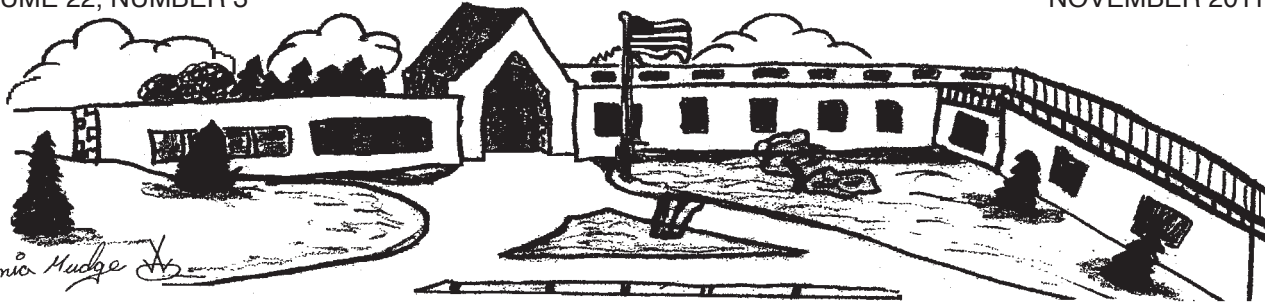


GILBERTSVILLE-MOUNT UPTON CENTRAL SCHOOL DISTRICT

VOLUME 22, NUMBER 3

NOVEMBER 2011



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

By the time you receive this issue, the fall season will be ending and the first marking period will be upon us. The school year is flying by and the District has been working on the many new State initiatives. Many of our staff have been involved as members of School Based Inquiry Teams (SBIT), LINKS team members, Common Core Learning Standards (CCLS) facilitators and Annual Professional Performance Review (APPR) committee members to help GMU address both their student's needs and the new state mandated changes.

We had great turn-outs for both the PK-5 and 6-12 Open Houses and encourage parents and community members to continue to attend school events. Fall sporting events were well attended with all teams performing admirably. The Fall Sports Awards Assembly will be held at 7:00 p.m. in the Auditorium on November 3, which is a change from the school calendar from the original date of November 9. I encourage everyone to attend our musical production on November 11 and 12 at 7:00 p.m. in the Auditorium.

This is the time of year when we begin to see snow on the ground and the possibility of delays or closings. As in the past, we will attempt to get closing or delay information on the radio and television stations as soon as possible. Everyone knows that we have already used two of our closing days and if we run short due to a tough winter we are planning to use the long Presidents Day weekend as a make-up possibility for two of the days.

If you have any questions and/or concerns please feel free to contact our office at 783-2207.

—Glenn Hamilton, Superintendent

Senior of the Month



Congratulations to November's Senior of the Month, **Tammy Lawrence!** As most of you are aware, Tammy has been a performer here at GMU for many years. She has had roles in plays, musicals and other drama productions since Elementary School and even participated in Poetry Out Loud. This year is no exception, as Tammy has the lead in *Thoroughly Modern Millie*. Yes folks, she's Mille! She has also participated in Area All-State, NYSSMA and County Choir. Presently, she is also enrolled in AP U.S. Politics and Government and always has an opinion on the current *State of the Union*. We wish Tammy well in all things that come her way!

—HS Student Council

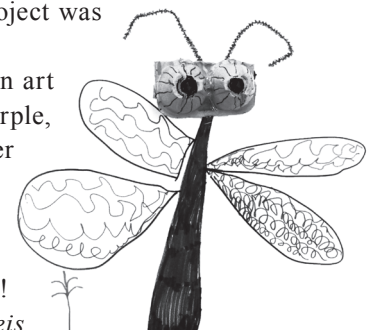
Artist of the Month



October's Artist of the Month is **Morgan Williams**, a kindergarten student in Mrs. Davies class. Our art project was called *Bug Eyes*—a project in which we draw different bugs and add eyes to them that we make out of egg cartons. Morgan did a wonderful dragonfly, and when I asked her why she chose a dragonfly, she said that it was her favorite insect. Her favorite part about making the project was making the eyes.

Morgan's favorite thing to do in art is painting. She likes to use purple, pink and black in her artworks. Her favorite subject to paint and draw is roses. I am excited to see how she will be making them in future artworks, Congratulations Morgan!

—Mrs. Theis



Board of Education Highlights

At the regular meeting October 4, the Board:

Heard the Superintendent, administration and members provide the following positive highlights:

- Thanks to the Morris Rotary Club for sponsoring a Welcome to New Teachers Dinner.
- Kudos to the staff for a great start to the new school year.
- Thank you to Mr. Digsby and his staff for having the soccer field in great shape for the games.
- The Soccer Rally/Dance held on September 30 had a great turnout.
- The school received a plaque from the Energy Curtailment Specialists thanking the District for participating in their environmental program. They also donated 10 trees to be planted in the Shasta National Forest in honor of GMU Central School.
- Open House will be held Thursday, October 6.
- A School Masters Banquet was held at the American Legion in Milford, NY to commemorate **Miranda Hill, Alicia Sebeck** and **Greg Delaney** for being selected as Area All-State Girls and Boys Representatives. A special thanks to Tina Cole for attending the event.
- Heard a report from the Elementary and Middle/High School Principals on the 2011-12 LINKS Plan.
- Approved CSE/CPSE Recommendations.
- Approved a Corrective Action Plan and Tax Correction for the 2011-12 school year.
- Appointed Winter Sports Coaches and Substitutes for the 2011-12 school year.
- Approved the 2011-12 Professional Development Plan.
- Adjourned at 7:46 p.m.

Elementary News

Thank you to all of the parents, family members and students for attending Open House and making the Book Fair a success. In case you are not aware, the money made from the Book Fair goes back to the students through the District, earning free books dependent upon the amount made. These free books are then given to students at various times through the year. Thank you also to those of you who volunteer your time to work the Book Fair through the school day and at the Open House.

As the cold weather is now upon us, please be sure your children dress appropriately with pants and long sleeves; no more shorts, flip flops or tank tops. I strongly recommend that students wear layers and keep a sweatshirt at school, as the rooms tend to vary in temperature day by day. Please be sure your child comes to school prepared for outside recess—boots, coat, hat and mittens. It would be very helpful if you wrote your child's name in articles of clothing. We are already gathering many sweaters and sweatshirts in Lost and Found. Please check out the Lost and Found table outside the Library during parent conference time. At other times it is located in the Health Office. If things go unclaimed we will wash them then give them away to families in need.

Communication between parents and teachers is an important piece of your child's success in school. We will be holding parent conferences both in the fall and spring to offer the opportunity for you and your child's teacher to discuss your child's progress. Fall Elementary Parent Conferences will be held Thursday, November 17 from 12:30-7:00 p.m. — students will be dismissed at 12:00 p.m.

Morning Raiders continues on Mondays, Wednesdays and Fridays from 8:25-8:45 a.m. in the Auditorium. This program is for students in grades PK-2 with an open invitation to all parents and family. Mr. B, who is the Morning Raiders organizer, is always looking for people with talent to come in and provide a show for the students, so if you have something to offer, call the Elementary Office. At different times throughout the year classes will have performances, so always check your child's Friday Folder for an invitation.

Soaring Eagles has also begun. The November Soaring Eagles date is Thursday, November 17 starting at 8:15 a.m. in the Auditorium. The theme for the month of November is UNDERSTANDING. The Honor/Merit Awards will also be given on this date.

Reminders:

- There will be no school Friday, November 11
- There will be no school Wednesday, November 23-25 for Thanksgiving recess.
- Students must bring in a bus note for any changes in transportation. We will not accept phone calls for the safety of your child. Please send in a note with your child on that day or you can fax a note to the attention of Mrs. Taylor at 783-2254 — this fax must be received before 1:30 p.m.
- If you send money or checks in with your child, please be sure to put it in a sealed envelope with your child's name, classroom teacher and reason for the money (*i.e.* book fair, lunch account, etc.). This will allow us to get it where it needs to be if the student drops it along the way.

—Karen Volpi

First Grade News

Wow! It has been a busy start to the year in the first grade classrooms. We started off the year by jumping right into reading, writing, and math without wasting any time.

In reading, we have been learning to work in our reading groups. We have been focused on reading both fiction and nonfiction books on our own reading levels. We learned that reading is thinking and we are becoming quite the thinkers! We are now very good at choosing books that are just right for us. Also during reading, we have been working on our sight words. We get new words to practice every week and we are well on our way to mastering 100 common words we see in our reading all the time. We have special poems that help us to learn sight words and read fluently. Laptops are our favorite center where we are able to read books on the laptop computers and practice our new reading strategies independently.

In writing, we started the year off by writing about ourselves. We wrote about things that we like and wrote an *All About Me Book*. We learned how every sentence needs to start with a capital letter. Next, we moved on to writing about special people in our families and we learned how to use topic sentences and details to improve our writing.

We have spent a lot of time in math working on number sense. Counters were a lot of fun to manipulate, and we practiced making different numbers in a variety of ways. Our favorite number to make was ten. Also, we are using this skill to help us with basic addition. Every day we count up and down using our hundreds chart.

Coming up next, we will be learning about spiders and reading *Little House in the Big Woods*.

—Mrs. Hill and Mrs. Privitera

News from the Booster Club

This fall has been a busy one for our GMU Booster Club. We have been hosting concession stands for home games and showing support at the recent Soccer Rally for which cider and donuts were provided. Thanks to all of the hardworking members of our enthusiastic group of dedicated parents and staff. We'd like to mention to all those attending GMU soccer games, if you take photos, please share them with us so we can use them for our Fall Sports Awards Ceremony in November. Our 2nd Annual Holiday Portrait Day will be held on December 4 from 12:00-6:00 p.m. This was a very successful and well enjoyed event last year.

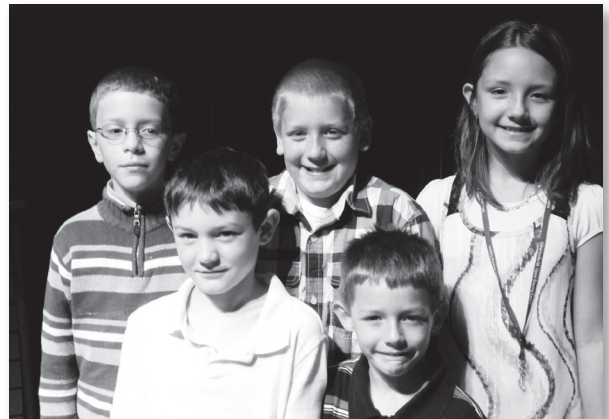
We are always looking for new members to participate in the GMU Booster Club. If you're interested in joining, you are encouraged to ask at our concession stand at any home game, or come join us at one of our meetings. The next scheduled meeting is November 28 at 6:30 p.m. at GMU. Thank you for your support!

—Rebecca Moyer, Booster Club President

September's Soaring Eagles

Congratulations to September's Soaring Eagles. The theme for the month was GIVING. All of the teachers in grades 3-5 had many wonderful things to say about the student that they had chosen. Students considered for this award needed to display a willingness to cooperate with other students and show a positive attitude toward other people.

We would like to congratulate the following students who received this month's award:



James Raymond (3rd grade) — Mrs. Bennett
Garrett Proskine (4th grade) — Mrs. McMullen
Joseph Feege (4th grade) — Mrs. Cummings
Tavian Raymond (4th grade) — Mr. Trass
Andrew Owens (5th grade) — Mr. Cimineri

Next month's assembly will recognize students who demonstrate MOTIVATION. Students considered for this award need to work hard in all academic areas and display an attitude of not giving up. Congratulations once again to this month's Soaring Eagles.

We were also fortunate enough to have two students, **Garrett Proskine** and **Skyler Norton**, speak about the ways that 4-H gives to our community. Mrs. Cummings also spoke to students how they could be involved in Student Council. We have more planned for next month. Please come join us on October 27, at 8:15 a.m. in the Auditorium.

—Mrs. McMullen

Just a reminder: 
**No Dogs on
School Grounds.**

6-8 Soaring Eagles

This month we kicked off our first Soaring Eagles assembly for the 2011-2012 school year. The awards were given this month to 6-8th graders who were recognized for the attribute of GIVING. Students considered for this award needed to display a willingness to cooperate with other students and to show a positive attitude toward other people.

We would like to congratulate the following students who received this month's award:



Sixth graders: Jennifer Davis and Sarah Randall; Seventh graders: Cecilia Caietta, Liam Champion, Kayla Grabo, Felicia Musson (missing) and Samantha Sullivan; Eighth graders: Shelby Burnside, Katie Gross, Logan Hartwell and Michelle Primrose

Next month's assembly will recognize students demonstrating MOTIVATION. Students considered for this award need to work hard and display an attitude of not giving up. Congratulations again to this month's recipients.

—Mrs. Benoit

Middle-High School News

Thank you to all of the parents, family and community members who were able to attend our Open House last month. It was great to see teachers and parents making connections that will benefit students. Our fall sports teams worked hard this season and will be recognized for their participation in Soccer and Cross-Country at the Sports Awards Assembly on Thursday, November 3 at 7:00 p.m.

Our first progress reports were sent home on October 13 and we are approaching the end of our first quarter on November 10. This means that report cards will go home with students on Thursday, November 17.

During the month of November, we invite you to come see the talents of our students as they perform in our musical, *Thoroughly Modern Millie*. The students and the staff have been putting in long hours to make the show a success, so don't miss it! Performances are set for November 11 and 12 at 7:00 p.m. in the Auditorium. If you are a senior citizen, come to the dessert and preview on Thursday, November 10. See you there!

School will be closed for Veterans' Day on Friday, November 11. It will also be closed for Thanksgiving Recess on November 23-25. I wish everyone a wonderful Thanksgiving!

—Mrs. Hammond, 6-12 Principal

Public Computer Safety Tips

Public computers in libraries, internet cafes, airports and coffee shops can be safe if you follow a few simple rules when you use them. Read these tips to help keep your work, personal, or financial information private.

1. **Don't save your logon information;** always log out of websites by clicking *log out* on the site. It is not enough to simply close the browser window or type in another address.
2. **Don't leave the computer unattended** with sensitive information on the screen. If you have to leave the public computer, log out of all programs and close all windows that might display sensitive information.
3. **Erase your tracks.** Internet Explorer offers *In Private* browsing that leaves no trace of specific web activity. Internet Explorer also keeps a record of your passwords and every page you visit, even after you've closed them and log out. Disable the feature that stores passwords.
4. **Delete your temporary Internet files and your history.** When you finish your use of a public computer, you can help protect your private information by deleting your temporary Internet files.
5. **Watch for over-the-shoulder snoops.** When you use a public computer, be on the lookout for thieves who look over your shoulder or watch as you enter sensitive passwords to collect your information.
6. **Don't enter sensitive information into a public computer.**

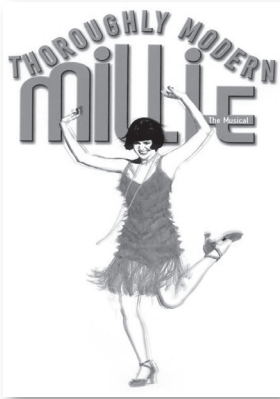
These measures provide some protection against casual hackers who use a public computer after you have. But keep in mind that an industrious thief might have installed sophisticated software on the public computer that records every keystroke and then emails that information back to the thief. Then it doesn't matter if you haven't saved your information or if you've erased your tracks. They still have access to this information. If you really want to be safe, avoid typing your credit card number or any other financial or otherwise sensitive information into any public computer.

Microsoft Safety and Security Center
—Mr. Skrobanski, Elementary Computer Lab

November 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please fill out a Lunch application for the 2011-2012 school year.</p>	<p>1</p> <p>Nacho Average Chili Potato rounds Fruit Milk</p>	<p>2</p> <p>Hamburger on Bun Pasta salad Fruit Milk</p>	<p>3</p> <p>Spaghetti Salad Fruit Milk</p>	<p>4</p> <p>Chicken Fajita Rice Corn Fruit Milk</p>
<p>7</p> <p>Chicken Nuggets Seasoned Potatoes Fruit Milk</p>	<p>8</p> <p>Hot Dog on Bun Baked beans Fruit Milk</p>	<p>9</p> <p>Bacon Cheeseburger on Bun Pasta salad Fruit Milk</p>	<p>10</p> <p>Baked Chicken Rice pilaf Peas Fruit Milk</p>	<p>11</p> <p style="text-align: center;">No School Veterans' Day</p>
<p>14</p> <p>Chicken Patty on Bun Potato wedges Fruit Milk</p>	<p>15</p> <p>Grilled Cheese Sandwich Tomato soup Fruit Milk</p>	<p>16</p> <p>Hamburger on Bun Pasta Salad Fruit Milk</p>	<p>17</p> <p>Roast Turkey with Stuffing Mashed Potatoes Mixed Vegetables Fruit Milk</p>	<p>18</p> <p>Tacos Rice Corn Fruit Milk</p>
<p>21</p> <p>Chicken Nuggets Seasoned Potatoes Fruit Milk</p>	<p>22</p> <p>Macaroni and Cheese Spinach Fruit Milk</p>	<p>23</p> <p style="text-align: center;">No School — Thanksgiving Recess</p>	<p>24</p> <p style="text-align: center;">No School — Happy Thanksgiving</p>	<p>25</p> <p style="text-align: center;">No School — Thanksgiving Recess</p>
<p>28</p> <p>Chicken Patty on Bun Potato Wedges Fruit Milk</p>	<p>29</p> <p>Hot Meatball Sub Tater Tots Fruit Milk</p>	<p>30</p> <p>Mini Sub Vegetable Soup Fruit Milk</p>	<p style="text-align: center;"><i>Students must have a signed permission slip and money on their account to charge snack items.</i></p>	<p>Please give us a call if you have any questions: 783-2207, ext. 122 <i>Students' who owe on accounts are unable to purchase snacks.</i></p>
<p>Breakfast Assorted hot and cold cereals, bagels, breakfast sandwiches, muffins, pastries, fruit, juice and milk.</p>	<p><i>A variety of sandwiches, salads, fruits and vegetables are available daily.</i></p> <p>A La Carte Prices Chips: \$.75 Cookies \$.75 Ice cream: \$.75 Beverages: 50¢, 75¢ and \$1.00</p>	<p>Meal Prices Lunch: PK-5 \$1.75 Grades 6-12: \$1.95 Breakfast: \$1.25 Reduced meals: \$.25 Milk: \$.50</p>	<p>A La Carte Breakfast Prices Bagel: \$1.00 Breakfast sandwich: \$1.25 Coffee: \$1.00 Muffin: \$1.00</p>	<p style="text-align: center;">Please check on your students' account balance. Call 783-2207, ext. 122</p>

Thoroughly Modern Millie



The GMU Music Department is proud to announce the fall musical, *Thoroughly Modern Millie*. This classic family musical will be performed on Friday, November 11 and Saturday, November 12 at 7:00 p.m. in the GMU Auditorium. There will also be a Senior Citizen Dessert Night at the final dress rehearsal on Thursday, November 10. Dessert will be served at 6:30 p.m., followed by the dress rehearsal

at 7:00 p.m. There will be no admission charged for the performances. A donation in the support of the production is suggested!

Thoroughly Modern Millie is a high-spirited musical romp that has all of New York dancing the Charleston. It is the zany 1920's musical that took Broadway by storm! Taking place in New York City in 1922, *Thoroughly Modern Millie* tells the story of young Millie Dillmount (**Tamarah Lawrence**) who has just moved to the city in search of a new life for herself. It is a New York full of intrigue and jazz—a time when women were entering the workforce and the rules of love and social behavior were changing forever. Based on the popular movie, the stage version of *Thoroughly Modern Millie* includes a full score of new songs and bright dance numbers.

Filled with frisky flappers, (**Mackenzie Cabrinety, Darby Champion, Elle MacPherson, Marissa Mehlorose, Elaina Palada, Hannah Strenck and Kayla Zinn**); dashing leading men, (**Rian West and Travis Taylor**); and a dragon-lady of a villainess, (**Victoria Hawkins**); audiences will love to hate *Thoroughly Modern Millie*. It is a perfectly constructed evening of madcap merriment.

Filling out the cast are **Sabrina Brooks** as Miss Dorothy Brown; in search of *How the Other Half Lives*, **Lauren Hill** as Miss Flannery; **Galen Wind** and **Brandon Barrows** as Ching Ho and Bun Foo; and **Jennifer Mason** as Muzzy Van Hossmere. Supporting cast members include: **Angela Beers, Demario Reed, Gavin Loitsch, Skyla Moyer, Maggie Clune, William Schwartz, Rachel Taylor, Kacey Strong, Morganna Voss, Jenna Bakhuizen** and **Taylor Pope**.

Working hard behind the scenes to keep the show on track will be: **Alicia Sebeck, Jenny Wilkinson, Anna Clune, Cameron Earl, Kali Murphy, Logan Eltz, Blake Stensland** and **Shelby Harwell**.

The GMU cast, crew and directors Anne Monaco, Mathew Oram, Gerrit Bakhuizen and Winnie Sortman, are excited and hope to see you on the weekend of November 11 and 12 for their amateur production of *Thoroughly Modern Millie*.

—GMU Music Department

Guidance Office News

Being A Leader

The following 8th graders were chosen to attend the Catskill Area School Study Council 8th Grade Leadership Workshop, *The Sky's The Limit*, on October 18 at SUNY Oneonta: **Courtney Baker, Madison Banks, Brandon Barrows, Shelby Burnside, Jillian Butts, Lexus Coughlin, Summer Mealey, Elaina Palada, Michelle Primrose** and **Colin Wind**. They all participated in large and small group activities to learn various leadership techniques. The featured speaker for the workshop was Mr. Jim DiLiberto of the Clark's Sports Center's Adventure Program in Cooperstown. Students attending the workshop are encouraged to return to their schools and become leaders and role models for other students.

College Applications

November is college applications month. Seniors are encouraged to complete and submit college applications by December 1. Students should watch specific admission deadlines as they are extremely important. Colleges are not flexible with deadlines. A great way to apply to multiple schools is using one application called The Common Application (<https://www.commonapp.org/CommonApp/default.aspx>). You can access specific college supplements to the application as well. Not all schools subscribe to this service; however, check out the above link to see if any of the schools to which you will apply offer this option. Also, while completing the application, you should indicate who your counselor is and who the teachers are who will provide reference information to each school. This will simplify the application process.

SAT and ACT Dates

Test Dates and Website	Test Registration Deadlines
ACT December 10 www.actstudent.org	November 4
SAT December 3 www.collegeboard.com	November 8

Financial Aid Night

Please mark your calendars for Tuesday, December 6. There will be a Financial Aid Night from 6:00-7:00 p.m. in the High School Library for seniors and their parents. Miss Brenda Balcom and Mr. Raymond Torres, financial aid counselors from SUNY Oneonta, will be reviewing the FAFSA form and answering questions regarding the financial aid process. Students and parents are encouraged to attend.

—Ms. Cable, Guidance Counselor

Memo from the Health Office

Summer is well behind us and we are planning for autumn events, activities and everyday living. As per the Centers for Disease Control and Prevention, here are some helpful tips.

- Get vaccinated against the flu each year. October through December is the best time; however, getting vaccinated later in the flu season still provides protection.
- Check or replace carbon monoxide batteries twice a year when you change the time on your clocks each spring and fall. Also, for smoke alarms that use regular alkaline batteries, replace the batteries at least annually.
- Follow food preparation and cooking guidelines to help you prepare safe holiday meals that everyone will enjoy.
- National Family History Day is observed on Thanksgiving Day. Talk with your family about health conditions that run in your family.
- Make sure your car and home are prepared for severe weather or other possible emergencies.
- Don't drink and drive.
- Hand washing is a simple thing, and it is the best way to help prevent infection and illness.
- Get 30 minutes of moderate physical activity most days of the week. Raking leaves, planting a fall garden, taking nature walks and other outdoor activities are a good way to stay active. Dress appropriately.
- Drive safely. Use seat belts and properly restrain all children ages 12 or younger in the back seat.

Your children's health is of the utmost importance both at home as well as here at school. As written in the Bassett Healthcare newsletter, Chris Kjolhede, MD, Pediatrician, states most health-care professionals agree that adults who are obese are at increased risk for heart disease. But now researchers are finding that this same risk holds true for children who are obese. And because obesity among children has been rising steadily in recent years, there is great cause for concern.

Here are some tips for parents to keep kids on a healthy track: Parents and other caregivers can help their children maintain a healthy weight and perhaps avoid future heart disease. Here's how:

- LIMIT TV, video games and computer time to less than two hours per day;
- ENCOURAGE daily physical activity;
- DON'T REWARD children with food;
- EAT dinner together; and
- TEACH children healthy eating habits by ensuring that the adults who care for them have healthy diets.

"Children do learn from their parents, including healthy or unhealthy eating habits." Dr. Kjolhede says, "Studies show that kids need to be offered a food five times on average before they readily eat it. So keep offering the fruits and veggies."

I hope you find all of this information interesting and helpful.

— Carol Angelone, RN, School Nurse

Helpful Information on Hand Sanitizer

This information was written by Laura Vogel for the *Real Simple Family* magazine 2011:

Hand sanitizers do not beat soap and water. They kill many germs, but they may not remove dirt and grime, which can trap bacteria. To cleanse fully after certain dirty jobs, you need to scrub and rinse, says Peter N. Wenger, MD, a pediatric-infectious-disease specialist in New Jersey.

Sanitizers are helpful in a pinch—for instance, if you can't wash your child's hands before an on-the-go snack. (If possible, wipe his/her hands first with a damp cloth to get rid of surface dirt.) But you don't need to apply one every time your kid touches a railing. "Exposure to germs allows immune systems to develop in a healthy way," says Jessica Krant, a dermatologist in New York City. "Over-sanitizing can lead to more serious infections and even allergies later on."

Most gel-based hand sanitizers are 60% alcohol, "which is usually effective at eliminating influenza and even E. coli," says Archelle Georgiou, a specialist in internal medicine based in Minneapolis. But alcohol can be drying to young skin (and may be harmful if a curious toddler takes a swig). There are options that don't contain alcohol but still wipe out some germs. (Nothing kills everything, anyway.) Avoid products containing triclosan and triclocarban—antibacterial ingredients that may be linked to adverse effects on human health and the environment. (They are currently under review by the Food and Drug Administration.) Always check the ingredients listed on the container.

Hand Washing 101

When you finally get to the sink, lather up with plenty of soap, and make sure to scrub under nails and in between fingers. Most important, don't rush. "A good rule of thumb is to sing *Happy Birthday* twice," says Jim Sears, a pediatrician. Dry hands with a towel to remove residual germs.

Fire Inspection

Notice is hereby given that the annual inspection for the 2011-12 Gilbertsville-Mt. Upton school building, bus garage and press box for fire hazards, which might endanger the lives of students, teachers, or employees therein, has been completed and the report thereof is available at the District Office of the Gilbertsville-Mt. Upton Central School for inspection by all interested persons.

Double Down

WCNY - PBS / Syracuse
Sunday, December 18, 6:30 p.m.

Canine Search

Dear Parents/Guardians:

This is to advise you that we will again be utilizing the services of the NYS Police Canine Unit to complete a sweep of the school. This is part of our regular intervention program to keep illegal substances off of our campus. It is our belief that a strong health and safety program is the best defense against the abuse of illegal substances by young people. In support of this goal, we also maintain a police presence in the fight against drugs through random building sweeps and investigative procedures which help combat this problem.

We hope our efforts at school and your support at home will impress upon our youth the terrible consequences of drug/alcohol use. We appreciate your support in this important cause.

— Glenn R. Hamilton, Superintendent

Confidential Toll-Free Line

Troop C of the New York State Police remind people of the creation of the toll-free line for the confidential reporting of potentially dangerous situations in the 16 school districts of the DCMO BOCES. This system, housed at Troop C Headquarters, is answered by a machine, which is regularly checked by police officials.

This system is not designed for all callers reporting an immediate threat; such calls should be reported to 911 or other appropriate emergency service providers. The phone number is available on posters placed in the school districts and also through school publications.

Title IX

The GMU Central School does not discriminate on the basis of race, color, religion, creed, national origin, gender, sexual orientation or disability in the employment and educational opportunities it offers, including the vocational education opportunities available.

The District further gives notice that it does not discriminate on the basis of disability in admission or access to its program and activities, including vocational education programs.

Inquiries regarding these policies may be referred to Mrs. Annette Hammond, Title IX Coordinator, at 783-2207.


Milk Matters...



No Bones About It,
Kids Can't Do Without It.
Milk for Strong Bones & Teeth



HOW MUCH CALCIUM DO YOU NEED EACH DAY?

	AGES	CALCIUM (MG)
	1-3	600
	4-8	800
	9-18	1,300

One 8 oz. glass of milk
has about 300 MG
of calcium.



For more information, contact the NICHD/Milk Matters Clearinghouse at 800•370•2943.

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CENTRAL SCHOOL DISTRICT**
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Glenn R. Hamilton, Superintendent

CURRENT RESIDENT OR

**ECRWSS
BOXHOLDER**

November Calendar of Events

- | | |
|---|---|
| 1-4 School Board Recognition Week | 17 3-5 Soaring Eagles, 8:15 a.m. |
| 1 GVS Sectionals | PK-5 Dismiss at 12:00 p.m. |
| 2 Morning Raiders, 8:25 a.m. | PK-5 Parent/Teacher Conferences, 12:45-7:00 p.m. |
| BVS Sectionals | Report Cards/Progress Reports Sent Home |
| 3 Fall Sports Awards Assembly,
Auditorium, 7:00 p.m. | 18 Morning Raiders, 8:25 a.m. |
| 4 Morning Raiders, 8:25 a.m. | Area All-State |
| Movie Night, <i>CARS 2</i> , 7:00 p.m. | 19 Area All-State |
| 5 GVS Sectionals | 21 Morning Raiders, 8:25 a.m. |
| SAT | 23 No School — Thanksgiving Recess |
| All-County Auditions, Milford | 24 No School — Thanksgiving Day, Offices Closed |
| 7 Morning Raiders, 8:25 a.m. | 25 No School — Thanksgiving Recess,
Offices Closed |
| Winter Practices Begin | 28 Morning Raiders, 8:25 a.m. |
| Mandatory Musical Rehearsal | 30 Morning Raiders, 8:25 a.m. |
| 8 Board of Education Meeting, D104, 7:00 p.m. | |
| Mandatory Musical Rehearsal | |
| 9 Morning Raiders, 8:25 a.m. | |
| Mandatory Musical Rehearsal | |
| 10 End of First Quarter | |
| Sr. Citizen Dessert/Preview, 6:30 p.m. | |
| 11 No School — Veterans’ Day, Offices Closed | |
| <i>Thoroughly Modern Millie</i> Musical, 7:00 p.m. | |
| 12 <i>Thoroughly Modern Millie</i> Musical, 7:00 p.m. | |
| 14 Morning Raiders, 8:25 a.m. | |
| 16 Morning Raiders, 8:25 a.m. | |

Fall Sports Awards Assembly

The Fall Sports Awards Assembly sponsored by the GMU Athletic Department and the Booster Club will be held Thursday, November 3 at 7:00 p.m. in the Auditorium. All parents and community members are welcome to attend.