 2022, teaching 7th, 8th, 11th, and 12th grade Social Studies. Beyond the classroom, I served as Student Council Advisor and Middle School Advisor, organizing trips to Washington, D.C., and participated in several committees, including PTO and Academic Achievement.

What have you been doing professionally since you left?

In July 2022, I became Assistant Principal at Lewiston-Porter Middle School, a role I held until 2024, until the position was eliminated. I then served as Assistant Principal at Newfane High School in Niagara County before returning to West Valley.

What made you want to return to our school in this new role?

One of the reasons I pursued administration was to make a broader impact on students than I could in a single classroom. The effects of COVID, both academically and socially, highlighted

the need for strong, supportive leadership. When the principal position opened at West Valley, it felt like the perfect chance to come back to my roots and continue the work I started here as a teacher.

What are your priorities for your first year as principal?

My top priority is fostering a true sense of belonging. I want every student, staff member, and community member to feel welcomed, valued, and connected to our school.

What do you think makes West Valley special?

West Valley feels like an extended family. Many of our teachers and staff not only work here but also grew up here, which creates a deep sense of community pride. Students often stay together from their earliest school years, forming lifelong bonds, and our teachers get to know them on a personal level—sometimes teaching the same student for multiple years.

Can you share a little about your life outside of school—family, hobbies, or interests?

My husband, Craig, and I have been married for 21 years and together for 25. We have three children—Isabella (20) and twin sons Chase and Jack (15), and two rescue dogs: Ziggy, a Great Pyrenees, and Red, a Chesapeake Bay Retriever mix. We co-own The Mansard, a restaurant in Orchard Park, which we've run since 2019. We're devoted Bills fans and season ticket holders, and we love to travel. For our 20th anniversary, we took a family trip through Italy, Spain, and Portugal.

Do you have a favorite movie, book, or quote that inspires you?

One of my favorite quotes is "The Man in the Arena" by Theodore Roosevelt. I've taken many leaps of faith in my life, personally and professionally. I haven't always come out on top, but I'm proud that I tried. The quote also reminds me not to focus on critics because those who "dare greatly" are the ones truly in the arena.

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

THEODORE ROOSEVELT



STUDENT-PARENT ORIENTATION SEPTEMBER 2, 2025

This school year we are trying something different to create a less hectic first day for students and families. The student-parent orientation is designed to allow students to bring in and set up supplies, meet their teachers, and become familiar with their classrooms. We will also distribute technology and critical information to families and gather required permissions for the upcoming year. Finally, we will have various informational tables for ParentSquare, eSchool Parent Portal, WNY Feedmore, Parent Network, and the West Valley PTO. Attendance at this event is expected.

Grades UPK-6

5:00 p.m. - 5:20 p.m. – Principal's Message

5:25 p.m. - 6:00 p.m. – Meet your Teachers, Parent Digital Access Survey

Grades 7-12

5:30 p.m. - 6:00 p.m. – Student Schedule Pick-up, Locker Set-Up

6:00 p.m. - 6:20 p.m. – Principal's Message

6:25 p.m. - 6:45 p.m. – Laptop Distribution, Parent Digital Access Survey, Meet your Teachers



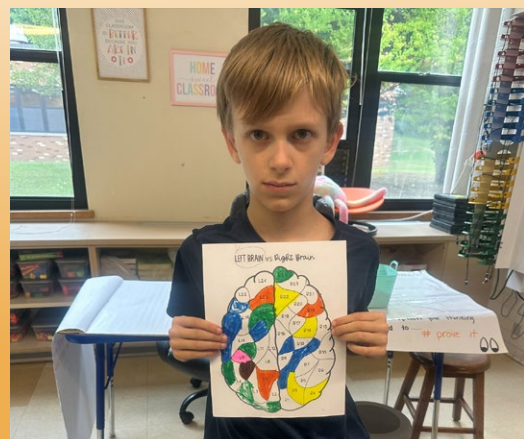
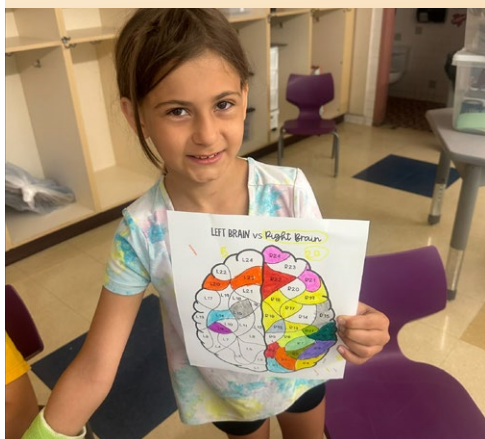
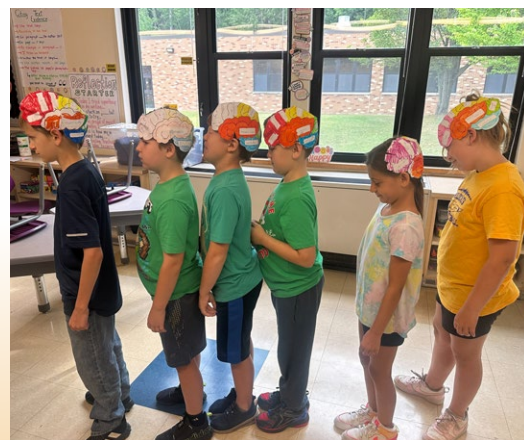
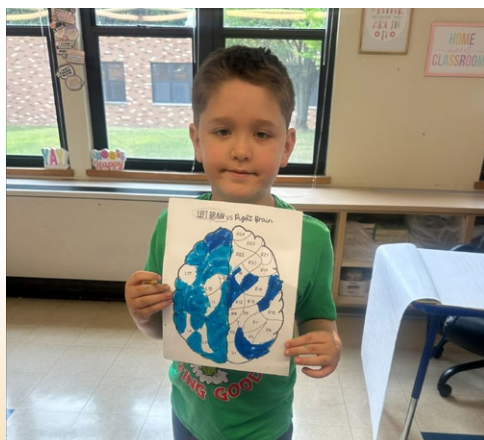
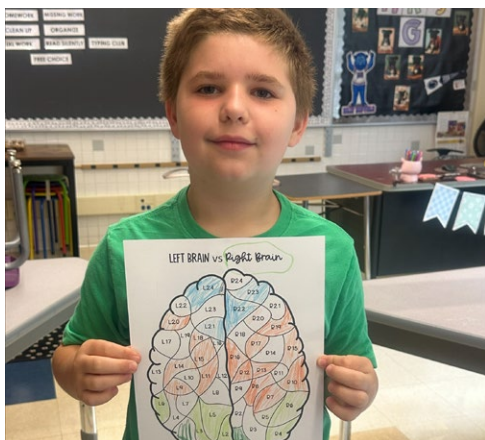
MEET OUR NEW ATHLETIC DIRECTOR ALEX MARINO

Mr. Marino is entering his fifth year at West Valley as a physical education teacher. He has coached modified, JV, and varsity basketball, as well as modified baseball and track and field. As Athletic Director, his primary goal is for the athletic program to develop leaders who demonstrate dedication, a strong work ethic, and a commitment to doing things the right way on a consistent basis.

SPORTS SCHEDULES

VISIT OUR WEBSITE FOR THE MOST
UP-TO-DATE GAME
AND PRACTICE SCHEDULES





BRAIN GAMES

For the last day of summer enrichment Miss Kaz's 4th graders learned all about their brains. They studied the parts of the brain, what they do, and then took a quiz to figure out if they were left brained or right brained!



Annual Bike Rodeo!



The Ashford Summer Rec Program hosted its annual Bike Rodeo with help from Deputy Johnson and Deputy Miller! The students learned about the importance of bike safety and how to use your brakes, signal that you're turning with your hands, and how to make sure your helmet fits you properly. Thank you, Summer Rec team, Deputy Johnson and Deputy Miller, for all your help. It was a great day to be a Wildcat!



The Digital PSAT/NMSQT

Wednesday, October 22, 2025

On Wednesday, October 22, 2025, our school will administer the Digital PSAT/NMSQT (Preliminary Scholastic Aptitude Test/ National Merit Scholarship Qualifying Test) for 10th and 11th graders using their own school-issued device or a device provided to them that day. The cost per student is \$18.00, and checks are to be made payable to WEST VALLEY CENTRAL SCHOOL. The deadline to sign up and pay for the test is Friday, October 10, 2025, in the guidance office or with Mrs. Westfall in the main office. Even if your child is not considering college now, they should take the PSAT/NMSQT. Just taking it can encourage a student to start thinking seriously about life after high school, goals, and the education necessary to achieve those goals. Please visit <https://satsuite.collegeboard.org/sat-suite-benefits-students-parents/why-take-psat/why-take-psat-nmsqt> for reasons to take the PSAT/NMSQT, preparing for the Digital PSAT/NMSQT, what to expect on test day, and scholarships to help pay for college.

SAT Information 2025-26

SAT Test Date*	Registration Deadline	Deadline for Changes, Regular Cancellation, and Late Registration**
Aug. 23, 2025	Aug. 8, 2025	Aug. 12, 2025
Sept. 13, 2025	Aug. 29, 2025	Sept. 2, 2025
Oct. 4, 2025	Sept. 19, 2025	Sept. 23, 2025
Nov. 8, 2025	Oct. 24, 2025	Oct. 28, 2025
Dec. 6, 2025	Nov. 21, 2025	Nov. 25, 2025
March 14, 2026	Feb. 27, 2026	March 3, 2026
May 2, 2026	Apr. 17, 2026	April 21, 2026
June 6, 2026	May 22, 2026	May 26, 2026
*Students who need to borrow a device from College Board will need to register and request their device earlier than the registration deadline—at least 30 days before test day. **Late registration is available worldwide. Additional fees apply. SAT Suite Registration https://satsuite.collegeboard.org/sat/registration/dates-deadlines		

ACT Information 2025-26

Test Date	Regular Registration Deadline Late Fee Applies After This Date	Late Registration Deadline	Photo Upload and Standby Deadline
September 6, 2025	August 1	August 19	August 29
October 18, 2025	September 12	September 30	October 10
December 13, 2025	November 7	November 24	December 5
February 14, 2026	January 9	January 23	February 6
April 11, 2026	March 6	March 24	April 3
June 13, 2026	May 8	May 29	June 5
July 11, 2026*	June 5	June 24	July 3
*No test centers are scheduled in New York for the July test date. September: Science Optional (online and paper testing) ACT Registration & ACT Testing Dates https://www.act.org/content/act/en/products-and-services/the-act/registration.html			





In July, we hosted our second annual Wildcat Volleyball Camp! During camp, we worked on skills and got as much game play as possible. This year, we had a great turnout with 14 athletes. These girls are definitely ready for the upcoming season.





Collecting Can Tabs

To benefit the Ronald McDonald
House Charities

Please send to WVCS
Attention: Mrs. Ford

WNY Consortium of Higher Education Common Recruitment Fall 2025

10/8/2025 - 8:00 a.m. – 8:35 a.m.

The WNY Consortium Common Recruitment Committee is excited to visit and meet with our students this fall. The WNY Consortium is comprised of approximately 20 colleges and universities across the Western New York region. On Wednesday, October 8, 2025, from 8:00 a.m. – 8:35 a.m. the WNY Consortium will be in the aud. This is a free event and will target students in grades 10-12.



LEARN MORE AND
REGISTER HERE:



Parent Network of WNY Free Virtual Trainings

SEPTEMBER

- **Sept 8 – 6:30-8:00 p.m.** – The Link WNY's Family & Caregiver Group
- **Sept 10 – 12-2:00 p.m.** – Student Involvement in the Individualized Education Program (IEP) for Families
- **Sept 16 – 6:30-8:00 p.m.** – ADHD/Learning Differences Support Group
- **Sept 30 – 6:00-7:30 p.m.** – Parent and Family Engagement Within the Functional Behavior Assessment (FBA) and Behavior Intervention Plan (BIP) Process



ParentSquare

We are switching from Remind to ParentSquare this year to send districtwide, school-specific, and even class-specific updates to parents, guardians, and families.

All district communication will be sent via ParentSquare to the email address or phone number we have on file for each parent/guardian. Communications can also be received on the ParentSquare mobile app.

If you need to update your phone number or email address, please call the school at 716-942-3100.



The West Valley Chamber of Commerce continues to promote local businesses and connect them with the community and their peers through its annual Community Birthday Calendar. Please consider advertising in the Community Birthday Calendar. Your support will help us provide business and community development programs in 2025-26, along with creating new initiatives such as a Professional Development Series or networking opportunities.

By purchasing an ad, not only will people see and learn about your business, it will also pay for your membership for the year! Your membership will allow us to move forward on our new mission to advance the economic sustainability of the town.

Community members are encouraged to purchase the Community Birthday Calendar. For \$10, immediate family members' birthdays can be listed, as can wedding anniversaries. By purchasing the calendar, you are supporting local West Valley businesses.

Please contact Patti Dashnaw at ashfordtownclerk@gmail.com or call/text 716-481-0645. Orders must be submitted by September 30. Thank you so much for your anticipated support.



ASVAB Career Exploration Program for Grades 10-12

Wednesday, December 10, 2025

West Valley Central School will be administering the ASVAB assessment instrument, which is part of the ASVAB Career Exploration Program (CEP), to any interested students in grades 10-12 on Wednesday, December 10, 2025, from 8:00 AM to 11:00 a.m. Please have your son/daughter sign up in the Guidance Office with Mr. LaBrake by Friday, November 21. This test is an invaluable tool to help your child with his/her future educational and career plans.

The ASVAB CEP will help your students:

- To learn more about themselves and the world of work
- Explore occupations in line with their interests and skills
- Develop an effective strategy to realize their career and education goals

One of the scores on the ASVAB is the military services' entrance score, which may be used by your child to explore career options in the military. Your child's name and ASVAB CEP Scores will be released to the military unless you choose not to have their name released. Even if your child's name is released to the military, by no means is your child obligated to any military branch. The ASVAB CEP's website www.asvabprogram.com offers useful information regarding the program and includes a brief video summary explaining the process and benefits of the program. Please call me with additional questions, 716-942-3100, extension 4148. Thank you.

If you would rather not have your child's test scores released to the military, please sign and complete the information below and return to the Guidance Office.

I, (Parent/Guardian Name) _____

request that (student's name) _____

ASVAB CEP results not be released to the military recruiting services.

Signature of Parent/Guardian _____ Date _____

Sincerely,

Matthew LaBrake
K-12 School Counselor





West Valley Central School District School Calendar 2025 -2026

JULY 2025						
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
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27	28	29	30	31		

AUGUST 2025						
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31						

SEPTEMBER 2025						
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28	29	30				

OCTOBER 2025						
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NOVEMBER 2025						
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30						

DECEMBER 2025						
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21	22	23	24	25	26	27
28	29	30	31			

Board approval – May 13, 2025

Total Teacher Days=185
Total Pk-6 Student Days=180
Total 7-12 Student Days=181

September

- 1 Labor Day Observance
- 2 Superintendent Day-No Students
- 3 Superintendent Day-No Students
- 4 First Day for ALL Students (UPK-12)

October

- 13 Columbus Day

November

- 7 1st quarter ends
- 11 Veteran's Day
- 24 Half Day students; Parent Teacher Conferences 12-7pm
- 25 Supt. Day-Parent Teacher Conferences 7:45-11:15AM
- 26-28 Thanksgiving Recess

December

- 22-31 Winter Recess

January

- 1 New Year's Holiday
- 2 Winter Recess Continues
- 5 School Resumes
- 19 M. L. King Jr. Day
- 30 2nd quarter ends

February

- 16-20 Mid-Winter Recess

March

- 13 Superintendent Day-No Students

April

- 3-10 Spring Recess
- 17 3rd quarter ends

May

- 25 Memorial Day

June

- 9 & 10 Local Exams and Regents Review Classes for 7-12 Students
- 16 Last Day of Regular Classes for 7-12 Students
- 17-26 Regents Exams
- 19 Juneteenth
- 24 & 25 Half-Days AM for Elementary Students
- 25 Last Day for Elementary Students/4th quarter ends
- 26 Rating Day, Closing Day
- 26 Graduation

JANUARY 2026						
S	M	T	W	T	F	S
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4	5	6	7	8	9	10
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FEBRUARY 2026						
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MARCH 2026						
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29	30	31				

APRIL 2026						
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MAY 2026						
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31						

JUNE 2026						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

#WeAreWestValley



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.

FEEDMORE WNY 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.



WEST VALLEY FOOD PANTRY

Food Pantry Hours:

1st, 3rd, and 5th Wednesdays
Open from 3-7:00 p.m.

2nd and 4th Wednesdays
Open from 12 -4:00 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.

THE FOOD PANTRY IS IN NEED OF THE FOLLOWING ITEMS:

CANNED FRUIT
SIDE RICE/NOODLE DISHES
SPAGHETTI SAUCE

CANNED VEGETABLES
SALAD DRESSING

PAPER TOWELS
TOILET PAPER

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

WEST VALLEY MENUS

SEPTEMBER 2025 - GRADES PRE-K - BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Labor Day! 1	2	<i>Welcome Back!</i> 3	1 Pancake OR Waffle w/ Syrup ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 4	1/2 Bagel w/ Cream Cheese ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 5
1oz Cereal Bowl ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 8	4oz Yogurt ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 9	2oz Muffin ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 10	1 Pancake or Waffle w/ Syrup ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 11	Half of a Bagel W/ Cream Cheese ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 12
1oz Cereal Bowl ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 15	2oz Muffin ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 16	4oz Yogurt ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 17	Half of a Bagel W/ Cream Cheese ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 18	1 Pancake or 1 Waffle W/ Syrup ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 19
4oz Yogurt ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 22	2oz Muffin ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 23	1 Pancake or 1 Waffle W/ Syrup ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 24	1oz Cereal ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 25	Half of a Bagel W/ Cream Cheese ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 26
4oz Yogurt ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 29	2oz Muffin ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 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

SEPTEMBER 2025 - GRADES PRE-K - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Labor Day! 1	2	<i>Welcome Back!</i> 3	Hamburger or Cheeseburger OR 1/2 Turkey Sandwich ----- Butternut Squash 1/4c, Corn 1/2c, Fresh or Prepared Fruit 1/2c Milk-8oz 4	Chicken Alfredo over Noodles OR 1/2 Ham Sandwich ----- Steamed Broccoli 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz 5
Chicken Tenders (2) OR 1/2 Turkey Sandwich ----- Carrot Sticks 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz 8	Taco W/ Cheese, Lettuce, Tomato OR 1/2 Ham & Cheese Sandwich ----- Vegetarian Beans 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz 9	Philly Cheese Steak OR 1/2 Turkey & Cheese Sandwich ----- Green Peas 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz 10	Assorted Pizza OR 1/2 Ham & Cheese Sandwich ----- NYS Sliced Cucumber 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz 11	Sweet & Sour Chicken over Rice OR 1/2 Turkey & Cheese Sandwich ----- Romaine Lettuce 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz 12
Popcorn Chicken W/ Noodles OR 1/2 Ham Sandwich ----- Green Beans 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz 15	Nacho Grande OR Buffalo Chicken Wrap ----- Baked Beans 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz 16	Hamburger or Cheeseburger OR 1/2 Turkey Sandwich ----- Steamed Corn 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz 17	Buffalo Bills Celebration Chicken Fingers ----- NYS Corn 1/4c Milk-8oz, Squish the Fish Sidekick frozen fruit juice = 1/2 c fruit 18	Pizza OR Ham Sandwich ----- Steamed Broccoli 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz 19
Mozzarella Sticks (4) w/ Sauce OR 1/2 Turkey & Cheese Sandwich ----- Carrot Sticks 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz 22	Taco in a Bag OR 1/2 Ham & Cheese Sandwich ----- Vegetarian Beans 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz 23	Pizza OR 1/2 Turkey Sandwich ----- Potatos 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz 24	Hamburger or Cheeseburger OR 1/2 Ham Sandwich ----- NYS Zucchini Squash 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz 25	Chicken Patty on a bun OR 1/2 Turkey & Cheese Sandwich ----- Romaine Lettuce 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz 26
Assorted Pizza OR 1/2 Ham Sandwich ----- Mixed Vegetables 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz 29	Chicken Taco OR 1/2 Turkey & Cheese Sandwich ----- Baked Beans 1/4c Fresh or Prepared Fruit 1/2c Milk-8oz 30			

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



SEPTEMBER 2025 - GRADES K-12 - BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Labor Day! 1	2	<i>Welcome Back!</i> 3	Frudel ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 4	Croissant Breakfast Sandwich ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 5
Bagel w/ Assorted Toppings ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 8	French Toast Mini Berry ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 9	Breakfast Wrap ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 10	Strawberry Pop Tart ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 11	Frudel ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 12
French Toast Sticks w/ Syrup ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 15	Cinnamon Crunch Muffin Top ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 16	Bagel w/ Assorted Toppings ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 17	Breakfast Sandwich ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 18	Frudel ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 19
French Toast Mini Berry ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 22	Strawberry Pop Tart ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 23	Breakfast Pizza ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 24	Cinnamon Crunch Muffin Top ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 25	Caramel Cinni Mini ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 26
French Toast Sticks w/ Syrup ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 29	Strawberry Pop Tart ----- 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz 30			

MENUS SUBJECT TO CHANGES

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SEPTEMBER 2025 - GRADES K-6 - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Labor Day! 1	2	<i>Welcome Back!</i> 3	Hamburger or Cheeseburger OR 1/2 Turkey Sandwich ----- Butternut Squash 1/4c, Corn 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 4	Chicken Alfredo over Noodles OR 1/2 Ham Sandwich ----- Steamed Broccoli 1/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 5
Chicken Tenders (2) OR 1/2 Turkey Sandwich ----- Carrot Sticks 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 8	Taco w/ Cheese, Lettuce, and Tomato OR Chicken Salad Sandwich ----- Vegetarian Baked Beans 3/4c, Seasoned Fresh or Prepared Fruit 1/2c, Milk-8oz 9	Philly Cheese Steak Wrap OR Ham Sandwich ----- Green Peas 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 10	Assorted Pizza OR Chicken Salad Wrap ----- NYS Sliced Cucumber 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 11	Sweet & Sour Chicken over Rice OR Turkey Sandwich ----- Romaine Lettuce 1c, Fresh or Prepared Fruit 1/2c, Milk-8oz 12
Popcorn Chicken w/ Noodles OR Ham Sandwich ----- Green Beans 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 15	Nacho Grande OR Buffalo Chicken Wrap ----- Baked Beans 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 16	Hamburger or Cheeseburger OR Turkey Sandwich ----- Steamed Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 17	Buffalo Bills Celebration Chicken Fingers ----- NYS Corn 3/4c, Squish the Fish Sidekick frozen fruit juice = 1/2c fruit, Milk-8oz 18	Pizza OR Ham Sandwich ----- Steamed Broccoli 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 19
Mozzarella Sticks w/ Sauce OR Buffalo Chicken Wrap ----- Carrot Sticks 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 22	Taco in a bag OR Ham & Cheese Sandwich ----- Vegetarian Beans 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 23	Pizza OR Turkey Sandwich ----- Potatoes 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 24	Hamburger or Cheeseburger OR Chicken Salad Wrap ----- NYS Zucchini Squash 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 25	Chicken Patty on a Bun OR Turkey & Cheese Sandwich ----- Romaine Lettuce 1c, Fresh or Prepared Fruit 1/2c, Milk-8oz 26
Assorted Pizza OR Buffalo Chicken Wrap ----- Mixed Vegetables 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 29	Chicken Taco OR Turkey & Cheese Sandwich ----- Baked Beans 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 30			

7-12 LUNCH MENU, PG. 15



SEPTEMBER 2025 - GRADES 7-12 - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Labor Day! 1		<i>Welcome Back!</i> 3	Hamburger or Cheeseburger OR Turkey Sandwich ----- Butternut Squash 3/4c, Buttered Corn 1/2c, Steamed Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 4	Chicken Alfredo over Noodles OR Ham Sandwich ----- 1C Romaine Lettuce=1/2c, Steamed Broccoli 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 5
Chicken Tenders OR Turkey Sandwich ----- Green Beans 1/2c, Sweet Potatoes 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 8	Taco w/ Cheese, Lettuce, and Tomato OR Chicken Salad Wrap ----- Vegetarian Baked Beans 1/2c, Seasoned Corn 1/2c, Seasoned Fresh or Prepared Fruit 1/2c, Milk-8oz 9	Philly Cheese Steak OR Ham Sandwich ----- Green Peas 1/2c, Steamed Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 10	Assorted Pizza OR Chicken Salad Wrap ----- NYS Sliced Cucumber 1/2c, Mixed Veggies 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 11	Sweet & Sour Chicken over Rice OR Turkey Sandwich ----- 1C Romaine Lettuce=1/2c, Steamed Broccoli 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 12
Popcorn Chicken w/ Noodles OR Ham Sandwich ----- Celery Sticks 1/2c, Carrot Sticks 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 15	Nacho Grande OR Buffalo Chicken Wrap ----- Baked Beans 1/2c, Roasted Corn 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 16	Hamburger or Cheeseburger OR Turkey Sandwich ----- Mixed Vegetables 1/2c, Baby Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 17	Buffalo Bills Celebration Chicken Finger Subs (spicy or regular) w/ Lettuce, Tomato & Cheese ----- NYS Zucchini Squash 1/2c, Green Peas 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 18	Taco w/ Lettuce, Tomato, Cheese OR Ham Sandwich ----- 1C Romaine Lettuce=1/2c, Steamed Broccoli 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 19
Mozzarella Sticks w/ Sauce OR Buffalo Chicken Wrap ----- Green Beans 1/2c, Grape Tomatoes 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 22	Taco in a Bag OR Ham & Cheese Sandwich ----- Vegetarian Beans 1/2c, Seasoned Corn 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 23	Popcorn Chicken w/ Assorted Sauces over Rice OR Turkey Sandwich ----- Potatoes 1/2c, Steamed Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 24	Hamburger or Cheeseburger OR Chicken Salad Wrap ----- NYS Cauliflower 1/2c, Mixed Vegetables 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 25	Chicken Patty on a Bun OR Turkey & Cheese Sandwich ----- 1C Romaine Lettuce=1/2c, Steamed Broccoli 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 26
Assorted Pizza OR Buffalo Chicken Wrap ----- Mixed Vegetables 1/2c, Fresh Carrots 3/4c, Fresh or Prepared Fruit 1/2c, Milk-8oz 29	Chicken Taco OR Turkey Sandwich ----- Baked Beans 1/2c, Roasted Corn 1/2c, Fresh or Prepared Fruit 1/2c, Milk-8oz 30			

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WVCS HEALTH CORNER

Back-to-School Wellness

As the new school year begins, students often face a whirlwind of changes. Establishing a steady daily routine can be a game-changer for their mental well-being, helping them manage stress, get better sleep, and feel more in control of their days.

HERE ARE A FEW TIPS TO HELP YOU CHILD STAY ON TRACK:

- Start by setting a consistent wake-up and bedtime, even on weekends.
- Help your child organize their school supplies and assignments so they feel prepared each day.
- Involve your student in creating their routine, so they feel a sense of ownership and are more likely to stick to it.
- Use visual schedules and planners, which can be especially helpful for younger students.
- Schedule downtime for relaxation and fun, which is just as important for reducing stress.
- Be flexible for unexpected events can reduce stress if things don't go exactly as planned.

Maintaining consistency can help boost their confidence and sense of security. When students know what to expect each day, they can approach school with a calmer mindset and a greater readiness to learn. By weaving structure and relaxation into their daily routine, we set them up for a healthy, balanced, and successful school year.

Remember, every family's routine will look a little different, and that's okay. The key is finding what works best for your student and sticking with it. With a little planning and a lot of encouragement, you can help them navigate the school year feeling less stressed and more supported.



WEST VALLEY CENTRAL SCHOOL

5359 School St. • West Valley, NY 14171

(716) 942-3100

BOARD OF EDUCATION

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EMERGENCY SCHOOL CLOSINGS

West Valley Central School District uses the ParentSquare app to send an automated message regarding school closings and cancellations of after school activities. The message is sent to your household phone number and to the emergency contacts that you listed at the beginning of this school year. If this information has changed or you would like to verify what is on file, please call Dana Westfall at 716-942-3100, extension 4111. The district also contacts the following radio and television stations:

**WGRZ Channel 2, WIVB Channel 4, WKBW Channel 7,
WBEN 930 AM, WPIG 97.5 FM**

COMMUNITY EDUCATION PROGRAM

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

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.**