

**Pre-K and Kindergarten registration is open.  
SEE MORE INSIDE!**



# THE JOURNEY

*Newsletter of the Gilbertsville-Mount Upton Central School District*

Volume 35, Number 2

Winter 2024-2025

## ***Raiders Keep Rocking!***



**Winter had something for everyone at GMU!**







**Gilbertsville-Mount Upton  
Central School District**

693 State Highway 51  
Gilbertsville, NY 13776  
Phone: 607-783-2207  
Fax: 607-783-2254

**Administration**

**Superintendent, Annette Hammond**

[ahammond@gmucsd.org](mailto:ahammond@gmucsd.org)

**Principal, Heather Wilcox**

[hwilcox@gmucsd.org](mailto:hwilcox@gmucsd.org)

**District Treasurer, Dorothy Iannello**

[diannello@gmucsd.org](mailto:diannello@gmucsd.org)

**District Clerk, Donna Dean**

[ddean@gmucsd.org](mailto:ddean@gmucsd.org)

**Board of Education**

**Jeremy Pain, President**

[jeremypain@gmucsd.org](mailto:jeremypain@gmucsd.org)

Term: July 2022-June 2025

**Jed Barnes, Vice President**

[jedbarnes@gmucsd.org](mailto:jedbarnes@gmucsd.org)

Term: July 2023-June 2026

**Sean Barrows**

[seanbarrows@gmucsd.org](mailto:seanbarrows@gmucsd.org)

Term: July 2024-June 2027

**Brenda Friedel**

[brendafriedel@gmucsd.org](mailto:brendafriedel@gmucsd.org)

Term: July 2022-June 2025

**Christopher Ostrander**

[christopherostrander@gmucsd.org](mailto:christopherostrander@gmucsd.org)

Term: July 2023-June 2026

**Lori Peck**

[loripeck@gmucsd.org](mailto:loripeck@gmucsd.org)

Term: July 2024-July 2027

**Whitney Talbot**

[whitneytalbot@gmucsd.org](mailto:whitneytalbot@gmucsd.org)

Term: July 2024-June 2027

**Our Mission**

We support everyone's journey to become the best version of themselves by:

- Fostering an equitable, inclusive and student-focused environment
- Providing opportunities for academic and community engagement
- Empowering individuals to embrace their potential

**Our Vision**

To have a nurturing school community that provides opportunities for lifelong personal growth.

**We Value**

- A Growth Mindset
- Critical Thinking Skills
- Essential Skills for Career Readiness
- Social/Emotional/Behavioral Wellness
- Meaningful and Healthy Relationships
- A Safe School Environment

**Our Motto**

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

## Superintendent's Message

### Time to talk school budget, electric buses



Hopefully, this time of year will continue to bring us warmer weather and sunnier days as we begin developing a budget for the next school year. At the time of writing this, we are waiting for the Governor's final budget determination for schools. I am working together with colleagues in local districts to find ways to reduce our costs by sharing and providing expanded opportunities for students whenever we can. I will present our first run of the 2025-2026 proposed budget during the Board of Education meeting Wednesday, April 16.

The Governor has maintained that school districts must begin building an electric bus fleet by 2027. My colleagues and I have continued to talk with Legislators, advocating that schools be given a longer time frame in obtaining electric buses. There are many reasons that schools are asking for an extension to this law, including the high cost of electric buses, the concern about our electric grid being able to handle the increase in electricity needed to charge buses, and various other issues related to our climate and terrain and how they may impact the efficiency of an electric bus. GMU does not currently have an electric bus, but I will keep our community well-informed as we navigate the challenges of purchasing electric buses.

This summer, we will have contractors on site to complete the second phase of our Capital Project. They will be painting our gymnasiums, installing a new gymnasium dividing curtain, installing new lockers in the girls' locker room, renovating our main office space to provide for more privacy, and working to improve the function and beauty in a variety of other areas in our school!

If you would like to keep up to date with what's happening at Gilbertsville-Mount Upton, you can check the "Upcoming Events" calendar on our website's home page any time. And be sure to follow our Facebook page, which also shares important information and spotlights our students, faculty and staff in making the "Quality of the journey count" at GMU.

Happy Spring, Raiders!

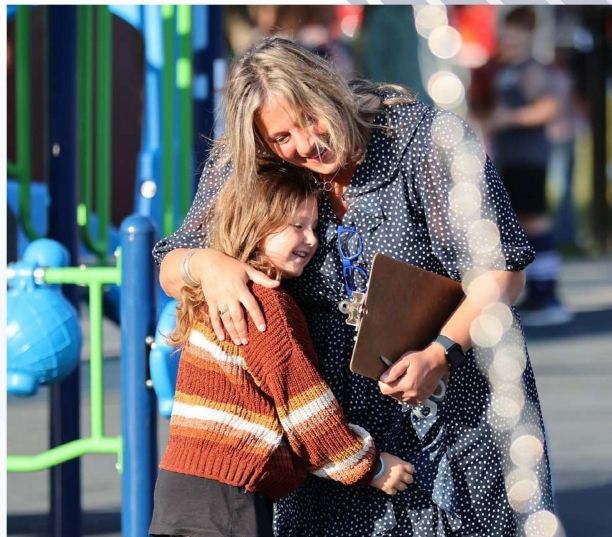
—Annette Hammond, Superintendent  
Gilbertsville-Mount Upton CSD  
[ahammond@gmucsd.org](mailto:ahammond@gmucsd.org)



# WELCOME SPRING!



## Superintendent Hammond to retire in July



GMU Superintendent Annette Hammond announced in January that the 2024-2025 school year will be her last with the Raiders.

Hammond, who submitted an official retirement letter to GMU's Board of Education during its January 15 meeting, will retire July 31 following the completion of her 10th year as superintendent and 16th overall at GMU.

"Together, we have accomplished some wonderful things over the past 16 years, and I have been blessed to watch the students and staff of this district flourish," said Hammond, who became GMU's middle/high school principal in August 2009, PK-12 principal/CSE director in August 2013, and superintendent in August 2015.

"I am leaving the district with feelings of pride and accomplishment," she continued. "I remain committed to the district and will forever be grateful to our Board of Education for allowing me to be an integral part of GMU, where the Quality of the journey counts!"

Hammond's 34-year career in education started in 1991 as a middle/high school health educator for the Dover Union Free School District, which made her Dean of Students in 1998 and HS principal in 1999. She left the Dover Plains area of New York to become Sidney High's assistant principal in 2001, then served the Sidney Central School District as high school principal from 2004-2009 before heading to GMU.

Hammond graduated from Our Lady of Lourdes High in Poughkeepsie, then studied Health Education at Manhattan College and Special Education/School Administration at SUNY New Paltz.

A search for the next GMU superintendent is underway. Visit our online Employment page at <https://www.gmucsd.org/Employment.aspx> to see the Superintendent vacancy brochure and application.

## Board of Education Meetings

Remaining Gilbertsville-Mount Upton Board of Education meetings for the 2024-2025 school year. All meetings start at 6:00 p.m., unless noted.

### 2025

April 16—Regular Meeting/BOCES Vote

May 13—Budget Hearing/Regular Meeting

May 20—Budget Vote, 12:00-8:00 p.m.

June 11—Regular Meeting

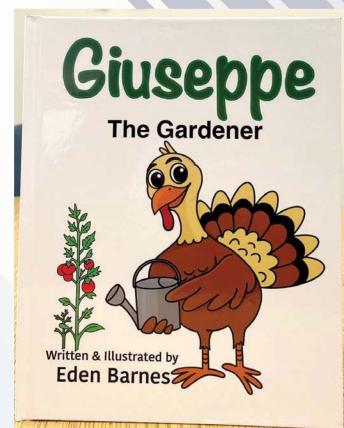
## Thank you for voting!

Gilbertsville-Mount Upton thanks all of our community members who took the time to visit campus February 4 for our School Bus Vote.

Voters approved the proposition to authorize our Board of Education to purchase one 20-48 passenger school bus and two 48-70 passenger school buses for the purpose of providing student transportation and ancillary educational purposes, with 35 yes votes to 12 no votes.

"We are grateful to our GMU community for their support to keep our buses in good working condition," Superintendent Annette Hammond said. "Thank you for continuing to help us make the 'Quality of the journey' count for everyone!"

## GMU graduate keeps growing!



Huge thanks to 2004 GMU graduate and author Eden (Hartwell) Barnes for sending us a signed first edition of her new children's book, "Giuseppe The Gardener!"

In the spirit of Giuseppe – the independent and resourceful turkey at the heart of her book about determination, independence, and the joys of gardening – Eden embraced the challenge of creating the publication as a fully independent work.

In addition to writing and illustrating the book, Barnes also published it herself through the independent Germination Publishing Company, LLC, which she founded. More information about "Giuseppe The Gardener" is available online at <https://germinationpublishing.com/>.

Congratulations, Eden, and thank you again for sharing your story with our GMU Family!

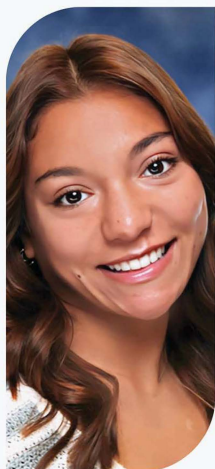




# CLASS OF 2025 TOP 5



**ALYSSA  
SOROCHINSKY**  
Valedictorian



**EMMA ALEXIS  
PECK**  
Salutatorian



**DANNAKA  
RASMUSSEN**  
Third in Class



**QUINN  
COVINGTON**  
Fourth in Class



**AVRIEL  
CORRELL**  
Fifth in Class

## Sorochinsky, Peck highlight GMU's Class of 2025

*The Gilbertsville-Mount Upton Central School District is proud to announce the top five academic students in its Class of 2025! GMU will formally recognize Valedictorian Alyssa Sorochinsky, Salutatorian Emma Alexis Peck and fellow seniors Dannaka Rasmussen, Quinn Covington and Avriel Correll for their academic excellence during its 2025 Graduation Ceremony in June.*

### Valedictorian Alyssa Sorochinsky

We are thrilled to recognize Alyssa Sorochinsky as Valedictorian of GMU's Class of 2025! Alyssa has demonstrated exceptional academic achievement, consistently earning top grades and displaying a strong passion for leadership. Outside of the classroom, she has been an outstanding leader in the Catskill Area Student Study Council, making a lasting impact on our school community. Alyssa has received numerous awards, including the Hugh O'Brian Leadership Award and the Section IV Character Counts Award. She also has the honor of serving as our National Honor Society President and as a Rotary Youth Leadership Representative. Alyssa is an New York State Public High School Athletic Association Scholar-Athlete who has excelled in soccer, basketball, softball, and track and field. We look forward to the continued success that undoubtedly awaits Alyssa, who is the daughter of Kimberly (Jesse) Boldt and Matt (Melissa) Sorochinsky.

### Salutatorian Emma Alexis Peck

We are equally pleased to announce Emma Alexis Peck as Salutatorian of GMU's Class of 2025! Emma has earned this distinction through dedication, hard work, and a genuine love for learning. A standout student, she also has made significant contributions to our school community, consistently volunteering her time to support various activities. Emma's involvement extends to 4-H, serving as a Girls State Representative, participating in GMU Mock Trial, and holding leadership roles as National Honor Society member and S.A.D.D. Treasurer. She is an NYSPHSAA Scholar-Athlete, excelling in soccer, basketball, and track and field, and has been recognized by the New York State School Music Association and All-County for Senior Band. We are confident that Emma, the daughter of Lori and Gary Peck, will continue to excel and inspire those around her as she moves forward.

### Dannaka Rasmussen

Congratulations to Dannaka Rasmussen, who has earned the third-highest grade point average for GMU's Class of 2025 after demonstrating unwavering dedication to academic excellence. The winner of the Leveled Up Learner Award, Dannaka is also a Scholar-Athlete for girls soccer and basketball. In addition to her academic and athletic achievements, she has been recognized as an All-County performer for GMU in both Band and Chorus. The daughter of Rebecca and Joseph Rasmussen, Dannaka has made a number of valuable contributions to our school community. We are excited to see everything Dannaka will accomplish as she prepares for the next phase of her life's journey.



## Quinn Covington

We are proud to recognize Quinn Covington as our fourth-ranked student in GMU's Class of 2025. Quinn has consistently displayed academic excellence, earning the Outstanding Participation Award in U.S. History and Government and serving as a key member of our team for the Catskill Area School Study Council's Quiz Bowl. Outside of the classroom, he has made significant contributions to both our school and local community, such as helping his family run the beloved town bakery, 5 Kids Bakehouse. Quinn is the son of Heather and Coleman Covington, and we look forward to seeing his continued growth and success.

## Avriel Correll

Hooray for Avriel Correll, who rounds out the Top 5 seniors in GMU's Class of 2025. Avriel has demonstrated outstanding dedication to academic achievement and personal growth, excelling in both musical and theatrical endeavors at GMU. Additionally, she has earned numerous honors, including the prestigious University of Rochester Bausch & Lomb Science Award and NYSPHSAA Scholar-Athlete awards for soccer, basketball, and track and field. Avriel is the daughter of Aja and Oscar Correll, and we are excited to see the positive impact she will continue to make in the future.

## Three seniors inducted into NTHS!



Congratulations to three GMU seniors on their inductions into the National Technical Honor Society at the DCMO BOCES Robert W. Harrold Campus on November 21.

From left to right are **Tiannah Dean-Anderson** (Cosmetology), **Emma Lund** (Conservation), and **Lindsay Turnbull** (Conservation and Heavy Equipment). They were among 52 students from area school districts who earned induction to the NTHS this year.

Special thanks to DCMO BOCES for sharing the pic!

## Three Top 3s at SkillsUSA Regionals!

Congratulations to Gilbertsville-Mount Upton's **Jade Lindroth**, **Latham Retz** and **Tiannah Dean-Anderson** on their Top 3 finishes during the SkillsUSA Regional Competition at SUNY Morrisville in February!

All three represented GMU and the DCMO BOCES' Harrold Campus. Juniors Jade and Latham both placed second – in Medical Math and Collision Repair, respectively – and senior Tiannah finished third in Cosmetology.

GMU also sent **Paige Smith** (carpentry contest helper), **Madison Lockwood** (CNA-Promotional Bulletin Board), and **Katelyn Hilts** (Welding Quiz Bowl) to the event, which featured students from across the region showcasing their talents in a variety of contest areas.



**Jade Lindroth**



**Latham Retz**



**Tiannah Dean-Anderson**



## Order your GMU gear today!

Remember to check out our online stores for Gilbertsville-Mount Upton apparel!

You can order official GMU apparel and accessories from Shupperd's Tack Shop by visiting our online store at <https://gmucsd2021.itemorder.com/shop/sale/>. Shupperd's adds new items throughout the school year, so check it out to see what's available today. If shopping in person is your thing, just stop by Shupperd's actual store in Bainbridge to see what's in stock.

GMU apparel is also available through our online Spirit Shop store at <https://www.spiritshop.com/school/new-york/gilbertsville/gilbertsville-mt-upton>. Spirit Shop offers thousands of possibilities for customizable, in-stock apparel and accessories! You can order T-shirts, hats, jackets, polo shirts, shorts, pants and more from GMU's Spirit Shop 24/7, and you can pick the item colors, styles and brands you want, too! For a limited time, EVERYTHING in the GMU Spirit Shop is 20-percent off!

The best part? Our district receives a portion of every sale to support programs that benefit our students, so you'll be contributing to "The Quality of the journey" at GMU every time you buy something from Shupperd's or Spirit Shop!



<https://www.spiritshop.com/school/new-york/gilbertsville>



**Shupperd's**  
Tack Shop

607-563-7363



## Raiders reach Quiz quarterfinals!



Congratulations to GMU for finishing in the top eight during the Catskill Area School Study Council's Quiz Bowl on January 8 at SUNY Oneonta!

Accompanied by advisor Danielle Rhone, captain **Alyssa Sorochinsky** and teammates **Ariana Cornell**, **Avriel Correll**, **Quinn Covington**, **Andrea Favinger**, **Kaleigh Gee**, **Cameron Lytle** and **Anthony Westford** went 2-1 during the qualifying rounds, with convincing victories over Oneonta and Laurens squads before falling to a Seton Catholic Central team.

Our Raiders earned the seventh seed for the eight-team playoffs and lost to Cooperstown's B team in a tight quarterfinal that came down to the very last question. Cooperstown's A team defeated Delaware Academy's A team in the final to win the 2025 CASSC Quiz Bowl championship.

The Jeopardy!-style competition featured 20 teams – five from Oneonta, three from Cooperstown, three from Laurens, two from Seton CC, two from Delaware Academy, and one apiece from GMU, Greene, Jefferson, Milford and Windham-Ashland-Jewett.

Great job, Raiders!

## Wrestlers win sectional dual meet title



Congratulations to the Unatego/Unadilla Valley wrestling team on winning the Section 4 Division II Dual Meet Tournament on January 22 at Waverly.

Unatego/UV, which includes wrestlers from Gilbertsville-Mount Upton, Franklin and Laurens, followed a first-round bye in the six-team tournament with victories of 42-30 over Newark Valley and 37-30 against Waverly. Unatego/UV rallied from a 22-0 deficit in the championship match by winning seven of the last nine bouts, including a six-point forfeit victory at 190 pounds for GMU junior **Caleb Wildenstein**.

GMU junior **Levi Brazee** and freshman **Scott Yost** also wrestled for Unatego/UV, which competed in the D-II State Dual Meet Championships on February 1 at Onondaga Community College's SRC Arena.



## Comeback kids!



Congrats to our varsity girls basketball team on completing a HUGE Senior Night comeback February 3 against Worcester!

The Raiders erased a 17-point halftime deficit and took the lead for keeps on junior Madison Lockwood's baseline jumper with one minute left en route to a 39-37 victory. Alyssa Soroichinsky scored 19 of her game-high 21 points after halftime, which ended with GMU trailing, 23-6.

We honored Soroichinsky and her classmates—**Emma Alexis Peck, Dannaka Rasmussen, Avriel Correll, Ariana Cornell and Lindsay Turnbull**—with a Senior Night ceremony before each team put six players apiece on the floor for tipoff. Worcester graciously agreed to the unique beginning, which allowed all six of GMU's seniors to start. After the first whistle, which came seconds after the tip, the game resumed and continued in the traditional 5-on-5 format.

Minutes before the event, GMU officially announced the Top 5 seniors in its Class of 2025. The list featured Valedictorian Soroichinsky, Salutatorian Peck, Rasmussen and Correll. Quinn Covington also made the Top 5.

GMU's varsity boys followed with a 40-38 win over Stamford/Jefferson to complete a Senior Night doubleheader sweep for the Raiders.



## Oh, what a night!



Congrats to our varsity boys basketball team, which followed a monumental comeback victory by GMU's girls with a 40-38 triumph over Stamford/Jefferson on Senior Night!

We honored seniors **Hunter Auchmoody, Noah Pain and Anthony Westford** before our Raiders engaged in a back-and-forth battle February 3, but it was freshman **Darren Ruiz** who scored the decisive putback with 1.6 seconds left.

Visit our YouTube page and/or check out the Reels on our Facebook page to see the exciting endings of both games for our Senior Night sweep!

## Girls soccer earns state academic award!



Congratulations to our varsity girls soccer team for earning a 2024 Fall Scholar-Athlete Team Award from the New York State Public High School Athletic Association!

To qualify for this award, 75-percent of a varsity team must combine for an academic average of at least 90 during a sports season.

The NYSPHSAA also recognizes individuals as scholar-athletes for maintaining an academic average of 90 or better during a sports season. Sixteen GMU varsity girls soccer players earned individual Fall Scholar-Athlete awards, which led to the team honor.

Additionally, a total of 17 student-athletes from our combined Unadilla Valley/GMU Fall Sports programs received individual Scholar-Athlete awards—11 for boys soccer, four for boys cross country, and two for girls cross country.



## Honor Rolls and More!

Congratulations to GMU students in grades 5-12 who made our high-honor and honor rolls for the second- and first-quarter marking periods!

High honor roll students achieved an academic average of 93-100, with no grades below a 70 and no incompletes. Honor roll students achieved an academic average of 87-92, with no grade below a 70 and no incompletes.

We also celebrated MS/HS students for essential skills during the second quarter, as well as those with the traits listed in New York State's Portrait of a Graduate. First quarter honors included Fall Sports Awards and Fall Sports Recognition.

Great job, Raiders!

### SECOND QUARTER AWARDS

#### High Honor Roll

- Grade 5: *Claire Beach, Jaxson Zaczek*  
Grade 6: *Raegan Beach, Willard Covington, Henrietta Hall, Moira McDonough*  
Grade 7: *Paris Behnke, Tyler Crisell, Lily Hauptfleisch, Henry Underwood*  
Grade 8: *Kristin Gee, Keenan Hoyt, Elias Lytle, Summer Nelson, Katie Quiter*  
Grade 10: *Brandon Kendall, Milo Mantellassi*  
Grade 11: *Samuel Beach, Ryan Davis, Alice Dibble, Andrea Favinger, Bailey Howard, Cameron Lytle, Mackenzi Marron, Latham Retz, Zachary Wilson, Adam Yasser*  
Grade 12: *Hunter Auchmoody, Ariana Cornell, Avriel Correll, Quinn Covington, Tiannah Dean-Anderson, Serenity Downey, Emma Alexis Peck, Dannaka Rasmussen, Alyssa Sorochinsky, Lindsay Turnbull*

#### Honor Roll

- Grade 5: *Alaina Beckwith, Jasper Cole, Mia Covington, Zachary McWeeney, Mila Rhone, Camden Wilcox*  
Grade 6: *Gianna Barnes, Layla Covington, Bryce Gundlach, Autumn Ostrander, Jayden Paine*  
Grade 7: *Hogan Green, Maeleigh Lum, Gabriel Lytle, Peyton Nelson, Kaidyn Rowe, Kaylee Stewart*  
Grade 8: *Amelia Beckwith, Cooper Gundlach, Jaiden Larson, Logan Panek, Emily Schermerhorn*  
Grade 9: *Gabriella Barnes, Carrie Doyle, Joslynn Irons, Hannah Miller, Sophia Parslow*  
Grade 10: *Payton Behnke, Kaheem Cade, Breanna Gregory, Cyrus Hall, Brandon Mitcham, Peyton Norton*  
Grade 11: *Jenna Carpenter, Kyle Keuhn, Trenton Odell, Lillian Perrine, Alivia Plows, Kelsey Quiter, Alivia Vitek, Justin Youngs*  
Grade 12: *Kaleigh Gee, Emma Lund, Noah Pain, Natalie Raymond, Trista Vaccaro, Anthony Westford*



#### MS/HS Essential Skills Awards

##### Agility:

*Paris Behnke, Keenan Hoyt, Summer Nelson*

##### Critical Thinker:

*Andrea Favinger*

##### Cultural Competence:

*Gabriella Barnes, Cameron Lytle*

##### Effective Communicator:

*Ariana Cornell, Quinn Covington, Kyle Keuhn*

##### Global Citizen:

*Hunter Auchmoody, Quinn Covington, Milo Mantellassi*

##### Goal Setting:

*Jaiden Larson, Maeleigh Lum*

##### Innovative Problem Solver:

*Sophia Parslow, Emma Alexis Peck*

##### Leadership:

*Lily Hauptfleisch, Summer Nelson, Katie Quiter*

##### Literate Across the Content Areas:

*Mackenzi Marron, Latham Retz, Koda Stockdale*

##### Networking:

*Pacey Behnke, Tyler Crisell, Kristin Gee*

##### Perseverance:

*Isabelle Auchmoody, Angelina Decker, Katie Quiter, Emily Schermerhorn*

##### Social Emotional-Competence:

*Payton Behnke, Carrie Doyle, Bailey Howard, Latham Retz*

##### Teamwork:

*Hogan Green, Keenan Hoyt, Rece Nolan*



## FIRST QUARTER AWARDS

### High Honor Roll

- Grade 5: *Claire Beach, Jaxson Zaczek*  
 Grade 6: *Raegan Beach, Willard Covington, Henrietta Hall, Moira McDonough*  
 Grade 7: *Paris Behnke, Tyler Crisell, Lily Hauptfleisch, Maeleigh Lum, Peyton Nelson*  
 Grade 8: *Kristin Gee, Cooper Gundlach, Keenan Hoyt, Elias Lytle, Summer Nelson, Katie Quiter*  
 Grade 9: *Carrie Doyle, Hannah Miller, Jackson Valdez*  
 Grade 10: *Breanna Gregory, Cyrus Hall, Brandon Kendall, Brandon Mitcham*  
 Grade 11: *Samuel Beach, Ryan Davis, Alice Dibble, Andrea Favinger, Bailey Howard, Cameron Lytle, Mackenzie Marron, Trenton Odell, Dylan Page, Alivia Plows, Kelsey Quiter, Latham Retz, Adam Yasser*  
 Grade 12: *Ariana Cornell, Avriel Correll, Quinn Covington, Tiannah Dean-Anderson, Kyra Demmon, Serenity Downey, Kaleigh Gee, Emma Alexis Peck, Dannaka Rasmussen, Natalie Raymond, Alyssa Sorochinsky, Lindsay Turnbull, Anthony Westford*

### Honor Roll

- Grade 5: *Alaina Beckwith, Jasper Cole, Mia Covington, Zachary McWeeney, Mila Rhone, Camden Wilcox*  
 Grade 6: *Gianna Barnes, Layla Covington, Bryce Gundlach, Autumn Ostrander, Jayden Paine*  
 Grade 7: *Isabell Auchmoody, Hogan Green, Melena Hall, Gabriel Lytle, Kaidyn Rowe, Kaylee Stewart, Henry Underwood*  
 Grade 8: *Amelia Beckwith, Caden Champion, Emily Schermerhorn*  
 Grade 9: *Gabriella Barnes, Delaney Dunnigan, Robert Lindroth, Sophia Parslow, Koda Stockdale, Gavin Underwood*  
 Grade 10: *Payton Behnke, Kaheem Cade, Milo Mantellassi, Rashaun Wilber*  
 Grade 11: *Jeffrey Barnes, Jenna Carpenter, Kyle Keuhn, Jade Lindroth, Kira Nolan, Lillian Perrine, Blake SanSoucie, Paige Smith, Alivia Vitek*  
 Grade 12: *Hunter Auchmoody, Emma Lund, Paige Nichols, Noah Pain, Trisa Vaccaro*



### Fall Sports Awards

- Varsity Girls Cross Country:  
*Andrea Favinger*, MAC All-Star, First Team  
 Varsity Football:  
*Caleb Wildenstein*, Section IV Division 8 All-Star, Honorable Mention  
 Varsity Boys Soccer:  
*Latham Retz*, Midstate Athletic Conference All-Star, Honorable Mention; UV/GMU team, MAC Sportsmanship Award  
 Varsity Girls Soccer:  
*Emma Peck*, Tri-Valley League All-Star, Honorable Mention

### Fall Sports Recognition

- Varsity Cross Country (Merged with Unadilla Valley):  
*Andrea Favinger (11th), Coach Lee Schaeffer*  
 Varsity Football (Merged with Unatego/Franklin/Unadilla Valley):  
*Jeffrey Barnes (11th), Caleb Wildenstein (11th), Coach Frank Microni*  
 Varsity Boys Soccer (Merged with Unadilla Valley):  
*Payton Behnke (10th), Levi Brazee (11th), Kyle Keuhn (11th), Noah Pain (12th), Latham Retz (11th), Coach Josh Burchill*  
 Varsity Girls Soccer:  
*Jay Carpenter (11th), Ariana Cornell (12th), Avriel Correll (12th), Alexis Davis (10th), Kyra Demmon (12th), Alice Dibble (11th), Alex Irons (10th), Jade Lindroth (11th), Madison Lockwood (11th), Paige Nichols (12th), Peyton Norton (10th), Emma Peck (12th), Alivia Plows (11th), Alyssa Sorochinsky (12th), Paige Smith (11th), Trista Vaccaro (12th), Alivia Vitek (11th), Coach Raquel Norton, Assistant Coach Alicia Sebeck*  
 Junior Varsity Boys Soccer (Merged with Unadilla Valley):  
*Koda Stockdale (9th), Gavin Underwood (9th), Coach Cameron Osborne*  
 Modified Football (Merged with Unadilla Valley):  
*Charlie Butler (8th), Caden Champion (8th), Austin Cuozzo (8th), Zayde Palmatier (9th), Carter Simonds (9th), Coach Brian Billbrough*  
 Modified Boys Soccer (Merged with Unadilla Valley):  
*Hunter Barnes (7th), Pacey Behnke (8th), Tyler Crisell (7th), Wyatt Eastman (8th), Elias Lytle (8th), Logan Panek (8th), Henry Underwood (7th), Coach Buddy French*  
 Modified Girls Soccer:  
*Gabriella Barnes (9th), Paris Behnke (7th), Victoria Card (7th), Carrie Doyle (9th), Kristen Gee (8th), Breanna Gregory (10th), Lily Hauptfleisch (7th), Alivia Lum (8th), Maeleigh Lum (7th), Kaylee Nichols (7th), Kaden O'Hara (9th), Katie Quiter (8th), Kaylee Stewart (7th), Coach Bruce Zimmer*



## GMU'S Top Chefs!



Congratulations to GMU juniors **Jenna Carpenter** and **Jade Lindroth** on winning our inaugural WIN Cooking Competition during school February 11!

Also known as “J & J Shanigans,” Jenna and Jade impressed our judges—Superintendent Annette Hammond, Principal Heather Wilcox, teacher Larisa Waghorn, and library aide Yvette Cabrinety—and scored 150 points out of a possible 160.

The “Sizzle & Spice” team of juniors **Andrea Favinger** and **Latham Retz** took second with 138 points, while the freshmen tandem of **Kaden O’Hara** and **Gabriella Barnes** placed third with 130 points as the “Spice Girls.”

Each duo had 40 minutes to prepare and plate a meal using the same ingredients—tomatoes, garlic, pasta, basil, Parmesan cheese, salt, pepper, olive oil and Balsamic vinegar. They also used ChatGPT to find recipes using these ingredients. Points were awarded on a 1-to-10 scale in four categories: Timeliness, Creativity, Flavor, and Presentation.

Special thanks to teachers Mark Seigers and Jeffrey Rhone for presenting this unique opportunity to our Raiders!

## Yes, we do!



We know you know that GMU’s Got Talent, and we hope you enjoyed our annual talent show February 7 at the auditorium.

Thanks to Gerrit Bakhuizen for taking and sharing this pic of our super Raiders!

PreK: **Chase Crisell**

Grade 1: **Emilee Crisell**

Grade 4: **Martin Lytle**

Grade 5: **Claire Beach, Jasper Cole, Mila Rhone**

Grade 6: **Indigo Cole, Layla Covington, Autumn Ostrander, Raegan Beach, Arianna Larson, Abbi-Lynn Page, Etta Hall**

Grade 8: **Kristin Gee**

Grade 12: **Ariana Cornell**

Hosts: **Breanna Gregory, Alice Dibble, Ariana Cornell**

## Building a bridge to students!



He didn’t even need the book in front of him. That’s because Rick Yarosh not only wrote *A Bridge Named Amos*, he actually lived it!

GMU thanks Purple Heart recipient Sgt. Yarosh of Sweethearts and Heroes for sharing the touching story of his late service dog, Amos, with our elementary school students the morning of February 26.

Accompanied by Principal Heather Wilcox, Sgt. Yarosh went from classroom to classroom to read his children’s book about how Amos helped him spread the message of HOPE (Hold On, Possibilities Exist) to thousands of students across the country.

We added several copies of *A Bridge Named Amos* to our classroom libraries today and look forward to reading the story again and again. The book also is available for purchase on Amazon and the Sweethearts & Heroes’ website.



## All-County Music Fest features 8 Raiders!



Congratulations to GMU students who participated in the Otsego County Music Educators Association's All-County Music Festival #1, which ran January 30-February 1 at Worcester Central School.

The festival featured student musicians from local school districts performing in the categories of Senior Band, Vocal Jazz and Junior Choir.

From left to right in the first photo, **Cameron Lytle**, **Lillian Perrine**, **Alexis Davis**, **Alyssa Soroichinsky**, **Emma Alexis Peck**, **Ariana Cornell** and **Andrea Favinger** represented the Raiders in the All-County Senior Band. GMU's **Hogan Green** was part of the All-County Junior Chorus as well.

Thanks to GMU Band Director Will Gilchrest and Music Teacher Anne Monaco for sharing pics, and special congrats to Ariana, who received the OCMEA's Heather Lesh Forsha Scholarship!

## Let's hear it for our Raiders!

Congratulations to the following Raiders for participating in the All-County Music Festival on March 1 at Unatego!

Elementary Chorus: **Alaina Beckwith**, **Mila Rhone**, **Kohner Kennedy**, **Riley Forgit**, **Claire Beach**, **Alexander Breslau**, **Abbi-Lynn Page**, **Arianna Larson**

Elementary Band: **Will Covington**, **Layla Covington**, **Indigo Cole**, **Etta Hall**, **Raegan Beach**, **Jayden Paine**

Junior Band: **Eli Lytle**, **Gabe Lytle**, **Tyler Crisell**, **Maeleigh Lum**, **Kristin Gee**

Shout out to GMU Music Teacher/Band Director Will Gilchrest for taking and sharing pics! :)



**Fantastic!**





## Save The Dates!

### April 2025

- 9-11 Grades 3-8 NYS ELA Testing
- 11 **Half-Day for Students (Staff Development, Noon Dismissal, Lunch Served)**
- 16 Board of Education Meeting/BOCES Vote, Board Room, 6:00 p.m.
- 17 Rockin' Raiders, Auditorium, 9:00 a.m.
- 18 **No School (Good Friday, Offices Closed)**
- 21 **No School (Spring Recess, Offices Closed)**
- 22-25 **No School (Spring Recess)**
- 29-30 Grades 3-8 NYS Science Testing

### May 2025

- 1 Grades 5-12 Spring Instrumental Concert, Auditorium, 6:30 p.m.
- 2 Grades 7-12 Third Quarter Awards Ceremony, Auditorium, 12:15 p.m.
- 3 Quarter Auction, 6:00 p.m.
- 5-9 Teacher Appreciation Week
- 6-8 Grades 3-8 NYS Math Testing
- 9 Teacher and Support Staff of the Year Ceremony, Auditorium, 10:00 a.m.
- 9-10 NYSSMA Solo Festival at Norwich
- 13 Board of Education Meeting and Budget Hearing, Board Room, 6:00 p.m.
- 15 Grades 5-12 Spring Choral Concert, Auditorium, 6:30 p.m.
- 16 Rockin' Raiders, Auditorium, 9:00 a.m.
- 20 Budget Vote and Board of Education Election, 12:00-8:00 p.m.
- 20 Solo and Small Ensemble Concert, 6:00 p.m.
- 26 **No School (Memorial Day, Offices Closed)**
- 26 Memorial Day Parade

### June 2025

- 2 Grades 7-12 Year-End Awards Ceremony, Auditorium, 12:15 p.m.
- 5-7 Sherburne Pageant of Bands
- 10-11 Regents Exams
- 11 Board of Education Meeting, Board Room, 6:00 p.m.
- 13 Rockin' Raiders, Auditorium, 9:00 a.m.
- 14 Sidney Parade, 1:00 p.m.
- 16 Senior Walk/Breakfast, 8:30 a.m.
- 16 Grades 7-12 Last Day of School
- 17-18 Regents Exams
- 19 **No School (Juneteenth, Offices Closed)**
- 20 Regents Exams
- 23-25 Regents Exams
- 25 Field Days for Students, 8:00 a.m.
- 26 **Grades PK-6 Last Day of School (Half-Day, 11:00 a.m. Dismissal, No Lunch Served)**
- 26 Grades PK-3 Moving Up Ceremonies, 8:30 a.m.
- 26-27 Regents Rating Days
- 27 Class of 2025 Graduation Rehearsal, Auditorium, 9:00 a.m.
- 27 Class of 2025 Graduation Ceremony, Auditorium, 5:30 p.m.

**Kindergarten & Pre-K REGISTRATION**

Oilbertsville-Mount Upton is accepting Kindergarten and Pre-K registration for the 2025-2026 school year!

**Enroll Today!**

Call Mrs. Carey  
607-783-2207, ext. 103

Pre-K registration deadline is March 28, 2025.  
New Kindergarten students must set up appointment with Mrs. Carey.  
Students already attending our Pre-K program do not need to register for kindergarten.

## Registration open for PK-K students!

The Gilbertsville-Mount Upton Central School District is accepting Pre-Kindergarten and Kindergarten student registrations for the 2025-2026 school year.

### Pre-Kindergarten Registration

District residents with children who will be age 4 before December 1, 2025, can register/apply for our full-day Pre-Kindergarten program. Those who are interested should call Registrar Kristy Carey at 607-783-2207, ext. 103. Mrs. Carey will provide information for obtaining an application. All Pre-Kindergarten applications must be returned to the Main Office by noon March 28, 2025.

### Kindergarten Registration

District residents with children who will be age 5 before December 1, 2025, are eligible to register for Kindergarten. Please call Registrar Kristy Carey 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: Students who are already attending our Pre-K program during the current school year do not need to register for Kindergarten.

If you have any questions, please call Mrs. Carey at 607-783-2207, ext. 103.





### A thousand thanks!

Next time you're here, swing by the MS/HS Gymnasium to see our latest athletics banner, honoring all of the 1,000-point scorers in the history of the Gilbertsville, Mount Upton and GMU varsity basketball teams!

Donated by a community member who wishes to remain anonymous, this banner hangs on the north interior gym wall next to one of our new videoboards (far right as you walk into either gym entrance).

Fifteen former student-athletes with GMU ties have reached the 1,000-point milestone. They are as follows:

#### Boys (7)

- 1,435: Gavin Backus, GMU-2001
- 1,420: Jeff Talbot, Gilbertsville-1979
- 1,208: Gavin Bonczkowski, GMU-2021
- 1,091: Bill Decker, Mount Upton-1988
- 1,054: Paul McComb, GMU-1991
- 1,050: Hunter Lockwood, GMU-2018
- 1,008: Devon Hartwell, GMU-2024

#### Girls (8)

- 1,397: Shelly Miles, GMU-2002
- 1,264: Cindy Wagner, Mount Upton/GMU-1993
- 1,205: Beth Keene, Gilbertsville-1983
- 1,190: Diane Rowe, Mount Upton-1988
- 1,123: Tanya Barnes, GMU-2011
- 1,108: Hannah Bonczkowski, GMU-2023
- 1,108: Mieke Veenhof, Gilbertsville-1990
- 1,071: Cheri Peck, Mount Upton-1986

### Seniors vs. Staff Volleyball





## Plastic Film Challenge Underway!

Our Recyclin' Raiders are again participating in the Otsego County Conservation Association's Plastic Film Recycling Challenge, but don't send anything to school with your children!

This year, plastic film will be accepted at school on one more Saturday collection date, from 11:00 a.m.-2:00 p.m. April 12.

The winner of four MS/HS titles and three ES crowns since 2019, GMU is competing against other Otsego County schools to collect the most plastic film per capita. An in-school competition also is taking place as the grade that collects the most plastic film will win a prize.

Please note that, for health and safety reasons, all plastic film must be clean and dry prior to collection. The following plastic-film items, which can only be recycled through take-back programs offered by New York state grocery stores and retailers, are eligible for collection:

- Bread bags
- Bubble wrap
- Case overwrap
- Cereal bags
- Dry cleaning bags
- Grocery bags
- Ziploc & other re-closeable bags
- Ice bags
- Newspaper sleeves
- Plastic casings/shrink wraps
- Produce bags
- Salt bags
- Wood pellet bags

Please do not submit any other items as collections with non-recyclable plastic film cannot be accepted.

GMU also is seeking volunteers to help transport plastic film to the Otsego Reuse Center in Oneonta on April 12. To volunteer or for more information, email Ashley Hughes at [ahughes@gmucsd.org](mailto:ahughes@gmucsd.org).

**PLEASE DO NOT SUBMIT ITEMS THAT ARE NOT ON THIS LIST. COLLECTIONS WITH NON-RECYCLABLE PLASTIC FILM CANNOT BE ACCEPTED.**

If you have any questions, please feel free to contact Miss Hughes ([ahughes@gmucsd.org](mailto:ahughes@gmucsd.org)).

### Acceptable Items (if clean and dry!):



Grocery Bags



Ziploc/resealable Baggies



Bread Bags



Wood Pellet Bags



Plastic Casing/Shrink Wrap



Produce Bags



Dry Cleaner Bags



Bubble Wrap



Newspaper Sleeves



Salt Bags



Ice Bags



Cereal Bags

## Serving up smiles at GMU!



Thanks to everyone who visited campus December 20 for our annual Senior Citizen Holiday Luncheon! We welcomed close to 50 local senior citizens, who enjoyed a free lunch with our faculty and staff following a half-day of school for students.

GMU Board of Education members, administrators and staff served plates of Beef Burgundy, mashed potatoes, green beans and tasty buns prepared by Cafeteria Manager Susan Sebeck and her terrific crew.

Organized by GMU District Clerk Donna Dean, this very special community event featured comments by GMU Superintendent Annette Hammond, BOE President Jeremy Pain, and guests of honor Assemblyman Joe Angelino and DCMO BOCES Superintendent Michael Rullo.

● We can't wait to see you all again next year!



## Rockin' Raiders Roundup!

Congratulations to our elementary school award-winners who were recognized during our Rockin' Raiders programs from November 2024 through February 2025! Remember to visit our Facebook page to see pictures of all of our Rockin' Raiders!

### **FEBRUARY 2025**

#### **Soaring Eagle Awards**

Citizenship: Mia Covington, Chase Crisell, Tanner Delaney, Ridley Esposito, Harper French, Landon Grabo, Kylo Hamata, Felicity Hamilton, Serenity Jones, Chase Macumber, Hayden Vergari, Abbigail Yost

\* Award-winners did their share to make our school and community a better place and were engaged and involved in school and community functions.

#### **Essential Skills Awards**

Collaboration/Teamwork: JJ Dickey, Brik Lauvas, Autumn Ostrander, Brantley Tompkins Stone

Communication: Marliena Wood

Positive Attitude: Ambrose Carlyle, Cheryl Davis, Zachary McWeeney, Bailee Nober

Professionalism: Kara Banta, Martin Lytle, Briella Stone

Reliability/Dependability: Jackson DeLong, Raegan Fuller

Respect: Adelyn Brooker, Landon DeLong, Austin Robinson

### **JANUARY 2025**

#### **Soaring Eagle Awards**

Creativity: Aliveah Barnes, Breuwer Barnes, Addison Beadle, Parker Chapman, Landon Grabo, Brantley Griffin Frank, Ava Hoag, Xzavior Lange, Dawson Moorby, Shane Nober, Marliena Wood

\* Award-winners had the ability to use one's imagination or original ideas.

#### **Essential Skills Awards**

Collaboration: Brooklyn Schackelton

Communication: Theodore Christian, Summer Walrod

Dependability: Jasper Cole

Positive Attitude: Solomon Carr, Parker Chapman, Wren Corcoran, Ella Hauptfleisch, Makenna Nober, Shaylynn Nober, Brantley Tompkins-Stone

Reliability: Gianna Barnes, Ember Perry

Respect: Aura Frazier, Gabriel Harris

Teamwork: Harper French, Emma Westford

### **DECEMBER 2024**

#### **Soaring Eagle Awards**

Respect: Elliot Bankus, Aliveah Barnes, Raegan Beach, Leuka Burchill, Lilliana Crawford, Emilee Crisell, Aubrey Doyle, Riley Forgit, Hudson Hamilton, Alice Hanehan, Grayson Hitchcock, Lacey Short, Axton Tompkins Stone

\* Award-winners used good manners, were considerate of the feelings of others, and had a positive attitude when it came to school.

#### **Essential Skills Awards**

Collaboration/Teamwork: Macy Forgit, Addison Hall, Roczen Hamilton, Kenna Larsen, Arianna Schultes, Presley Young

Communication: Rylee Hoffman, Landon Liberatore, Keegan Pier, Sarah Seward, John Williams

Positive Attitude: Bearrick Bullis, Talihah Kibbe, Arianna Larson, Trevor Pope

Reliability/Dependability: Claire Beach, Luke Carr, Ridley Esposito, Stephanie Nober

### **NOVEMBER 2024**

#### **Soaring Eagle Awards**

Resourceful: Addison Beadle, Coraline Carney, Jayda Chapman, Mia Covington, Jackson DeLong, Clara Hanehan, Logan Kato, Martin Lytle, James McDonald, Moira McDonough, Finley Rhone, Hayden Vergari, Ellie Wilcox

\* Award-winners used time wisely and appropriately and made good choices by thinking things through beforehand.

#### **Essential Skills Awards**

Collaboration/Teamwork: Abbi-Lynn Page.

Communication: Aura Fraizer

Positive Attitude: Breuwer Barnes, Josephine Bogart, Lucy Engel, Brik Lauvas, Zanayah Little-Wilber, Hunter Osborne, Camden Wilcox

Professionalism: Sawyer Tilley

Reliability: Ember Perry

Respect: Emma Harmacy, Joseph Hitchcock, Mason Hoffman, Andrew Taylor

# Congratulations



## SFCU offers savings club at GMU!



GMU has teamed with the Sidney Federal Credit Union to offer students and their families a unique way to save money.

SFCU's Lil' Sprouts Savings Club provides students with a secure way to make bank deposits of up to \$50 into a designated lock box right at school. Students receive awards every time they deposit money, which is collected by SFCU every fourth Monday of the month

and transferred into their respective youth accounts.

Students must be SFCU members to participate. If your child does not have a youth account at SFCU, parents/guardians can set one up by reaching out to Member Engagement Officer Olivia Kenyon via email at [OKenyon@sidneyfcu.org](mailto:OKenyon@sidneyfcu.org) or via phone at 607-431-0541.

More information on SFCU's Lil' Sprouts Savings Club is available through Student Ambassador and GMU senior **Anthony Westford**.

## Smiley Face!



It's always great to see our colorful school counselor Lisa Ruland at GMU! We love to see that smile back where it belongs, with our **#GMUFamily!**

## Field trip is on the money!



Thanks to Linda Dickey for sharing snapshots from our pre-kindergarten field trip to the Sidney Federal Credit Union on December 11!

Students toured the lobby, chatted with SFCU staff, used the coin counter, and called the virtual branch on an Interactive Teller Machine before walking through the back office (mortgage, loans, member solutions) to the upstairs training room, where they read *The Berenstain Bears Visit the Credit Union*.

The group also completed a drawing exercise on spending (buy vs. save vs. share) and watched a slideshow about needs vs. wants. A question-and-answer session followed before we enjoyed ice cream and received some gifts from SFCU!

## Banking on a happy holiday!



GMU first-grade teachers Ashley Elbogen and Alivia Bell thank the Rome branch of Berkshire Bank for "adopting" their students this past holiday season and helping to make their wishes come true.

Each of our first-graders composed a holiday wish list for the bank, which granted as many wishes as they could.

By the looks on their faces, Berkshire Bank nailed it!



**Happy Holidays!**



**Celebrating 100 days - and 101, too!**



**All about science at SUCO**





## GMU's clues make breakfast fun!



Cereal thieves were on the prowl March 6-10 at GMU, which celebrated National School Breakfast Week with a “Whodunit?” to get students excited about the most important meal of the day!

GMU Cafeteria Manager Susan Sebeck and staff member Lisa Dibble spearheaded an elaborate plot to get students involved with the New York State Education Department Office of Child Nutrition’s “Clue In to School Breakfast” initiative.

Each student received a magnifying glass, notepad, invisible ink pen, paper evidence bag and more to collect clues and help figure out which staff members were involved in “breakfast crimes” all over campus. Many of your favorite breakfast mascots and cereals were in on the fun week, which caught the attention of NYSED as its nutrition office sent representatives Susan Adinolfi and Stacey Sullivan to GMU to see what it was all about.

Check out some pics from our “Clue In to School Breakfast” celebration, which is expected to be featured as part of NYSED’s spotlight on National School Breakfast Week.





## Everything's Groovy on stage



## 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
<b>Academics</b>	Teacher	School Counselor	Building Principal	Superintendent
<b>Athletics</b>	Coach	Athletic Director	Building Principal	Superintendent
<b>Behavior</b>	Teacher	Building Principal	Superintendent	
<b>BOE Policies</b>	District Clerk	Superintendent	Board of Education	
<b>Budget</b>	District Treasurer	Superintendent		
<b>Building Use</b>	District Secretary	Building Principal	Building and Grounds Supervisor	Superintendent
<b>Cafeteria</b>	School Food Manager	Building Principal	Superintendent	
<b>Classroom Procedures</b>	Teacher	Building Principal	Superintendent	
<b>Co-Curricular</b>	Advisor	Building Principal	Superintendent	
<b>Curriculum</b>	Teacher	Building Principal	Superintendent	
<b>Facilities</b>	Building and Grounds	Supervisor	District Treasurer	Superintendent
<b>Health Office</b>	Nurses Office	Building Principal	Superintendent	
<b>Scheduling</b>	Student Services	Building Principal	Superintendent	
<b>Special Education</b>	Special Ed. Teacher	Director of Special Education	Superintendent	
<b>Transportation</b>	Bus Driver	Transportation Supervisor	Building Principal	Superintendent



**GILBERTSVILLE-MOUNT UPTON  
CENTRAL SCHOOL DISTRICT**  
693 State Highway 51  
Gilbertsville, New York 13776-1104  
607-783-2207

Non-Profit Org.  
U.S. POSTAGE  
PAID  
Norwich,  
NY 13815  
PERMIT NO. 18

DCMO BOCES Printing Service • Norwich, NY

**BOARD OF EDUCATION**

Jeremy Pain, President  
Jed Barnes, Vice President  
Sean Barrows  
Brenda Friedel  
Christopher Ostrander  
Lori Peck  
Whitney Talbot

Annette D. Hammond, Superintendent  
Donna Dean, District Clerk

**CURRENT RESIDENT OR**

**ECRWSS  
BOXHOLDER**

**FOLLOW US! FOLLOW US! FOLLOW US! FOLLOW US! FOLLOW US!**



**VISIT OUR WEBSITE**  
<https://www.gmucsd.org/>

**LIKE US ON FACEBOOK**  
<https://www.facebook.com/GMUCentral/>

**FOLLOW US ON X**  
<https://twitter.com/GMUCentral>

# Mission, Vision, Values

## Gilbertsville-Mount Upton Central School

### 2024-2025 School Year

#### **MISSION**

We support everyone's journey to become the best version of themselves by:

- Fostering an equitable, inclusive and student-focused environment
- Providing opportunities for academic and community engagement
- Empowering individuals to embrace their potential

#### **VISION**

To have a nurturing school community that provides opportunities for lifelong personal growth.

#### **WE VALUE**

- A Growth Mindset
- Critical Thinking Skills
- Essential Skills for Career Readiness
- Social/Emotional/Behavioral Wellness
- Meaningful and Healthy Relationships
- A Safe School Environment

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