



# The Journey

*A Newsletter of the Gilbertsville-Mt. Upton Central School District*

*Mission Statement: The Gilbertsville-Mt. Upton Central School District is committed to an educational environment that assures equitable opportunity for individuals to become College and Career Ready and ultimately, responsible, productive members of society. We will encourage all individuals to do their personal best, that they may gain a lifelong enthusiasm for work and learning.*

January/February 2017  
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**It's the Quality of the Journey that Counts!**

## Superintendent's Message



I hope you were able to join us for the Elementary/MS musical production of *The Pied Piper*. What a treat to see our students perform. Thank you for attending events at GMU. It means a great deal to students to have such great audiences and such a supportive community. If you would like to know when events are taking place at the school, please check

our website or facebook page for a link to scheduled sports and other events.

Our Capital Project plans are moving forward. On January 31 we went out to bid for contractors to complete the work as outlined in the project. Once our Board of Education accepts a bid, we will begin planning with our construction management company. It is exciting to anticipate some of the changes that will take place at the school because of your support of this project. Thank you for supporting our students and our school!

We are in the process of developing a budget for next school year. We hope to receive the governor's executive proposal at the end of January. At the February 7 Board of Education Meeting, I will be presenting my first run of the proposed budget for the 2017-2018 school year. The District continues to be committed to providing an outstanding educational program for our students balanced with a reasonable tax levy for our District taxpayers.

On behalf of our Board of Education and students I would like to thank everyone who had the opportunity to attend our annual Board of Education Dinner Theatre fundraiser. The funds raised will go toward scholarship money for our graduates this June. A special thanks to Mrs. Winnie Sortman, our middle school/high school choral teacher and her students who provided the entertainment. Our cafeteria staff under the direction of Mrs. Susan Sebeck who prepared the dinner, Mrs. Aimee Piedmonte, our district secretary/board clerk for coordinating the signups for both meals and

*Continued on next page*

## Holiday Dinner

Superintendent Annette Hammond and the Gilbertsville-Mt. Upton Central School District welcomed Senator James Seward and Assemblyman Clifford Crouch to GMU on December 23. The legislators interacted with students from the elementary grades through high school. Seward and Crouch answered student questions and heard student presentations.

The legislators greeted and dined with 50 local senior citizens and staff members who dined at the Annual GMU Staff and Senior Citizen Holiday Dinner. A trio of our music teachers, Mr. Oram, Mrs. Monaco and Mrs. Sortman, played holiday tunes to kick off the dinner. Thank you to everyone who helped make this event a success!



**More  
Pics  
Inside**

*Superintendent's Message, cont.*

Mr. Bakhuizen who directs all the set up. Last but not least, thanks to the National Honor Society members who, under the direction of their advisor Mrs. Cierra Stafford, served guests the meal at the dinner theatre.

A reminder to everyone that we have an upcoming bus vote on Tuesday, February 7 in our school lobby from 12:00-8:00 p.m. It is important in our area to keep an eye on the condition of our buses as they incur great wear and tear due to salt and other chemicals used on the local roadways and parking lots. We try to replace our vehicles in a timely fashion in order to minimize the cost of repairs and maintenance on our buses and to maximize safety for our students. In our area, buses begin showing regular rusting and maintenance concerns within five years of purchase. Funds have been set aside in a Capital Reserve to offset the taxpayer costs. We currently receive 78% aid on transportation costs. This state aid is placed in the reserve fund to cover costs of such purchases.

Thank you for your continued support of the Gilbertsville-Mt. Upton School District where the *Quality of the Journey Counts!*

—Annette D. Hammond, Superintendent

## Counselor's Corner

Happy New Year and welcome back! I hope everyone had a wonderful and restful break. As we enter a new year, it is nice to talk to your child about some resolutions or goals they may have for the rest of the school year. These can be personal and/or academic goals or resolutions. My 6th grade students learned that goals/resolutions should be SMART: Specific, Measureable, Achievable, Realistic, and Timely. Discuss with your child the importance of having a goal or resolution that is achievable and the steps they can take to reach that goal/resolution. These can include eating healthy, being organized, improving test scores, picking up a new hobby, or making a new friend. Just remind them that some goals or resolutions take time and effort on their part. But with hard work and dedication anything can be accomplished!

Group News: Banana Splits will be coming to an end this month. Students have had the opportunity to work out their feelings and thoughts as well as cope with the effects that the divorce/separation has had on them. I am so proud of each and every one of them!

As always, if you have any questions or concerns please feel free to contact me by phone or email.

—Tina Hall, Elementary School Counselor

## Senior of the Month

### Andy Baker—January



Andy has been a big part of GMU sports ever since he was young! He has been a baseball pitcher starting with Little League and has played basketball nearly as long. Currently he is a member of both Varsity teams here at GMU. He has also played soccer in the past and was an active participant in the symphonic, marching and jazz bands as well. Unfortunately music did not fit into his schedule this year, as he attends DCMO BOCES for welding. Andy loves to hunt and snowmobile. He has been a member of the stage crew for musicals and a member of Student Council in the past. Andy has always worked outside of school throughout his high school years.

Currently, he is off-campus at BOCES for most of his coursework, with the exception of Economics. We are glad to have Andy as a part of GMU and wish him success in all of his future endeavors—we know he will always put his best foot forward!

—HS Student Council

### Molly D'Amato—February



Molly is a very active member of our GMU student body. She has been a leader on and off stage as a participant in musicals, chorus, and ladies ensemble throughout high school. Molly has also been a long-standing, integral part of National Honor Society, Drama Club, Mock Trial, Leadership/Mentoring and Student Council. Not only has she been an active participant in those, she has been a leader. She has attended All-County, Area All-State, and NYSMAA in music; she has been class president in the past and current president of Student Council and SADD. Molly was also chosen to attend HOBY and RYLA. Presently, she is enrolled in TC3 College level Pre-calculus, Accounting, Academic Writing, and College Success Seminar, as well as Economics and U.S. History through Music and Culture.

Her supportive attitude and desire to bring positive change cannot be subdued! Congratulations Molly and good luck as you move fashion forward!

—HS Student Council

**GREAT JOB**

## News from the Main Office

As inclement weather continues to be an issue this time of year, students who drive to school need to keep in mind that the District does provide busing for all students. If the weather is questionable on a school day, riding the bus to school is always an option and can be safer than driving to school. You can listen to the radio, local TV or check the GMU website to see if school or events are delayed or cancelled. We will also send an automated message to your phone to inform you of any delays or cancellations.

Enjoy the winter recess! At the elementary level, please encourage your child to read at least 15 minutes each day and study their math facts over the break.

The second marking period ends on January 27. The end of this marking period marks the halfway point for the school year! February brings the start of a new semester and new classes for some of our students. The start of the semester marks the halfway point for the school year. Report cards will be sent home with students on February 2. It is so important for students to stay focused on their studies and to ask for assistance if they are having difficulty in a class. If you are concerned about your child's progress, you will have the opportunity on March 9 to participate in a parent teacher conference day for grades PK-12. Elementary teachers will send home an appointment time with your child. These conferences will be scheduled based on parent and/or teacher request, so if you would like to meet with one or more of your child's teachers, please contact Mrs. Ostrander in the Main Office. Further information will also be coming home in the mail.

This is also an exciting time for seniors as their high school experience is almost over, and they are planning for their futures and receiving college acceptance letters. Seniors need to stay focused throughout this semester because grades can affect graduation and if accepted to a college, a student's acceptance can be rescinded or the student can begin college on academic probation due to low or failing grades. These next few months are critical, and require the strong work ethic that so many colleges, the military, and employers are looking for. One of our goals here in the Middle/High School is to have students be College and Career Ready upon graduation.

### Upcoming Events

#### JANUARY

- 20 Grades 5-7 Musical, Auditorium, 7:00 p.m.
- 21 Grades 5-7 Musical, Auditorium, 2:00 p.m.
- 24-26 Regents Week (All students must attend)
- 27 2nd Quarter Ends  
**½ day for students, dismissed at 11:00 a.m., no lunches served—Staff Development Day**

#### FEBRUARY

- 8 Grades 3-12 Award Ceremonies, Auditorium  
9-12 Awards Ceremony, Auditorium, 8:15 a.m.  
7-8 Awards Ceremony, Auditorium, 9:15 a.m.  
3-6 Awards Ceremony, Auditorium, 10:15 a.m.
- 10 PK-2 Soaring Eagles Awards Ceremony, 8:25 a.m.  
GMU'S Got Talent, Auditorium, 7:00 p.m.

**20-24 NO SCHOOL—President's Day and Winter Recess**

#### MARCH

- 9 **½ day for students, dismissed at 11:00 a.m., no lunches served—Parent/Teacher Conferences**
- 10 **NO SCHOOL—Staff Development Day**
- 15 Music in Our Schools Presentation, Auditorium, 8:25 a.m. (Snow date March 17)
- 28-30 Grades 3-8 NYS ELA Testing
- 31 PK-2 Awards Ceremony – 8:25 a.m. @ Morning Raiders

#### APRIL

- 3 PreK Application deadline at noon today
- 10-17 **NO SCHOOL—Spring Recess**
- 19 Grades 3-12 Award Ceremonies, Auditorium  
Grades 9-12, 8:15 a.m.  
Grades 7-8, 9:15 a.m.  
Grades 3-6, 10:15 a.m.
- 28 PK-2 Awards Ceremony @ Morning Raiders, 8:25 a.m.

### Testing Dates for this School Year

ELA State Tests Grades 3-8 ..... March 28-30  
Math State Test Grades 3-8 ..... May 2-4  
Science Performance Test Grade 4 and 8 ..... May 24  
Science Written Test Grades 4 and 8 ..... June 5  
As a reminder to parents of students in grades 3-8, when making plans for the spring, it is important that students are in school for state testing.

Regents Exams ..... January 24-26  
All students need to attend school during Regents Week as we will be having regularly scheduled classes and there are only a few students who will be pulled from classes to take exams.

## Soaring Eagle Awards

### Kudo Awards

Kudos are character awards given by teachers to students throughout the school day to recognize the student for making good choices or going out of their way to take responsibility or do a kind act for someone. Students have already received their awards but are recognized at Morning Raiders.

#### PK

Tyler Crisell  
Melena Hall  
Lux Miller  
Kaylee Stewart

#### 1st Grade

Dillon Eichler  
Robert Lindroth  
Koda Stockdale  
Henry Underwood

#### 2nd Grade

Madeline Astalos



### September Theme—Giving

- Shows a positive attitude toward others
- Displays a willingness to cooperate with other students

#### Kindergarten

Caden Champion

Mason Hill

#### 1st Grade

Carrie Doyle

Lucas Gross

#### 2nd Grade

Bryon DeForest

Peyton Norton

#### 3rd Grade

Kyle Keuhn

Blake SanSoucie

#### 4th Grade

Quinn Covington

Paige Nichols

#### 5th Grade

Devin Baker

Leah Cotten

#### 6th Grade

Fiona Held

Aubree Palmer

#### 7th Grade

Nathan Barrows

Madeline Pain

#### 8th Grade

Dominick Hartwell

Zan SanSoucie



### October Theme—Motivation

- Student does not give up
- Works hard

#### Kindergarten

Alivia Lum

Paityn Page

#### 1st Grade

Daisy Crisell

Zackery Page

#### 2nd Grade

Alexis Davis

Austin Kilmer

#### 3rd Grade

Olivia Fletcher

Jaden Kuhn

#### 4th Grade

Natalie Raymond

Anthony Shinol

#### 5th Grade

Tait Christensen

Morgan Williams

#### 6th Grade

Jordyn Jones

Brian Wilson

#### 7th Grade

Madison Lewis

Dalton Proskine

#### 8th Grade

Catherine Giammateo

Chelsie Palmer





## Work Ethic Awards

- *Completes all assignments*
- *Takes responsibility for absences and work to be made up upon return*
- *Is grade conscience and seeks help when needed*
- *Is persistent in their work regardless of the level of difficulty and their class grade*
- *Completes all assignments to their greatest potential*

### November Theme—Understanding

- *Shows humor in a positive manner*
- *Exhibits a give-and-take attitude*
- *Laughs with people and not at them*

#### **Kindergarten**

Thomas Hanehan  
Kayden Peck

#### **1st Grade**

Estella Maiurano  
Koda Stockdale

#### **2nd Grade**

Cyrus Hall  
Jacob Nickel  
Acela Roberts

#### **3rd Grade**

Ethan Bertrand  
Mackenzi Marron

#### **4th Grade**

Skylar Lindroth  
Emma Peck

#### **5th Grade**

Devon Hartwell  
Kyle MacNeill

#### **6th Grade**

Mackenzie Cherry  
Gabe Maiurano

#### **7th Grade**

Tammy Barnes  
Payton Talbot

#### **8th Grade**

Shayne Christian  
Emily Hammond

#### **3rd Grade**

Ryan Beismer  
Ethan Bertrand  
Maya Eberly  
Olivia Fletcher  
Alexia Furgison  
Kyle Keuhn  
Jaden Kuhn

Mackenzi Marron  
Alivia Plows  
Alivia Vitek

#### **4th Grade**

Ariana Cornell  
Quinn Covington  
Barbara Fletcher  
Skylar Lindroth  
Emma Peck

Natalie Raymond  
Anthony Shinol  
Alyssa Sorochinsky  
Hailee Walrod

#### **5th Grade**

Mackenzie Barnes  
Tait Christensen  
Leah Cotten  
Alaina Maxson  
Corbin Page  
Ella Thatford  
Morgan Williams

#### **6th Grade**

Hannah Bonczkowski  
Mackenzie Cherry  
Jordyn Jones  
Brian Wilson

#### **7th Grade**

Tammy Barnes  
Anika Christensen  
Angelina Correll  
Autumn Demarais

Maya Farwell  
Kaitlyn Finch  
Tyler, Furgison  
Morgan Keuhn  
Madison Lewis  
Bree MacNeill  
Ashlyn Marron

Ryan McCall  
Madeline Pain

#### **8th Grade**

Kylee Beckwith  
Shayne Christian  
Catherine Giammateo  
Emily Hammond

Olivia Held  
Logan Lenhardt  
Chelsie Palmer  
Aiden Ryan  
Zan ZanSoucie  
Theodore Sharkey  
Dalton Proskine  
Alivia Retz  
Samantha Shinol  
Payton Talbot  
Skye Wilson

## Congratulations!



Jessica Conklin

*Our very own Jessica Conklin, Junior, won first place in The Daily Star essay contest, "What the Constitution Means to Me" at the 11th grade level, along with a check for \$100. Her essay was published in The Daily Star.*

# Great Job!

## Honor Roll

- *Honor Roll Criteria: Quarterly average of 87-92 with no grade below a 70 and no incompletes*
- *High Honor Roll Criteria: Quarterly average of 93-100 with no grade below a 70 and no incompletes*

### **5th Grade**

#### **Honor Roll**

Devin Baker  
Mackenzie Barnes  
Kadence Canfield  
Taylor Gager  
Devon Hartwell  
Kyle MacNeill  
Alexander Nickel  
Andrew Stone

#### **High Honor Roll**

Tait Christensen  
Leah Cotten  
Alaina Maxson  
Ella Thatford

### **6th Grade**

#### **Honor Roll**

Brackon Banks  
Isabelle Breslau  
Carly Davis  
Corbin Demmon  
Kendra Dunham  
Connor Eberly  
Brennan Finch  
Jordyn Jones  
Ethan Joslyn  
Marley Labounty  
Kross Lund  
Gabe Maiurano  
Dante Manwarren  
Rylan McNamara  
Bianca Plows  
Ella Stockdale  
Kali Wilcox  
Brian Wilson  
Nevaeh Wright

#### **High Honor Roll**

Hannah Bonczkowski  
Mackenzie Cherry  
Kendra Hammond  
Fiona Held  
Rene Posner

### **7th Grade**

#### **Honor Roll**

Nathan Barrows  
Autumn Demarais  
Lane Dibble  
Kaitlyn Finch  
Madison Lewis  
Lauren Radwan  
Payton Talbot  
Cameron Teale  
Samantha Shinol

#### **High Honor Roll**

Tammy Barnes  
Anika Christensen  
Angelina Correll  
Maya Farwell  
Morgan Keuhn  
Bree MacNeill  
Ashlyn Marron  
Ryan McCall  
Madeline Pain  
Dalton Proskine  
Aivia Retz  
Skye Wilson

### **8th Grade**

#### **Honor Roll**

Kylee Beckwith  
Shayne Christian  
Catherine Giammateo  
Emily Hammond  
Logan Lenhardt  
Zan SanSoucie

#### **High Honor Roll**

Gavin Bonczkowski  
Apolonia Drapaniotis  
Olivia Held  
Aiden Ryan  
Theodore Sharkey

### **9th Grade**

#### **Honor Roll**

Dominick Carey  
Kaitlyn Fuller  
Zachary Grabo  
Brandon Harris

Kienna Martin

Isaac Medina

Kyli Odell

Aliya Pickens

Tavian Raymond

Isaiah Stockdale

Airyana Wright

Ayssa Zaczek

#### **High Honor Roll**

Ethan Charron  
Sawyer Hinman  
Vanessa Nelson  
Ethan Newman  
Samuel Piedmonte

Garrett Proskine

Naamah Romano

Sadra Smith

### **10th Grade**

#### **Honor Roll**

Jazmine Brooks  
Kelsey Pope  
Corey Wilson  
Zara Zeidman

#### **High Honor Roll**

Hunter Christian  
Nina D'Amato  
Natalie Pistor  
Shalleigh Taranto

### **11th Grade**

#### **Honor Roll**

Jessica Conklin  
Auttum Hartwell  
Bryant Hill  
Mallory Robinson  
Makayla Williams

### **11th Grade**

#### **High Honor Roll**

Ethan Butts  
Mickenson Clune  
Savana Conrade  
Vasiliki Drapaniotis  
Elizabeth French  
Meredith Hammond  
Karli Hinman

Alyssa Hotaling

Makayla Lewis

Madolin Lull

Scarlett Newman

Michael O'Connor

Timothy Picozzi

Lucas Piedmonte

Michael Pope

Marena Zaczek

### **12th Grade**

#### **Honor Roll**

Samantha Button  
Liam Champion  
Kinzie-May McCumber

#### **High Honor Roll**

Daniel Backman  
Michael Birdsall  
Molly D'Amato  
Jocelyn Duncan  
Christian Merlo

# Congratulations!

## 7-12 School Counselor Notes

### Congratulations!

The following 8th graders were chosen to attend the Catskill Area School Study Council 8th Grade Leadership Workshop on at SUNY Oneonta—**Emily Hammond, Gavin Bonczkowski, Shayne Christian, Teddy Sharky, Catherine Giammateo, Alyssa Devine, Apolonia Drapaniotis, Olivia Held, Skylar Norton and Chelsie Palmer**. They all participated in large and small group activities to learn various leadership techniques. Students attending the workshop are encouraged to return to their schools and become leaders and role models for other students.

### Student Leadership—Juniors

Congratulations to the following students who attended the Student Leadership Conference sponsored by the Catskill Area School Study Council on November 16. This conference is designed to train young men and women to assume leadership roles in their school and community. Students who attend are generally articulate, enthusiastic, confident, intelligent, and possess the ability to become a role model for other students. This year's representatives from GMU are: **Michael O'Connor, Vasiliki Drapaniotis, Mickenson Clune, Savana Conrade, Meredith Hammond, Scarlett Newman, Ethan Butts, Makayla Lewis, Marena Zaczek and Lucas Piedmonte**. This conference is the first of three training conferences which encourage teamwork, community involvement and communication.

### Seniors—College Applications

This is an important time of the year for seniors as they are preparing to transition into a new chapter of their lives. Senior meetings are now complete and students are encouraged to complete and submit college applications ASAP. Students should watch specific admission deadlines as they are extremely important. Colleges are not flexible with deadlines. A great way to apply to multiple schools is using one application called The Common Application at <https://www.commonapp.org>. You can access specific college supplements to the application as well. Not all schools subscribe to this service; however, check out the link to see if any of the schools to which you will apply offer this option. Also, while completing the application students should indicate who their counselor is and the teachers who will provide reference information to each school. This will simplify the application process.

**Submit Your  
Application Today!**

### SAT and ACT Registration

Juniors, now is the time to start registering for the Spring 2017 college entrance exams! The next two exam dates are listed below, to register and for all exam dates please visit the specific testing websites.

Test	Date	Registration Deadline	Website
SAT	March 11	February 10	<a href="http://www.collegeboard.com">www.collegeboard.com</a>
	May 6	April 6	
ACT	April 8	March 3	<a href="http://www.actstudent.org">www.actstudent.org</a>
	June 10	May 5	

### HOBY

The Hugh O'Brian Youth (HOBY) Leadership delegate selected to represent GMU at the 2017 HOBY seminar is **Natalie Pistor**. The alternate selected is **Hunter Christian**. They were both selected because they demonstrate the potential to lead others. The HOBY mission is "to inspire and develop our global community of youth and volunteers to a life dedicated to leadership, service and innovation." The HOBY Leadership seminar encourages students to improve critical thinking skills, enhances leadership skills, reviews the democratic process, develops goal setting skills and challenges students to complete 100 hours of volunteer service. The 2017 seminar will be held at SUNY Oneonta in the spring. Congratulations Natalie and Hunter!

—Ms. Lindsey Wagner, 7-12 School Counselor

### GMU Booster Club News

We have been very busy with basketball concessions for the last two months. You may have noticed some of the many new faces we welcomed to Booster Club. Thank you for your support Aimee, Amy, Brenda, Cathy, Diane, Kristy, Raquel and Tom!

Our next meetings will be on January 24 and February 14 at 7:00 p.m. in the Booster Club Concession room. At these meetings we will discuss school needs and new capital projects for the Booster Club. We will talk about ideas to get GMU apparel more directly available to the general public. We will also work on planning the Winter Sports Awards Celebration and the upcoming All-County Concert.

We look forward to welcoming many more new faces—more hands and minds make us much more productive. Come and join the fun as we support our students and promote Raider Pride!

—Nancy Bakhuizen

## Holiday Dinner Photographs



## Holiday Dinner Photographs



*Thank you for your visit  
Senator Seward and  
Assemblyman Crouch!*

## Family and Consumer Science

Our 8th grade Family and Consumer Science class worked very hard on our Careers Unit. We researched a future career we have interest in, as well as created cover letters, resumes and references lists. On December 8 in our school's library, we presented what we had learned. During this presentation each student had a presentation board up detailing the career they researched, as well as their cover letter, resume and reference list for viewing.

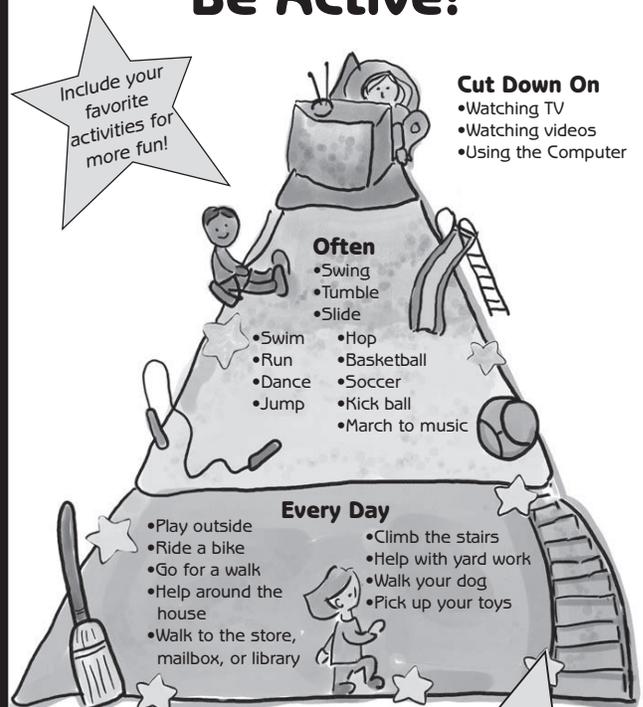
We practiced interview skills and answered questions from fellow students of all grades, parents, teachers, administration, and board members. Refreshments were provided by Mrs. Toulson's Culinary Arts classes.



# Activity Guide Pyramid

*Eating a variety of foods and being physically active every day will help children be strong and healthy.*

## Get Your Child and Yourself Moving! Be Active!



•Go for at least 60 minutes of physical activity every day.

•There is a link between TV viewing and being overweight so turn off the TV, the video games, the computer and move your body.

New York State Department of Health

## Music In Our Schools Month!

The GMU bands and choruses will be presenting a pops concert as part of our Music in Our Schools Month celebration. This concert includes the following performing groups: Elementary Band, Elementary Chorus, Concert Band, Junior Chorus, Symphonic Band, Jazz Band, Ladies' Ensemble and Senior Chorus. Each group will perform one or two selections from the pop repertoire, including music from television, movies, and musical theater. The performance starts at 6:30 p.m. on Wednesday, March 8 (snow date Thursday, March 9). It should be an exciting and fun filled evening of 20th century pop favorites!

The Music Department is also well underway with plans for a performance celebrating Music In Our Schools Month featuring pre-kindergarten through sixth grade students. We are working on a short musical, which gets every grade level involved. Our production, called *Hooked On Healthy*, will be performed on Wednesday, March 15 (snow date Friday, March 17) at 8:25 a.m. It will be an entertaining production, which allows the audience to see and hear songs explaining how to feel good and live well. Please join us for some of our exciting musical songs and dances!

—Anne Monaco, Mathew Oram and  
Winnie Sortman, Music Department

## Poetry Out Loud

Once again, the English Department would like to commend the brave students who faced their peers and recited poems in the annual Poetry Out Loud School-wide Competition, held January 10 in the auditorium. Our winners, **Vasiliki Drapaniotis** and **Naamah Romano**, move on to the New York State Regional Competition to be held at SUNY Oneonta on February 8. We thank our judges Ms. Larisa Waghorn-Muller, Ms. Elaina Palada and Mr. John Grenier; our tabulator, Mrs. Lynne Talbot; our production managers, Mr. Gerrit Bakhuizen and Tyler Lindsley; student prompter, Michael Pope; Mrs. Winnie Sortman and the chorus; emcee Mr. Mark Luetzger; Mrs. Hammond and the BOE, Mrs. Wilcox, teachers, parents, students, and community members who attended. And, of course, the other reciters: **Cecilia Caietta**, **Jessica Conklin**, **Karli Hinman**, **Michael O'Connor**, **Tim Picozzi**, **Samantha Sullivan**, **Zara Zeidman**, **Meredith Hammond**, **Charlene Heisler**, **Scarlett Newman** and **Lucas Piedmonte**. Well done!

We encourage any interested students to participate in this character-building competition next year!

—The English Department

## Pre-K News

Our GMU Pre-K has had a busy year so far. We have learned a lot about our school and gotten used to the routines. We know where to find Mrs. Ostrander, how to get around our school and we have made lots of new friends while working and playing. Some of the highlights have been planting garlic in the school garden with Mrs. Christensen, a field trip to find signs of fall and searching for a runaway Gingerbread Man. We especially enjoyed our trip to the Chenango County Historical Museum. While we were there we made butter the old fashioned way and got to blow the whistle for the model train village. We also searched the museum to find our own GMU Christmas tree that Pre-K made ornaments for.

Next, we will be studying snow and winter. We will also be waiting expectantly for our own Gingerbread Men to return to us from the adventures we sent them on before vacation.

—Bobbi Stensland, Pre-K Teacher



*We found Mrs. Ostrander!*

## Pre-Kindergarten Registration

Just a friendly reminder to those who have not had a chance to do so yet—Pre-K registration time is fast approaching. Resident children of the Gilbertsville-Mt. Upton School District who will be 4 years of age by December 1, 2017, are eligible to register/apply for the full day Pre-k program. For those who are interested and have not already done so, you may contact Mrs. Clapp in the Student Services office (783-2207, ext. 141) to provide information for obtaining an Application.

All Pre-Kindergarten applications must be returned and in the Guidance Office by noon on Monday, April 3, 2017. The class size is limited—only 18 students will be able to attend; therefore, a lottery system is used to determine the class roll if more than 18 applications are received.

## Kindergarten Registration Day

Children who are turning five (5) on or before December 1, 2017, are eligible to register for the Kindergarten class for the 2017 school year. Kindergarten Registration will be held on March 9, from 12:00 noon to 3:45 p.m. If you are unable to make the registration day during the hours indicated, please call or contact Mrs. Clapp to arrange an appointment at 783-2207, ext. 141.

### The items needed at the time of registration are

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

### Please Note

Students who are already attending our in-house PK program during the current school year do not have to attend this registration. If you have any questions, please feel free to contact Mrs. Clapp in the Student Services Office at 783-2207, ext. 141.

**Remember  
to Register!**



# THE VALLERIAN

Yearbooks for Sale!

Yearbooks for Sale!

Get Your Yearbooks!

It is that time of year again when yearbooks go on sale! Have you ordered your copy? If not, the 2017 Yearbook Staff is now taking orders for this year's *Vallerian*. Yearbook prices are as follows.

Order between these dates	Cost per Yearbook
Now – May 1, 2017	\$30
After May 1, 2017	\$35

### 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](mailto:ltalbot@gmucsd.org) or at (607) 783-2207, ext. 268.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone Number: \_\_\_\_\_

Grade/Teacher: \_\_\_\_\_

Number of copies of *The Vallerian* being ordered: \_\_\_\_\_

## Info From The Health Office

### Take Charge of Your Health—Three Months to Healthy

When it comes to our health, most of us make a fresh start with the new year. But fall may be an even better time to focus on wellness. Since this season has passed as well as the hectic time during the holidays, it is not too late to exert a bit of effort now. Here are some simple, proven ways to keep you and your family healthy. Start today, next week, or even next month—and reap the benefits soon.

—Melinda Wenner Moyer

### Eat Breakfast

The evidence linking a hearty breakfast and a healthy weight keeps getting more convincing. Earlier this year, Israeli scientists put 93 overweight or obese women on a 1,400-calorie-a-day diet and told one group to eat half of those calories at breakfast and the other to eat half at dinner. Those who ate the big breakfasts lost 10 pounds more after 12 weeks than those who ate the big dinners; they also had lower levels of fats in their blood and better blood sugar levels, reducing the risk of heart attack and type 2 diabetes. One study suggests that half-carb, half-protein breakfasts are the most effective for weight loss—think scrambled eggs with a slice of whole wheat toast.

### Ease Stress with Sound

And make it the right kind of sound: In one 2013 study, researchers played either classical choral music, sounds of rippling water, or nothing at all for three groups of subjects before making them speak and do arithmetic in front of an audience. Those who listened to the water before performing stayed the calmest, producing the lowest amount of the stress hormone cortisol, which has been associated with type 2 diabetes and heart disease. Don't live near a stream? Download a free running water app, such as Fluid Free Live Wallpaper or Koi Pond, on your smartphone.

### Cut Down on Salt

(But not as much as you think.) In May, the Institute of Medicine assessed the published research on salt and concluded that Americans—who on average consume 3,400 milligrams of sodium a day—should reduce their intake to 2,300 milligrams daily to minimize cardiovascular risks. In a controversial twist, the institute did not find enough evidence to support the American Heart Association's blanket recommendation to decrease salt consumption to 1,500 milligrams a day. The best way to lower your intake? Skip processed foods like bread, cold cuts, and pizza—salt added at the table or during cooking contributes very little overall.

### Reasons a Student is Sent Home

The following are most of the reasons for a child being sent home from school:

- Fever
- Vomiting
- Diarrhea
- Chills
- Sore throat
- Possible strep throat
- Bad cold, with a very runny nose or bad cough
- Stomach ache not relieved with rest
- Headache not relieved with prescribed medication
- Conjunctivitis (pink eye)

It is very important, for the health of his/her fellow classmates and staff (as well as your own child), that he/she **remain home until 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 his/her return to school.

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

—Carol Angelone, RN, School Nurse

## GMU Winter Sports Awards

Please join the Booster Club and GMU Athletic Department as we honor our winter sports athletes. We will recognize players from the Boys and Girls Modified, JV and Varsity Basketball teams.

Tuesday, February 28 at 7:00pm

GMU Auditorium

*The public is welcome for the ceremony and reception that follows!*

## BOE Meeting Highlights

### November 8, 2016 BOE Meeting

Acknowledged Letter to Nancy Bakuizen, Booster Club President, from GMU Community Parents

Acknowledged Thank You card from BCK-IBI in honor of School Board Recognition Week.

#### Positive Highlights:

GMU is busy! We had a College Day Visit for the Junior Class. Our Junior Carnival was very well attended on October 21. Sports Awards was October 25.

We are looking forward to the musical *Aida* and our Veterans' Breakfast, which has 49 veterans attending. We expanded to include Boy Scout Troop 44, Chorus, and CFES initiatives.

First quarter is coming to a close.

On October 18, Annette Hammond, Dorothy Iannello and Alan Digsby met with architects to finalize Capital Project details.

Curriculum Auditor Jim Reidl presented the final installment of his Teacher Professional Development Sessions on November 2.

The Blue and Gold Dance on November 4 was fun.

GMU is now offering free after-school snacks to all students. Susan Sebeck initiated taking advantage of the Child Nutrition program for this perk.

#### Reports:

Bus Purchase, Annette Hammond

Lead Testing Results, Alan Digsby

Professional Learning Communities, Annette Hammond

#### Discussion:

School Garden: ground cover for weeds is needed

Bimonthly newsletter pros and cons

Approve minutes of October 11, 2016 meeting.

Adopt proposed November 8, 2016 regular meeting Consent Agenda was unanimously adopted with deletions.

#### Business:

Accept/approve Committee on Special Education/Committee on Preschool Special Education Consent Agenda. The meeting dates: October 11 and 21, 2016.

To accept financial reports for September and October 2016.

To approve the tax correction of a change in assessment in the amount of \$62,900 to Tax Map # 280.00-1-23.01, reducing the Otsego County school levy by \$732.56.

To approve Standard Workday Reporting Form

To appoint the following coaches: 2016-17 Winter Sports Season: Rick Chase and Willy Vargas as Girls' Varsity Basketball Volunteer Assistant Coaches, pending first aid certification, CPR/AED certification, concussion certification, and fingerprint clearance. 2016-17 Spring Sports Season: Lindsey Wagner as Varsity Softball Coach, to serve as co-coaches.

To approve GMUCSD's Professional Development Plan for the 2016-2017 school year.

To accept donation of flexible seating donations from *DonorsChoose.org*: 16 Carry Me Cushions, 2 large yoga balls, and 8 bed risers and tennis balls.

To approve increases in substitute rates, due to the increase in minimum wage from \$9.00 to \$9.70 per hour; effective 01/01/17:

To approve Bus Purchase Legal Notice for February 7, 2017.

The board convened in executive session from 7:57 p.m. to 8:21 p.m. to discuss personnel issues.

The meeting adjourned at 8:21 p.m.

### December 13, 2016 BOE Meeting

#### Positive Highlights:

Our Veteran's Breakfast hosted over 50 veterans and their guests

Awards Ceremonies were held on November 23

Student mentoring program has begun

*Aida* was spectacular on November 10-12

The Band and Color Guard Quarter Auction was a fun success

Senator Seward will be joining us again at our Annual Senior Citizen and Staff Holiday Dinner

#### Reports/Discussion:

Linda Gover, Town of Butternuts Supervisor, discussed the Summer Program.

Tax Collection, Dorothy Iannello

Review Budgetary Goals, Annette Hammond: GMU to consider adding a 12:1:1 Special Ed Classroom, School Based Health Clinic renovations, Bus Wash revamping.

Working with Local Districts: Mrs. Hammond has started a process for sharing some services with local districts.

Native American Artifacts Update: Mrs. Hammond met with local historian Leigh Eckmair and a team of archeologists to study the Native American artifacts collection housed at GMU and to be on display again soon, with appropriate casing.

Systems of Care Grant: GMU joining with ONC BOCES to apply for a \$4 million dollar grant for mental health.

School Based Health: Funding and location.

Aimee Piedmonte: Superintendent Goals/Board Goals Meeting Recap, Holiday Dinner (12/23) and BOE Dinner Theatre (01/27)

The Board convened in executive session from 7:40 p.m. to 7:48 p.m. discuss student and personnel issues.

Approve minutes of the November 8, 2016 meeting.

Approve proposed December 13, 2016 regular meeting Consent Agenda.

Accept/approve the December 13, 2016 Committee on Special Education/ Committee on Preschool Special Education Consent Agenda. The meeting dates: November 10, November 16, December 1, 2016.

*Continued on next page*

BOE Meeting, cont.

To accept financial reports for November 2016.

To approve the 2016-17 Unit Cost Methodology for DCMO BOCES Shared Services as indicated in the DCMO BOCES Services Guide.

To accept the following donations for the Girls' JV and Varsity Basketball Teams:

Anonymous—\$500 (travel/practice sets); J Barnes Stone—\$1,500 (warmups); Upstate Construction and Paving—\$1,500 (travel/practice sets); Matt's Auto in Otego—\$100 (travel/practice sets); Total donations: \$3,600.

To rescind appointment of Heather Wilcox as Acting PK-12 Principal; To abolish Acting PK-12 Principal position; To create Dean of Students position; To appoint Heather Wilcox as Dean of Students.

To accept the resignation of teacher Kristin Slater.

To accept the retirement of teachers Cheryl Zehr, Mary Krupp and Cheryl Zehr.

To appoint Larry Grant as cleaner.

To appoint Joe Harder as Special Education Teacher

To appoint Joe Harder as Modified Track Co-Coach for the 2016-2017 Spring Sports Season, pending all appropriate certifications.

To appoint Tanya Barnes as teacher substitute and aide for the 2016-2017 school year.

To reclassify bus driver Mary LaBounty from probationary to permanent.

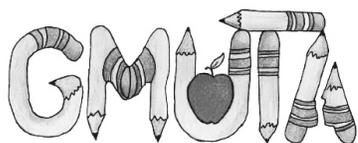
To appoint Larisa Waghorn as Joe Harder's mentor for the remainder of the 2016-2017 school.

To appoint Jenna Bakhuizen and Lauren Hill as substitute and substitute aides for the remainder of the 2016-2017 school year, pending fingerprinting approval.

To approve as non-resident students Nina (grade 10) and Molly (grade 12) D'Amato.

To approve the 2016-2017 District-Wide Safety Plan.

The meeting adjourned at 7:50 p.m.



Gilbertsville-Mount Upton Teachers Association

The GMU Teachers Association is joining with the staff and administration to support our communities in a fun way. Each month, GMUTA is sponsoring a *Jeans for Charity* day. In December we raised over \$100 and also donated even more items of food for the two local food pantries. In January we will be raising money for the Delaware Valley Humane Society. We will raise some much-needed funds to keep their animal shelters warm and clean during these cold winter months.

If you are in the building on January 27, please notice our school community will be wearing jeans and supporting the animals. Look forward to our future Jeans for Charity days!

## Tips for Winter Weather

### DRESS FOR SAFETY

If you are going to be outside in the cold, dress in layers. This will keep you warmer than one big heavy coat or snow-suit. Also, you can take off a top layer if you are exercising enough to grow warm. Layer with:

- Warm socks—wear several pairs, especially if you are on the ice
- Thermal, or long underwear
- Regular warm clothes such as jeans, sweatpants, long-sleeved warm shirts, sweatshirts and sweaters
- A winter coat
- A warm hat
- Warm mittens or gloves
- Do NOT wear clothes with drawstrings. They can get caught, causing accidents.

### OTHER SAFETY TIPS

- Wear sunscreen. You might not think you need sunscreen in the winter, but snow reflects sunlight. Sunscreen is especially important when you are in high-elevations, such as mountains, so are goggles.
- Wear protective gear. Sports such as skating, skiing and snowboarding are fun, but you need to be careful. Padding and helmets are especially important for beginners and young kids.
- Go inside often to get warmed up. Frostbite occurs when the skin gets frozen. If you notice your fingers, toes or ears becoming numb, it probably is time for an indoor break.

### PREVENTING FROSTBITE

By Denise Mann (*The Daily Star*, Oneonta)

As per Dr. Chris Guyer, a sports medicine and emergency room physician at Henry Ford Hospital in Detroit, Michigan, "Frostbite occurs when body tissues freeze. Knowing the signs of frostbite is one of the best defenses. The initial symptoms include hard, cold, waxy and white areas on exposed skin. They are very painful initially and then they turn numb. Put frostbitten hands or feet in warm water and wrap or cover other areas in a warm blanket and then seek medical attention immediately." Other tips for prevention of frostbite are:

- **DRESS FOR THE WEATHER.** Dress in layers, use mittens instead of gloves, they are less constricting. Protect your nose by wearing a mask or a scarf. A warm hat that covers your ears is also essential.
- **DO NOT DRINK ALCOHOL OR SMOKE.** Alcohol can impair your ability to feel how cold it really is; smoking can also increase your risk of frostbite because it impedes circulation.

—Carol Angelone, RN, GMU School Nurse

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

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**CURRENT RESIDENT OR**

**ECRWSS  
BOXHOLDER**

# BUS VOTE

Tuesday, February 7, 2017  
Noon-8:00 p.m.  
Gilbertsville-Mt. Upton Front Lobby

**NO IMPACT ON SCHOOL TAX LEVY**

Please note: Residents must present identification in order to vote.

**BUS PURCHASE—PROPOSITION NO. 1**

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 two small (28 passenger) Type A buses at \$58,000.00 each, and a seven passenger vehicle for a cost of \$28,000.00, and to expend therefore a maximum estimated cost not to exceed one hundred and forty four thousand dollars (\$144,000.00), including incidental expenses in connection therewith, and that \$144,000 Capital Reserve Fund monies shall be used to pay the cost thereof.



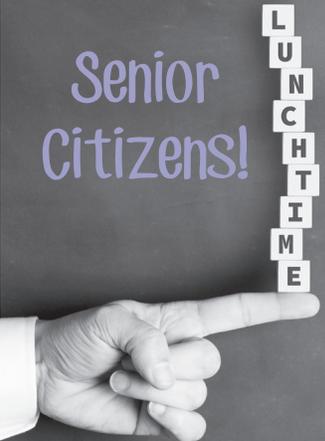
## Senior Citizens!

LUNCH TIME

Please join us in the High School Cafeteria for lunch on any Thursday that school is in session.

Lunch is served from 11:30 a.m.-12:30 p.m.

Price: \$4.00



**The GMU Drama Club  
Proudly Presents**

# The Lion, the Witch, and the Wardrobe

**March 31-April 1  
7:00 p.m.**