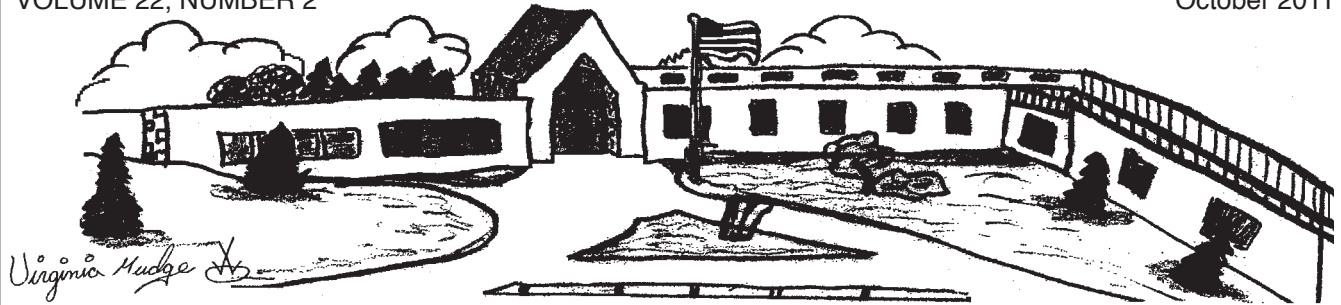


GILBERTSVILLE-MOUNT UPTON CENTRAL SCHOOL DISTRICT

VOLUME 22, NUMBER 2

October 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

This year everyone commented on how the summer flew by. It was a jammed packed summer with numerous state education initiatives bombarding school districts with continuous changes. All these changes will have a positive effect in the long run on education as the state raises the bar and expectations for schools and student performance. This will prepare our students to meet the challenges of college and career readiness. Gilbertsville-Mount Upton is ready to take on these challenges and graduate students that can compete in today's world.

We have had an interesting start to the school year with our students, thanks to the weather on opening day. I would like to thank the entire GMU staff and community for pitching in to successfully get all of our students home safely and protecting the building from damage. There were so many people that stepped in to help or who offered their assistance during the flooding.

I would like to personally thank Mr. Digsby and his custodial staff for getting the school in great shape to begin the year. And a special thanks to our summer student workers who worked hard to get everything completed on time. This year's student workers were **Travis Taylor, Jeremy Breslau, Jenny Wilkinson, Kali Murphy, Kayla Zinn, Alicia Sebeck, Maranda Conrade, Brittany Lindenthaler and Hannah Strenck**. Please remember to take caution on the roads as students will be waiting for buses in the early morning and will be dropped off in the afternoon. Under the direction of Joe Zaczek, GMU Transportation Supervisor, our transportation staff takes great pride in providing the best and safest transportation for our students.

Fall sports are in full swing with numerous soccer games taking place during the next two months. Everything has been returned to normal since the Tornado incident in the Spring with all repairs completed. The track has been

Continued on next page

Seniors of the Month

September



Congratulations to September's Senior of the Month, **Kali Murphy!** Kali is an amazing young woman who works diligently in school on all of her academic coursework and on the field, the track and the basketball court as well. This three-sport athlete also attended RYLA (Rotary Youth Leadership Conference) at Hartwick College this summer, as well as worked here at GMU. She has been an officer in National Honor Society and an active participant in SADD and the Class of 2012. Kali is presently enrolled in Physics, AP Biology and AP U.S. Politics and Government. She holds a genuine concern for others and will be pursuing studies in the medical field. We congratulate her and wish her well!

October



Congratulations to October's Senior of the Month, **Greg Delaney!** As many of you may be aware, Greg cannot sit still for long. Greg is a captain for the GMU Varsity Soccer Team, as well as a top Section IV track runner in the 400m and a pivotal member of the basketball team. Greg attended Empire Boy's State this summer and played basketball for *his county's* team. Greg's activity extends off the field as well, as he is a member of the Marching Band and Percussion Line and an active member of the Class of 2012. Greg works hard in challenging courses which includes Physics, Trigonometry, and Pre-College English. Greg's sense of humor and support of teammates and classmates are a huge part of who he is. We wish him well in all future endeavors!

—Student Council

Board of Education Highlights

At the regular meeting August 16, the Board:

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

- Track repairs are almost complete. Kudos to Mr. Digsby and his staff on the way the track, playing fields and grounds look for the start of the school year.
 - The District received good standing in all category ratings on the 3-8 State Assessment report card/instructional report.
 - The G-MU district calendar was the first calendar to be submitted to the DCMO Print Shop which resulted in receiving \$100 off the final bill.
 - A representative from Questar III BOCES reported on the GASB 45 report.
 - Received an APPR update from the Superintendent.
 - Accepted a resignation and financial reports.
 - Appointed a music teacher, advisors, new teacher mentor, non-resident students and substitutes for the 2011-2012 school year.
 - Approved a retirement incentive and a revision to Board Policy 4212, Table of Organization.
 - Approved substitute pay rate, tax warrant and a financial advisor for the 2011-2012 school year.
 - Appointed a Central Treasurer of Student Accounts.
 - Accepted the Solid Waste Bid and Ice Cream Bid for the 2011-2012 school year.
 - Discussed Boys' Modified Soccer, Cross Country, Future Capital Projects, Deluxe Roofing Update and Board Retreat information.
- Adjourned at 8:24 p.m.

At their regular meeting August 30, the Board:

Heard the Superintendent and members provide the following positive highlights:

- The school building held up well to the hurricane weather conditions that occurred recently.
 - Approved an APPR Plan for the 2011-2012 school year.
 - Appointed a Substitute Bus Driver.
 - Approved the annual Fire Inspection, DCMO BOCES Transportation Contracts, Bassett Agreement and a Classroom Rental Agreement with DCMO BOCES.
- Adjourned at 7:06 p.m.

At their regular meeting September 13, the Board:

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

- The Superintendent thanked all the staff and community members for all of their help during the flood.
- The start of school started well with a smooth transition for the 6th and 7th grade students.
- Our enrollment is up this year.

- A recently conducted audit of the school finances for the 2010-2011 school year yielded a *clear* result with no discrepancies under the leadership of District Treasurer Dorothy Iannello.
 - G-MU teachers and LTA's attended a Castle Learning & Acuity Training that was very beneficial.
 - The District Clerk reported on a Summer Business Management Workshop she attended in Albany.
 - Accepted a resignation of a bus driver.
 - Appointed a bus driver and a boys modified soccer coach.
 - Approved the stipend for election officials for the 2011-2012 school year.
 - Accepted financial reports for the month of August.
 - Approved the 2011-2012 LINKS Plan.
 - Approved a tax correction and the 2010-2011 Annual Independent Audit.
- Adjourned at 8:05 p.m.

Superintendent's Message, cont.

repaired and returned to its previous condition. A reminder to everyone that sportsmanship is a priority at GMU and that we all need to model proper sportsmanship at athletic contests. Please feel free to contact our office if you have any questions and/or concerns. Have a great fall.

School Board Recognition Week



The week of October 31-November 4 has been declared School Board Recognition Week in New York State. School Board members give many, many volunteer hours serving our District and our children. If you have a chance to meet these people please take time to say thank you for all they do. The Gilbertsville-Mount Upton School Board consists of President, Jerry Theis; Vice President, Larry Smith; Members: Harold Button, Jose Gonzalez, Mark Muller, Zachary Proskine, Katherine Schmidt and District Clerk Amber Birdsall

—Glenn R. Hamilton, Superintendent

Memo from the Health Office

With the flu season coming upon us, it is important that we work together to keep our children and school healthy. By keeping our children flu-free, we benefit the community as a whole. Additionally, healthy students miss fewer days of school, which results in less stress on the family.

The flu is caused by the influenza virus, which infects the lungs, nose and throat. It can cause mild to severe illness, and sometimes, can lead to death. Young children are at the greatest risk for developing serious flu complications. Usually flu is spread from person to person through coughing and sneezing. Occasionally, people can get the flu from touching a germ-infested surface.

Flu symptoms are different from a common cold. Common symptoms of flu include: high fever, severe headache, muscle and body aches, exhaustion and dry cough. Children often have additional flu symptoms which are rare in adults, such as nausea, vomiting and diarrhea. Common cold symptoms include: stuffy nose, sneezing, sore throat and hacking cough.

According to the Centers for Disease Control, the best way to prevent your child from getting the flu is to take him/her to get a flu vaccine. You should also talk to your child about practicing good health habits, such as:

- Washing hands frequently with soap and warm water for at least 20 seconds
- Covering mouth and nose with a tissue when sneezing or coughing, and disposing of the tissue in a proper trash receptacle
- Avoid sharing drinks, water bottles or silverware with others

You can help prevent the flu from spreading at home by disinfecting frequently touched surfaces, toys and other commonly shared items.

If someone in your household gets the flu, a doctor can prescribe an antiviral medication that can actually prevent other members of the household from catching the flu. If you are concerned about your child's flu symptoms, call your doctor early.

If your child has the flu, it is important for them stay home from school, rest, and drink plenty of fluids. Additionally, notify the school nurse, Mrs. Carol Angelone, RN, 783-2207, ext. 108, if your child has the flu. Monitoring flu incidences at Gilbertsville-Mt. Upton School will help keep students, faculty and our community healthy.

Thank you,
Carol Angelone, RN

Information from the Health Office

New York State mandates that health related screenings be completed in our schools each year. The requirements are as follows:

Pre-K

- Vision: Distance Acuity, Near Vision, Hyperopia, Color Perception
- Hearing Screening

Kindergarten

- Vision: Distance Acuity, Near Vision, Hyperopia, Color Perception
- Hearing Screening

Grades 1, 2, 3, 5, 7 and 10

- Distance Vision

Grades 1, 3, 5, 7 and 10

- Hearing Screening

Grades 5, 6, 7, 8 and 9

- Scoliosis Screening

Grades Pre-K, K, 2, 4, 7 and 10 (and all new entrants)

- Health Appraisals Required

These screenings will begin this month and will continue until all have been completed. If there are any unusual findings, or cause for concern, I will contact you. In the event that additional evaluation is needed, a referral form will be sent home for you to take to your Health Care Provider. Any questions, please call me at 783-2207, ext. 108.

—*Carol Angelone, RN, School Nurse*

Raiders Safety Patrol Steel Drive

It's time to clear out your basement, garage, attic, shed and barn!

The Raiders 6th grade Safety Patrol is holding a Steel Drive from Saturday, October 1 through Monday, October 31. We are looking for washers, dryers, stoves, refrigerators, pipes, old cars—anything made out of metal to help fund the Safety Patrol Trip to Washington, D.C. and Philadelphia. Not acceptable—wood, tires, garbage, rocks, cement, and anything else that is not metal.

Steel may be placed in containers at the Mt. Upton Fire Department and the Gilbertsville Village Barn on Lovers Lane. You may also bring your steel directly to Wilkinson's Salvage during regular business hours, Monday-Friday 8:00 a.m.-5:00 p.m. and Saturday 8:00 a.m.-noon.

If you need assistance please call the school at 783-2207 or e-mail gbakhuizen@gmucsd.org. Special thanks to Cliff Wilkinson and Kathy Tiffany at Wilkinson's Salvage for their support.

—*Gerrit Bakhuizen, Raiders Safety Patrol Advisor*

BOCES Adult Education

The kids are going back to school . . . what are you doing?

Did you know that DCMO BOCES offers Adult and Continuing Education courses to adults 21 years of age or older? Maybe now would be a great time for you to improve your skills, learn a new profession and finally get your GED. Are you aware that you can take Career and Technical training coursework for free while you are actively taking our GED or ESL classes?

You can do this! Here are some recent graduates who have done it; check out their stories . . .

Ron—Ron, a high school dropout, with little focus in life, completed the LeadingEDGE job preparedness/life skills class, completed his GED and his Auto Technology classes and has secured full-time employment at Raymond Corporation in Greene.

Brandi—Brandi, a mom of seven children, successfully obtained her GED, her LPN and has recently made application for employment as an LPN. With all the responsibility of seven children, running a household, along with taking classes and devoting time to her studies, she finished her studies and is on her way to a better life for herself and her children.

Marci—After many family medical difficulties, Marci enrolled in our GED classes to concentrate on moving her life forward. She obtained her GED, completed EKG Technician training, Certified Clinical Medical Assistant coursework as well as the Certified Phlebotomy Technician class. Marci has already had a second interview for a job where she will use her new skills and knowledge.

Rima—Rima came to DCMO BOCES to learn English. She accomplished so much more. She has completed CNA, EKG Technician and Cosmetology. Rima is currently employed at the Veteran's Home in Oxford.

Your story of success could be here too. Come and check us out. For more information, please call Karen at 607-337-3309 or Liz at 607-865-2676.

*Call today for
more information*

News from the Guidance Office

Senior Planning

During the month of October, seniors will be meeting with me to discuss post high school plans. Letters will be sent home with appointment times for parents to attend their student's meeting. Please feel free to contact the Guidance Office for an appointment or with any questions that may arise before or after the meeting.

College Day

On October 19 all seniors and any junior who takes the PSAT exam will have an opportunity to attend the Broome County Counselors College Day at the Arena in Binghamton. This offers our students an opportunity to speak with college and military representatives, ask questions and collect materials from over 100 colleges, tech schools and financial institutions. There is an evening session from 6:00-8:00 p.m. for parents and community members who are interested in asking questions or furthering their education. For more information on the event and a list of the colleges represented please visit the website at www.greaterbinghamtoncollegeday.org

October Calendar

- 12 PSAT (grade 11), 8:00 am
- 13 ASVAB Test (grade 10), 8:00 a.m.
- 15 SAT Prep Class begins at SUNY Oneonta
- 17 College Fair at SUNY Oneonta, 6:00-8:00 p.m.
- 18 8th Grade Leadership Conference
- 19 Broome County College Day
- 22 ACT

—Ms. Cable, Guidance Counselor

GMU Adult Volleyball

The GMU building will be open to all adult community members to participate in volleyball on Wednesdays from 7:00-10:00 p.m. in the large gym.



National Honor Society

Dear Students,

When the National Honor Society was founded in 1921, the hope was to create an organization that would recognize and encourage academic achievement while also developing other characteristics and ideals essential to citizens in a democracy. These ideals of scholarship, leadership, service, and character remain as relevant today as they were in 1921. These ideals remain the major criteria for acceptance into the Gilbertsville-Mt. Upton CSD chapter of the NHS.

- **Scholarship:** Students whose high school GPA after a minimum of 3 semesters exceeds 89.5 are eligible for application for membership.
- **Leadership:** Leadership involves holding officer positions in school and community organizations. It may also include effective participation in these and other activities.
- **Service:** Service is generally considered to be those actions undertaken by the student which are done with or on behalf of others without any direct financial or material compensation to the individual performing the service.
- **Character:** A person of character demonstrates the following six qualities: respect, responsibility, trustworthiness, fairness, caring and citizenship.

In the spring 10th, 11th, and 12th graders who meet the academic requirements will be informed of their eligibility. They will be provided with Student Activity Information Forms which must be completed. In addition a recommendation by an adult will be required. A Faculty Committee will then examine the applications and supporting documents to select the new members for National Honor Society.

If you think that you may be eligible for National Honor Society it is suggested that you start to gather your information. Things that you can start with are making a list of activities that you are involved in that demonstrate your leadership, service, and character. These can be co-curricular activities, leadership positions, community activities, work experience, honors and awards. Furthermore you can request a letter of recommendation from an adult that has knowledge of your character, service and leadership. Only one letter of recommendation is required but additional ones will be accepted. If you have any questions concerning the procedure or eligibility, please contact Ms. Sarah Haskins through the High School Office.

Sincerely,

Sarah Haskins

National Honor Society Advisor

Middle/High School Office News

By now we have just about one month of school behind us and it seems that things are picking up speed as we go! Even though we had to dismiss early on the first day of school due to weather, we had a great start to the school year. Thanks to the collaborative efforts on the part of parents, students and staff, we were able to get students home safely that first day and continue with a good start to the year when they returned to school on the 12th. The 6th and 7th graders have had a smooth transition into Middle School and are doing well getting used to our schedule and their lockers!

Students are busy after school both athletically and in extracurricular activities. I hope you have been able to make it to one of the soccer games, and that you keep October 21 open in your calendar so that you can attend the Junior Carnival. We are hoping to see you at our Open House which is scheduled from 5:30-7:00 p.m. on Thursday, October 6. We are looking forward to meeting all 6-12 parents at Open House! Progress Reports will be distributed to students on October 13, so be sure to ask your child to share this important information with you. If your child is struggling in a class, make sure they are completing all class work and homework, and encourage them to speak to their teacher for additional help. 9th-12th graders can use their first period tutorial to meet with teachers of subjects in which they are struggling. Please encourage your students to take advantage of all that we offer to them for extra help.

Just a reminder to students and parents that 6th-12th grade students are late to school after 8:00 a.m. and they must sign in at the front desk. Please send in notes when a student is late and when they return to school after an absence. Parents should not drop students off at school before 7:50 a.m.

The staff and I are looking forward to working this year on a continued partnership with parents and the school community to ensure the success of each student. Please do not hesitate to contact me with any questions or concerns.

—Annette D. Hammond, 6-12 Principal

Junior Carnival

Attention all GMU community members. Come and support the junior class! The Junior Carnival will be held on Friday, October 21 at 7:00 p.m.

If you have any questions please contact Mr. Zietz at dzietz@gmucsd.org or call 783-2207, ext. 263. The Junior Class thanks you in advance for your support.

Elementary News

Wow, what a start to the new school year! With the early dismissal on the first day of school, you will see some changes in how I handle the Student Information Sheets at the start of the school year and the request for bus notes. I would like to thank all the parents for their patience on the early dismissal day and am happy that we were able to get all students home safely! A big thanks to our bus drivers and Mr. Zaczek!

It was great spending the first couple of days walking around and hearing the students talk about their summer and getting to know the new faces. Welcome to all the new families! Welcome also to Mrs. Taylor, who is the new elementary secretary. Mrs. Taylor was previously an aide in the elementary so she knows many of the students and is in the process of getting to know the systems in the elementary office.

Some safety reminders for parents

- If your child is going to another location after school we need a bus note sent in with your child or in an emergency situation it can be faxed to the school *before* 1:30p.m.
- Students must be signed out by an adult at the front desk—due to safety reasons they *can not* just walk out to a car.
- Parent/Teacher communication is important for the success of your child. I encourage you to please contact your child's teacher if you have any concerns.
- Please recognize that when you pull your child out of school for vacation it is an illegal absence and even if you request work for your child, there is nothing that can replace the direct instruction received from a teacher when your child is in class. You can expect that your child may miss some free time or recess to make up the direct instruction lost.

Morning Raiders for grades Pre-K–2 has begun and will again be held on Mondays, Wednesdays, and Fridays from 8:20-8:45 a.m. in the auditorium. All parents, grandparents and family friends of children in grades Pre-K–2 are invited to attend.

Our first Soaring Eagles Assembly for grades 3-6 was held on Thursday, September 29 at 8:15 a.m. We celebrated the attribute of Giving. The second assembly will be on Thursday, October 27 at 8:15 a.m. in the auditorium. During the month of October we are celebrating the attribute *motivation!*

Please remember that if you are sending in money or a check with your child please put it in an envelope with your child's name, teacher's name and reason for the money (i.e. lunch, book fair, etc.). We would also like you to go through your child's backpack each night to check for communications from the school, teacher and to check for homework assignments.

Your involvement as parents and community members is important. If you are interested in volunteering please call the Elementary Office at 783-2207 for details.

Are you aware that if your child is in grade K-5 that they should be bringing home a homework folder with information and/or homework assignments that need to be checked by you? Are you aware that if your child is in grade 3-5 they have an assignment sheet that should be coming home every evening and you should be reviewing this and signing off on it? Please ask your child about these and review the information in them every evening. Be sure your child packs their folder and agenda in their bag, signed by you or their care provider every day. Please do not send in candy or soda with your child. If you pack your child's lunch consider adding at least one fruit and vegetable each day.

—Mrs. Volpi

Halloween Happenings



Saturday, October 29, 3:30 pm
Butternut Valley Grange, Gilbertsville
Halloween Costume Contest
Hayrides, Food and Entertainment
for the Entire Family
*A Community Service Project by
the Butternut Valley Grange*

4 Safety Tips for Using Wi-Fi

If you have a laptop computer with wireless connectivity, you can access the Internet using Wi-Fi, or wireless networks, often in public places such as coffee shops, airports, hotels, and other spaces.

Here are four quick tips to enjoy the convenience of public Wi-Fi and help to protect your privacy:

1. Use a firewall. If your computer uses Windows Vista or Windows XP, you have a built-in firewall that's turned on by default. You can configure Windows Firewall to provide better protection when you're using a public wireless network.
2. Hide your files. When you use public Wi-Fi, network encryption is often out of your control. Check the privacy statement on the network's website to learn about the type of encryption they use. (If they don't have a privacy statement, you'd be better off not using the network.) If you keep personal or financial information on your computer, consider investing in an operating system that includes the tools to protect your information through encryption.
3. Don't type in credit card numbers or passwords. These measures provide some protection against casual hackers and identity thieves who prey on wireless networks. But if criminals are determined enough, they will eventually find a way to get around any security system. If you want to be safe, avoid typing any sensitive information, such as your credit card number or any other financial information, while you use a public wireless network. If you must enter credit card numbers while using a public wireless network, make sure there is a locked padlock icon at the bottom right corner of the browser window, and make sure the web address begins with https: (the s stands for secure).
4. Turn off your wireless network when you're not using it. If you're not surfing the Internet or sending email, but still using your computer in an area where there is a public wireless network, disable your wireless connection. If you're using an external Wi-Fi card you can remove it. If you're using an internal Wi-Fi card, right-click the connection and click Disable.

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

Artist of the Month



We are off to a great start this year with a few people to choose from for September's Artist of the Month. I decided on **Aurora Rose Shtrauch's** self portrait. I think you will agree she has done a wonderful job.

From Pre-K until 5th grade I keep all of the self portraits that we do at the beginning of the year so I can pass them back when they get to the end of the year in 5th grade. Aurora Rose made a very colorful picture of herself.



Aurora Rose likes to draw her cat and her two kittens. The colors she likes to use in her artwork are purple, red and blue. When I asked her what her favorite medium to work with was, she said, "All of them!" I look forward to some amazing work from Aurora Rose.

—Mrs. Theis

*Great Job
Aurora Rose!*

GMU Family Movie Night



Cars 2

Friday, November 4

7:00

Free Admission!

GMU Auditorium

Concessions sold

Popcorn, Pizza, Hot Dogs, Drinks & more!

Sponsored by Raiders Safety Patrol

Washington, DC/Philadelphia Trip—2012

Come Join Us!



Gilbertsville - Mount Upton Central School Calendar for the Year 2011-2012

Sept. 5 6 7 Oct. 7 10 Nov. 11 23-25 Dec. 22 23-30 Jan. 2 16 30 Feb. 17-21 20 Apr. 6 9-13 May 16 28	Labor Day Conference Day First Day for Students Conference Day Columbus Day Veterans' Day Thanksgiving Recess Half Day Christmas Recess New Year's Day Recess Martin Luther King Day Conference Day Presidents' Day Recess Presidents' Day Good Friday Spring Recess Conference Day Memorial Day	Jun. 12 13-22 20-22 22	Last Day 6-12 Regents Exams PK-5 Half Days Last Day PK-5
Sept. 18 Oct. 19 Nov. 18 Dec. 16 Jan. 19 Feb. 18 Mar. 22 Apr. 15 May 21 June 16	Instructional, Instructional, Instructional Instructional Instructional Instructional Instructional Instructional Instructional Instructional	1 1 1 1 1 1 1 1 1 1	Conference Conference Conference Conference Conference Conference Conference Conference Conference Conference

Summary of Days

Legend:

- Regents Days
- () Conference Day (Student Day Off)
- { } School Offices Closed (Student Day Off)
- _____ Student Day Off (School Offices Open)
- [] Half Days [12/22]

September						
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October						
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23	24	25	26	27	28	29
30	31					

November						
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27	28	29	30			

December						
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17	18	19	20	21	{22}	{23}
24	25	{26}	{27}	28	29	30
31						

January						
Su	M	Tu	W	Th	F	Sa
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27	28	29	(30)	31		

February						
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26	27	28	29			

March						
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25	26	27	28	29	30	31

April						
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June						
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24	25	26	27	28	29	30

October 2011

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Assorted hot and cold cereal, bagels, breakfast sandwiches, muffins, pastries, fruit, juice and milk.	A variety of sandwiches, salads, fruits and vegetables are available daily. A La Carte prices: Chips: \$.75, Cookies \$.75 Ice cream: \$.75 Beverages: \$.50, .75 & 1.00	Meal Prices Lunch: Pre-K-5 \$1.75 Grades 6-12 \$1.95 Breakfast: \$1.25 Reduced meals: \$.25 Milk: \$.50	A La Carte Breakfast prices: Bagel \$1.00 Breakfast sandwich \$1.25 Coffee \$1.00 Muffin \$1.00	Please check on your students' account balance. Call 783-2207 ext. 122
3 Chicken nuggets Seasoned potatoes Mixed vegetables Fruit Milk	4 Hot dog on bun Baked beans Fruit Milk	5 Hamburger on bun Pasta salad Vegetables Fruit Milk	6 Barbecue Pork on bun Mashed potatoes Broccoli Fruit Milk	7 Conference Day No School
10 Columbus Day No school	11 Mini sub Salads Fruit Milk	12 Assorted pizza Peas Fruit Milk	13 Goulash Salad Roll Fruit Milk	14 Chicken fajita Rice Corn Fruit Milk
17 Chicken patty on bun Potato wedges Green beans Fruit Milk	18 Bacon cheeseburger on bun Salads Fruit Milk	19 Ham and cheese on a bagel Vegetable sticks Fruit Milk	20 Chicken spiedie on bun Roasted potatoes Seasoned green beans Fruit Milk	21 Tacos Rice Corn Fruit Milk
24 Chicken nuggets Seasoned potatoes Fruit Milk	25 Grilled cheese sandwich Tomato soup Fruit Milk	26 Assorted pizza Salad Fruit Milk	27 Macaroni and cheese Spinach Fruit Milk	28 Chicken enchilada Rice Corn Fruit Milk
31 Chicken patty on bun Potato wedges Fruit Milk	Please fill out a Lunch application for the 2011- 2012 school year.	Students must have a signed permission slip and money on their account to charge snack items.	Please give us a call if you have any questions: 783-2207 ext. 122 Students' who owe on accounts are unable to purchase snacks	

LABELS FOR EDUCATION

ARTS • ATHLETICS • ACADEMICS

Eligible Products - Here's What to Save

Help Our School Get Free Stuff By Saving UPC's From The Campbell Brands Below!

Products Worth 5 Points



||| - UPC CODE

Campbell's Soups (microwavable bowls)
Campbell's Condensed 10 to 11 oz. Soups
(Specially marked packages only)



||| - UPC CODE

Campbell's Chunky Soups (microwavable bowls)
Campbell's Chunky Chili (microwavable bowls)



||| - UPC CODE

All Campbell's Soup At Hand



||| - UPC CODE

SpaghettiO's Original Pasta (15 oz.)
SpaghettiO's Meatball Pasta (14.75 oz.)
(Specially Marked Packages Only)



||| - UPC CODE

All Campbell's Select Harvest Soups



- SOUP -

||| - UPC CODE
All V8 Soups

Products Worth 1 Point



||| - UPC CODE

Campbell's Beans Products
Campbell's Condensed 10 oz. Soups
Campbell's Condensed 26 oz. Soups
Campbell's Low Sodium Soups
Campbell's Fat Free Soups
Campbell's Kitchen Classic Soups
Campbell's Tomato Juices
Campbell's Gravies
Campbell's Soup & Recipe Mix



||| - UPC CODE

Campbell's Chunky Soups
Campbell's Chunky Chili
Campbell's Chunky Fully Loaded Soups



||| - UPC CODE

Campbell's Healthy Request Soups



||| - UPC CODE

Prego Italian Sauces



||| - UPC CODE

Franco-American Gravies



GOOD IS IN THE DETAILS™

||| - UPC CODE

Pepperidge Farm Breads, Croutons, Rolls & Stuffing
Pepperidge Farm Goldfish Crackers & Grahams
Pepperidge Farm Baked Naturals
Pepperidge Farm Frozen Garlic Breads, 3-Layer
Cakes, Turnovers and Puff Pastry



||| - UPC CODE

Swanson Broth (can and carton)
Swanson Canned Chicken
Swanson Cooking Stock (carton)



||| - UPC CODE

SpaghettiO's Original Pasta (7.5 oz., 26 oz.)
SpaghettiO's Meatball Pasta (7.5 oz., 26.25 oz.)



● - CAP

All V8 Splash Juice Drinks
All V8 Splash Smoothies



● - CAP

All V8 100% Vegetable Juice



● - CAP

All V8 V-Fusion 100% Juice



- 2 CODE NUMBERS FROM
OUTER CASE

Campbell's Tomato Juice (11.5 oz./24 cans/case)
Campbell's Tomato Juice (5.5 oz./48 cans/case)
Campbell's Chef's Kettle Soups (50 oz.)
Campbell's Foodservice Soups (50 oz.)
Campbell's Low Sodium Soups (50 oz.)
Campbell's Healthy Request Soups (50 oz.)
All Pepperidge Farm Products
V8, V8 Splash, V8 V-Fusion
Prego Foodservice

HOW TO DEAL WITH A BULLY

News flash

Bullies aren't all big and muscle-y. Bullies come in all shapes and sizes — and it's not like you can tell who they are by what they look like. You can only tell a bully by their actions — they make themselves feel powerful by threatening, embarrassing or hurting others. If you have ever been around a bully or been picked on by a bully you know how hurtful they can be. But, there are things you can do to stay out of a bully's way.



GUIDELINES YOU SHOULD HAVE IN MIND WHEN TALKING TO ADULT ABOUT THE PROBLEM:

- WHAT HAPPENED TO YOU & WHAT YOU DID.
- WHO BULLIED YOU AND WHO SAW IT.
- WHERE AND HOW OFTEN IT HAPPENED.
- WRITE EVERYTHING DOWN IN A JOURNAL.

1 *Make friends and lots of them — there's safety in numbers. A bully is less likely to approach you if you're surrounded by pals. Try to be friendly and respectful to everyone — smile at someone if you make eye contact in the hallways, and if you really like someone's cool new shoes, tell them.*

2 *If a bully is talking smack about you, keep in mind all the good stuff you know about yourself. Do things that you are good at. Can you spell like a dictionary? Enter a spelling bee. Run like the wind? Join the track team. Sing like an angel? Choir is calling your name. Try something new; you may discover a talent you never knew you had. Take tennis lessons or audition for the school play. Bonus: you'll meet new people!*

3 *Stand up for yourself! Practice what you might say if someone starts picking on you. Saying the words a couple of times will make you feel sure of yourself. One word to the wise: Never start a discussion or argue with a bully, even if you've got a zinger that's begging to be zung. You just want to get them off your back, not make them angry.*

4 *Check out the way you act and be aware of your body language. How you carry yourself can bring on a bully. Slouching, looking at the ground or feet, and fidgeting make people think that you are afraid or nervous. Try to walk with your head up, make eye contact, and smile. A bully is less likely to single you out if you are the picture of self-confidence.*

5 *Ignore insults or name-calling. It'll be hard, but stay calm and don't let them see you sweat. Take a deep breath and try not to show that you are upset or angry. Above all, don't believe for one second what they're saying. Bullies feed on attention and are just trying to get a reaction from you. It's easier to give them the brush off if you don't let them get under your skin. They'll get bored and move on.*

6 *Avoid getting sucked into a scuffle, even if it means losing your stuff — your safety is way more important than your shoes! The only time you should ever fight back is when you need to defend yourself. Even then, keep eyes open for an escape route. Chances are, if someone wants to fight, they know they have a good chance of winning.*

7 *Don't be afraid to tell an adult if you're being bullied. You are NOT a snitch if you tell an adult you know that someone is hurting you. If you have to stop someone from bothering you and it's not working, get someone you trust involved to help you. And if you see someone else in the same boat, find an adult to help. Get the problem out in the open. Once people know about it, the bully is no longer in control. Not telling anyone — especially because the bully told you not to — is just making him or her feel more powerful.*

8 *Have a few one-liners in your pocket to pull out if you need them. Things like "That's funny, but enough already okay?" or "I don't do this to you. You should really think about that" can help defuse a tense situation and keep you out of harm's way. While your coming up with your witty one-liners, keep in mind that you're trying to take the wind out of the bully's sails, not add fuel to the fire with a major burn. Embarrassing the bully in front of everyone won't make your life any easier.*

Source: www.bam.gov

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CENTRAL SCHOOL DISTRICT**
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CURRENT RESIDENT OR

**ECRWSS
BOXHOLDER**

October Calendar of Events

- | | | | |
|----|--|----|---|
| 12 | PSAT, 8:00am
Morning Raiders, 8:25 a.m.
BMS vs. Schenevus
GMS vs. Schenevus
BVS @ Schenevus | 19 | Morning Raiders, 8:25 a.m.
BMS vs. Milford
GMS @ Milford
GVS @ UV vs. Walton, Pizzeria Tournament
College Day, Binghamton Arena |
| 13 | ASVAB, 8:00am | 21 | Morning Raiders, 8:25 a.m.
Early Dismissal Drill, 2:45 p.m.
BMS @ Richfield Springs
GMS vs. Richfield Springs
Junior Carnival, 7:00-9:00 p.m. |
| 14 | Morning Raiders, 8:25 a.m.
BVS vs. Edmeston
BMS @ Worcester
GMS vs. Worcester | 22 | ACT
BVS & GVS TV Championships |
| 15 | BVS @ Franklin
SAT Prep Class @ SUNY Oneonta | 24 | Morning Raiders, 8:25 a.m. |
| 17 | Morning Raiders, 8:25 a.m.
BMS @ CV-S
GMS vs. CV-S
BVS vs. Richfield Springs
GVS @ Worcester
College Fair, 6:00-8:00 pm, SUNY Oneonta | 25 | GVS Sectionals |
| 18 | NHS Blood Drive, 2:00-8:00 p.m.
Board of Education Meeting, D104, 7:00 p.m. | 26 | Morning Raiders, 8:25 a.m.
BVS Sectionals
BMS @ Edmeston |
| | | 27 | 3-5 Soaring Eagles, 8:15 a.m. |
| | | 28 | Morning Raiders, 8:25 a.m.
GVS Sectionals |
| | | 29 | BVS Sectionals |
| | | 31 | School Board Recognition |