

Check out our 2019-20 Information Guide inside!



# THE JOURNEY

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

**Volume 30, Number 1**

**November 2019**



## A Whole New World!

Students  
light up GMU  
on first day  
of school



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





## Gilbertsville-Mount Upton Central School District

693 State Highway 51  
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 Hayden

### 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

## GMU community continues to amaze



Our 2019-2020 school year started with much sadness, but we are back into the swing of school thanks to the tremendous support of our community. We extend our deepest sympathy to the family of longtime teacher Bobbi Stensland, which is coping with inexplicable loss. Please know that you are in our thoughts and prayers.

We thank the parents, guardians, students and other community members who stopped by for our Open House in September. We hope to see you at a number of upcoming events in the near future, including our musical production of *The Addams Family* in November.

Personally, I am extremely grateful to be working in such a student-centered community and I just love the way our students show their appreciation for others. From our Veterans' Breakfast in November to seasonal concerts to Community Cleanup Day, our students are happy to give back to our community in a variety of ways.

We had a busy summer hiring new teachers and staff members that you may have seen in person or on our Facebook page by now. If not, keep reading to see who's new to GMU this year.

In addition to a dynamic group of adults who teach and support our students, Alan Digsby and his custodial staff deserve praise for the incredible amount of work they accomplished this summer. Our student-workers also did some great things, painting, lugging furniture, cleaning and working right alongside our Buildings

and Grounds crew. GMU's summer-work program has been around for several years and provides students with an opportunity to make money while learning valuable skills and gaining real-life work experience. Thanks to our 2019 student summer crew of **Ethan Charron, Kaitlyn Fuller, Rebecca Fuller, Zachary Grabo, Emily Hammond, Dominick Hartwell, Sawyer Hinman, Ethan Newman and Isaiah Stockdale.**

We also thank Joe Zaczek and our Transportation Staff for their work in preparing for the arrival of our most precious cargo, your children. Our drivers are the first point of contact for most children each morning and they do a great job of being there on time to make sure every student's day starts the right way.

Students also have the option of enjoying breakfast prepared by our Cafeteria Staff once they arrive on school grounds. We thank Susan Sebeck and her dedicated kitchen crew for making delicious home-made meals for breakfast and lunch, and for serving them with a smile.

Let's not forget all of the coaches who dedicate themselves to teaching our kids lifelong lessons through the wonderful world of sports. GMU competed in cross country, golf and soccer during the fall, and winter sports will be here before you know it. Please remember to model appropriate behaviors for our student-athletes and to always demonstrate good sportsmanship. Stay positive, encourage your kids to do their best and give them an energy boost by being a supportive fan.

GMU also takes student safety very seriously, so please take it slowly when driving on these foggy fall mornings and soon-to-be slippery winter roads. Please remember that it is illegal and extremely dangerous to pass a stopped school bus with its red lights flashing. Passing a bus in the traffic circle at the front of our school at any time is prohibited as well. This circle is closed to all traffic except buses during morning drop-offs and afternoon pick-ups. During these times, it's best to use the parent drop-

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# Say hello to GMU's new faces!

## Sara Jo Barnes, Aide



Gilbertsville-Mount Upton graduate Sara Jo Barnes returns to the District as an Aide for the 2019-2020 academic year.

The Class of 2005 member earned her associate's degree in Culinary Arts from SUNY Delhi, worked at Hartwick College as a cook for Aramark Food Services for four years, then spent six years as a cook at Springbrook.

Sara grew up in Mount Upton (maiden name Frank) and served GMU as a substitute teacher last year. She said she is looking forward to spending more time with her children, baking and decorating cakes, and giving back to her alma mater as an aide.

Sara lives on a farm in South New Berlin with her husband, son and daughter. Her husband's family owns CoBar Dairy in Rockdale.

## Anne Burgin, HS Art



Gilbertsville-Mount Upton welcomes Anne Burgin as a half-time high school Art teacher for the 2019-2020 school year.

Anne is a "semi-retired" teacher from the Franklin Central School District who earned a bachelor's degree in Art, Computer Art and Sculpture in 2015

from SUNY Oneonta, where she completed bachelor's and master's programs in Elementary Education in the 1970s.

Also certified to teach Gifted and Talented students, Anne taught for 34 years at Franklin before retiring in 2011. She also served Franklin as drama director, elementary drama director, forensic coach, yearbook adviser, and Arts in Education Coordinator.

Anne continued to work at Franklin as yearbook adviser and morning-program coordinator until June of 2019, then joined the GMU family this past summer. She also has held various teaching positions at Hartwick College in Oneonta.

## Samantha Carrabba, Special Education



Samantha Carrabba joins our Gilbertsville-Mount Upton family as a Special Education Teacher for the 2019-2020 academic year.

Samantha graduated from Sandwich High School in Massachusetts, then earned a bachelor's degree in General Health Science from Purdue University in Indiana. After being a stay-at-home mom for a few years, she went back to work and school to earn a master's in Teaching, Learning and Curriculum from Drexel University in Pennsylvania.

Samantha spent three years as the Curriculum Program Director for a preschool/ kindergarten childcare center at Dartmouth Hitchcock Medical Center in New Hampshire and six years as a kindergarten aide at Laurens Central School before becoming a certified teacher. She also filled in as an Art substitute in the Oneonta City School District and went on to teach three years of Special Education in the Cooperstown Central School District.

Although she grew up in the military and has lived in many places, Samantha settled in Morris with her husband roughly seven years ago. Outside of three cats and two dogs, the Carrabbas are experiencing empty-nest syndrome this school year as one daughter is off to college and the other is in Brazil as a Rotary Exchange student.

## Jarrin Hayen, Administrative Assistant



Gilbertsville-Mount Upton welcomes Jarrin Hayen as its Administrative Assistant to the Superintendent/District Clerk for the 2019-2020 academic year.

Jarrin is an Oneonta resident who comes to us from the Catskill Area School Study Council, ONC BOCES, and owns an Administrative Specialist degree from the Utica School of Commerce. She will work closely

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## Superintendent's Message *continued*

off/pick-up area adjacent to the playground.

To ensure student and staff safety on school grounds, we ask that all visitors remain outside and use the communication device located to the left of our front doors. Deb Ostrander or another district representative will greet visitors from our security office and instruct them how to proceed.

GMU is working diligently with Bassett, too, as we hope to open a School-Based Health Center before Thanksgiving. Parents had the opportunity to tour the facility during September's Open House, and we heard lots of positive comments and inter-

est. Parents should be able to enroll their children for this convenient, quick and quality healthcare option soon.

We are continuing with our district-wide mentoring program and look forward to additional opportunities during this valuable time. In November, CFES Brilliant Pathways will award our District with a School of Distinction title thanks to our many student-based activities, which are often highlighted in print publications such as this newsletter, on our website at [www.gmucsd.org](http://www.gmucsd.org), and on our social-media pages (Facebook, Twitter, Instagram).

Again, welcome to all of our faculty, staff, students and families! We are thrilled to have you join our GMU family and look forward to making connections in the hallways, classrooms, cafeteria, buses, playing fields and stages.

As always, please do not hesitate to reach out to me with questions, concerns or feedback. *It really is the Quality of the journey that counts!* Here's to another amazing year of growth and opportunity at GMU!

**Annette D. Hammond**  
GMU Superintendent  
[ahammond@gmucsd.org](mailto:ahammond@gmucsd.org)



## New faces *continued*

with GMU Superintendent Annette Hammond and our Board of Education.

The Daily Star's Girls Basketball Player of the Year in 2005, Jarrin is an Oneonta High graduate who still enjoys sports, such as basketball and golf, the outdoors and Christmas.

Jarrin replaces Sheila Nolan, who recently accepted a position at the Unatego Central School District.

### **Elisa Heggenstaller, Special Education**



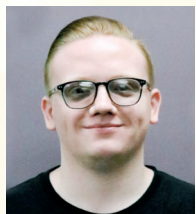
Chenango Valley graduate Elisa Heggenstaller joins the Gilbertsville-Mount Upton family as a K-1 Student Support Teacher for the 2019-2020 academic year.

Elisa earned a bachelor's degree in Forest Biology from SUNY Environmental Science and Forestry and an MAT in 7-12 Life Science from Binghamton University.

She worked for a short time as a Naturalist for Broome County and filled long-term substitute positions at Sidney and Unatego before obtaining her certification in Special Education and starting her teaching career at Franklin.

Elisa took several years off to raise her two daughters while working part-time at Greene Community Nursery School, then began an 18-year career at Oxford Academy teaching a mixed-grade-level special class. Elisa said she is happy to start a new teaching challenge in working to support our youngest learners at GMU.

### **Tyler Lindsley, Auditorium Supervisor/Aide**



Gilbertsville-Mount Upton welcomes Tyler Lindsley to its family as he will as serve the Raiders as our auditorium supervisor/aide during the 2019-2020 school year.

A 2017 GMU graduate, Tyler has worked in the theater for most of his life. He has ties to several local theatre groups, including the Orpheus Theatre, the Norwich Theatre Company and the Afton Community Theater, to name a few. Tyler also serves on the

board for the Afton Community Theater and works as a teaching artist during its summer workshop series.

Tyler has helped local schools with musical productions as well. He also enjoys dance, music and cats.

### **Jill O'Hara, Kindergarten**



Jill O'Hara will serve Gilbertsville-Mount Upton as its Kindergarten teacher for the 2019-2020 academic year.

Jill grew up in the Finger Lakes area, graduated from South Seneca High School, then earned her bachelor's degree in Elementary Education at Western Governors University. She recently finished student-teaching at the Sherburne-Earlville Central School District, where she served as a substitute teacher during the 2018-2019 school year.

Jill lives in Sherburne with her husband, two children and two dogs.

### **Lisa Ryther, ES Counselor**



Gilbertsville-Mount Upton welcomes Lisa Ryther as its Elementary School Counselor for the 2019-2020 academic year.

A Castleton University graduate (1999), Lisa earned a bachelor's degree in Social Work and Sociology and continued her education with a master's of science in Clinical Mental Health Counseling. As a certified school counselor with more than 20 years of experience in education and mental health, Lisa specializes in play therapy and Sand Tray Therapy.

Lisa grew up in northern New Jersey. She lives in Oneonta with her fiancé, son, daughter, two pugs, one Teacup Yorkie and one tortoise-shell cat.

### **Shania Speenburgh, MS Social Studies**



Gilbertsville-Mount Upton welcomes Shania Speenburgh as its Middle School Social Studies teacher for the 2019-2020 academic year.

A Jefferson Central School graduate (Class of 2015), Shania earned her bachelor's degree in Arts and History from Hartwick College.

Shania served her alma mater as a substitute teacher for three years but is already familiar with the students, faculty and staff at GMU, where she completed her student-teaching requirements last spring.

Shania, who works for a summer camp through July, lives with her dog on a farm in Jefferson.

### **Kari Stockdale, Aide**



Welcome to Kari Stockdale, who will serve the Gilbertsville-Mount Upton Central School District as a 1-to-1 aide during the 2019-2020 academic year.

Kari, who will work at the sixth-grade level, graduated from Edmeston Central School in 1999. She went on to earn her associate's degree in Criminal Justice from Herkimer County Community College.

An Edmeston native, Kari worked at GMU last year as a substitute teacher and has previous 1-to-1 aide experience. She lives in Gilbertsville with her husband and their three children.

### **Clara Tanner, MS/HS Counselor**



Gilbertsville-Mount Upton's counseling team also features Clara Tanner this year as she'll work as our Middle School/High School Counselor.

A Schenevus Central graduate (Class of 2013), Clara earned her bachelor's degree in Psychology – with a minor in Africana and Latino Studies – from SUNY Oneonta in 2016. Clara also worked at SUNY Oneonta's Career Development Center while pursuing a master's degree in Education in School Counseling, which she attained earlier this year.

Clara lives in Otsego County with her dog. She will work closely with students and their families, faculty and staff, and the community in general to help all students in the areas of academic achievement, career/college choices, and social/emotional development.



*Always in our hearts.*

## GMU mourns longtime teacher, friend



The Gilbertsville-Mount Upton family mourns longtime elementary school teacher Bobbi Stensland, who unexpectedly died August 30 at age 57.

GMU's Teacher of the Year in 2015, Bobbi spent 28 years with the District after earning her master's degree from SUNY Oneonta. The Edmeston graduate taught every elementary grade level at GMU, including Pre-Kindergarten for the last several years.

GMU offers its sincerest condolences to the Stensland family and kept the American flag at half-staff during the first week of September to honor Bobbi, a caring, compassionate friend who always put students first.

Bobbi's obituary is available online at <https://www.johnstonfh.com/obituaries/Bobbi-K-Stensland?obId=7007002#/obituaryInfo>.



## Glad to be back!



Gilbertsville-Mount Upton welcomed staff members back to the District with a morning presentation September 3 that included breakfast at the Middle School/High School Cafeteria.

Board of Education President Jeremy Pain, Superintendent Annette Hammond, Principal Heather Wilcox and CSE Director Kimberly Degear were among the featured speakers who helped share the District's vision, goals and message with new staff members and veterans alike.

School officially started with the return of our students return on September 4.



## BOE Meetings 2019-2020

All meetings start at 6:30 p.m. in the Board Room (D131), unless noted.

- July 2
- July 25
- August 21
- September 11
- October 16
- November 13
- December 4, 5:30 p.m.
- January 15
- February 4 (Bus Vote)
- February 12
- March 18
- April 20 (BOCES Vote)
- May 12 (Budget Hearing)
- May 19 (School Budget Vote)
- June 17

*Senior Citizen*



*Holiday Luncheon*

Gilbertsville-Mount Upton's Board of Education, administrators and cafeteria staff cordially invite area senior citizens to our annual Senior Citizen Holiday Luncheon!



**You're invited!**

**Date:** December 20

**Time:** Noon

**Place:** GMU Cafeteria

**RSVP by:** December 14

### To RSVP

Call 607-783-2207

(ext. 140) during regular school hours





GILBERTSVILLE-MOUNT UPTON CENTRAL SCHOOL

# 2019-2020 DISTRICT GOALS

## Goal 1: Students will show academic growth.

*We want students to develop academic independence and confidence. Therefore, we will:*

- Structure the faculty into productive Professional Learning Communities
  - The District will set the agenda for each PLC meeting
  - The focus will be on reading, writing and civic readiness
- Review student-learning data to inform instruction through a guaranteed, viable, aligned curriculum and practices.
  - Literacy program expansion
  - Writing focus
  - Analyze assessment data (F&P, state assessments, formative, summative)
  - Explore a Universal Screening Tool to identify struggling students earlier
  - Develop a required MS Study Skills Class
  - Restructure RTI process with set guidelines
- Expose learners to diverse experiences – including college, career and civic responsibilities – through a variety of programs.
  - Develop Career Plans with students (Naviance)
  - College and career visits (PK-12)
  - STEAM collaboration for all grades/subjects
  - Model and integrate Essential Skills with a monthly focus
  - Organize a spring Career Fair
  - Explore age-appropriate recognition of student successes

## Goal 2: Students will demonstrate personal growth.

*We want students to develop social, emotional and physical health/self-awareness. Therefore, we will offer:*

- Peer mentoring
- Staff relationship-building opportunities
- School Based Health Center
- System of Care Providers
- Trauma Responsive Environment (contemporary consequences)

## Goal 3: Develop and enhance a professional, collaborative culture.

*We will enhance professional practices to improve student outcomes by providing training and support to ensure the effectiveness of all Gilbertsville-Mount Upton employees.*



## GMU offers Healthy Kids' childcare in 2019-2020



Gilbertsville-Mount Upton is proud to announce that Healthy Kids Programs will offer extended-day childcare options for 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.



## English teacher to connect with Art



Gilbertsville-Mount Upton English teacher Aimee Piedmonte was awarded the prestigious Smithsonian American Art Museum's *Summer Institute: Teaching the Humanities through Art* this past summer.

Aimee joined other middle and high school educators during the weeklong workshop in early July, spending nearly 40 hours at the Smithsonian American Art Museum in Washington, D.C.

"I am inspired and energized to use what I learned this summer in my middle and high school English classes," said Aimee, who gained expertise from museum educators, curators and content experts through gallery talks, discussion groups and hands-on activities. "I am eager to bring the wealth of the Smithsonian Art Institutes to my students, who may never get to otherwise see these great pieces of art."

The workshop explored connections among American art, social studies, history and English/language arts to foster critical thinking skills, deepen student engagement with content and make interdisciplinary connections. A two-hour tour of the American Art and the Vietnam War: 1965-1975 exhibit – given by its curator, Melissa Ho – highlighted this unique professional-development opportunity.

"I've learned many new thinking routines for my students," Aimee said, "and I learned in a deep way about the power of art to make a meaningful introduction and connection to literature."

Said Phoebe Hillman, Teacher Institutes Educator for SAAM: "This year we received more than twice as many applications as we had spots available this year, so (Aimee's) acceptance is a testament to the strength of (her) application and many qualifications."

## We're making changes for the better!

Dear Parent(s)/Guardian(s),

Celebrating student accomplishments and accommodating students and families is a priority here at Gilbertsville-Mount Upton. Based on feedback that I have received, I am going to be making some adjustments to our Rockin' Raiders afternoon program, Award Ceremonies, and Mentoring Program. If you have visited during any of these, you would know that they are not running smoothly based on our current set up.

Effective immediately, we are going to reserve Monday afternoons for just our Mentoring Program. This is to allow for a more personal connection between mentors and mentees and emphasize development of stronger relationships.

Rockin' Raiders is geared for students in grades PK-2 and will be held once a month, typically on the last Friday at 8:15 a.m. in the auditorium. Soaring Eagle awards will be handed out during this program, and award recipients will still receive a notification via the automated phone system.

### Rockin' Raiders will take place on the following dates:

Friday, October 25th	Friday, January 31st	Friday, April 24th
Friday, November 22nd	Friday, February 28th	Friday, May 29th
Friday, December 20th	Friday, March 27th	Friday, June 19th

*\*If school is closed due to inclement weather, Rockin' Raiders will be rescheduled to the next Friday school is in session.*

### Award ceremonies for grades 3-6 will continue to be held quarterly at 9:00 a.m. on the following dates:

Friday, November 22nd	Friday, April 24th
Friday, January 31st	Thursday, June 25th

Thank you for your continued support and flexibility while we make adjustments to our programs to best suit our students.

— Mrs. Heather Wilcox, PK-12 Principal

## Backpack Program raffles underway

Gilbertsville-Mount Upton will hold drawings for a turkey in November and a ham in December to support its Backpack Program.

The drawing for GMU's Backpack Turkey Raffle is set for November 15, with the Backpack Ham Raffle drawing to follow December 19.

Raffle tickets cost \$1 apiece, or \$5 for six. To order/purchase tickets or for more information, email Raquel Norton at [rnorton@gmucsd.org](mailto:rnorton@gmucsd.org) or call her at 607-783-2207, ext. 1167.







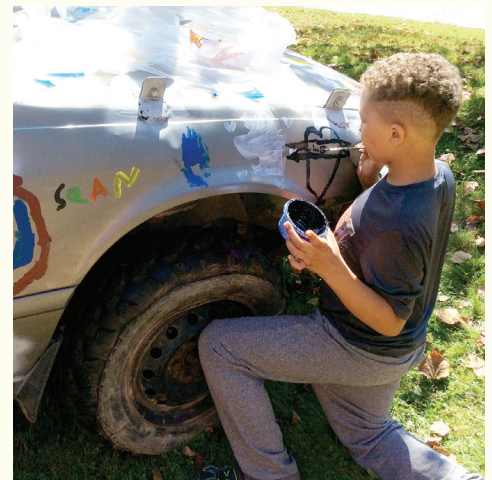
## Art students help smash Sanfilippo Syndrome

Gilbertsville-Mount Upton art students participated in a most unusual project during September and October, painting a clunker for a good cause.

GMU Art Teacher Ashley Hughes' old Toyota Camry was part of a demolition derby called the Sanfilippo Smash 4, which took place October 5 at the Otsego County Fairgrounds in Morris. This event raised money to help find the cure for Sanfilippo Syndrome, a rare genetic condition that causes fatal brain damage.

Joey Utter of Certified Auto, who drove the car during the derby, asked our GMU kids to paint it for the big event. Our students worked together just outside the GMU art room (near the bus circle) to turn this derby car into a masterpiece, right before it helped smash Sanfilippo Syndrome.

Check out our Facebook page for more photos!





## Reading Challenge complete!



Students who completed Gilbertsville-Mount Upton's Summer Reading Challenge recently took a trip to Sidney Memorial Library and Joe & Vinny's Pizzeria to celebrate.

In addition to enjoying some terrific food, 12 kids signed up for their own library cards for the first time to highlight the trip.

Each of the students listed read for at least 20 minutes every day of summer vacation. We are so proud of their commitment to education and dedication to becoming lifelong readers!

### First grade:

*Gigi Barnes, Hannah Carbone, Addison Dickey, Sullivan Dickey, Bryce Gundlach, Margaret Hanehan, Garrett Stanton.*

### Second grade:

*Lily Hauptfleisch.*

### Third grade:

*Cooper Gundlach, Thomas Hanehan.*

### Fourth grade:

*Gabby Barnes, Carrie Doyle, Sophie Parslow.*



### Fifth grade:

*Brandon Kendall.*

### Sixth grade:

*Ryan Davis, Johnny Forbes-Conaty.*

GMU Literacy Specialist Lauren Weidman, who shared these photos, said she is excited to see such a large increase in student participation, going from three last year to 16 this year. She's looking forward to having even more students take the Summer Reading Challenge next year.



## Planning for your future?

Gilbertsville-Mount Upton will host the remaining visits from college and military representatives throughout the 2019-2020 school year.

### October

- 24 SUNY Potsdam, 10:30 a.m.
- 25 Tompkins Cortland Community College, 11:45 a.m.
- 30 Niagara University, 9 a.m.
- 30 SUNY Morrisville, 12:30 p.m.

### November

- 1 Alfred University, 1 p.m.
- 7 SUNY Geneseo, 11 a.m.
- 12 Hartwick College, 11:45 a.m.

For more information, email GMU Middle School/High School Counselor Clara Tanner at [ctanner@gmucsd.org](mailto:ctanner@gmucsd.org) or call her at 607-783-2207, ext. 118.

## Thank you, Board of Education!

Gilbertsville-Mount Upton joined the New York State School Boards Association in celebrating School Board Recognition Week from October 21-25.

Recognizing school board member service should be a year-round endeavor, but designating one week to highlight these volunteers' efforts ensures they receive some of the thanks they deserve.

If you see a GMU Board Member, be sure to say thanks!

### Our GMU School Board

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

Thank you!



## GMU Senior of the Month

### Samuel Piedmonte, September 2019



Samuel is a leader with a good sense of humor, upbeat attitude, and grit.

Elected by his peers to serve as a Student Director for the Catskill Area School Study Council's Student Leadership program,

he will represent GMU for the 2019-2020 school year. Last year, Samuel led a successful recycling program at GMU as Vice President of our High School Student Council. He led by example – always willing to go the extra mile to do the job himself if no one else could do it.

Samuel has been a three-sport athlete all through high school, competing in cross country, basketball and track. He is a two-time Tri-Valley League All-Star in cross country and track, earning Rookie of the Year honors, Coach's Awards and team captain accolades in both sports.

Coach DuVall said this long-distance specialist, who runs the mile and 2-mile during track season, once showed his grit and determination by completing a cross country race despite losing a shoe with about 1.5 miles of wet, rocky ground remaining. Samuel also started at point guard last winter for the varsity basketball team, earning Rookie of the Year and a Tri-Valley League honorable mention as a team co-captain.

A member of Mock Trial and National Honor Society, Samuel also has served as the Class of 2020's Vice President and Treasurer. He has taken on the self-prescribed role of GMU Ambassador, too, by forging friendships with Rotary exchange students Teo Sauvageon and Bruno Portes. Samuel also has earned the Principal's Leadership Award, the George Eastman Young Leaders Scholarship from the University of Rochester, and the Wells College 21st Century Leadership Award.

Samuel has been a high honor roll student in every marking period during high school and continues to maintain a rigorous schedule this year with Tompkins Cortland Community College courses in Chemistry, Biology, Accounting, Economics, and College Success Seminar. He plans to study sports marketing, business or communications in college.

We wish you all the best, Sam!

### Sadra Smith, October 2019



Sadra is an independent young woman with a strong work ethic, both in and out of school. For two years, Sadra has worked at Muddy River Farm in Otego, where

she can be found most days, nights, and weekends milking cows and working with hay. She finds this fulfilling and views it as a stepping stone to her goal of studying agriculture in college.

Sadra is looking at several upstate New York colleges to attend next fall. She is a valued member of our High School Student Council, where she gives sage wisdom to her peers, and is a member of National Honor Society and Academic Team. Additionally, Sadra is a competitive member of our Mock Trial team as a lawyer who can elicit strong testimony and crush the opponent's side.

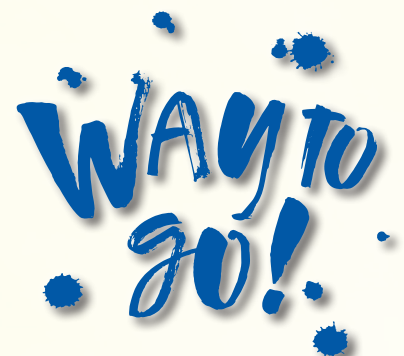
Soccer is Sadra's sport, a team captain who leads the Raiders with strength and pride. Friends have described Sadra as having a "fiery" personality and as an "old soul" who is good at listening. Her hobbies include reading and driving her vintage 1984 Mustang.

Sadra is at the top of her class, challenging herself with Tompkins Cortland

Community College classes such as Biology, Precalculus, Accounting, Economics, and College Success Seminar. She also is a talented Band member who plays alto saxophone and was chosen to lead the marching band as GMU's Drum Major last year.

Sadra is the recipient of the President's Award for Outstanding Academic Excellence (Gold Level), The University of Rochester's Bausch and Lomb Science Award, and the Student Sage Award from Sage College.

High School Student Council wishes Sadra all the best!

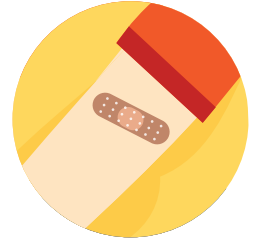






# The Flu:

## A Guide for Parents



Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that since 2010, between 7,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

## What parents should know

### How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

### How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

### What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



## Protect your child

### How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

### Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Common side effects from the flu shot are soreness where the shot is given, headaches, muscle aches, and fever. These side effects are generally mild and go away on their own within a few days. A flu vaccine cannot cause flu illness. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

### What are the benefits of getting a flu vaccine?

- **A flu vaccine can keep you and your child from getting sick.** When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- **Flu vaccines can keep your child from being hospitalized from flu.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.



- **Flu vaccine can prevent your child from dying from flu.**

A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.

- **Flu vaccination also may make your illness milder if you do get sick.**

- **Getting yourself and your child vaccinated also can protect others** who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

## What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness

## If your child is sick

### What can I do if my child gets sick?

**Talk to your doctor early if you are worried about your child's illness.**

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years and older without long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu-related complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

### What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs you should go to the emergency room:

- Emergency warning signs of flu:
- Fast breathing or trouble breathing
- Bluish or gray skin color

- Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu symptoms improve, but then return with fever and worse cough
- Fever with rash



### Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications. Antivirals can be given to children and pregnant women.

### How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

### Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

### When can my child go back to school after having the flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

**For more information, visit**

**[www.cdc.gov/flu](http://www.cdc.gov/flu)**

**or call 800-CDC-INFO**



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention



## Students take off at Amphenol Aerospace



GMU School Counselor Clara Tanner and Science Teacher Kaitlyn Woods accompanied a group of nine sophomores to Amphenol Aerospace in Sidney for Amphenol Manufacturing Day on October 4.

Our students learned all about the history of Amphenol, toured the plant and discovered the numerous employment opportunities the company provides for our local community.

We would like to thank Amphenol for giving us another chance to broaden our students' horizons!

## Senior represents GMU at Empire Girls State

Gilbertsville-Mount Upton senior **Tavian Raymond** served as our delegate this past July at Empire Girls State, a program sponsored by Gilbertsville's American Legion Auxiliary.

Tavian spent a week at SUNY Brockport, where she and other girls from across the state participated in an intensive week of educational activities, working to design a government for a theoretical 51st state with democratic and American ideals.

The girls learned about the structure and processes of their state's government, and democratic participation in politics to prepare them for their future roles as responsible and active citizens.

"I had an amazing experience and I would recommend going to anyone interested in a

heartbeat," Tavian exclaimed. "I learned a lot of new things, not only about the government but also how to properly honor our veterans.

"We raised and lowered the flag every morning and afternoon," she continued. "Unfortunately, we had to fly the flag at half-staff that week for a young soldier who lost his life in Afghanistan. He and his wife were expecting a child. Doing such things increased my nationalism and patriotism. There's never a time where I won't stand with my hand over my heart, proudly."

Tavian has been an amazing delegate and has made GMU and Gilbertsville's American Legion Auxiliary so proud!



## These GMU students are driven!



Congratulations to Gilbertsville-Mount Upton junior **James Raymond** and senior **Aaron Button**, who recently took part in tractor and bulldozing competitions, respectively, during Cobleskill High School Day.

James attends the CTE Conservation and Heavy Equipment program at DCMO BOCES, which he represented in the tractor-driving competition as a member of its FFA program. Aaron also attends the Conservation program and competed in bulldozer driving at Cobleskill.

Great job, fellas!





# We're all smiles!

Gilbertsville-Mount Upton welcomed students of all ages on September 4 as we celebrated the first day of the 2019-2020 school year. Thank you to all of the students and staff members who took time out of a very busy and exciting first day of school to pose for group photos and School Selfies! We're simply thrilled to have your kids back in school as we look forward to another great year of growing together at GMU! For even more pictures from the opening day of school, check out our Facebook page (@GMUCentral).







# We've got spirit!

Gilbertsville-Mount Upton kicked off Homecoming Weekend with a Pep Rally inside the high school gymnasium on September 21! This music-rich day featured our band, student-athlete introductions, a crowning ceremony and even a performance of our alma mater! Check out some of the scenes from this special event and visit our Facebook page for even more!





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## **OUR MISSION & VISION**

### **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**

We strive to provide an inclusive learning community that fosters life-long personal and academic growth.

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