



JASPER-TROUPSBURG HIGH SCHOOL
HOME OF THE WILDCATS



BIWEEKLY NEWSLETTER

DECEMBER 12, 2025



December 12: End of 15 Weeks

December 13: Wildcat Net Fest

December 17: 7-12 Concert

December 22-January 2: Winter Recess

Our High School and Elementary Newsletters are now available on the district website at www.jtcsd.org.



Attendance Matters!

Missing a day of school here and there may not seem like much, but absences add up

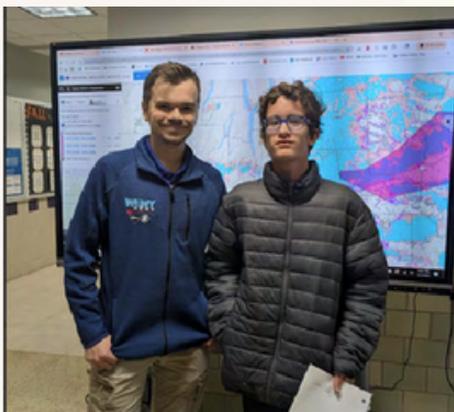
When a student misses 2 days a month	When a student misses 4 days a month
They miss 20 DAYS a year (10% of the school year)	They miss 40 DAYS a year (20% of the school year)
They miss 30 HOURS of math instruction	They miss 60 HOURS of math instruction
They miss 60 HOURS of reading and writing instruction	They miss 120 HOURS of reading and writing instruction
They will miss over 1 YEAR of school by graduation.	They will miss over 2 YEARS of school by graduation.



GUIDANCE NEWS



December's career cafe featured Meteorologist, Connor Freidhoff, from WENY. Students had the opportunity to meet with Mr. Freidhoff and learn what it's like to study and forecast the weather. Mr. Freidhoff shared engaging stories about tracking storms, using satellite data, and working in fast-paced newsroom environment. Students were eager to ask questions—everything from the newsroom to what kind of college degree is needed to work in meteorology. Many were surprised to learn how much math, science, and technology go into creating accurate forecasts and keeping communities safe during severe weather. JT is grateful to partner with Career Development Council for helping bring real-world science into our school and for giving students a firsthand look at a career that blends curiosity, problem-solving, and public service. Events like this make our career cafes a valuable and memorable experience for all.



UPCOMING EVENTS

DEC

12

15 Week Progress Reports Go Home

17

New Visions Honors Program Presentation

19

9th Grade Career Readiness Presentation

JAN

12 - 13

7th & 8th Youth QPR (Mental Health Training)

19

8th Grade Girls Empowerment Summit

REMINDERS

*Check Google Classroom & Chat for all guidance updates, including scholarship opportunities!

CAREER DEVELOPMENT COUNCIL

Interested in a job shadow?
Want to hear from professionals in the industry?
Stop down to the guidance office
Alisa Wright, our CDC rep,
is here on Thursdays!

Local Food Pantry Listings

*Canisteo Community Food Pantry 1st, 3rd, 4th Tuesdays 3:30pm-5pm

*Greenwood-Rexville Food Pantry 3rd Thursday of the Month 3pm-6pm

*Jasper-Troupsburg Community Food Pantry 3rd Saturday of the month 9:30am-11am

*Woodhull Community Church Food Pantry 1st Wednesday of the month 10:30-11:30am

*Woodhull Mobile Food Pantry (walk-up) 2nd Friday of most months 10-11am

Need additional assistance? Call 211, this is a free and confidential service helping people find the local resources they need.

ADDITIONAL INFORMATION

December is Seasonal Affective Disorder Awareness Month

SEASONAL AFFECTIVE DISORDER (SAD)

SAD IS A TYPE OF DEPRESSION THAT OCCURS SEASONALLY, OFTEN IN FALL OR WINTER, DUE TO SHORTER DAYS AND LESS SUNLIGHT, WHICH CAN AFFECT BRAIN CHEMISTRY.



Exploring the Causes, Signs, and How to Get Help.

WHO IS AFFECTED?

- Most often begins in adulthood, with symptoms worsening with age.
- More common in women than men.
- People living in northern areas with shorter winter days are more at risk.

TYPES OF SAD AND SYMPTOMS:

Winter–Pattern SAD (Winter Depression): Symptoms begin in late fall/early winter and ease in summer.

Symptoms can include:

- Oversleeping (hypersomnia)
- Overeating, leading to weight gain
- Social withdrawal (feeling like "hibernating")

Summer–Pattern SAD (Summer Depression): Less common, symptoms start in late spring/early summer.

Symptoms can include:

- Trouble sleeping (insomnia)
- Poor appetite, leading to weight loss
- Restlessness and agitation
- Anxiety
- Violent or aggressive behavior

TREATMENT OPTIONS:

- Sunlight exposure
- Light therapy
- Psychotherapy
- Antidepressants



To Learn More:

[NIH SAD Information](#)

If you or someone you know needs support;
Suicide and Crisis Hotline
call or text **988**
or
chat **988lifeline.org**



Get ready, students—**Holiday Cheer Week** is just around the corner, and we can't wait to celebrate the season together with fun themes, festive traditions, and a little friendly competition!

Show your spirit all week long with our Holiday-Themed Dress-Up Days!

Monday: Channel Your Flannel - Wear your favorite flannel shirt. 

Tuesday: Toasty Tuesday - Cozy up in scarves, mittens, Christmas socks, & ugly sweaters 

Wednesday: Santa's Workshop - Dress as Santa or his elves! 

Thursday: Christmas Color Wars - Grades 7-9 wear RED; Grades 10-12 wear GREEN 

Friday: The Night Before Christmas - Wear your favorite Christmas PJs 

Gnome in Our Home:

Keep your eyes open—our mischievous little holiday gnome will be hiding in a new spot each day! If you find the gnome, report its location to *Mr. Liberto* or *Mrs. Schenck* for a chance to win a small seasonal surprise. Good luck, and happy gnome-hunting!

Reindeer Games:

We'll wrap up the week with Reindeer Games, a fun-filled event featuring team challenges, relay races, and festive competitions. Bring your enthusiasm and holiday spirit—may the best reindeer team win!



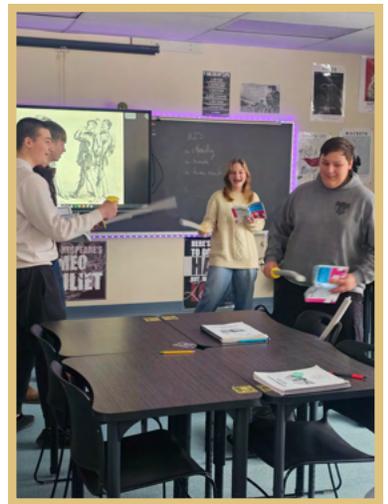
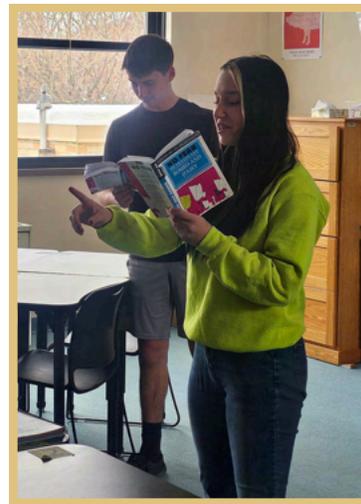
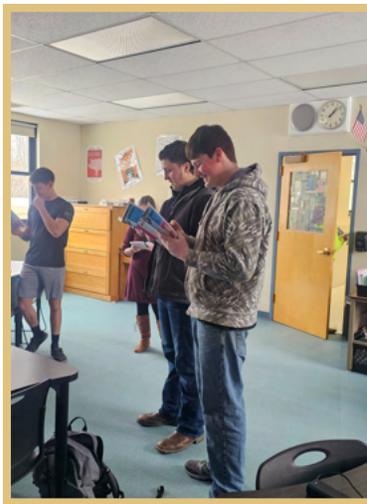
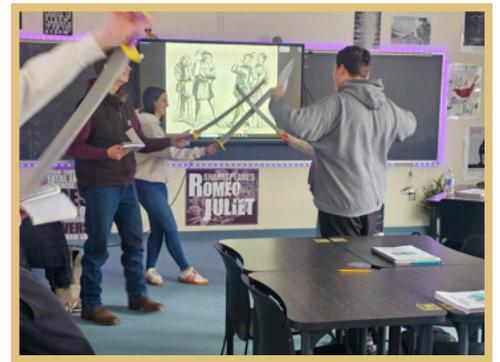
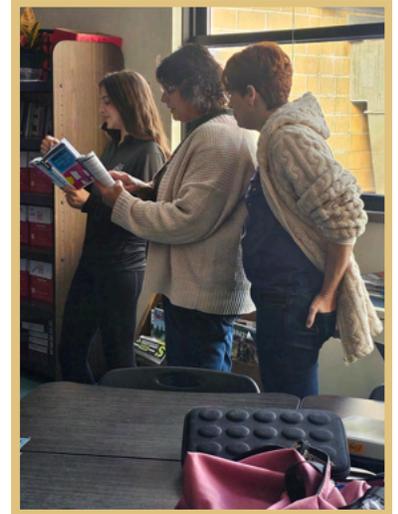
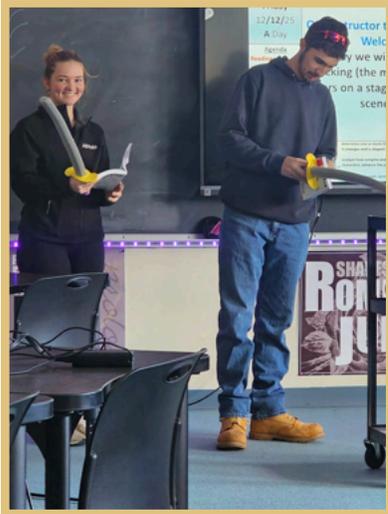
Ag 8 Students Dive Into Small Engines

Our Ag 8 students have been hard at work learning the science behind how small engines run. They explored the four phases of combustion and gained hands-on experience identifying each major engine part and its role in the process. Students then put their knowledge to the test by reading and following a small-engine manual—successfully taking an engine apart and reassembling it. This project not only strengthened their technical skills, but also built confidence in problem-solving, attention to detail, and real-world application of classroom learning.



✦ Romeo & Juliet ✦

Mrs. Stephens' sophomore English class has been immersing themselves in the world of Shakespeare, eagerly practicing their acting skills as they bring Romeo & Juliet to life. ✦



FFA News

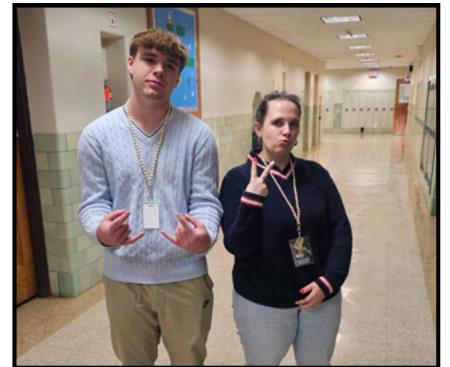
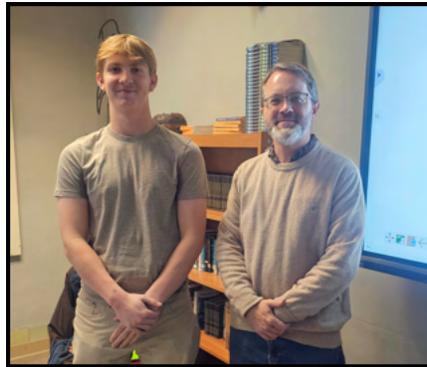
A huge thank-you to our incredible community for your support of this year's FFA citrus fundraiser! Your generosity helps provide valuable opportunities for our students, from leadership development to hands-on agricultural learning. We truly appreciate every purchase, share, and word of encouragement. Our chapter couldn't do what we do without you—thank you for making this fundraiser a success!



SENIOR SWITCH DAY

This beloved high school tradition lets seniors step into the shoes of teachers and staff for a day, experiencing life on the other side of the desk.

Senior Switch Day is a positive and memorable celebration of senior year—a chance to break from the routine and create lasting memories.



From the Library: Your Cozy Winter Reading Guide

This month's library theme invites students to beat the winter chill with a warm, comforting read. Our display is filled with cozy titles from every genre—mystery, romance, fantasy, nonfiction, and more—so there's something for every reader to curl up with.

With break just around the corner, be sure to grab a book before you go or download a favorite on Sora to enjoy all vacation long. Students can access Sora by visiting the High School Library tab on our district website and logging in with their Google account.

Snuggle in and start reading!



Wildcat of the Month

WILDCAT OF THE MONTH
NOVEMBER 2025



TRIG SHERER
7TH & 8TH GRADE



"Trig consistently demonstrates a positive attitude toward learning and is always willing to help classmates. He actively participates during lessons and asks thoughtful questions when he needs clarification. He is responsible with his work and consistently completes assignments in a timely manner, including work missed during absences."

WILDCAT OF THE MONTH
NOVEMBER 2025



JOHANNA MAINKA
11TH & 12TH GRADE



"Johanna has been a terrific addition to our class. She is a willing participant in class, she is a very hard worker, and her grades are excellent. Also, she is always kind and helpful. I want to keep her."

WILDCAT OF THE MONTH
NOVEMBER 2025



JOSEY AINSWORTH
9TH & 10TH GRADE



"Josey always has a positive attitude and has shown remarkable study habits in my class. These habits have helped her achieve a high grade. If another student has a question, Josey is also happy to jump in and help out. She is always very respectful and is active in many extracurricular activities and clubs." "Josey noticed a student struggling with a math problem and immediately came over and helped her. She also has so much passion for the sports she plays and the organizations she is a part of." "Josey has become a learner who takes extra notes on notecards, asks good questions, and takes time out of her schedule to seek out extra help when she needs it."



Wildcat of the Month

POSITIVE ROLE MODEL, MAINTAINS GOOD GRADES/GRADES SHOW IMPROVEMENT, RESPECTFUL, RESPONSIBLE

- W** WELL-MANNERED; WILLINGNESS TO LEARN/BE A ROLE MODEL
- I** INVESTED IN LEARNING; IMPROVEMENT IN GRADES/BEHAVIOR; IMPACTFUL ON CLASS; INSPIRATION TO OTHERS
- L** LEADERSHIP BY EXAMPLE; LEVEL-HEADED
- D** DEPENDABLE; DEDICATED TO GOOD WORK ETHIC; DEMONSTRATES GOOD CHARACTER QUALITIES; DETERMINED
- C** COOPERATES WELL WITH TEACHERS, STAFF, AND FELLOW STUDENTS; CAN-DO ATTITUDE IN CLASSROOM
- A** ACTIVE IN SCHOOL: CLASSROOM AND EXTRACURRICULARS (SPORTS/CLUBS); ACCOMPLISHES ASSIGNMENTS/TASKS ON TIME
- T** TRUSTWORTHY; TEAM LEADER; TRUE TEAM PLAYER (IN AND OUT OF SCHOOL); THOUGHTFUL TO OTHERS



MUSIC

DEPARTMENT

Congratulations to *Leah Lawson* and *Alicyn Rippel* on their participation in Jr. Area All-State at Genesee Valley (November 7–8), and to *Olivia O'Brien* and *Harris Drake* on their participation in Sr. High Area All-State at Elmira High School (November 21–22).

Students began this journey months ago, auditioning in January or May by preparing a solo piece. After being selected, they received their ensemble music a little over a month ahead of the festival and worked diligently to learn their parts. Once the event began, they had just one day to rehearse with fellow musicians from across the state before taking the stage for their final performance.

Their hard work, consistency, and dedication truly paid off—they delivered wonderful performances!

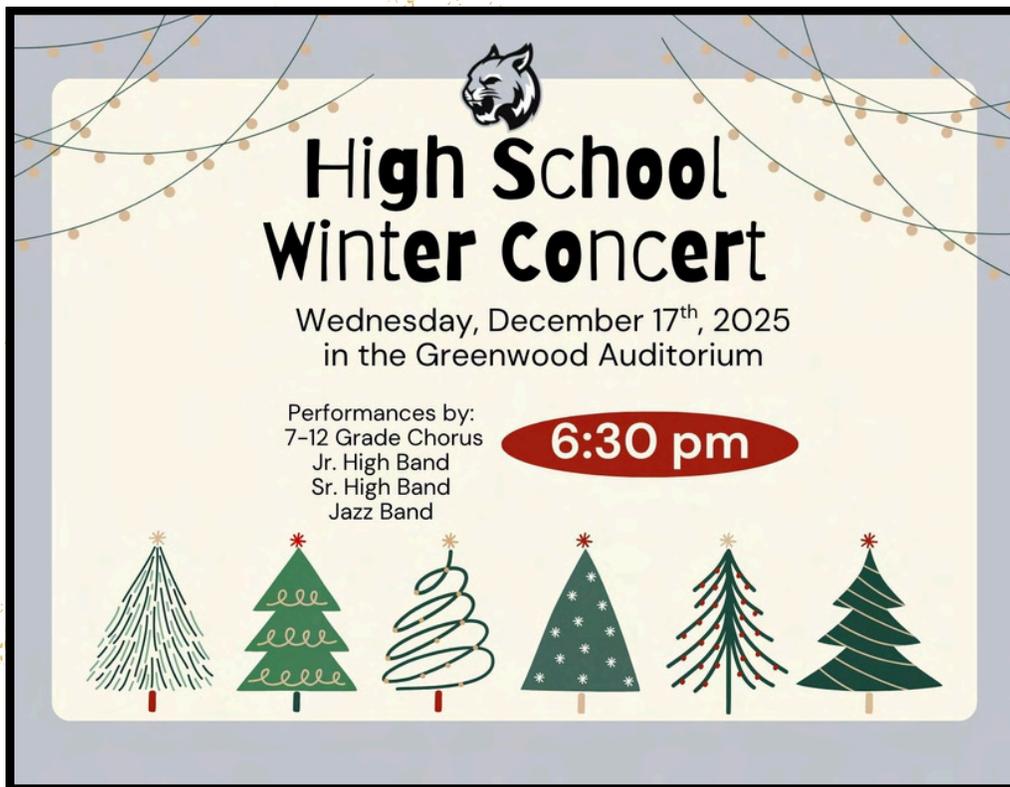
Congratulations to all!



Jr. High All-State:
Alicyn Rippel & Leah Lawson



Sr. High All-State:
Harris Drake & Olivia O'Brien



Message from Miss Bower :

Students are expected to arrive at Greenwood at **6 pm** and meet in the gym. *Students should be wearing concert black but may wear red and green accessories like bowties, ties, shoes, earrings, headbands, etc., if they would like.* If there are any questions please don't hesitate to reach out by email.





Dundee-Bradford Tip-Off Tournament Champions

Congratulations to our Varsity Boys Basketball team for capturing the title at the Dundee-Bradford Tip-Off Tournament! The team's hard work, determination, and teamwork were on full display throughout the event.

Congratulations to *Landon Zver*, who earned Tournament MVP, and to *Jim Ainsworth*, who was named to the All-Tourney Team. Both players delivered outstanding performances that helped lead the way.

We're incredibly proud of this group and the strong start to their season!



Congratulations to *Nolan Vallieres*, who was named to the All-Tournament Team for the Belmont Rotary Basketball Tournament at GVCS.



Football Awards Recognition

Congratulations to *Tycen Terry* on earning the Lineman MVP award for his modified football season.

Congratulations as well to *Trajan Terry* on receiving the Most Dedicated Player award for JV football.

We're proud to have both of these athletes representing JT with excellence!

Yearbook
2025-26
UPDATES

Place your order,
today!

2025-2026 J-T YEARBOOK - ON SALE NOW

Yearbooks are now on sale at a low cost of \$35.00 through December 31, 2025. Cost will increase to \$45.00 per yearbook on January 1, 2026.

Reserve your copy today to guarantee a yearbook at the end of the school year, as only a limited number of books will be printed.

Options to Pre-Order:

- Order online @ www.jostensyearbooks.com
- Scan the QR Code



Send in your payment (be sure to include the 8% sales tax) along with the order form to: YEARBOOK ADVISOR. All checks payable to: JT YEARBOOK.

Thank you for your continued support!

J-T Yearbook Staff



STAFF SPOTLIGHT

HIGH SCHOOL ACADEMIC SUPPORT



MS. NEWCOMB

HOW LONG HAVE YOU BEEN TEACHING?

This is my 32nd year teaching at JT.

WHAT DO YOU LOVE MOST ABOUT BEING A CONSULTANT TEACHER?

Seeing other teachers at work and learning more about those subjects.

WHAT'S YOUR FAVORITE THING ABOUT JT?

The community takes care of each other.

WHAT ARE SOME OF YOUR FAVORITE HOBBIES?

Knitting, counted cross stitch, reading

WHAT'S ONE ITEM ON YOUR BUCKET LIST?

Traveling

HIGH SCHOOL ACADEMIC SUPPORT



MRS. LEACH

HOW LONG HAVE YOU BEEN TEACHING?

I have been teaching for 33 years; this is year 50 at JT. Ironically, I started my career in the Greenwood building.

WHAT DO YOU LOVE MOST ABOUT BEING A CONSULTANT TEACHER?

Being a consultant teacher allows me to work with all students, teachers, and subjects, enabling me to take part in different activities and witness multiple teaching styles. Because I have been a part of so many classes, taught by various teachers over the years, I am better able to help students learn concepts in multiple ways. I LOVE WHAT I DO!!! - I've never had 2 years that are the same. This year I'm a consultant teacher, but next year, you never know... I might need to teach classes, along with being a consultant teacher. The one thing that usually remains the same is directly working with students in a resource room to support what they were taught in their classes. I consider myself fortunate to work with such great kids and amazing teachers & staff.

WHAT'S YOUR FAVORITE THING ABOUT JT?

I love the family atmosphere of JT. No matter where you look, there is a friendly face of a person who truly cares.

WHAT ARE SOME OF YOUR FAVORITE HOBBIES?

In my free time, I like to hike, garden, and of course, spend time with my family.

WHAT'S ONE ITEM ON YOUR BUCKET LIST?

I can't wait to share a snowstorm with my husband and, since I am and have always been an avid Packers fan, one day I will be in attendance for a game at Lambeau Field.

HIGH SCHOOL ACADEMIC SUPPORT



MR. STEPHENS

HOW LONG HAVE YOU BEEN TEACHING?

I have been teaching for 10 years and this is my 5th year as a Consultant teacher at JT.

WHAT DO YOU LOVE MOST ABOUT BEING A CONSULTANT TEACHER?

I love to use different strategies and techniques to ensure that all students will understand many different concepts. Each student learns in a different manner, it is my job to learn about these students and find creative solutions to help them succeed.

WHAT'S YOUR FAVORITE THING ABOUT JT?

I graduated from JT in 1997 and although many things have changed throughout the years, our community and atmosphere remains the same. We have the best students that, generally, put forth their best efforts.

WHAT ARE SOME OF YOUR FAVORITE HOBBIES?

I love to ride motorcycles. Last year I finally stepped up to a Harley Davidson and I love to go on long rides.

WHAT'S ONE ITEM ON YOUR BUCKET LIST?

On my bucket list, I would love to take a motorcycle trip across the country. I have never spent much time out west and would like to ride through the Rocky Mountains and explore.

HIGH SCHOOL ACADEMIC SUPPORT



MRS. TERRY

HOW LONG HAVE YOU BEEN TEACHING?

This is my fifth year teaching, all of them at JT. Before I was a teacher, I was a case manager; before that I was a counselor.

WHAT DO YOU LOVE MOST ABOUT BEING A CONSULTANT TEACHER?

I love the flexibility that my job offers in order to meet the needs of all of the students. I love being able to help the students learn and grow educationally, emotionally, and socially.

WHAT'S YOUR FAVORITE THING ABOUT JT?

My favorite things about JT are the kids and staff. We have amazing students at JT and great people in the school who care about them. I love the fun we can have at school like dressing up, putting together special activities, as well as watching the kids succeed in sports, music, or passing a tough test. I love that we are a small enough school that we can get to know our students, celebrate their accomplishments with them, or be there to support them through difficulties.

WHAT ARE SOME OF YOUR FAVORITE HOBBIES?

I love to cook! I also love relaxing by a bonfire, any time of the year, with family and friends.

WHAT'S ONE ITEM ON YOUR BUCKET LIST?

One item on my bucket list is to attend the Macy's Thanksgiving Day parade in NYC from a hotel room overlooking the parade.



WILDCAT NET FEST

SATURDAY,
DECEMBER 13TH

MODIFIED, JV, AND VARSITY PLAY AT HOME
ALUMNI GAME FOLLOWS AT 6PM
DON'T MISS IT!

Spaghetti Dinner and Bake Sale

- December 13th
- Greenwood Cafeteria
- 3:00 -6:00 pm
- Eat in or Take out

Sponsored by the 11th grade class to help with prom expenses

Donations Only

HIGHlights





PREVENT COLDS & FLU

Because of the increased risk of flu, gastrointestinal and respiratory illness at this time of the year, we ask that you take precautions to prevent the spread of germs.

1

WASH

Wash your hands for at least 30 seconds (sing Happy Birthday twice) with soap and warm water.



2

COVER

Cover your mouth and nose when you cough or sneeze with your elbow or tissue.



3

DON'T TOUCH

Don't touch your eyes, nose or mouth! These are the areas where a virus can enter your body.



4

AVOID

Avoid close contact with those who are sick. Wash your hands or use hand sanitizer after.



December 2025



JASPER-TROUPSBURG MIDDLE & HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
1 French Toast Sticks & Sausage Buffalo Ranch Wrap Sliced Carrots	2 Chicken Quesadilla w/Rice Buffalo Ranch Wrap Golden Sweet Corn Baked Beans	3 Chicken Alfredo w/Bread Buffalo Ranch Wrap Green Beans	4 Sesame Chicken w/Rice Buffalo Ranch Wrap Steamed Broccoli Fresh Pepper Strips!	5 Pizza Dinkers w/Marinara Sauce Crispy Fish Filet Sandwich Buffalo Ranch Wrap Sliced Carrots
8 Chicken & Waffles Chicken BLT Salad w/Bread Choice Sliced Carrots	9 Meat or Bean Nacho Grande w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Baked Beans Ham & Cheese Sandwich	10 NY MENU DAY! NY Cheese Lasagna Rollettes Warm Dinner Roll Chicken BLT Salad w/Bread Choice Green Beans Fresh NY Mixed Salad Greens! Homemade NY Apple Crisp NY Juice! Chilled NY Milk	11 Italian Meatball Sub Chicken BLT Salad w/Bread Choice NY Seasoned Roasted Potatoes Steamed Broccoli Fresh Cucumber Slices!	12 Authentic Pulled Pork Sandwich Crispy Fish Filet Sandwich Chicken BLT Salad w/Bread Choice Fresh Baby Carrots
15 Ultimate Cheese Breadstick w/Marinara Sauce Chicken BLT Salad w/Bread Choice Sliced Carrots	16 Chicken Soft Tacos w/Rice Buffalo Ranch Wrap Golden Sweet Corn Baked Beans	17 Baked Mozzarella Sticks w/Pasta & Sauce Buffalo Ranch Wrap Green Beans	18 Chicken & Orange Sauce w/Rice Buffalo Ranch Wrap Steamed Broccoli Fresh Pepper Strips!	19 Cheeseburger on a Roll Mini Pancakes w/Sausage Buffalo Ranch Wrap Sliced Carrots
22 	WINTER BREAK DEC 22nd - Jan 2nd			26 
29 	30 JOIN US FOR NY MENU DAY! See menu for details	31 SEE YOU NEXT YEAR! Students Return: January 5th, 2026	Make Online Payments at PayFort.net!	

DAILY ENTREES

PBJ Sandwich
 Chef Salad w/Bread Choice
 NY Yogurt & Fruit Parfait w/Bread Choice
 Assorted Wraps & Sandwiches
 Assorted Pizza
Mon/Wed: Baked Crispy Chicken Sandwich
Thurs: Cheeseburger on a Roll

DAILY SIDES

Tossed Salad
 Fresh Vegetables
 Assorted Fruit
M/W/F: 100% Fruit Juice
 Chilled NY Milk

PRICING

Breakfast & Lunch: \$0.00
Milk/Ala Carte Sides: \$0.75
Snacks: \$0.75-\$1.50
NOTE: Every student receives 1
 bfast & 1 lunch at no charge per
 school day. Each bfast & Lunch
 must be a COMPLETE
 REIMBURSABLE MEAL, or student
 will be charged ala for each item
 on their tray.

BREAKFAST MENU

Monday: Stuffed Bagel Bites
Tuesday: Breakfast on a Stick
Wednesday: Breakfast Pizza
Thursday: Mini Pancakes
Friday: Breakfast on a Stick
Daily Items: BFast Sandwich,
 Bagel, Cereal, Muffin Tops, Graham
 Crackers, BFast Bars, Smoothie,
 Asst. Fruit, 100% Fruit Juice &
 Chilled NY Milk

Contact the Food Service Office at (607) 792-3675 or go to the School District Website Food Service Page & click on the Contact Us button to fill in and submit your info. If you have a food allergy or intolerance, please notify us.

This institution is an equal opportunity employer & provider.

This menu is subject to change with out advance notice.



High School: (607) 792-3690

Transportation: (607) 792-3372

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 Central School District
 School Website: www.jtcsd.org