



WEST VALLEY CENTRAL SCHOOL

*School and Community
Working Together*

VOLUME 32, NO. 3

OCTOBER 2025

OCTOBER CALENDAR OF EVENTS

FALL FEST
10/3

HOMECOMING
10/4

FARM MARKET - 10/4,
10/11 10/18, 10/25

BOARD OF EDUCATION
MEETING - 10/7

COLUMBUS DAY - NO
SCHOOL - 10/13

PICTURE RETAKE DAY
10/24

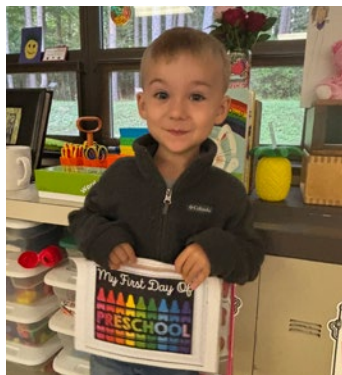
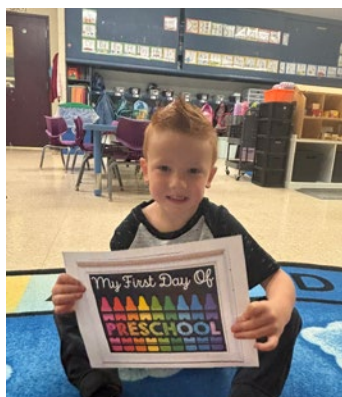
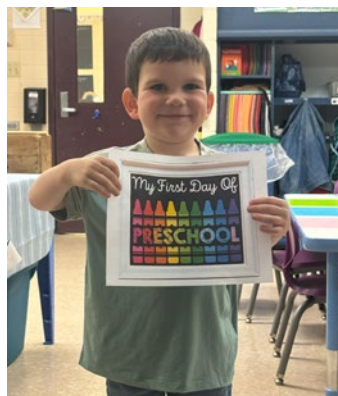
TRUNK OR TREAT
10/26

HALLOWEEN PARADE
10/31

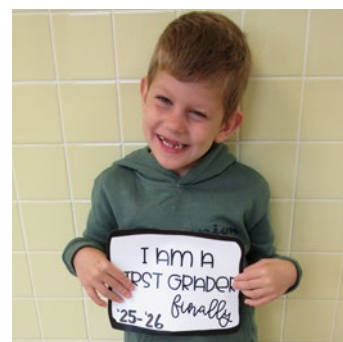
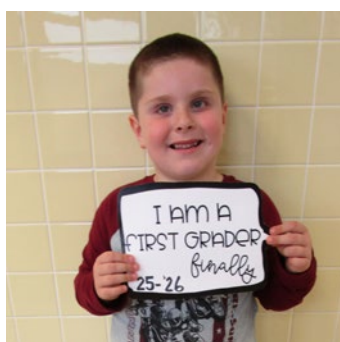
SCAN TO VIEW
EVENT CALENDAR



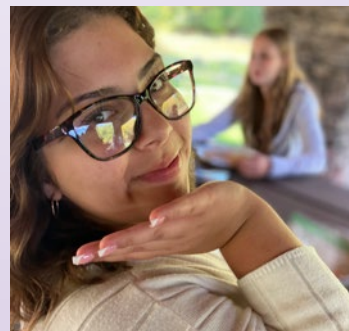
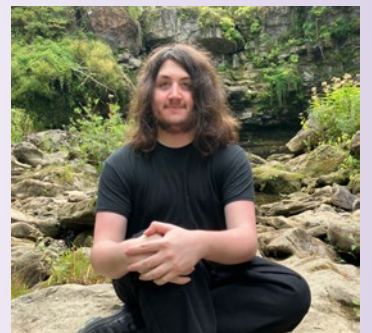
FIRST WEEK OF SCHOOL!



FIRST WEEK OF SCHOOL!



SENIOR PHOTO DAY AT AKRON FALLS PARK





OFF TO A GREAT START!

BY MR. DANIEL AMODEO, SUPERINTENDENT

Thank you to our entire school community for a fantastic start to the school year. It was great to see our families and students at orientation. It appears orientation really helped set the stage for a smooth first day for students. As we just started a new school year, we have had several safety drills and will

continue practicing our safety procedures with students and staff throughout the year.

CAPITAL PROJECT-FACILITIES

We will begin construction on the replacement of our bus maintenance pit in October. Construction is scheduled to be completed by the end of November. There should be little to no impact on our transportation department.

We had the opportunity to share designs and equipment options for our school community's new playground. Students in grades PK-6 were shown various equipment options for our playground and voted for their favorite pieces. We took this information along with feedback from our Playground Committee to determine the final pieces of equipment for the playground. Construction of the new playground will begin in the summer of 2026.

ATHLETICS

Our fall sports season is in full swing. Nearly 40% of eligible West Valley students are participating in cross country, volleyball, or football. Continuing our partnership with Franklinville has allowed us to field three levels of volleyball, modified, JV and varsity. Similarly, our partnership with Franklinville has provided opportunities for West Valley students to participate in football. Throughout October our teams look to finish strong in their regular seasons and prepare for postseason play.

SCHOOL BOARD

October gives the community an opportunity to recognize the school board with School Board Appreciation Week, from October 13-17. Our school board members volunteer their time and put their heart into serving on our school board. When you see a board member, please thank them for their service to our school and students. Their dedication is truly appreciated.

As the official start of the fall season occurred two weeks ago, we are excited for the activities that October brings, from Fall Fest to our Halloween parade. Thank you for your continued support for our district and every day we are committed to providing the best for our students.

#WeAreWestValley



HELLO FALL!

BY MRS. MYCHAJLUK, PRINCIPAL

Dear West Valley Families,

We had a wonderful first month of school in September, and it's clear that students and staff are back in the swing of things. Our theme, "One School. One Team. One Future." continues to guide our work as we build a supportive and inspiring learning environment for every student.

FALL FEST

On Friday before Homecoming, we'll hold our annual Fall Fest for students and families across grades UPK-12. Expect games, activities, and plenty of purple-and-gold spirit. It's a wonderful chance for families, staff, and students to connect outside the classroom. Please join us on Friday, October 3 from 4-7:00 p.m.

HOMEcoming DANCE

Our Homecoming Dance follows Fall Fest for our secondary students (9th-12th grade). Homecoming will be on Saturday, October 4 from 7-10:00 p.m. We're looking forward to a safe, fun evening where students can connect with friends and show their school pride.

ANALYZING SEPTEMBER MAP TESTING DATA

In September, all students participated in our MAP Growth assessments. Our teachers and instructional teams are now analyzing these results to identify strengths, growth areas, and next steps for each student. This information helps us personalize instruction and monitor progress throughout the year so every child can achieve their highest potential.

ATTENDANCE MATTERS AT THE END OF THE 5-WEEK MARK

As we approach the end of the first 5-week period on October 10, consistent attendance becomes even more important. Regular attendance sets the tone for the entire school year and directly impacts academic success, especially as we begin evaluating progress reports. Please help your child build positive habits by arriving on time and attending every day possible.

Thank you for your continued partnership in making West Valley Central School a place where every student can thrive. I look forward to seeing you at our upcoming events!



School board members take on one of the most important citizen responsibilities: overseeing the education of the community's youth.

As a school board member, you hold positions as:

- An individual school board member.
- A member of the district governance team composed of school board members and the superintendent.
- A member of a board made up of other members.

The Board focuses on ENDS - vision, goals, and policy.

What? Why? How Well? How Much?

The Superintendent (as CEO) focuses on MEANS - objectives, plans, actions, recommendations.

How? When? Where? By Whom?

In other words, the board oversees the education of students and is responsible for school district operations but does not directly run the district's day-to-day operations.

Major responsibilities of a board member:

- Set the District's Direction - drawing upon the community, the board describes a shared vision, and established goals, standards, and strategy to transform vision into reality.
- Ensure Alignment - of strategy, resources, policies, programs, and processes with district goals.
- Assess & Account for Progress - using comprehensive data, thorough deliberation, and open communication.
- Continuously Improve - the district - accentuating and reinforcing the positive and correcting the negative.

To represent well, to fulfill public trust, to lead...

Major roles of a board member:

- **Representative** - of the entire community.
- **Steward** - of the district's resources.
- **Leader** - of the district.
- **Advocate** - for public education.

Source: nyssba.org

WVCS Announces Student Ex Officio Board Member



NOAH KLAHN
STUDENT EX OFFICIO

My name is Noah Klahn, and I am heavily involved in school activities including National Honor Society, Student Council, Outdoor Recreation Club, and Science Club. I am President of the Junior Class, President of SADD Club, and Captain of our cross country team. I accepted this board member role because it is important to have our students' voices heard in a positive and constructive manner. I feel it will be beneficial to build stronger communication and partnership

between the students and administration. I look forward to having this opportunity to work with everyone to make West Valley Central School the best it can be.



OUR NEWEST WILDCATS!



EMILY LEACH

Emily Leach is our new Science Teacher at WVCS and will be teaching 7th grade science, 8th grade science, physics, forensics, and science AIS. She holds a Bachelor of Science in Chemistry and Applied Physics and a Master of Arts in Teaching – Adolescent Education, both from Ithaca College.

Ms. Leach shared that she is looking forward to teaching a variety of science subjects this year. Outside of school, she enjoys sewing, cooking, baking, cheering on the Buffalo Bills, and attending Buffalo Sabres games. She currently lives in Orchard Park.

JEREMIAH WHITE

Joining WVCS this year is Jeremiah White, who will be teaching business to students from 5th grade through their senior year, focusing on the basics of business, communication skills, and teamwork. He previously taught Special Education at Buffalo Creek Academy and Business at Global Concepts Charter School. He holds a degree in Business and Marketing Education from Buffalo State.

Mr. White is a Sergeant in the Army Reserves and owns a farm that was recently an alpaca farm. In his free time, he enjoys hiking, football, wrestling, reading poetry and the classics, and working on Camaros and Trans Ams.

He expressed that he is excited to be part of a small, tight-knit community and to share in the energy of West Valley students both inside and outside the classroom.



JENNIFER CARLTON

Bringing over 15 years of school finance experience, Ms. Jennifer Carlton steps into the role of Business Administrator. Ms. Carlton's responsibilities include budget development and oversight, financial planning, audits, capital project management, financial tracking, and more.

Ms. Carlton began her career in school finance in 2007 as an Account Clerk Typist at Hinsdale CSD and has since served as Accountant for Cattaraugus County, District Treasurer in the Syracuse area, and most recently as Business Administrator at Springville-Griffith Institute. She holds a Bachelor's degree in Accounting from Hilbert College, a Master's in Business Administration from Utica College, and a Certificate of Advanced Study – School District Business Leader from The College

of Saint Rose.

Outside of work, Ms. Carlton enjoys spending time with her two boys (ages 7 and 8), whether camping, biking, playing games, or cheering them on in sports. She is active in youth sports as a board member and coach, enjoys golf and bowling, and loves designing projects using Canva and her Cricut.

Ms. Carlton shared, "As someone who is new to West Valley Central School, I am truly excited to be part of such a welcoming and supportive school community. In just a short time, I've already seen the dedication of the staff and the pride the community takes in its school. I'm proud to now be part of the #WeAreWestValley family!"



WILDCAT ATHLETICS

CROSS COUNTRY SENIORS



OLIVIA HARMONY

YEARS ON TEAM: 6

Other Sports/Hobbies: Track & Field, Ski Club, Art Club

FUTURE PLANS: Traveling the world

FAVORITE MEMORY/GOAL:

Meeting and connecting with many of my closest friends

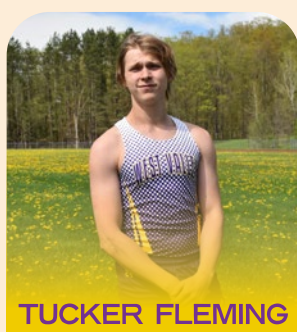
ACCOMPLISHMENT MOST PROUD OF:

Making Federations, States, and getting the Elite Runner Patch at McQuaid

ADVICE TO FUTURE ATHLETES:

"Just keep going."

THANK YOU: I would like to thank my coaches for helping me along and my teammates for pushing me every day, also thanks to Maddy for being my favorite mini me.



TUCKER FLEMING

YEARS ON TEAM: 2

OTHER SPORTS/HOBBIES:

Track & Field, Ski Club

FUTURE PLANS: Travel out West

FAVORITE MEMORY/GOAL:

Belly flops during races

ACCOMPLISHMENT MOST PROUD OF:

Going sub-20

ADVICE TO FUTURE ATHLETES:

"Be good."

THANK YOU: Thanks to the coaches and past seniors for helping me develop as an athlete.



DERIK SCHOEPFLIN

YEARS ON TEAM:

1 athlete, 1 hype man

OTHER SPORTS/HOBBIES:

Basketball, Track & Field

FUTURE PLANS: Going into the workforce

FAVORITE MEMORY/GOAL:

MC'ing senior night last season

ACCOMPLISHMENT MOST PROUD OF:

Finishing a 5k at my size

ADVICE TO FUTURE ATHLETES:

"Never Give Up." – John Cena

THANK YOU: Thank you to all the fans who stuck by my side. Thank you to the haters for giving me a reason to keep going.



KARSON HEITMAN

YEARS ON TEAM: 1

OTHER SPORTS/HOBBIES:

Basketball, Track & Field, Dirt biking

FUTURE PLANS: Work at the Ford dealership

FAVORITE MEMORY/GOAL:

Going sub-20

ACCOMPLISHMENT MOST PROUD OF:

Joining the team and committing to it

ADVICE TO FUTURE ATHLETES:

"Don't be afraid to try."

THANK YOU: My parents for supporting me and my coaches for pushing me to my fullest potential.



COACHES CORNER

VARSITY HEAD COACH:

Emily Garthwaite

This is my third-year coaching varsity, and I am very excited for the season. The team has worked a lot over the offseason, and they have improved tremendously in the last two years. This year, I want to focus on an 'every ball mentality' — treating each ball as a fresh point and working as hard as we can to win it."

VARSITY ASSISTANT COACH:

Amanda Urmson

I'm the varsity coach representing Franklinville for the Wildcats. I have very much enjoyed my time with the program. I started at the modified level for two seasons and now I have joined the varsity group and feel like I am learning just as much as those girls are. I am very much looking forward to the trajectory of this season. These girls really seem to be getting better with every set they play. Learning with them and watching them improve every single practice has been a true joy! I cannot wait to see what they accomplish this season!

JV HEAD COACH:

Allison Fox

It's very exciting for West Valley that we could put together a JV volleyball team this year and I'm so proud to be coaching them! The team has a range of abilities and experience, and they have been working hard and having fun through many 4-hour practices and a few games so far. My goals for the team this year are that all of our athletes work as a team, have a positive attitude, and focus on a growth mindset. We have already seen growth from the first day of practice until now, and I can't wait to see more improvement from everyone!

VOLLEYBALL SENIOR SPOTLIGHT



PAYTON EHNES

YEARS PLAYING: 6

POSITION: Setter and Team Captain

FAVORITE PART OF

VOLLEYBALL: Getting to know and work with players from a different school and coming together as one strong team.

ADVICE TO YOUNGER

PLAYERS: There is always room for improvement—listen to your coaches and always work to get better because you can never be too good.



MAKENZIE CHASE

YEARS PLAYING: 3

POSITION: Middle

FAVORITE PART OF

VOLLEYBALL: Being surrounded by teammates who just want to be there and play, cheering you on no matter how small the achievement.

ADVICE TO YOUNGER

PLAYERS: You may never be the best on the court, but what matters is pushing through and always having a positive attitude.



HANNAH DEPPA

YEARS PLAYING: 3

POSITION: Middle

FAVORITE PART OF

VOLLEYBALL:

Winning as a team

ADVICE TO YOUNGER

PLAYERS: Lock in! Don't worry about what others think—your effort will really show.

Fall Sports Awards Night: November 5



WINTER SPORTS + SCHEDULES

BOYS VARSITY BASKETBALL

BOYS MODIFIED BASKETBALL

GIRLS MODIFIED OR JV BASKETBALL

BASKETBALL CHEER

INDOOR TRACK & FIELD
[SPRINGVILLE]

WRESTLING [FRANKLINVILLE]



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.



Collecting Can Tabs

To benefit the Ronald McDonald
House Charities

Please send to WVCS
Attention: Mrs. Ford



Free Virtual Trainings OCTOBER

Understanding Your Role in the Special Education Process

October 14 – 6:30 pm - 8:00 pm

ADHD/Learning Differences Support Group

October 21 – 6:30 pm - 8:00 pm

LEARN MORE AND
REGISTER HERE:



Join the West Valley Ski Club

Scan the QR Code to purchase a **Wednesday Night Pass**

Username: MWWESTVA **Password:** ski

Or go to <https://www.wvalley.org/skiclub>

- 8 WEDNESDAY NIGHTS WITH BUS RIDES
- PASS IS GOOD FOR ANY WEDNESDAY
- 8 LESSONS INCLUDED
- SEE MR. LEMBKE (ADVISOR) FOR HELP

Ski Dates:

- 1/7
- 1/14
- 1/21
- 1/28
- 2/4
- 2/11
- 2/25
- 3/4



\$172 Pass or \$307 with Ski/Snowboard Rental Included

Student Night Season Pass \$368 or Regular Season Pass \$495

***Community members can also use the link to purchase any discounted pass



West Valley Central School District

Community Education



Fall 2025

We're excited to offer a diverse range of classes and activities designed to enrich your personal and professional life. From practical workshops on Writing Our Lives, Rubber Stamp Making, Stained Glass, Fall Holiday Decorations and Events by Jess - there is truly something for everyone. We look forward to your participation in one or more classes this winter!

WRITING OUR LIVES

Instructor: JoEllen Kwiatek

Instructor JoEllen Kwiatek graduated from West Valley Central School, and taught at Syracuse University and SUNY Oswego, she retired from there as an Associate Professor of English and Creative Writing.



Two **FREE** 1 hour and 20-minute classes on the writing of autobiography.

- In the first class, participants will be introduced to a variety of writing prompts and practices in the creation of subject matter.
- The second class will be conducted as a workshop, and participants will share copies of their writing for feedback guided by the instructor.

I believe that the most important thing a writer must learn is how to keep writing; that is, how to avoid writer's block and learn to "create" subject matter that is vivid and engaging to a reader, as well as expressive of a writer's experience and his or her ways of knowing, seeing, and feeling. My task is to give you the skills, ideas, possibilities, and the inspiration to write about your life.

Come to the 1st class and have your queries answered and your fears dissolved.

Multi-purpose Conference Room, West Valley Central School

Date: October 7th and 14th 2025

Time: 6-7:20 p.m.

Cost: Free

Class limits: 4-5 people at least; 8 people at the most.

Registration deadline: October 3, 2025

RUBBER STAMP CARD MAKING

Instructor: Jody Enser

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 Christmas designs. Designs will vary for each date.



Multi-purpose Conference Room, West Valley Central School

Dates: October 27, November 17, and December 15, 2025

Time: 5:30–8:00 p.m.

Cost: \$15 per class (supplies included)

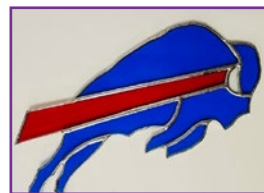
Minimum Enrollment: 2

Registration Deadline: One week prior to scheduled class

STAINED GLASS FOR BEGINNERS

Instructor: Melissa Pearl

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 exploring this timeless art form. No prior experience is necessary — just a passion for creativity and learning! Buffalo Bills option only!



Multi-purpose Conference Room, West Valley Central School

Dates: September 18 and October 2, 2025

Time: 6:00 p.m.

Cost: \$35 (includes all materials)

Maximum Class Size: 4

Registration Deadline: Call to check availability

EVENTS BY JESS

Instructor: Jessi Dash

An experienced florist will instruct participants in a series of workshops covering centerpieces for Halloween, Thanksgiving, and Christmas. These are make-and-take-home workshops.



**Multi-purpose Conference Room,
West Valley Central School**

Dates: October 15, November 24, and December 17, 2025

Time: 6:00–7:30 p.m.

Cost: \$30 per session (includes all materials)

Registration Deadline: One week prior to scheduled class

FALL HOLIDAY DECORATION

Instructor: Loreen Butcher

Loreen works at West Valley as a teaching assistant. She is a mixed media artist and avid crafter who loves to share ideas (and her supplies!). This craft is a fun fall decoration using a few floral items and some pretty paper.



Elementary Art Room, West Valley Central School

Dates: October 8, 2025

Time: 6:00–7:30 p.m.

Cost: \$15 per session (includes all materials, including the frame)

Registration Deadline: One week prior to scheduled class

**Please fill out your
Registration Form below.**

REGISTRATION FORM

*West Valley Central School
Community Education | Fall 2025*

Please fill out completely and print legibly.

Name _____

Street _____

City _____ State _____

Phone Number _____

Email for notification _____
(please print carefully)

Course Name/Date _____

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

Instructor to pick up supplies
for additional cost Yes No
(please circle)

For Office Use:

Date Received _____

Check # _____

Class Fee _____

REGISTRATION

Please complete a separate registration form for each person and each class. Include your phone number to be contacted when the cost of class is determined. Make copies of the registration slip included or 3x5 cards are acceptable. Be sure to include the correct course name. Registration 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

CHECKS PAYABLE TO

WVCSD

IMPORTANT NOTES

Registration and payment with the Continuing Education Office are required BEFORE you will be permitted in class. Instructors will not accept course payment or registrations. Please adhere to registration deadlines.

- You will NOT be notified if you have successfully registered.
- You will be notified if you have been closed out or if a course is canceled. In these instances, your check will be returned.
- We will not accept cash. No phone registration will be accepted.
- Students in the program must be at least 21 years old unless otherwise noted.
- Registration is required for all classes.
- Classes will not run if West Valley Central School District's Day or evening activities are canceled due to inclement weather. In the event of such closing, you should attend the next scheduled class. In the case of single classes, you will be notified of a rescheduled date.
- Once class begins, there are no refunds except for verified medical conditions.

Submit your registration form by mail or in person to complete your enrollment:

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

ENTERING OUR SCHOOL:

As part of our district's safety protocols, there is only one entrance to building. Please enter from Main Entrance.



CONTACT CAROLYN BOBERG

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

No classes will take place when school is closed

WEATHER CLOSINGS

When school is closed due to inclement weather, all night classes are cancelled as well. Monitor local TV stations throughout the day for closing information or visit the school district website at: www.wvalley.org.

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**
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
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			



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.

ACCESS WEST VALLEY'S FOOD SERVICE MENUS ANYWHERE!



View daily breakfast and lunch menus, check nutrition information, download a printable version, or save to your phone.

Scan the QR code or visit:
www.wvalley.org/departments/food-service



WVCS HEALTH CORNER

From Pumpkins to Prevention: Healthy Living Tips for October

October brings crisp mornings, colorful leaves and a shift in how our bodies feel. As days get shorter and colder, our immune systems and energy levels can take a hit. A few simple habits can help you stay strong through the season.

FUEL WITH FALL FOODS. Pumpkin, squash, sweet potatoes, and apples are more than cozy favorites – they're packed with vitamins, fiber, and antioxidants that support immune health. Try roasting root veggies or making a hearty soup to keep meals both comforting and nourishing.

DON'T FORGET VITAMIN D. With less sunlight, our bodies make less of this important nutrient. Low vitamin D is linked to fatigue and weaker immunity. If you're not getting daily sun exposure, talk with your healthcare provider about a supplement.

PRIORITIZE REST. Shorter daylight hours can throw off sleep routines. Aim for 7-9 hours of quality sleep, and keep screens out of the bedroom to help your body settle naturally.

MOVE DAILY. Even a brisk 10-minute outside can reduce stress, improve mood, and give your immune system a boost. Bundle up and make it part of your daily rhythm.

STAY AHEAD OF ILLNESS. Flu season begins in October. Washing hands often, eating well, and staying active all lower your risk. Consider scheduling your annual flu shot this month.

Small steady steps now will help carry you through the colder months feeling stronger and more energized.

WEST VALLEY CENTRAL SCHOOL

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

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Permit No. 5
West Valley, NY

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Attendance Matters

Every day counts!

Attending school regularly and on time helps children develop relationships, feel better about school, and themselves.

Did you know...?

Missing just **one** or **two** days of preschool or kindergarten every few weeks can make it **more difficult** to:

- Gain early reading and math skills
- Be prepared for kindergarten/first grade
- Build relationships
- Develop good attendance habits in high school and college

This summer,
start establishing routines!



- * Create morning and evening routines:
 - Set a bed and wake up time a few weeks before the first day of school
 - Lay out clothes--let your child choose!
 - Pack bookbag the night before
- * Start a countdown to the first day
- * Visit the school and meet the teacher
- * Make sure immunizations are up to date
- * Read to your child each night, in your home language, and use books to address concerns in playful ways
- * Create a pick up/drop off schedule with neighbors
- * Ask questions!

Consider
this!



Missing 1 day every 2 weeks = 20 days per year

1 day per week = 40 days per year

2 days per week = 80 days per year

