



School Bus Vote set for February 4!



THE JOURNEY

Newsletter of the Gilbertsville-Mount Upton Central School District

Volume 30, Number 2

WINTER 2020

WE'VE GOT IT GOING ON!

Big events take
center
stage
at GMU!



"It's the **Quality** of the journey that counts!"



Gilbertsville-Mount Upton Central School District

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Gilbertsville, NY 13776

Phone: 607-783-2207

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Administration

Superintendent Annette Hammond
PK-12 Principal Heather Wilcox
District Treasurer Dorothy Iannello
District Clerk Jarrin Hayen

Board of Education

Jeremy Pain President
Larry Smith Vice President
Jed Barnes
Sean Barrows
Cole Covington
Hillary Giuda-Philpott
Brian Underwood

Our Mission

At Gilbertsville-Mount Upton Central School, we use a trauma-sensitive approach to cultivate confident individuals with the desire to take risks, experience new opportunities, and to recognize the potential within themselves. We are a student-centered learning community that values:

- A Growth Mindset
- Essential Skills for Career Readiness
- Social-Emotional Wellness
- Resilience
- Critical Thinking
- High Expectations
- Meaningful Relationships

Our Vision

To provide an inclusive learning community which fosters life-long personal and academic growth.

Our Motto

**"It's the Quality of the
journey that counts"**

SUPERINTENDENT'S MESSAGE

Welcome to 2020!

The new year means it's the middle of winter, but we're already developing a budget for the next school year. We expect to receive the governor's executive proposal by the end of January, and I will present our first run of the 2020-2021 proposed budget during the Board of Education meeting February 12. The Board of Education and I remain committed to providing an outstanding educational program for our students, balanced with a reasonable tax levy for our district taxpayers.

We appreciate everyone who takes the time to support our students after regular school hours, too, by attending concerts, athletic events and other extra-curricular activities highlighting our talented kids. It's very rewarding for students to see community members at events such as the high school production of *The Addams Family*, the junior musical production of *The Castaways*, winter basketball games and many others.

If you would like to know what's happening at Gilbertsville-Mount Upton, you can check the "Upcoming Events" calendar on our website's home page any time. We also share important information on our Facebook and Twitter pages, so be sure to like and follow @GMUCentral on social media. We'll be sharing news about our Clay Target Shooting Club and School Based Health Center on these online platforms soon, so stay tuned.

If you simply can't wait, though, here's a sneak preview:

* Last year, we became the first district in our region to have a Clay Target Shooting Club. It will return this year, but there will be more competition as the Gilbertsville Rod and Gun Club has been helping other local school districts establish programs. GMU's inaugural season ended on a high note as two of our 11 students qualified and were invited to nationals in Michigan! It has been extremely rewarding to see our kids flourish in this club, especially with all of the sportsmen in our community. The shooting club holds all of its activities off-campus at the Gilbertsville Rod and Gun



Club and looks to make it back to nationals this year.

* The construction of the School Based Health Center is complete! The Bassett Healthcare Network has been working hard to hire staff and stock supplies as we look to open the SBHC this spring. Bassett will be sending student-enrollment information to parents/guardians soon. We hope everyone takes advantage of this opportunity, which offers professional healthcare at no out-of-pocket cost to families of enrolled students right here at GMU.

We hope you enjoyed the holiday break and wish you nothing but the best in 2020!

Annette D. Hammond

GMU Superintendent

ahammond@gmucsd.org

BOE Meetings 2020

**All meetings start at 6:30 p.m.
in the Board Room.**

- February 12
- March 18
- April 20 (BOCES Vote)
- May 12 (Budget Hearing)
- May 19 (School Budget Vote)
- June 17



Bus vote set for February 4

The Gilbertsville-Mount Upton Central School District invites residents to vote on two propositions related to the purchase of new school buses. Voting will be held from noon-8 p.m. Tuesday, February 4 in the front lobby of GMU.

Residents must present identification to vote on the purchase, which will not increase the school tax levy. The propositions are as follows:

Proposition 1: Bus Purchase

Shall the following resolution be adopted, to-wit: RESOLVED, shall the Gilbertsville-Mount Upton Central School District, Otsego County, New York, be authorized to purchase one 66-passenger school bus and to expend therefore a maximum estimated cost not to exceed one-hundred and twenty-six thousand dollars (\$126,000), including incidental expenses in connection therewith, and a 7-passenger vehicle to expend therefore a maximum estimated cost not to exceed thirty-four thousand dollars (\$34,000), and that one-hundred and sixty thousand dollars (\$160,000) Capital Reserve Fund monies shall be used to pay the cost thereof.

Proposition 2: Establishment of a Capital Reserve Fund

Shall the following resolution be adopted, to-wit: RESOLVED, shall the Board of Education of the Gilbertsville-Mount Upton Central School District be authorized to establish a capital reserve fund pursuant to Section 3651 of the Education Law to be designated "Vehicle and Equipment Reserve Fund" in order to pay costs of the purchase of the school transportation vehicles and maintenance equipment, and, in order to accomplish the same, said Board is hereby authorized to establish the ultimate amount of such Reserve Fund not to exceed five-hundred thousand (\$500,000), plus accrued interest and other investment earnings thereon, with a probable term of ten (10) years and, to appropriate annually from the available fund balance and/or other legally available funds of the School District to such Reserve Fund.

Bus Voting
Tuesday, February 4
noon-8 p.m. • front lobby

GMU named 'School of Distinction'

Gilbertsville-Mount Upton received a School of Distinction Award from CFES Brilliant Pathways on November 2 during the organization's national conference at The Sagamore Resort in Bolton Landing.

Superintendent Annette Hammond, PK-12 Principal Heather Wilcox and Librarian Raquel Norton accepted a trophy and banner from College For Every Student (CFES) Brilliant Pathways, which recognized the GMU Central School District for its achievements during the 2018-19 academic year.

"Achievement of School of Distinction status is testimony that Gilbertsville-Mount Upton not only developed and executed an exemplary plan for its CFES Scholars but also involved the entire school in the CFES core practices of Mentoring, Essential Skills and Pathways to College and Career,"

CFES Brilliant Pathways Vice President of Programs Tara Smith wrote in a letter to Wilcox. "I congratulate you and your school for attaining this honor and thank you for all you do to provide opportunities for your students."

According to the CFES Brilliant Pathways website, its mission includes working "side-by-side with schools, colleges and businesses to help students find their own brilliant pathways by becoming college and career ready." Districts that partner with CFES Brilliant Pathways to help high school students graduate and find college opportunities—regardless of income—are eligible for the award.

CFES Brilliant Pathways reports that 99 percent of its Scholars graduate high school and 95 percent enroll in college. For more information, visit the website <https://brilliantpathways.org/> or call GMU's main office at 607-783-2207.



We Are Sebeck Strong!

Gilbertsville-Mount Upton students and staff came together during lunch Tuesday, December 17, to show their support for cafeteria manager Susan Sebeck in her fight against breast cancer.

Our middle and high school students packed the HS cafeteria for a flash mob that included singing ('Here Comes the Sun' by The Beatles), dancing, and waving! The flash mob also was part of GMU's 'Pink Out Tuesday' during 2019 Winter Spirit Week.

Susan posted this on her personal Facebook page shortly after the show of love and support: "MY HEART IS FULL OF LOVE... I KNEW THE STUDENTS AND STAFF AT GMU WERE GREAT!!!!!! THE SEA OF PINK TO SHOW SUPPORT FOR ME AND MY

BATTLE WITH BREAST CANCER TODAY HAS BEEN AMAZING....AT LUNCH WE EVEN HAD A FLASH MOB SINGING "HERE COMES THE SUN"....TEARS HAVE JUST FLOWED FROM ME TODAY. THANK YOU FOR YOUR SUPPORT ...SIGNS...BRACELETS...T-SHIRTS... WORDS CAN NOT SAY ENOUGH..... HAPPY TO BE HERE TODAY....."

Special thanks to GMU teachers Aimee Piedmonte, Deanna Perkosky and Will Gilchrest for organizing/coordinating Tuesday's special event. Visit our Facebook page for more photos and the live video, parts of which made it into a WBNG TV news story!

The Raiders are proud to be **#SebeckStrong!**





GMU students see *Hamilton* on Broadway!

Students in Bernadette Delaney's U.S. History and Government class attended the Tony award-winning Broadway show *Hamilton* on December 11! Her class received these highly sought-after tickets as part of a special program that gives students the opportunity to attend a show in New York City.

Mrs. Delaney had applied for this program, sponsored by the Gilder-Lehrman Institute of American History, Rockefeller Foundation and The Hamilton Education Program, a few years ago. Students were tasked to research a topic or person related to *Hamilton* and/or the birth of the United States; write a poem, monologue, song, rap or script; then perform and record a video of the piece in class.

Aimee Piedmonte's English class, Mark Seigers' audio/video expertise and the Hamilton Online Education Program contributed to the completion of this task, which included the analysis of primary documents, letters, bios and events. As a result, our students earned a trip to Broadway to attend pre-show student performances, a question-and-answer session with cast members, and a matinee performance at Richard Rodgers Theater. Written and produced by Lin Manuel Miranda, the musical offers a unique and diverse look at the life of Alexander Hamilton.

GMU Superintendent Annette Hammond, MS/HS teacher Larisa Waghorn and Mrs. Delaney chaperoned the following students who participated in the Hamilton

Education Program: **Gavin Bonczkowski, Michelle Button, Shayne Christian, Alyssa Devine, Apolonia Drapaniotis, Courtney Gross, Emily Hammond, Dominick Hartwell, Hannah Hartwell, Olivia Held, Tyler Joslyn, Kasey Katalinas, Logan Lenhardt, Kelsey Lockwood, Owen Mangiamiele, Kyle Meyers, Skyler Norton, Aiden Ryan, Zan SanSoucie, and Theodore Sharkey.**

The trip also featured a terrific lunch at John's Pizzeria and a charter tour of Manhattan that included a stop at the Rockefeller Plaza Christmas Tree.



Kindergarten kids thank book sponsors

Jill O'Hara is making a huge impact at Gilbertsville-Mount Upton, with a little help from her friends.

This past summer, the kindergarten teacher tried to figure out a way to give each of her students a new book from Scholastic every month during the 2019-2020 academic year – at no cost to the child's family. So Jill turned to Facebook in late July, challenging her family and friends to sponsor her students by donating \$10 apiece.

Although she promised to purchase and deliver books to her students on behalf of sponsors, Jill worried that her efforts would fall short of covering all 17 kids. By August, though, each student had a sponsor for the entire school year!

"As the sponsorships have poured in, I am torn which I love more: the excitement of my students or the excitement of the adults wanting to share a love for reading and learning," said Jill, who added that some sponsors are supporting multiple students. "The way that all of my students and all of these sponsors are inspiring me holds a very special place in my heart. I can't wait to see how the rest of the school year goes."

Jill handed out 17 new Scholastic books to her kids in September and let them know how it happened and who helped.

"One child said, 'They are my hero,' and another said, 'Thank you for the book because I never had a book to keep; I'm going to read it every day,'" Jill said. "I want to thank all of our sponsors for giving our students this wonderful experience!"



GILBERTSVILLE-MOUNT UPTON CENTRAL SCHOOL

SENIOR OF THE MONTH

Eron Button, November 2019



Eron is a friendly, outgoing and pleasant senior who is instantly recognizable in the halls.

Eron is dedicated to his DCMO BOCES Conservation program, specializing in Heavy Equipment Operation. He recently obtained his CDL, and he successfully competed in a Tractor and Bulldozing Competition at Cobleskill High School Day.

Volunteering in his community, Eron is an integral part of the Borden Hose Company in Mount Upton as a volunteer firefighter. He spends many hours organizing and participating in community events. He's also a valuable, courteous and efficient employee

at Tractor Supply Company in Sidney who is always willing to assist customers.

A member of the GMU Clay Raiders trap shooting team, Eron also was elected as Homecoming Prince last fall. He likes to offer advice to fellow seniors, including humorous words of wisdom at times. To that end, his teachers have been impressed with the mentoring that he does with middle school students throughout the day — teaching them the ropes and giving cautionary tales and kind advice.

Eron's future plans include using his CDL to be successful and fulfilled! HS STUCO wishes you all the best!

Tavian Raymond, December 2019



Tavian is a sweet, genuine young woman who is selfless and kind. She exhibits strength, patriotism, and a good work ethic.

Tavian is reliable, always lends a helping hand and tries to be nice to everyone. Teachers have noted her determination, work ethic and honesty as well. Tavian also earned the high honor as Gilbertsville-Mount Upton's delegate for the 2019 ALA Empire Girls State.

Tavian is responsible and well-organized, but she kind of has to be! She is very busy with extracurricular activities such as National Honor Society, HS Student Council, and SADD. Her senior year schedule includes TC3 College Success Seminar, TC3 Economics, studio art, and physics.

She is a well-rounded athlete, too, playing JV and

varsity basketball as well as softball. Additionally, Tavian stepped out of her comfort zone this past fall to take a shot at cross country.

Tavian has musical aspirations and talents, too. She holds the first-chair position on alto saxophone in both symphonic and jazz band, she's a member of Chorus and Ladies Ensemble, and she has branched out into GMU plays and musicals. Her most recent part was as a cast member in the production of The Addams Family this fall.

Tavian also has worked for a local redemption center for the past two years. Her goals are set on college to find fulfillment and success in life. We know that with her work ethic, tenacity, and positive energy, Tavian will light up the world!

Ethan Newman, January 2020



Ethan is a humble leader known for his loyalty and integrity. Friends describe him as righteous and kind. Giving back to society and doing the right things motivate Ethan, an active church member who is always volunteering to help others.

A few years ago, for example, Ethan participated in a mission trip to Honduras to help needy people. He delivered food to mountain villages, renovated houses and spent time with children at an orphanage.

A well-rounded student, Ethan is involved in several extra-curricular activities at Gilbertsville-Mount Upton. He is a member of the National Honor Society and our High School Student Council, as well as a witty, sharp Mock Trial lawyer who displays confidence under pressure.

Ethan also is a two-sport athlete who has played basketball and soccer since middle school, competing at the junior varsity and varsity levels in both. He's a talented musician, too, holding the first-chair position on tuba in the symphonic band.

His busy academic schedule includes college-level courses offered by Tompkins Cortland Community College such as Accounting, Biology, Economics, Government, Pre-Calculus and Intro to College Success. Somehow, Ethan has found the time to work at the local ice cream shop and, last summer, right here at GMU.

We wish the best of luck to Ethan, who plans to continue his academic journey at a college in New York state.

GMU offers Healthy Kids' childcare

Healthy Kids Programs offers extended-day childcare options for Gilbertsville-Mount Upton students in grades K-5 during the 2019-2020 school year.

Healthy Kids Programs childcare is available in the GMU Elementary School cafeteria from 6:30-8 a.m. and from 3-6 p.m. on school days. Parents/guardians can register their student(s) online at <https://www.healthykidsprograms.com/>. The Healthy Kids Programs' website also has more information on fees, contacts and program guidelines.

For more information, call us at 607-783-2207.

United Way to distribute free food

The United Way of Delaware and Otsego counties will distribute free food from the Regional Food Bank of Northeastern NY on the last Wednesday of every month in 2020.

Food will be distributed at Northern Eagle Beverages (41 Browne St., Oneonta) until it's gone starting at 10 a.m. on the following Wednesdays: January 29, February 26, March 25, April 29, May 27, June 24, July 29, August 26, September 30, October 28, November 25 and December 30.

This food distribution is open to all and no forms are required to participate. For more information, please call Valerie Adams at 607-267-2091 or email her at vadams@unitedwaydo.org.

How to register for Pre-K and Kindergarten

The Gilbertsville-Mount Upton Central School District is accepting Pre-Kindergarten and Kindergarten applications for the 2020-2021 school year!

Pre-Kindergarten: Resident children of the District who will be age 4 before December 1, 2020, are eligible to register/apply for our full-day Pre-K program. Please contact Kristy Carey, Registrar, at 607-783-2207, ext. 103, to provide information for obtaining an application.

All Pre-Kindergarten applications must be returned to the Main Office by noon March 27, 2020. The class size is limited as only 18 students may attend. Therefore, a lottery system is used to determine the class roll if more than 18 applications are received.

Kindergarten: Children who will be age 5 before December 1, 2020, are eligible to register for our Kindergarten class. Registration will be held from noon-4 p.m. Thursday, March 5, 2020. Those who are unable to attend registration day during the hours indicated should call Kristy Carey, Registrar, at 607-783-2207, ext. 103, to arrange an appointment.

The following items are required at the time of registration:

- * Child's Birth Certificate
- * Immunization Record
- * Social Security Card
- * Three proofs of residency

Please note that students in our Pre-K program this school year do not need to attend Kindergarten registration.



Recycling Challenge underway!

Gilbertsville-Mount Upton is collecting clean, dry plastic film until April 1 as we look to defend our titles during the Otsego County Conservation Association's Plastic Film Recycling Challenge.

We're asking students and community members to bring a variety of recyclable plastic film to school in an effort to keep them out of our region's landfills. Students can give plastic film to their teachers (elementary) or class advisors (middle/high school). Community members can deliver items to the main office.

GMU is accepting the bubble wrap, case overwrap, newspaper sleeves and a variety of plastic bags, all of which are typically only recycled through take-back programs offered by grocery stores and other retailers in the state. Plastic bags include bread, cereal, dry cleaning, grocery, ice, produce, salt, wood pellet and re-closable, such as Ziplocs.

GMU classes will compete against each other to collect the most plastic film, with the winners earning a movie day. GMU also will go head-to-head with other Otsego County school districts to see who can collect the most plastic film per capita.

Last year, our elementary school and MS/HS students finished first in Otsego County – with 6.78 and 1.88 pounds per capita, respectively – as GMU accounted for 1,821 out of the 4,000 pounds collected during the challenge. Cherry Valley-Springfield, Cooperstown, Morris, Oneonta, Richfield Springs, Unatego and Worcester also competed last year.

For more information, please email GMU Art Teacher Ashley Hughes at ahughes@gmucsd.org.

Thank you in advance for helping out students keep plastic film out of the landfill!

The honor is theirs!



Congratulations to Gilbertsville-Mount Upton's **Anika Christensen** (flute) and **Theodore Sharkey** (trombone), who took part in the Hartwick College Honor Band Festival on October 26. Thanks to GMU Music Teacher William Gilchrest for sharing this photo and a clip from the performance, which featured 60 students from 20 area schools. To see the video, visit our Facebook page!

From the Health Office

Thank you to our School Nurse, RN Carol Angelone, for sharing the following information from the Gilbertsville-Mount Upton Health Office. For more information about anything listed below or that otherwise affects the health of the GMU community, email Carol at cangelone@gmucsd.org or call her at 607-783-2207, ext. 108.

Adult Vaccinations Protect Children

State School Health Services and the non-profit Trust for America's Health report that regular vaccinations for adults can help protect children, senior citizens and people with weakened immune systems. However, experts say, few American adults get the recommended immunizations.

The report found that less than one-third of adults in the United States get an annual flu shot and only two-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 protects adults against many diseases and 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 who will have contact with babies in the home needs to get vaccinated. And it is now recommended that pregnant women who haven't been vaccinated with Tdap should be in the second and third trimesters 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 continued. "The more people who are vaccinated, the more protected a community will be."

Stronger members of a society can help protect weaker ones by getting the recommended vaccinations, Schaffner said.

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

Cold-Weather Precautions

Please talk to your child about how to stay warm and safe during cold/extreme weather. Regardless of a student's age, it is important to check your child's outerwear every day. Winter jackets, hats, scarves, boots and an extra pair of dry gloves are recommended to help prevent frostbite and/or illness when cold weather strikes.

Be sure to develop an emergency cold-weather plan with your child, too, so he/she knows when to ask for help, where to find safe shelter, how to identify danger signs (body numbness, burning sensation, pain) and what to wear for protection from the elements. This is particularly important for kids who may be early or late to a bus stop, especially if any of their outerwear is cold and/or wet.

Is your child sick?

A student with one or more of the following symptoms/illnesses will be sent home from school: Fever, vomiting, diarrhea, chills, sore throat, possible strep throat, bad cold (very runny nose or bad cough), stomach ache not relieved with rest, headache not relieved with prescribed medication, conjunctivitis (pink eye).

For the health of your child, classmates and staff members, sick students should stay home until they are symptom-free for 24 hours. When a doctor makes a diagnosis of strep throat or pink eye, your child must be on antibiotic treatment for at least 24 hours before returning to school.

Thank you for understanding these guidelines. They are meant to serve the best interests of all students and staff.

The Flu and Other Contagious Illnesses

This flu season has been an especially serious one with many staff members and students becoming ill, requiring time missed

at school. Here is some information to help you determine what to do when illness hits your home.

Flu and other viruses can vary from mild to severe. This becomes dangerous for children of any age who have certain long-term health conditions, including asthma, diabetes or weakened immune systems.

Symptoms to look out for include fever, cough, sore throat, runny/stuffy nose, body aches, headache, chills, fatigue, occasional vomiting and occasional diarrhea.

Here's how to protect your family against the flu and other contagious illnesses:

- Stay away from sick people
- Keep family members with flu/viruses separated from others
- Stay at home for at least 24 hours after fever is gone, without taking fever-reducing medications
- Cover your mouth and nose with a tissue when coughing or sneezing, then throw it away
- Regularly wash hands with soap and water
- Avoid touching eyes, nose and mouth to prevent the spread of germs
- Clean and disinfect hard surfaces/objects that may be contaminated with germs

If you or your child is sick, get lots of rest, drink plenty of fluids and talk to your doctor. If flu symptoms develop, call your doctor immediately.

You and/or your child should stay home from work/school to rest and to avoid giving the illness to other children/staff/caregivers. If a fever (100 degrees or higher) is involved, please stay home for at least 24 hours after fever has subsided without the use of fever-reducing medicine.

February is National Children's Dental Health Month

The Rural Health Education Network of Otsego, Schoharie and Montgomery counties reports that poor oral health can have a detrimental effect on children's quality of life, their performance at school, and their success later in life. Children and adolescents with poor oral health are more likely to experience oral pain and miss school.

Cavities are holes in your teeth that form when sugar from sweet foods and drinks mix with plaque, a sticky, clear film that's always on your teeth. They won't go away by themselves and can only be fixed by a dentist. Although tooth decay is largely preventable, it remains the most common chronic disease of children ages 6-11 and adolescents ages 12-19.

The following tips can help your child improve their oral health:

- Brush 2 minutes, 2 times a day with a soft toothbrush
- Eat healthy foods
- Clean between teeth daily
- Visit a dentist regularly
- Drink water and milk
- Replace toothbrushes when bristles are bent/worn out
- Use mouthguards when competing in sports

- Don't chew on hard objects such as pencils, ice or hard candy as these can chip your teeth
- Floss regularly
- Chew sugarless gum to increase saliva to help wash out food particles
- Ask your dentist if sealants might help protect permanent teeth

Remember, kids start losing baby teeth around age 6. Thirty-two permanent teeth will replace the 20 baby teeth. Adult teeth are stronger as they are meant to last the rest of the person's life.



Legal Notice of Fire Safety Inspection

Notice is hereby given that the annual inspection for 2019-20 of the school building, press box and bus garage of Gilbertsville-Mount Upton Central School District for fire hazards which might endanger the lives of students, teachers, employees therein, has been completed and the report thereof is available at the district office of the Gilbertsville-Mount Upton Central School, at 693 State Highway 51, Gilbertsville, NY 13776, for inspection by all interested persons.

—Jarrin Hayen, District Clerk



SATURDAY, MARCH 28, 2020 **GMU ALUMNI HOOPS** 1 P.M. AT THE HIGH SCHOOL GYMNASIUM



Featuring

\$1 Half-Court Shots
50/50 Drawing
Food & Drinks for sale

To Sign Up

Email Jarrin Hayen at
jhayen@gmucsd.org
or call her at
783-2207, ext. 140

All GMU graduates are invited to play in a Blue vs. Gold battle!

Admission is \$5 for adults and \$3 for students (6-and-under free).

All proceeds will benefit the GMU Board of Education Student Scholarship Fund.

The Vallerian

Yearbooks for Sale! Yearbooks for Sale! Get Your Yearbooks!

It's that time of year again, when yearbooks go on sale! Have you ordered your copy?
If not, the 2020 Yearbook Staff is now taking orders for this year's *The Vallerian*.

Yearbook prices are as follows:

<u>Order between these dates</u>	<u>Cost per yearbook</u>
Now – May 1, 2020	\$20.00
After May 1, 2020	\$25.00

To order your copy of *The Vallerian*, please follow these simple steps:

- Complete and cut out the form below
- Write a check for the appropriate amount, made payable to GMU Yearbook
- Send the form along with your payment to:
GMU Central School
ATTN: Yearbook Order Staff
693 State Highway 51
Gilbertsville NY 13776

If you have any questions, please contact Lynne Talbot at ltalbot@gmucsd.org or
at (607) 783-2207, ext. 268.

Name: _____

Address: _____

Phone Number: _____ Grade/Teacher: _____

Number of copies of *The Vallerian* being ordered: _____

Celebrating our students!

Gilbertsville-Mount Upton honored students in November with first-quarter awards for academic achievements and character. Check out our award-winners below!

High Honor Roll

Fifth Grade: Hailey Brannick, Mia Mantellassi.

Sixth Grade: Ryan Davis, Alice Dibble, Sean Downey, Ioannis Drapaniotis, Olivia Fletcher, Bailey Howard, Kyle Keuhn, Jade Lindroth, Mackenzi Marron, Alivia Plows, Dannaka Rasmussen, Latham Retz, Alivia Vitek, Kaylin Williams, Adam Yasser.

Grades 7-12: Gavin Bonczkowski, Hannah Bonczkowski, Savannah Bresee, Ethan Charron, Mackenzie Cherry, Anika Christensen, Tait Christensen, Alexis Clement, Angelina Correll, Avriel Correll, Leah Cotton, Quinn Covington, Kyra Demmon, Serenity Downey, Apolonia Drapaniotis, Connor Eberly, Maya Farwell, Kaitlyn Fuller, Rebecca Fuller, Zachary Grabo, Emily Hammond, Devon Hartwell, Fiona Held, Olivia Held, Sawyer Hinman, Chloe Howard, Morgan Keuhn, Skylar Lindroth, Matthew Manwarren, Ashlyn Marron, Dylan McVey, Kyle Meyers, Nicole Meyers, Vanessa Nelson, Ethan Newman, Kyli Odell, Madeline Pain, Emma Peck, Megan Perrine, Samuel Piedmonte, Rene Posner, Dalton Proskine, Lauren Radwan, Tavian Raymond, Theodore Sharkey, Sadra Smith, Alyssa Sorochinsky, Ella Thatford, Kacie Turnbull, Trista Vaccaro, Skye Wilson, Airyana Wright.

Honor Roll

Fifth Grade: Madeline Astalos, Taylor French, Cyrus Hall, Brandon Kendall, Peyton Norton, Rashaun Wilber, Raven Wilber.

Sixth Grade: Jeffrey Barnes, Ryan Beismer, Emili Jade Luna, Aidan Meeks, Kira Nolan, Kylee O'Connell, Lillian Perrine, Blake SanSoucie, Paige Smith.

Grades 7-12: Brackon Banks, Tammy Barnes, Mackenzie Barnes, Margaret Caietta, Shayne Christian, Kalvyn Cole, Ariana Cornell, Corbin Demmon, Alyssa Devine, Brennan Finch, Taylor Gager, Kaleigh Gee, Kendra Hammond, Brandon Harris, Kross Lund, Kyle MacNeill, Ryzn McCall,

Thomas Mealey, Paige Nichols, Noah Pain, Chelsea Pope, Natalie Raymond, Alivia Retz, Zan SanSoucie, Colin Schultes, Isaiah Stockdale, Andrew Stone, Payton Talbot, Rian Thatford, Lindsay Turnbull, Kali Wilcox, Brian Wilson.

Soaring Eagle Awards

September/Caring

Third Grade: Sullivan DiGiorgi, Logan Panek.

Fourth Grade: Gabby Barnes, Carrie Doyle, Sophia Parslow.

Fifth Grade: Madeline Astalos.

Sixth Grade: Johnny Forbes-Conaty, Elizabeth Yost.

Grades 7-12: Mackenzie Barnes, Alexis Clement, Brendon Eastman, Emma Peck.

October/Determination

Third Grade: Kristin Gee, Kayden Peck.

Fourth Grade: Pacey Behnke, Kylianna Oliver, Koda Stockdale.

Fifth Grade: Hailey Brannick.

Sixth Grade:

Jenna Carpenter, Kaylin Williams.

Grades 7-12: Quinn Covington, Taylor Gager, Devon Hartwell, Emma Lund.

November/Resourceful

Third Grade:

Thomas Hanehan, Alivia Lum, Julius Smith.

Fourth Grade:

Daisy Crisell, Estella Maiurano, Gavin Underwood.

Fifth Grade: Payton Behnke.

Sixth Grade:

Maya Eberly, Mackenzi Marron.

Grades 7-12: Ariana Cornell, Skylar Lindroth, Andrew Stone, Ella Thatford.

Work Ethic Awards

Third Grade: Pacey Behnke, Kristin Gee, Cooper Gundlach, Thomas Hanehan, Alivia Lum, Damien Miller, Logan Panek, Kayden Peck, Emily Schermerhorn, Emma Schmitt, Julius Smith, Lillian Tompkins.

Fourth Grade: Gabriella Barnes, Daisy Crisell, Carrie Doyle, Tristan Fairbairn, Marissa Furgison, Kylianna Oliver, Zayde Palmatier, Sophia Parslow, Koda Stockdale, Gavin Underwood.

Fifth Grade: Madeline Astalos, Payton Behnke, Hailey Brannick.

Sixth Grade: Ryan Davis, Alice Dibble, Olivia Fletcher, Bailey Howard, Mackenzi Marron, Aidan Meeks, Alivia Plows, Dannaka Rasmussen, Latham Retz, Alivia Vitek.

Gilbertsville-Mount Upton

College & Career Fair

Date: February 28, 2020

Time: 11AM-2PM

Location: GMU High School Gym

Gilbertsville-Mount Upton CSD
693 State Highway 51
Gilbertsville, NY 13776

For more information, contact:

Lisa Ruland, Elementary School Counselor
Clara Tanner, HS/MS School Counselor
(607) 783-2207



Put a **FREEZE** on Winter Fires

Home fires occur more in winter than in any other season. As you stay cozy and warm this winter, be fire smart!



Half of all home heating fires occur in December, January and February.



Heating equipment is involved in **1 in every 7** home fires and **1 in every 5** home fire deaths.



Keep anything that can burn **at least 3 feet** from any heat source like fireplaces, wood stoves, radiators or space heaters.



Keep portable generators **outside, away from windows, and as far away** from your home as possible.



Install and test carbon monoxide alarms **at least once a month.**



Plug only **1 heat-producing appliance** (like a space heater) into an electrical outlet at a time.



Have a qualified professional clean and inspect your chimney and vents **every year.**



Store cooled ashes in a tightly covered metal container, and keep it **outside at least 10 feet** from your home and any nearby buildings.



For more information on how to prevent winter fires, visit www.usfa.fema.gov/winter and www.nfpa.org/winter.



Our second-graders are all write!

Darin Trass' second-graders invited family and friends to their Writing Celebration on December 20 at Gilbertsville-Mount Upton.

Guests listened to narrative stories written by the students, who have been adding "Writer's Moves" such as dialogue, beginnings and endings that matter, and comparisons.

Thanks to everyone who stopped by and congratulations to our second-grade authors!



Special Delivery!

Gilbertsville-Mount Upton's Backpack Program will have plenty to share this year thanks to the Sidney Elks' Club #2175.

Elks' Club representatives Sharon Harris and Marge Johnson stopped by November 15 to drop off brand new clothing, boots, sneakers, toiletries and other items for our Backpack Program, which benefits students in our district.

Sharon (center) and Marge joined GMU Librarian and Backpack Program Coordinator Raquel Norton (right) for a quick pic in the library after making the donation, made possible by a \$2,000 grant that Harris solicited from the Elks National Foundation. The grant also will be used to help students in the Sidney and Bainbridge-Guilford school districts.



GMU freshman runs at states!



Congratulations to Gilbertsville-Mount Upton freshman Brennan Finch, who competed in the New York State Public High School Athletic Association Cross Country Championships in mid-November at SUNY Plattsburgh.

Brennan placed 85th out of 114 runners in the ice-cold Class D boys state championship race, finishing the 3.1-mile course in 18 minutes, 11.4 seconds. He qualified for states after taking 11th for Gilbertsville-Mount Upton/Morris during the Section 4 Class D Championships at Chenango Valley State Park (18:52.5). Our Midstate Athletic Conference First Team All-Star earned an alternate spot for states as a result but got the chance to represent Section 4 when a higher finisher bowed out.

For more information on the cross country state championships, visit the NYSPHSAA online at <http://www.nysphsaa.org/Sports/Cross-Country/Championship-Schedule-and-Results>.

Determined to fly high!



Congratulations to all of our PK-2 students who earned Soaring Eagle Awards on the morning of October 25!

The following kids epitomized our theme of "Determination" during the month of October:

Pre-Kindergarten: Landyn Rowe, Abigail Yost.

Kindergarten: Claire Beach, Mackenzie Miller, Noah Studevant, Blaine Whitbeck.

First Grade: Gigi Barnes, Tenley Fairbairn, Owen Pearson, Garrett Stanton.

Second Grade: Paris Behnke, Kaidyn Rowe.

All were recognized for these traits:

- Doing something without giving up, even when it gets tough
- Having courage, especially when standing up for others
- Setting goals and working toward them

GMU enjoys Halloween treats!

Gilbertsville-Mount Upton dressed for the occasion October 31, roaming the hallways and parading around on stage in some pretty cool Halloween costumes. Set to background music from our GMU Band, students in grades PK-6 lit up the stage for classmates and guests alike. If you missed the parade, visit our Facebook page to see a video of the live feed!



A Scary Good Time!

Check out some of the thrills and chills from Gilbertsville Mount Upton's 2019 Junior Carnival on October 25. We welcomed hundreds of children and their families from all over the area for games, prizes and, of course, candy!

Our annual event featured a haunted house, pumpkin contest, prize raffles, concessions, and a baked goods 50/50 benefit for Garrett Proskine. The winning ticket for the 50/50 simply said "Garrett" across the entry blanks, so all of the \$1,216 generated by the raffle went to the Proskine family.

Thanks to everyone - ESPECIALLY OUR CLASS OF 2021 - for another fun Junior Carnival filled with lots of surprises!



Home of the brave!



The Gilbertsville-Mount Upton Central School District honored more than 40 local veterans on the morning of November 8 with its annual Breakfast for the Brave.

Student speakers **Kyli Odell** and **Tavian Raymond** coordinated the pre-Veterans Day event with teacher Cierra Stafford and many others as GMU thanked former and current military personnel for their service to our country. All grades attended a presentation in the auditorium that featured a big-screen video and musical performances to show our appreciation.

GMU then treated veterans to a hearty breakfast in the adjacent cafeteria. Susan Sebeck and her staff used upstate New York eggs and syrup in the main course, a breakfast casserole topped with blueberries. Sausage links, fresh fruit, juice and coffee were also on the menu.

As an added bonus, Darin Trass' second-graders made Lincoln Necklaces in honor of our local veterans, who are listed below with their respective GMU student/staff sponsors.

Alan Digsby
 Andrew Grabo (Landon Grabo, Ariana Cornell)
 Andrew Sebeck (Alice Dibble, Lane Dibble)
 Arnold Jump (Mackenzie Cherry)
 Ashley Stewart (Kaylee Stewart)
 Brett Gilbert (Kaitlyn Finch, Brennon Finch)
 Brian Hall (Melena Hall)
 Bruce Coon (Kalvyn Cole)
 Charles "Chick" Spathelf (Wilbur Barnes)
 Chris McGinnis (Cierra Stafford)
 Dale Brooker (Nick Schultes, Cameron Schultes)
 Daniel Freeman (Zachary Grabo)
 Dave Burch (Eliza Trass)
 Donald Avery (Bianca Plows)
 Donald Osborne (Brodan Osborne)
 Donna Whiting (Maeleigh Lum, Alivia Lum)
 Doug Bush (Payten Behnke, Pacey Behnke, Paris Behnke)
 Eric Bowers (Eliza Trass)
 Erik Reynolds (Destiny Wright)
 Floyd Butler (Carly Davis, Ryan Davis)
 George Clum (Tait Christensen, Anika Christensen)
 Glenn Foster (Melena Hall)
 Jim LeBourveau (Kaidyn Rowe, Landyn Rowe)

Justin Gardepe (Airyana Wright)
 Ken Larence (Eli Fuller)
 Kirk Rhone (Mila Rhone)
 Larry Plows (Alivia Plows, Bianca Plows)
 Larry Smith (Ethan Newman, Sadra Smith)
 Mark Johnson (Wyatt Eastman, Brendon Eastman)
 Michael Tiffany (Jenna Carpenter)
 Neil Riddell (Dort Iannello)
 Norm Eastwood (Owen Pitcher)
 Phil Kraft (Anthony Kraft)
 Ralph Wright (Aiden Ryan)
 Robert Thatford (Rian Thatford, Ella Thatford)
 Roger Crisell (Daisy Crisell, Tyler Crisell)
 Ron Davy (Cierra Stafford)
 Ryan Stewart (Kaylee Stewart)
 Scott Wilson (Brian Wilson)
 Sherry Johnson (Wyatt Eastman, Brendon Eastman)
 Steve Brown (Emma Schmitt)
 Terry Hoke (Kaden O'Hara, Owen Mangiamele)
 Tim Hudson (Ske Wilson)
 Timothy Painter (Sullivan DiGiorgi, Jack DiGiorgi, Annabelle DiGiorgi)
 Tom Delaney (Dominick Hartwell)



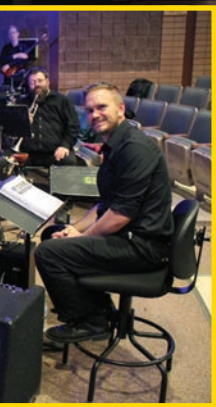
Thank you!



The A



Addams Family is a hit!



Gilbertsville-Mount Upton's Drama Club treated the community to three performances of "The Addams Family" on November 8 and 9 at the GMU Auditorium.

Presented through a special arrangement with Theatrical Rights Worldwide, "The Addams Family" is a new musical comedy about an unlikely romance that brings two very different families together. Based on the book by Marshall Brickman and Rick Elise, the eccentric Addams family must work through turmoil stemming from daughter Wednesday's engagement to unlikely boyfriend Lucas. Secrets, deceit and confusion ensue when the families meet for the first time, but both sides eventually learn that love conquers all.

Originally produced on Broadway, this two-act performance featured Gavin Bonczkowski as patriarch Gomez Addams and leading lady Anika Christensen as his wife, Morticia. Kacie Turnbull played conflicted Wednesday Addams, who finds that she is hopelessly in love with soon-to-be husband Lucas (Tait Christensen).

Other key cast members were Maya Farwell (Fester), Hannah Bonczkowski (Pugsley), Isaiah Stockwood (Mal), Emily Hammond (Alice), Kailah Davis (Grandma), Brackon Banks (Lurch), and Ella Stockdale (Cousin It). Ariana Cornell, Avriel Correll, Kaleigh Gee, Natalie Raymond, Tavian Raymond, Alyssa Sorochinsky and Lindsay Turnbull played supporting roles as ancestors who are forbidden to return to their graves until true love prevails.

Airyana Wright managed a stage crew consisting of Alexis Clement, Kallie Cole, Brendon Eastman, Barbara Fletcher, Kendra Hammond, Emma Peck, Mason Prentice, Lauren Radwan and Morgan Williams.

The production team featured Tyler Lindsley (lighting and sound design/choreographer), Carrie D'Amato (costume design), Jackie Turnbull (props), John Turnbull (set construction) and Ashley Hughes (poster design).

Musical Director Nathan Sloan and Assistant Musical Director Anne Monaco guided an orchestra led by conductor Will Gilchrest to complement the on-stage story throughout. The orchestra highlighted the talents of Todd Loucks (percussion), Matthew Downey (guitar), MW Degan (bass), Anne Monaco (reed 1), Joel Perkosky (reed 2), Matt Oram (trumpet), Becky Sabin (trombone), Winnie Sortman (keyboard 1), Cheryl Ernst (keyboard 2), and Steve Sabin (cello).

The GMU Drama Club thanks Jennifer Shapley, Chris D'Amato, Worcester Drama Club, Windsor Drama Club, GMU Booster Club, Mirabito Holdings Inc., A&E Thrift Store and Rainbows End for helping to make this show possible.

GMU gives senior citizens a wa

Gilbertsville-Mount Upton welcomed local senior citizens to its high school cafeteria December 20 for its annual Senior Citizen Holiday Luncheon!

President Jeremy Pain and his Board of Education joined GMU Superintendent Annette Hammond and her staff to serve dozens of delicious lasagna dishes prepared by Cafeteria Manager Susan Sebeck and her crew. The menu also featured greens, salad and toast, along with cookies and ice cream for dessert!

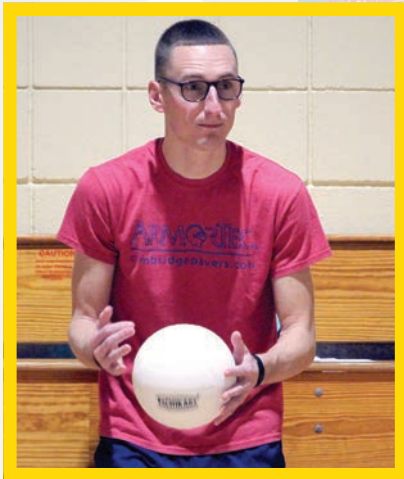
Guest speakers Assemblyman Cliff Crouch and DCMO BOCES District Superintendent Perry Dewey welcomed the crowd before Pastor Mark Piedmonte offered a pre-meal blessing.

Thanks to everyone in the GMU family who made this an afternoon to remember!



S ren welcome!





U



Volleyball anyone?

Check out some of the scenes from our annual Seniors vs. Teachers Volleyball matches, which took place December 20 in Gilbertsville-Mount Upton's high school gymnasium. Special thanks to GMU graduate & local media darling Nate Lull of WCDO for giving our teachers a boost! Visit our Facebook page to see more photos.



**GILBERTSVILLE-MOUNT UPTON
CENTRAL SCHOOL DISTRICT**
693 State Highway 51
Gilbertsville, New York 13776-1104
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Jarrin Hayen, District Clerk

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FOLLOW US! FOLLOW US! FOLLOW US! FOLLOW US! FOLLOW US!



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(@GMUCentral)



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District Communication Guidelines

Frequently, parents and other community members request help in knowing the best way to communicate with the school. The communication guideline chart below will serve as a helpful resource. By contacting the following people in the prescribed order, questions will be answered.

For Questions About:	1st Contact	2nd Contact	3rd Contact	Contact
Academics	Teacher	School Counselor	Building Principal	Superintendent
Athletics	Coach	Athletic Director	Building Principal	Superintendent
Behavior	Teacher	Building Principal	Superintendent	
BOE Policies	District Clerk	Superintendent	Board of Education	
Budget	District Treasurer	Superintendent		
Building Use	District Secretary	Building Principal	Building and Grounds Supervisor	Superintendent
Cafeteria	School Food Manager	Building Principal	Superintendent	
Classroom Procedures	Teacher	Building Principal	Superintendent	
Co-Curricular	Advisor	Building Principal	Superintendent	
Curriculum	Teacher	Building Principal	Superintendent	
Facilities	Building and Grounds	Supervisor	District Treasurer	Superintendent
Health Office	Nurses Office	Building Principal	Superintendent	
Scheduling	Student Services	Building Principal	Superintendent	
Special Education	Special Ed. Teacher	Director of Special Education	Building Principal	Superintendent
Transportation	Bus Driver	Transportation Supervisor	Building Principal	Superintendent

“It’s the Quality of the journey that counts”