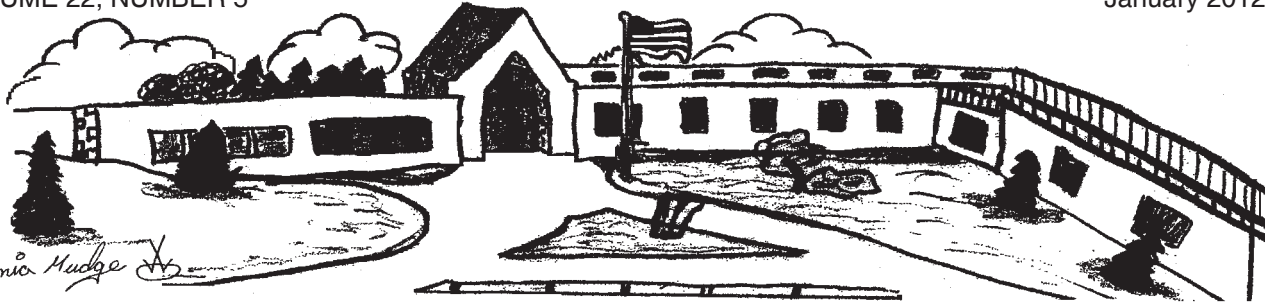


# GILBERTSVILLE-MOUNT UPTON CENTRAL SCHOOL DISTRICT

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MISSION STATEMENT: The Gilbertsville-Mount Upton School District is committed to an educational environment that assures equitable opportunity for individuals to become responsible, productive members of society. We will encourage individual excellence in students of all ages that they may gain a lifetime enthusiasm for work and learning.

## Superintendent's Message

I hope everyone had a restful holiday and I would like to take this opportunity to wish everyone a Happy New Year. The first half of the year has flown by and we are continually receiving information from the State in regards to State aid, school funding, and student and staff performance measurements.

We are in the midst of the process of developing next year's budget. We anxiously await the governor's executive proposal that will give us the direction of State aid for next year. The distribution of State aid funding for upstate rural schools has been in the news and discussed throughout communities in our area. There is a movement to change the funding formula to give all students throughout the state equal opportunities to succeed. Governor Cuomo, in his 2011-12 budget presentation said, "We must insure adequate funding to high need districts, which historically have not been adequately funded." School districts with large and rich tax bases have been compared with various schools in our area. Many town meetings and community forums are being held throughout upstate New York to discuss the inequity in state funding. Our own Butternut Valley Grange helped sponsor a forum held in Edmeston at the Pathfinder Gymnasium on December 7 to clarify some of the issues of inequity in State aid funding to schools in need.

There has also been a lot of discussion on the new property tax cap that was signed into law on June 24, 2011. The definition of the property tax cap law as stated by the NYS Department of Taxation and Finance: "The tax cap law establishes a limit on the annual growth of property taxes levied by local governments and school districts to two percent or the rate of inflation, whichever is less."

This is the time of the year that our basketball teams and cheerleading squad are in action. We would like to invite everyone to come and watch them perform. We would like to remind everyone that proper sportsmanship is a requirement for all spectators. Please come and support our student-athletes.

This is also the time of year that we have school delays or cancellations due to the weather. I would like to remind everyone that we are utilizing an auto-notification system through a BOCES program that contacts students, parents, guardians and staff in a timely fashion with important information regarding the school over the phone. Please let us know if the system is having any problems and we will work to correct them as soon as possible.

—Glenn Hamilton, Superintendent

## Senior of the Month



Congratulations to January's Senior of the Month, **Miranda Hill!** Miranda is *everywhere* at GMU—on the basketball court, the soccer field or the softball dugouts. You can hear her laughter

through the hallways in school and see her competitiveness and hard work in the classroom or in sports. Miranda is this year's Student Council President and she has also been a leader in Band, Yearbook, National Honor Society, Drama, SADD and much more throughout her years at GMU.

Along with those activities, she has also volunteered as a Fire Department Explorer member, is an active 4-H and Grange member, and was an American Legion Auxiliary Empire Girls State Representative this past summer. Miranda is in AP U.S. Politics and Government, as well as AP Bio, Trigonometry, Public Speaking and Senior Theme.

We know Miranda will undoubtedly be helping people *and* animals in some way throughout her life—it's what makes her special! We wish her much happiness in the future.

—HS Student Council

## Board of Education Highlights

### At the regular meeting November 8, the Board

Heard the Superintendent and administration provide the following Positive Highlights:

- The Boys' and Girls' Soccer Teams both made it to sectionals.
- The Sports Awards Assembly was well attended and a special thanks to the Booster Club for all of their support.
- Winter sports have started.
- The Junior Carnival was very successful this year, bringing in over \$3,000 for participating classes.
- Movie Night *Cars 2* was well attended with over 250 parents and children in attendance.
- The Halloween Parade featuring our PK-3 students dressed up as our usual monsters and princesses was well attended.
- Students in grades PK-12 participated in a *Say No To Drugs Week* that was sponsored by SADD Club.
- Acuity 3-8 Training reports are being printed off to offer discussions in faculty and team meetings.
- Teachers attended a Castle Learning Training that went very well.
- The musical *Thoroughly Modern Millie* will be held on November 11 and 12 at 7:00 p.m.
- The G-MU Transportation Supervisor reported on the Bus Replacement Schedule and his recommendation to purchase two 66-passenger buses.
- Approved a Standard Workday Reporting Form and a Tax Correction.
- Appointed a Volunteer Boys' Modified Basketball Coach.
- Approved After School Staff Recommendations and Advisory Recommendations for Technology Club, Drama Club and Elementary Student Council.
- Approved a maternity leave.
- Approved Indoor Track Participation.
- Approved the establishment of a club, a transfer of funds and an abolishment of a club.
- Approved a revision and an adoption of two policies.
- Approved a calendar date change for a half day to be conducted on December 16, 2011 for Staff Development.
- The Board discussed the following topics: Board Policies, Board of Education Dinner Theatre, and a Calendar Date Change.
- Adjourned at 8:00 p.m.

## Board of Education Dinner Theatre

Thursday, January 5, 5:30-7:00 p.m.



### Dinner Menu

Harvest Butternut Soup, Green Salad with Italian Dressing, Baked Chicken, Roasted Potatoes and Green Bean, Wax Bean, Carrot Blend with Dilled Butter, with Chocolate Mousse for dessert.

### Entertainment

As you are enjoying your meal, music students will perform selections from classic Broadway musicals, including *South Pacific*, *Chicago*, *Once Upon A Mattress*, *Camelot* and more. Student performers will include: **Tammy Lawrence, Sabrina Brooks, Rian West, Will Schwartz, Brandon Barrows, Darby Champion, Jenna Bakhuizen, Marissa Mehrose, Elaina Palada, Hannah Strenck, Lauren Hill, Demario Reed, Kayla Zinn, Skyla Moyer, Lexus Coughlin** and **Victoria Hawkins**, along with others.

The honor society will also be participating to make this evening an enjoyable night out. The cost is \$10 per person and all tickets must be purchased in advance.

### Tickets

To purchase tickets please see a GMU Board of Education member or contact the District Office. All tickets need to be purchased no later than January 3. Money raised from this dinner will be used for awards at graduation.

If you have any questions, please contact the District Office at 783-2207, ext. 140. Tickets are limited. They will be sold on a first come, first serve basis.

## Booster Club News

I am happy to announce that the GMU Booster Club now has newly designed apparel for sale. Please see our concession booth at any home game for more information. In March we will hold a 3-on-3 Basketball Tournament, so keep the 17th set aside for a day of basketball!

Our next meeting is January 23. Why not start the New Year by joining our growing and enthusiastic group? We're always happy to have help at the concession stand, so if you're interested, stop on by. I look forward to seeing you there.

—Rebecca Moyer, GMU BC President

## Important Information from the Health Office

### Adult Vaccinations Protect Children: Report

(But few get the recommended immunizations, experts say.)

Regular vaccinations for adults can help protect children, seniors and people with weakened immune systems, but few American adults get the recommended immunizations, experts say.

A recent report from the non-profit Trust for America's Health found that less than one-third of adults in the United States get an annual flu shot and only 2 percent are vaccinated against tetanus, diphtheria and whooping cough.

Adults should stay current on their vaccines for many reasons, according to Dr. William Schaffner, chairman of the preventive medicine department at Vanderbilt Medical School in Nashville, Tennessee.

Doing so not only protects adults against many diseases, it prevents them from transmitting those diseases to family members, infants and elders, bolstering public health in general.

Getting the Tdap vaccine against whooping cough, diphtheria and tetanus is particularly important.

"Young babies are the most vulnerable (against whooping cough)," Schaffner said in a Society for Women's Health Research news release. "Everyone needs to get vaccinated who will have contact with babies in the home. And it is now recommended that pregnant women who haven't been vaccinated with Tdap should be in the 2nd and 3rd trimester to protect themselves and their baby."

"If everyone in a family is vaccinated, it confers a cocoon of protection, so we don't bring the virus or bacteria home and expose our youngest family members," he explained. In addition, "the more people who are vaccinated, the more protected a community will be."

"The frail, older and immunocompromised members of society can survive, but are apt to have severe outcomes with certain infections and they cannot respond optimally to vaccines," Schaffner said.

This means that by getting the recommended vaccinations, stronger members of a society can help protect weaker ones, he concluded.

Let's protect ourselves, our seniors and our children.

(Received from State School Health Services)

—Carol Angelone, RN, School Nurse

## Buying a Computer?

If you have made the decision to buy a computer, there must be a reason or need that you have to get one, other than I have \$1,200 burning a hole in my pocket and I need to get rid of it! A good reason for buying a computer would be something like writing papers for a class or keeping track of your finances or business. A bad reason for buying a computer would be something like your best friend has one or everyone else you know has one, because you're probably never going to use it and you end up with a \$1,200 paper weight.

In the initial stages of determining what sort of computer you need to get, at some point you need to ask yourself, what am I going to be using the computer for? Whether you intend to write papers for class, surf the World Wide Web or just play computer games, you need to have an idea of what the minimum requirements the computer needs to have.

Once you determine what you need the computer for, the next question that you need to ask yourself is how much money I can afford to spend. Buy as much PC as you can afford. Don't cut corners on the main system unit (monitor, processor, memory, disk space, etc.). If you are short on cash, hold off on the printer or a software application or two that you really don't need right away. Remember, this system is going to last you at least 3 or 4 years or more and you don't want to start running out of disk space or memory in the first week that you have it because you trimmed down the amount of memory or got a smaller hard drive so that you could afford to buy 18 different versions of a screen saver program!

Remember, you get what you pay for. If the price is cheap, most likely the components are cheap. Shoot for a dollar amount but be willing to spend a couple hundred more to get exactly what you want and something that you'll be happy with.

—Mr. Skrobanski, Elementary Computer Lab



## News from the Guidance Office

### SENIORS – It is FAFSA Time!

January is the time to file the Free Application for Federal Student Aid! Do not wait, do not procrastinate! Seniors need to complete the FAFSA to be eligible for federal, state and college sponsored financial aid. The FAFSA can be completed either online or by paper form, but applying online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov) is faster and easier. The FAFSA needs to be submitted as early as possible to be sure you meet your college's aid deadline and allow time for corrections if needed. A mistake on your FAFSA can delay the processing of your application by up to three weeks. One in seven FAFSA forms is returned due to errors.

### Avoid the most common mistakes

- The most frequent mistake made is leaving a field blank. If the answer is zero or the question does not apply to you, write in a zero. If you leave a question blank, the processor will assume that you forgot to answer.
- Use the 1040 federal tax return for income reporting and reporting taxes paid. Some parents and students mistakenly use their W-2 form.
- Do *not* forget to report all the required sources of untaxed income. These include Social Security, child support and Aid to Dependent Children (ADC).
- Report your correct marital status. If you plan to file as a married student, you must be married on or before the date that you sign your FAFSA.
- Make sure to include your stepparent's information.
- Include yourself in the household size. Even if you did not live there during the previous year, you should always include yourself as part of your parent's household.
- Do *not* forget to sign the application. If you are filing as a dependent, both you and your parents must sign. If you file online, you and your parents can sign the form electronically using your PIN numbers.
- Remember to file on time. Priority for programs with limited funds is often given to students who file the FAFSA as soon after January 1 as possible.
- As with all forms and applications, make sure you read the instructions and questions carefully. If you are unclear about a question or are having trouble filling out the FAFSA, check the FAQ section on the FAFSA Web site, or call the Federal Student Aid Information Center at 1-800-4-FED AID (1-800-433-3243).
- On the paper form, follow instructions with regard to using a pen or pencil.
- To avoid these errors, get started early. Use the Pre-Application Worksheet to insure you have gathered all the necessary information. Be sure to proofread your application before you submit it. Fill it out right the first

time, and you will have your financial aid letter in no time (Adapted from *Avoid FAFSA Mistakes that Can Cost You* by Mike Pugh at *Fastweb.com*). If you have any questions while completing your FAFSA, please call to make an appointment to meet with Ms. Cable in the Guidance Office, (607) 783-2207, ext. 118.

### HOBY



The Hugh O'Brian Youth (HOBY) Leadership delegate selected to represent GMU at the 2012 HOBY seminar is **Marissa Mehlrose**. Our 2012 HOBY alternate is **Neyen Romano**. These students were selected because they have demonstrated the potential to lead others. The HOBY mission is "to inspire and develop our global community of youth and volunteers to a life dedicated to leadership, service and innovation." The HOBY Leadership seminar encourages students to improve critical thinking skills, enhances leadership skills, reviews the democratic process, develops goal setting skills and challenges students to complete 100 hours of volunteer service. The 2012 seminar will be held at Rensselaer Polytechnic Institute from June 1-3. Congratulations Marissa and Neyen!

# Congratulations!

### SAT & ACT Registration

Juniors, now is the time to start registering for the Spring 2012 college entrance exams! The next two exam dates are listed below, to register and for all exam dates please visit the specific testing websites.

	<u>Test Date</u>	<u>Deadline</u>	<u>Website</u>
<b>SAT</b>	March 10	February 10	<a href="http://www.collegeboard.com">www.collegeboard.com</a>
<b>ACT</b>	February 11	January 13	<a href="http://www.actstudent.org">www.actstudent.org</a>

—Kristy Cable, Guidance Counselor

## Magical Land of Oz

The Junior Musical production is well under way! Our performance of *Magical Land of Oz* will be on Friday, January 27 at 6:30 p.m. in the GMU Auditorium.

The story is based on the *The Wizard of Oz* with very different music to give this musical a twist. The musical starts out in Munchkin Land where we are introduced to many characters! First we meet the three lollipop munchkins; BOQ—**Michael Pope**, TOQ—**Silas Moyer**, and LOQ—**Garrett Proskine**. These three munchkins, along with Glinda—**Christina Corgan** (understudy—**Madison Owens**) inform Dorothy—**Felicia Musson**, and her dog Toto—**Sadie Theis** that she has rid Munchkin Land of the Wicked Witch of the East!

Upset by the news of her sister's death, the Wicked Witch of the West—**Auttum Hartwell**, hurries to Munchkin Land to retrieve her sister's silver slippers. Instead, Glinda gave them to Dorothy since her shoes were worn. She knew that Dorothy would need them for her journey to see the Wizard in order to get back to her Aunt Em—**Marena Zaczek**, in Kansas. This caused the Wicked Witch to exit Munchkin Land promising to still get those silver slippers sometime during her journey. Munchkin 1—**Vasiliki Drapaniotis**, Munchkin 2—**Gabrielle Charron**, and Munchkin 3—**Mickenson Clune**, help Dorothy start her journey by leading her on the correct path to see the great and powerful Wizard of Oz—**Michael O'Connor**.

On the way to see the Wizard, Dorothy comes across a few friends to accompany her on the journey. Her friends include: the Scarecrow—**Haley Williams**, the Tin Woodsman—**Molly D'Amato**, and the Cowardly Lion—**Zara Zeidman**. The friends come across two leaders of many poppies—**Sadra Smith** and **Alyssa Zaczek**, as well as two fighting trees—**Nina D'Amato** and **Savana Conrade**.

Upon entering the Emerald City they meet the two

Guardians of the Gate: **Shalleigh Taranto** and **Naamah Romano**. Inside are many citizens of the Emerald City: **Elizabeth French**, **Scarlett Newman**, **Vanessa Nelson**, **Mallory Robinson**, **Madolin Lull**, **Madison Owens**, **Skye Wildfeir**, **Margaret Caietta**, **Kaitlyn Fuller**, **Mackenzie Cotten**, **Rebecca Fuller**, **Kelsey Lockwood**, **Aliya Pickens**, **Tavian Raymond**, **Airyana Wright**, **Rian Thatford**, **Mya Harrington**, **Chelsea Pope** and **Summer Heath**. After speaking to the great Oz, the friends set out to the Wicked Witch's castle to destroy her in order to get the items they desire.

On their way, we meet the flying monkeys led by **Kinzie-May McCumber** and **Meredith Hammond**. The monkeys include: **Makayla Lewis**, **Alexandria Miller**, **Nicole Grabo**, **Rachel Lyons**, **Jocelyn Duncan**, **Philip Letson**, **Austin Oliver**, **Brandon Cardoza**, **Kathryn Hawkins**, **Hunter Christian**, **Mara Nolan**, **Chelsea Seward**, **Ian LaBar**, **Katherine Backman**, **Andrew Owens**, **Corey Wilson**, **Myiralynn Suwarrow**, **Kali Barker**, **Kelsey Pope** and **Geanette Burns**.

Even though this musical follows the same story line as *The Wizard of Oz* the zany songs introduced in this musical keep your toes tapping in this adventure. We hope you will come and see our spin on a Broadway favorite! Please mark your calendar for Friday, January 27 at 6:30 p.m. (snow-date Saturday, January 28 at 2:00 p.m.).

Under the direction of **Gerrit Bakhuizen** is the crew of *Magical Land of Oz*. They include: **Jenna Bakhuizen**, **Darby Champion**, **Victoria Hawkins**, **Bryant Hill**, **Tyler Lindsley**, **Ben O'Connor** and **Alicia Sebeck**. Our posters, artwork and props are provided by **Cheri Theis**. Thank you parents and friends for all your help! We could not have done this without all of you!

—*Anne Monaco*, Music Teacher



## Middle/High School News

Happy New Year! In years past, high school students would only attend school during the January Regents Week if they had an exam to take. This is not the case this year. All students need to attend school during Regents Week because we will be having regularly scheduled classes. There are only a few students who will be pulled from classes to take exams. Regents Week is January 24-27. There will be no school on Monday, January 16 in observance of Martin Luther King, Jr. Day and no school on Monday the 30th as it is a conference day for teachers.

As you know, the weather this time of year is unpredictable and can be dangerous to travel in. Students who typically drive to school are always welcome to take the bus on a day that they or their parents are concerned about weather. Students just need to be out at the bus stop prior to the bus arriving so that the driver sees the student. It is important that students listen to the radio on questionable days so they can be alerted to a delay or possible school closing. Radio stations which broadcast our school information are: WCHN/KXZ, WDOS/WSRK, WZOZ, WCDO, WHWK, WAAL, WWYL, WLTB, and WSKG. WBNG TV reports information on GMU, and you can access this information on the District website [www.gmuksd.org](http://www.gmuksd.org). You will also receive a Global Connect call at the phone number which you provided to the District this year as your home number, so please make sure your phone numbers are up to date with the school. You can call (783-2207) or email Deb Ostrander ([dostrander@gmuksd.org](mailto:dostrander@gmuksd.org)) with any change in phone numbers.

As always, please do not hesitate to contact us with any questions or concerns.

—Annette Hammond, 6-12 Principal

## Middle School Soaring Eagles

At their November 17 Soaring Eagles assembly, the Gilbertsville-Mt. Upton Middle School recognized students who are exceptional examples of *Understanding*. The assembly was hosted by English teacher Mr. John Grenier. To illustrate the idea of understanding, Mr. Grenier showed a video, which had been created by students in the Middle School Advisory classes. The video was comprised of Advisory kids interviewing GMU students, teachers, and administrators about what understanding means to them (If you were unable to attend the assembly, the video is available for viewing on the GMU website). Additionally, several 8th grade students, who had the opportunity to attend a Middle School Leadership Conference, presented on how they had learned to be more understanding by meeting and working with student leaders from other school districts. The Leadership Conference attendees then taught the entire auditorium to perform one of the ice-breaker routines, which they had learned at their conference.



Finally, student recipients of the November Soaring Eagles Award for Understanding were **Makayla Lewis, Jonathan Blewett, Abigayle Davidson, Jade Osterwald, Nicole Grabo, Summer Mealey, Anna Hunter, Andrew Baker** and **Nathaniel O'Hara**. A very *understanding* time was had by all!

## 3-5 Soaring Eagles Awards for November

On Thursday November 17, the 3-5 Soaring Eagles Awards were presented in the Auditorium. The award was given to a student in each 3-5 grade classroom who fulfilled the requirements for *Understanding*. Each student selected needed to exhibit a give and take attitude and show humor in a positive manor.

### Understanding Award Recipients

- Third Grade, Mrs. Bennett—**Tyler Joslyn**
- Three/Four Multi-Age, Mrs. McMullen—**Rebecca Fuller**
- Fourth Grade, Mrs. Cummings—**Naamah Romano**
- Fourth Grade, Mr. Trass—**Brandon Harris**
- Fifth Grade, Mr. Cimineri—**Hunter Christian**



Congratulations to all who received an award. The next Soaring Eagles will be in December for *Responsibility*.

## Elementary Office News

Happy New Year—I can't believe how fast this year is going! I'm sure the students have enjoyed having the time off, but it's time to get back into the groove and we need to jump in with both feet!

With January comes very cold weather. Students do go out for recess if the temperature and wind chill is above 20°F. Please be sure your child is appropriately dressed for the outdoor weather with boots, hat, mittens, snow pants and a winter coat. Unless your child has a doctor's note, they will be required to go outdoors for fresh air. Also, please recognize that the temperatures of the classrooms vary so your child should dress in layers or keep a sweater/sweatshirt in school (labeled with their name). Please do not send your child to school wearing tank tops, capris, shorts or clothing not appropriate for winter weather. The lost and found is also accumulating winter garments, so remind your child to check the nurse's office for any lost items.

As you are aware, we have been using the automated call system for information, including early dismissals due to the weather. For this to be successful we need to be sure your phone numbers are updated with us at all times. Early dismissals and delays are also still available on the website and on any of the following radio stations: WCDO, WDOS, WKXZ, WZOZ, WSKG, WAAL, WHWK or watch WBNG TV Channel 12. Please acknowledge that there are over 200 students in Elementary School, so we are not able to contact parents personally when there is going to be an early emergency dismissal. Children will be sent to the address you gave us on your Student Information Sheet. If this person/location changes, please let us know immediately or if you know in the morning that there will be a change in your child's drop off point that day, please send in a note to the Elementary Office. As a reminder, we cannot take changes via phone calls—for your child's safety.

Reminders: There will be no school on Monday, January 16 in observance of Martin Luther King, Jr. Day, January 27 at 6:30 p.m. we have the grades 4-7 musical and on Monday, January 30 there will be no school for a Superintendent's Conference Day.

Our Soaring Eagles Assembly will be held at 8:15 a.m. on Thursday, January 26 in the Auditorium. For the month of January we are celebrating *Artistic Creativity*. Morning Raiders continues every Monday, Wednesday and Friday at 8:20 a.m. in the Auditorium. Feel free to join us any time and bring family and friends! You are also welcome to come and have breakfast with your child prior to Morning Raiders—come on in and have coffee and a bagel or a fresh baked muffin!

—Karen Volpi, Principal

## First Grade News

December has been a very busy month in the first grade! The theme of the month was *Giving*. This gave the first graders an excellent opportunity to understand the importance of giving as opposed to receiving. While it is fun to receive, it can also be extremely joyful to be on the giving end as well.

We started our Giving unit by actively participating in class research on charities. We learned about St. Jude's Hospital, the Ronald McDonald House, Operation Smile and the ASPCA. We discussed that although these were the charities that we were focusing on, there are many more active charities that perform giving duties as well. While researching the charities and foundations, we took notes on what the charities goals were and why the charities existed. We also took notes on how we felt about the work being done by the charities.

Next, we incorporated some math into our unit. We each received a post-it to use as a ballot, and we voted for the charity that we appreciated the most, and that we would donate money to if we had the choice. We took these post-its and compiled them together to create a first grade graph which showed us the charities that we appreciated the most and the charities that we appreciated the least. This gave us the opportunity to ask and answer many math related questions, using our class graph as a resource.

The writing portion of the unit gave us an outlet for writing our opinion, with ideas and supporting details to back it up. We wrote topic sentences telling the reader which charity we preferred, and then we wrote our reasons why. We focused on writing mechanics as well as using persuasive writing strategies to convince our readers to understand our point of view.

Our favorite part of the entire giving unit was the act of giving itself! Throughout the month of December, the class worked hard collecting loose change that we found. We collected all of the change in our Share Jar. After reading all of the persuasive essays written by the students, we copied them and sent them to the charities along with the money we collected. Overall, we had a wonderful unit that filled our brains and hearts with a lot of information and kindness.

—Mrs. Privitera and Mrs. Hill



## Artist of the Month



The Artist of the Month for December is **Nathan Williams**, a PK student with Ms. Gauda. The PK did a two-part project, where we drew a pumpkin in the first class with permanent marker and the second class we painted the pumpkin with watercolors. I think you will agree that Nathan did a fine job with his pumpkin; in fact, it was hard to choose because there were so many great pumpkins.

I was able to catch Nathan in a talkative mood, and asked him what he likes to do in art. He likes to draw and color, and cars are his favorite subject. His favorite color is red. I asked him if he liked doing the pumpkin picture, and he said he did, and the part he liked most about it was drawing it. He was very happy with the way it turned out!

—Mrs. Theis



**Great Job  
Nathan!**

## PE with Mr. Garcia

My student teaching experience has flown by and we were very busy learning a lot of new activities and games. The PK–2 grades worked very hard on their hula hoop skills. They learned how to spin the hoops around their waist and arms and with practice they got really good at these skills. We had a lot of fun pretending to be bunnies and raiding Ms. Zehr’s vegetable garden. This taught them about concepts such as in and out, around, jump and hop.

The third through sixth grades worked on a fitness unit, they focused on different activities that can be used to increase their cardiovascular, core, upper and lower body strength and endurance as well as flexibility. Students were given the opportunity to utilize the weight room, upper body fitness mat and various other pieces of equipment during this unit. Some of the new activities they tried were hula hoop fitness, hula hoop twister and musical hoops to warm them up for class.

This has been a great learning experience. I learned a lot about myself, different teaching strategies, behavioral management techniques and a lot of activities that I will take with me as I get out and start teaching. I would like to thank Ms. Zehr and Ms. Cole for being great mentors and teachers. I would also like to thank the GMU faculty and staff for welcoming me and supporting me through this experience.

—Mr. Garcia, Physical Education Student Teacher



## Memo from the Health Office

Our school has been selected to report to the Department of Health the BMI (Body Mass Index) and percentiles of selected grades. This will be submitted in January. The submission is by numbers only, not by individual student names. A memo regarding this submission has been mailed out to parents/guardians with the option of not having your child's information reported. These numbers are gathered from the student's physical done by their Health Care Providers; they are required to note these numbers on the student's physical form, which is then transferred to the school record.

BMI percentile is pretty accurate, says childhood obesity researcher David Kaelber, MD, an internist and pediatrician at MetroHealth in Cleveland. "BMI percentile isn't perfect, but it's extremely rare that someone would fall into the obese category simply because he's muscular," says Dr. Kaelber. But with many Americans now overweight or obese, most of us have lost sight of what a healthy weight looks like. So be sure to discuss your child's BMI percentile with his pediatrician and take the information seriously. "Parents often assume, 'My child will hit a growth spurt and puberty and that will solve the problem.' That's absolutely not true," says Dr. Kaelber. In fact, his research shows that children who are overweight or obese before puberty are about 20 times more likely to be overweight or obese after puberty.

Conditions like high cholesterol, high blood pressure, diabetes and fatty liver disease (when fat deposits accumulate in the liver) are more common in overweight and

obese kids, so if your child is heavy, make sure his doctor screens him for them annually (as per Barbara Brody in an article written for *Woman's Day* magazine). She also writes, "help kids slim down. Instead of putting kids on a diet, which implies deprivation, help them adopt healthy habits that will last."

### Let Them Help with Prep

"Kids are more likely to eat what they've been involved in making."

### Encourage Volunteering

"Boredom often goes hand-in-hand with overeating; volunteering keeps them busy and boosts self-esteem (which can help protect against disordered eating)," says American Dietetic Assoc. spokeswoman Melinda Johnson, RD.

### Limit Eating to the Kitchen Table

"Munching while distracted (by a TV show, video game, etc.) leads to eating hundreds of extra calories," says Karen Ansel, RD, co-author of the *Baby and Toddler Cookbook*.

### Let Them Eat Dessert

"Indulging a little every day means kids won't feel deprived and will be less likely to overeat," says Elisa Zied, RD, author of *Feed Your Family Right!* "Just remember to keep portions small."

### Keep Track of What is Eaten

If your child is struggling with his weight, suggest that he write down on paper or text himself every time he eats. Hope this information is helpful to you.

## Technology Club News

The GMU Technology Club has been building a cabinet for the Booster Club. The cabinet will be used in the concession room next to the Auditorium. It was designed to be both functional for storing supplies and aesthetically pleasing to view from the concession window. The Technology Club would like to especially thank Mr. Dan Backman for his help on the project.

The following students took part in the construction: **Daniel Backman, Michael Birdsall, Nick Berguer, Jade Osterwald, Dustin Nesbitt, Kinzie-May McCumber, Elle MacPherson, Tiffany Sullivan, Michael Cardoza and Ben O'Connor.** Congratulations to the students on their hard work and accomplishment.

Shown are photographs of some of the students with the cabinet.

—Mr. Held





# COLD OR FLU?

SYMPTOM	COLD	FLU
FEVER	Fever is pretty rare with a cold.	Fever is usually present with the flu. 80% of flu cases include a fever. A temperature of 100° F or higher for 3 to 4 days is associated with the flu.
ACHES	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
CHILLS	Chills are uncommon with a cold.	Chills are fairly common in most flu cases. 60% of flu cases include chills. Chills and shivering are a normal reaction to a cold environment, but unexplained chills can also be a sign of the flu.
TIREDFNESS	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu. It's normal to feel tired at the end of a long day or when you don't get adequate sleep, but unexplained tiredness can be a sign of the flu.
SUDDEN SYMPTOMS	Cold symptoms are not sudden and develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains
COUGHING	A hacking, productive (mucus producing) cough is often present with a cold.	A nonproductive cough that does not produce mucus is usually present with the flu. Dry cough is present in 80% of flu cases.
SNEEZING	Sneezing is commonly present with a cold.	Sneezing is not commonly present with the flu.
STUFFY NOSE	A stuffy nose usually accompanies a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
SORE THROAT	Sore throat is commonly present with a cold. A sore throat is pain and inflammation in the throat that usually comes with a cold.	Sore throat is not commonly present with the flu.
CHEST DISCOMFORT	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu. Chest discomfort is pain or abnormal sensations that you feel anywhere along the front of your body between your neck and upper abdomen.
HEADACHE	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.

**DISCLAIMER:**

*This is not a substitute for a professional, on-site medical diagnosis. Visit your doctor or other healthcare professional for an accurate diagnosis of the flu or cold.*

**fluFACTS.com**

**GILBERTSVILLE-MOUNT UPTON  
CENTRAL SCHOOL DISTRICT**  
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**ECRWSS  
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**January Calendar of Events**

- |    |  |       |  |
|----|--|-------|--|
| 2  | <b>No School—New Year’s Day Recess, Offices Closed</b>                                       | 18    | Morning Raiders, 8:25 a.m.   |
| 3  | GJVVB @ Deposit<br>BJVVB @ Harpursville  |       | BJVVB vs. Milford  |
| 4  | Morning Raiders, 8:25 a.m.<br>Picture Absentee/Retake Day                                    | 20    | Morning Raiders, 8:25 a.m.<br>BJVVB @ Richfield Springs<br>GJVVB vs. Richfield Springs                         |
| 5  | BOE Dinner Theater, HS Café, 5:30-7:00 p.m.  | 21    | BMB vs. Edmeston<br>GMB @ Edmeston   |
| 6  | Morning Raiders, 8:25 a.m.<br>BJVVB vs. Morris<br>GJVVB @ Morris                             | 23    | Morning Raiders, 8:25 a.m.   |
| 7  | BMB vs. Worcester<br>GMB @ Worcester   | 24-27 | Regents Exams  |
| 9  | Morning Raiders, 8:25 a.m.   | 24    | Board of Education Meeting, D104, 7:00 p.m.  |
| 10 | Club and Activity Pictures<br>BJVVB @ Laurens<br>Board of Education Meeting, D104, 7:00 p.m. | 25    | Morning Raiders, 8:25 a.m.   |
| 11 | Morning Raiders, 8:25 a.m.<br>GJVVB vs. Laurens  | 26    | 3-5 Soaring Eagles, 8:15 a.m.<br>GJVVB vs. Morris<br>BJVVB @ Morris  |
| 13 | Morning Raiders, 8:25 a.m.<br>BJVVB @ CV-S<br>GJVVB vs. CV-S                                 | 27    | Morning Raiders, 8:25 a.m.<br>End of 2nd Quarter<br>Musical, <i>Magical Land of Oz</i> , Grades 4-7, 6:30 p.m. |
| 14 | BMB @ Franklin<br>GMB vs. Franklin   | 28    | SAT<br>BMB vs. Laurens<br>GMB @ Laurens<br>Snowdate— <i>Magical Land of Oz</i> , 2:00 p.m.                     |
| 16 | <b>No School—Martin Luther King, Jr. Day</b>   | 30    | <b>No School—Conference Day</b>  |
| 17 | GJVVB @ Milford  | 31    | BJVVB vs. Laurens  |