



WEST VALLEY CENTRAL SCHOOL

*School and Community
Working Together*

VOLUME 32, NO. 4

NOVEMBER 2025

NOVEMBER CALENDAR OF EVENTS

BOE MEETING • 11/3

PTO MEETING • 11/3

FALL SPORTS AWARDS
11/5

DC TRIP PARENTS MEETING
11/6

1ST QUARTER ENDS • 11/7

VETERANS DAY BREAKFAST
11/10

VETERANS DAY-NO SCHOOL
11/11

WINTER SPORTS MEETING
11/12

COMMUNITY ED: STAINED
GLASS • 11/13

SCHOLASTIC BOOK FAIR
11/14 - 11/25

COMMUNITY ED: FALL
CENTERPIECES • 11/24

SUPERINTENDENT DAY
NO SCHOOL • 11/25

THANKSGIVING RECESS
11/26 - 11/28

FARM MARKET @ WVCS
EVERY SATURDAY IN NOV

SCAN TO VIEW
EVENT CALENDAR



Katy the Snowplow visits WVCS





CHANGE IS BREWING!

BY MR. DANIEL AMODEO, SUPERINTENDENT

Throughout New York State school districts continue to face unprecedented challenges from increased costs, under funding, unfunded mandates, new standards, revisions of graduation requirements, declining enrollment, the rise of AI, a changing economy, the impact of social media, and student mental health.

The New York State Education Department (NYSED) launched a statewide Regionalization initiative in July of 2024 as a response to these ever-changing challenges. The component districts in Cattaraugus-Allegany BOCES, including West Valley, have worked together since July 2024 to develop a Regionalization Plan for our region.

You will see in this newsletter that our Board of Education goals for the 2025-2026 school year focus on regionalization activities. What is regionalization, what does it mean for West Valley, what does it mean for the region, and what is the benefit for students?

WHAT IS REGIONALIZATION?

The Regionalization Initiative is a collaborative regional planning approach for local districts to communicate what they need to ensure equitable educational opportunities for all students, leveraging the state's existing capabilities, talent, and infrastructure. By engaging in regional conversations, schools and districts may identify, explore, and choose whether to pursue a variety of possible solutions to the academic and operational challenges they face by tapping into the full span of resources that already exist in their larger region, (NYSED, 2024).

REGIONALIZATION PLANNING TIMELINE

Regionalization planning began in July of 2024 with NYSED representatives presenting to Superintendents and Boards of Education through September 2024. Individual school districts completed the next step through October of 2024 by completing a strength and needs assessment. From November 2024 to June 2025, Superintendents formed regional groups and determined regional priorities and activities. All members of the school community were invited to attend Zoom meetings that were held in June and July 2025. Finally, individual school

districts determined specific activities in September of 2025, and the CA BOCES Regionalization Plan was submitted to the state on October 1, 2025.

WHAT DOES REGIONALIZATION MEAN FOR WEST VALLEY AND THE REGION?

Rural schools across the state face many of the same challenges. All schools in the CA BOCES region, regardless of size, face challenges that cannot be solved by the district itself. NYSED recognizes the desire of most school districts to remain independent and sustainable. Therefore, regionalization is a flexible plan that encourages districts to work collaboratively with each other and to share resources to provide all students in the region with the same great opportunities regardless of size or location. In West Valley, we aim to enact our Regionalization activities to provide more opportunities for our students, to have a well-rounded education, and reach their full potential.

WHAT TYPE OF REGIONALIZATION ACTIVITIES WILL WEST VALLEY PARTICIPATE IN?

West Valley is in a regional group that includes Ellicottville, Franklinville, and Pioneer. These groups are defined by geography, but each district has the flexibility to work with districts from other regional groupings. West Valley's regional activities will include but not be limited to aligning school bell schedules, expanding options for advanced course work, developing regional mental health supports, and promoting initiatives focused on economic development to retain families in our communities and increase enrollment.

WHERE ARE WE NOW AND WHERE DO WE GO FROM HERE?

The implementation of the CA BOCES Regionalization Plan that West Valley is participating in will begin this school year. This will not be a short-term effort across districts but rather a long-term sustained effort over the next 10 years. While athletics is often seen as a way for districts to share and collaborate, our CA BOCES Regionalization Plan looks beyond athletics to student programs, transportation, and everything in between. West Valley is currently engaged in conversations with districts in our region on how we can share resources and collaborate to provide the best for our students.



GRATITUDE & THANKS!

BY MRS. MYCHAJLUK, PRINCIPAL

Dear West Valley Families,

November is a wonderful time to slow down, reflect, and enjoy the company of friends and family as we head into the holiday season. It's also a month of gratitude, and we want to extend a heartfelt thank you to all of our veterans for their courage, service, and sacrifice. A reminder that the **Veterans Day Breakfast is Monday, November 10th at 8:45 a.m.**

The first quarter comes to a close on **November 7**. As a reminder, report cards and progress reports are available on the eSchool Parent Portal and will not be mailed home unless requested.

We are excited to celebrate our student athletes at the **Fall Sports Awards on November 5 at 6:00 p.m.** Families are welcome to join us in recognizing their hard work and dedication.

PARENT-TEACHER CONFERENCES WILL BE HELD ON NOVEMBER 24 AND 25.

- For families of students in UPK–6 who did not sign up back in September, please call the main office to schedule a conference.
- For students in grades 7–12, we will reach out to families to schedule conferences as needed.

Please note the building will be **closed November 27–28** for the Thanksgiving holiday.

Thank you for your continued support and partnership. I wish you and your families a safe, warm, and restful start to the holiday season.



BOARD CORNER

The West Valley Central School Board of Education **has changed** the November meeting that was scheduled for Tuesday, November 4, 2025 at 6 p.m. to **Monday, November 3, 2025 at 6 p.m.** in the multi-purpose conference room.

The West Valley Board of Education is committed to our mission of having students realize their full potential and our vision of becoming an exemplary learning community. In an effort to meet our Mission and Vision we are committed to offering the best opportunities for all students. Therefore, on September 23rd, the board adopted goals for the 2025-2026 school year to support our mission and vision.

WEST VALLEY BOARD OF EDUCATION GOALS

GOAL 1: *Strengthen Regional Presence - Increase the board's visibility and participation in regional conversations.*

- Have at least two board members attend the CA BOCES Annual Meeting. Board member reports back to the full board.
- Host a regional Board of Education meet and greet to build relationships and to partner with local school districts for expanded opportunities.

GOAL 2: *Support Superintendent's Regional Leadership - Encourage and support the superintendent's involvement in regional initiatives.*

- Reaffirm commitment to the chain of command and norms of collaboration.
- Acknowledge and support the superintendent's time out of district for CSO and planning meetings. Document in the board meeting minutes the board's full support of this expectation.

GOAL 3: *Monitor Regionalization Plan Alignment - Periodically review how district actions align with the CA Regionalization Plan.*

- Schedule a mid-year and end-of-year agenda item to discuss progress on regionalization activities.
- Use these discussions to determine whether the board wants to expand or realign district priorities.



NATALIE GANG

OUR NEWEST WILDCAT!

We are pleased to welcome Mrs. Natalie Gang, our new ELA teacher for grades 7, 8, and 10. Mrs. Gang brings a rich background in education, having taught English in Incheon and Seoul, South Korea. She also previously worked as a substitute teacher at Springville-Griffith Institute.

She earned her Associate of Arts in Humanities from SUNY Erie and her Bachelor of Arts in English with a minor in English Education from Buffalo State, where she also completed her certification in English Education (7-12).

Outside the classroom, Mrs. Gang enjoys reading, writing, traveling, and cheering on the Buffalo Bills. She recently returned to the U.S. after two years abroad and now lives in Springville near her family.

Mrs. Gang is looking forward to getting to know her students, colleagues, and the West Valley community, and to creating meaningful, engaging learning experiences in her classroom.

Child Find Notice

Notice is hereby given to all district residents with children between birth and age 21: **If your child is disabled or you suspect s/he may be disabled, you may be entitled to special education and related services, without cost to you.**

Please contact the Special Education office at 716-942-3100, extension 4149, to register your child or obtain further information.

Notice is in compliance with IDEA "Child Find" requirements Education Law 4402(1)(a).



#WeAreWestValley





Fall Fest & Homecoming at WVCS



SCHOLASTIC BOOK FAIR

Dear families,

Get ready—the Scholastic Book Fair is coming to our school! This is a great opportunity to build your child's home library with new books they'll dive into again and again.

The easiest way to let your child shop the Fair independently is by creating an eWallet. It's easy to set up and easy for others to add funds. If you don't want to send money with your child eWallet is the way to go. Your child can only spend the amount that you have set up on their account. It is a great way to take the worry out of sending money with your child to school.

Here's everything else you need to know about the Book Fair:

Dates: **November 17th – November 25th**

Location: **Library**

Family Event schedule and location: **November 24th 12:00 p.m. - 7:00 p.m. & November 25th 8:00 a.m. - 11:00 a.m.**

For full details, and to create an eWallet, visit our school's Book Fair homepage:

<https://www.scholastic.com/bf/westvalleycentralschool>

More than ever, we need to get students reading. Studies prove* that children with more books at home have higher-level reading skills and attain more years of education overall.

Please remember that there is sales tax on all items purchased at the fair.

Happy reading,

Jody Thiel

Librarian

West Valley Central School

P.S. Don't miss out! A new Scholastic sweepstakes offers a chance to get more books for your child's home library—plus an unbelievable vacation!



Enter for a chance to
WIN a trip for 4 to Walt Disney World.
+ a collection of Disney books*
Infinite worlds and infinite stories await!

*NO PURCHASE NECESSARY. Open to legal US residents age 18+ who are currently a parent or legal guardian of a PreK through 8th grade child in US schools. Open for entries 8/11/25 at 12:01am ET through 11/2/25 at 11:59pm ET. Void where prohibited. Sponsor: Scholastic Inc. For complete rules, go to: s-bf.com/magic-sweeps-rules

s-bf.com/magic-sweeps

*Scholastic Research & Validation. (2023). Scholastic Home Libraries Topic Paper. New York: Scholastic





PAWS FOR A CAUSE



Paws for a Cause 2025 was a huge success! This year's goal was to surpass last year's total of \$1,500—and the West Valley and Franklinville communities did just that and more, **raising \$4,055 for Roswell Park Comprehensive Cancer Center.**

These funds will go toward researching new medicines, treatments, and clinical trials. Through Roswell Park's Schools Against Cancer program, every dollar raised is matched by \$23 through grants—bringing the total impact of West Valley's efforts to **\$93,265** toward cancer research.

A representative from *Schools Against Cancer* joined us for the celebration, where we announced the total to the teams and presented the check on behalf of the West Valley community.

Fundraising efforts included the Fill My Volleyball challenge, concession sales, T-shirt sales, and a raffle organized by the Sports Boosters, who generously donated the proceeds to the cause.

Thank you to the West Valley and Franklinville communities, and to everyone who helped make this year's Paws for a Cause such a success!





Thank you 

**THE WILDCAT VOLLEYBALL TEAMS WOULD LIKE TO
THANK YOU FOR YOUR SUPPORT OF PAWS FOR A
CAUSE. WITH YOUR HELP WE WERE ABLE TO
RAISE \$4,055 THAT IS BEING DONATED TO
ROSWELL PARK.**

WILDCAT ATHLETICS



VOLLEYBALL MILESTONES

Congratulations to West Valley/Franklinville varsity volleyball players Makenzie Chase and Karly Otto on reaching career milestones.

Makenzie recorded 100 career kills and 150 digs, and Karly reached 100 career digs.

FALL SPORTS AWARDS NIGHT:

November 5 - 6 p.m.



WINTER SPORTS + SCHEDULES

BOYS VARSITY BASKETBALL

BOYS MODIFIED BASKETBALL

BASKETBALL CHEER

INDOOR TRACK & FIELD (SPRINGVILLE)

WRESTLING (FRANKLINVILLE)



WINTER SPORTS SIGN- UPS + PHYSICALS

Sign-ups for boys varsity basketball, boys modified basketball, indoor track & field (Springville), and wrestling (Franklinville) are now open.

Our school physician will be coming in to do physicals November 5th at 9:00 a.m.

SIGN-UP HERE: →



SCHOOL NOTICES

Animals on School Property

For the safety of students, staff, families, and community members animals and/or pets are not permitted on school grounds at any time. Board of Education policy 3220 permits the use of service animals and the limited use of therapy dogs. Please contact the district before an event if you seek the use of a therapy dog.

Access to West Valley Central School

West Valley Central School grounds and facilities—including but not limited to the playground, track, and grove—are closed to the public from 7:00 a.m. - 3:00 p.m. when school is in session. All visitors on school grounds must report to the main office upon arrival. Use of exterior grounds ends at dusk.

Use of School Facilities by Individuals or Groups

The West Valley Central School Board does encourage the greatest possible use of school facilities for community-wide activities including those uses permitted by New York law. Individuals or groups wishing to use the school facilities must secure written permission from the Board or its designee and abide by the rules and regulations established for use, including restrictions on alcohol, tobacco, and drug use. All visitors must comply with the District's Code of Conduct (BOE Policy, 3280). To request to use school facilities or the school grounds please contact Mrs. Carolyn Boberg, District Clerk-Superintendent Secretary.



Free Virtual Trainings NOVEMBER

**Rural Disability Family &
Caregivers Support Group**
November 19 – 6:00 p.m. - 7:00 p.m.

GOALS FOR THIS MEETING:

- Support families and caregivers of loved ones with disabilities in rural communities.
- Provide a space for connection and mutual support.
- Share tools, knowledge, and resources tailored to rural caregiving.

Whether you're a parent, sibling, spouse, or extended family member providing care for an individual with a disability, you're welcome here. Together, we strengthen the fabric of rural caregiving—one connection at a time.

**LEARN MORE AND
REGISTER HERE:**



TOWN OF ASHFORD ANNUAL TREE LIGHTING

WHERE:
**TOWN OF ASHFORD
COMMUNITY CENTER**

DATE: FRIDAY, DECEMBER 5TH

TIME: 6:00 P.M.

**PLEASE CONSIDER BRINGING
A CANNED GOOD TO DONATE
TO THE TOWN OF ASHFORD
FOOD PANTRY**





Ashford Community *“Making Spirits Bright”* *Home Decorating Contest*

The town of Ashford invites you to participate in our annual “Making Spirits Bright” Home Decorating Contest. Help brighten this year’s holiday season by decorating your home for your community to see and enjoy! It’s also a great way to beautify our community and bring joy to those who live here. **The contest will run from December 6 through December 20. Winners will be annouced on December 23.**

Contest Rules:

- Contact Jean Bond by November 25 to register your house for the contest (716) 942-6570
- Decorate your home using your imagination and creativity (no restriction or rules for how you decorate your home)
- Ballots (1/person) and participant map will be handed out at the December 6 Tree Lighting Ceremony
- Voting will take place from December 6 through December 20
- Ballots must be returned by December 20 to teh collection box at the Ashford Community Center (no exceptions)
- Trophies will be awarded for First, Second, and Third Place





West Valley Central School District Community Education

We're excited to offer a diverse range of classes and activities designed to enrich your personal and professional life. Please review the important registration guidelines and class details carefully to ensure a smooth and enjoyable experience.

We look forward to your participation in one or more classes this winter!

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

Date: November 6, 2025

Time: 6-7:30 p.m.

Cost: \$15 per session and includes all materials.

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!



Multi-purpose Conference Room, West Valley Central School

Date: November 13, December 4 and 18, 2025

Time: 6:00 p.m.

Cost: \$35 all materials included

Maximum per class: 4

Registration deadline: One week prior to scheduled class.

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

Date: November 17 and December 15, 2025

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

Cost: \$15 per class and all supplies are included.

Minimum enrollment: 2

Registration deadline: One week prior to scheduled class.

EVENTS BY JESS

Instructor: Jessi Dash

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



Multi-purpose Conference Room,

West Valley Central School

Date: November 24 and December 17, 2025

Time: 6-7:30 p.m.

Cost: \$30 per session and includes all materials

Minimum enrollment: 4

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



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.

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 a.m. to 11:00 a.m. **Please have your son/daughter sign up in the Guidance Office with Mr. LaBrake by Friday, November 14.** 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 or email with additional questions, **716-942-3100**, extension 4148. **Mlabrake@wvalley.org** - 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 it to the Guidance Office.

I, (Parent/Guardian Name) _____ request that
(student's name) _____

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

Signature of Parent/Guardian _____ Date _____

*Sincerely,
Matthew LaBrake
K-12 School Counselor*



FREE Community Clothes Closet



Location: Behind St. John the Baptist Church in Bingham Hall

Beginning October 18 the Community Clothes Closet will be open Saturdays from 10:00 a.m. to 1:00 p.m. and Wednesdays from 1-4:00 p.m. (or by appointment).

Donations of gently worn, undamaged, clean, and seasonal items are welcome.

Besides clothing and shoes, we accept donations of bedding, kitchen and household items for Cattaraugus County residents. Upon request, we can fulfill a need of furniture items.

For questions or to make an appointment, please contact Jacque Conrad at 716-942-3836 or Elise at 716-942-3291.

NEW DAY ADDED! WEST VALLEY COMMUNITY CLOSET

OPEN EVERY SATURDAY, 10 A.M. - 1 P.M.
WEDNESDAYS WILL REMAIN OPEN 1-4 P.M.



WEST VALLEY FOOD PANTRY

Ashford Town Barns on Fox Valley Road

NOVEMBER

Date and Time Changes

REGULAR FOOD PANTRY

Wednesday, November 5th 12-4:00 p.m.

Wednesday, November 12th 3-7:00 p.m.

THANKSGIVING BOXES

Wednesday, November 19th 12-4:00 p.m.

Saturday, November 22nd 10:00 a.m. - 12:00 p.m.

CLOSED NOVEMBER 26TH

Serving the Town of Ashford and the West Valley
Central School District.

IF WEST VALLEY CENTRAL SCHOOL IS CLOSED, THE
FOOD PANTRY IS CLOSED.

Emergency needs, would like to volunteer for the food
bank or have questions please call, Amy Frank at
716-942-6657 or Kris Aldrow at 716-942-6690.

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.



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

Living Well with Diabetes – Together

November is National Diabetes Awareness Month, a time to focus on how families can support loved ones living with diabetes. Whether it's Type 1 or Type 2, diabetes management isn't just an individual effort – it's a family one. Daily routines, meal choices, and even emotions are shared experiences that shape how well someone can manage their condition. Managing diabetes takes daily teamwork, understanding, and encouragement.

Diabetes is a long-term condition that changes how the body handles sugar. It happens when insulin – the hormone that helps move sugar from the blood into cells – doesn't work the way it should or isn't made in enough amounts. Managing it means paying close attention to meals, activity, stress, and medication every day.

KEY POINTS TO COVER:

- **COMMUNICATION MATTERS:** Encourage open conversations about how everyone can help – without judgment or pressure.
- **MEAL PLANNING AS A TEAM:** Choose balanced meals that support stable blood sugar for everyone. It's healthier for the whole household, not just the person with diabetes.

- **STAY ACTIVE TOGETHER:** Family walks, bike rides, or dance breaks help manage glucose levels and relieve stress.
- **LEARN THE SIGNS:** Everyone should recognize symptoms of low or high blood sugar and know what to do in case of emergency.
- **EMOTIONAL SUPPORT:** Managing diabetes can feel isolating. Check in often, celebrate small wins, and remind your loved one they're not alone.

FINAL THOUGHT:

When families join in – cooking, learning, and moving – they turn diabetes management into shared care. It's not about perfection, but consistency and compassion. Every small effort – a supportive word, a mindful meal, a shared walk – helps reduce stress and keeps everyone on the same page. Living well with diabetes becomes less about restriction and more about balance, understanding, and connection. In the end, it's the everyday teamwork that strengthens both health and family bonds.

WEST VALLEY CENTRAL SCHOOL

5359 School St. • West Valley, NY 14171

(716) 942-3100

BOARD OF EDUCATION

George Kazmierczak, President

Heather Klahn, Vice President

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Jennifer Carlton, Business Administrator

John Collins, Assistant Principal, CSE/CPSE/504 Chairperson

Rachel Mychajluk, Principal/Curriculum Coordinator

NON PROFIT
ORGANIZATION

U.S. POSTAGE PAID

Permit No. 5
West Valley, NY

OR CURRENT RESIDENT

POSTAL PATRON LOCAL



EMERGENCY SCHOOL CLOSINGS

West Valley Central School District uses ParentSquare 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:

Channel 2
WBEN 930 AM

Channel 4
WPIG 95.7 FM

Channel 7
Big Oly 107.1
& 105.5 FM



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



EVERY SATURDAY

10:30am-11:30am



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

FeedMore
wny

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