



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.

March/April 2017
VOLUME 27, NUMBER 4

It's the Quality of the Journey that Counts!

Top Five Students Announced



Molly D'Amato, our Valedictorian, is the daughter of Chris and Carrie D'Amato. Molly is a very active member of our GMU student body. She has been a leader 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. 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. Molly will be attending college in the fall for Fashion Merchandising.



Nicole Grabo, our Salutatorian, is the daughter of Angela Fairbairn. Nicole has participated in many activities and sports throughout the years such as Drama Club, Leadership Club, SADD, Mock Trial, NHS, Band, Jazz Band, Marching Band, Chorus, Academic Team, Cross-Country, Soccer, Basketball and Softball. This year Nicole is taking TC3 Pre-calculus, TC3 Intro to

College and TC3 English. Nicole will be attending Brockport College in the fall for Criminal Justice and Sociology dual major.



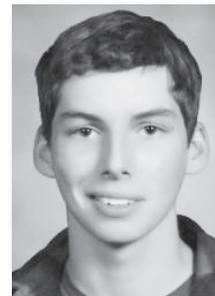
Kayla Grabo is the daughter of Angela Fairbairn. Kayla is third in her class. She is a thoughtful, helpful, and pleasant young lady, always lending a hand both in and out of the classroom. She has been an active member of her class, always participating in any class-sponsored events and their planning. Kayla has been a part of Chorus, Drama

Club, Ladies Ensemble and Musical Stage Manager. She has volunteered for Relay for Life as well and is a part of Leadership Club and Student Council. She will be attending Elmira College for Biochemistry in the fall.



Felicia Musson is the daughter of Amanda and Jeffery Musson. Felicia is fourth in her class. She is a sweet and kind young lady. She has been involved in NYSSMA, Area All-State, Ladies Ensemble, and Chorus. Her most recent role on stage was playing Princess Amneris in Aida in the fall. Felicia is also her Senior Class President, a

member of Student Council, Drama Club, Colorguard, and Mock Trial. She enjoys taking photographs and sketching/painting. She is enrolled in Senior Theme Art, TC3 College Writing and Intro To College Seminar, as well as Economics, Participation in Government and U.S. History through Music and Culture. Felicia will be attending college in the fall for Fine Arts.



Daniel Backman is the son of Dan and Sherry Backman. Dan is fifth in his class. Dan was the Empire Boys State Delegate for Gilbertsville's American Legion at SUNY Morrisville early this summer. He is an avid outdoorsman who loves camping, fishing, hiking and wood carving. He is a Cross-Country and Track Captain,

having participated in Sectional qualifiers during both seasons. He has participated in Symphonic Band and Jazz Band and attended BOCES last year for Culinary. This year, Dan is taking academic and college courses here on campus that include English 12, U.S. History through Music and Culture, Economics and Participation in Government, Computer Applications, TC3 Drafting, TC3 Principles of Biology and TC3 Intro to College Seminar. Dan is planning on attending college in the fall.

Superintendent's Message



Thank you to everyone who has become a part of our students' life journey by giving of your time and personal resources. Each time you support a fundraiser, attend a play, concert, athletic event, open house, awards ceremony or any other school program, you enhance the lives of our students and provide support to busy families. I am so proud to be a part of GMU and the communities that support it! I would also like to thank all those that came out and voted on the bus proposition on February 7. I appreciate your continued support of all school programs and initiatives and thank you for helping make the quality of the journey a meaningful one for our students. Our school alone cannot give our students memorable life experiences in the same way that we can when working in collaboration with our communities!

I am currently working with our Board of Education to put together a fiscally responsible 2017-2018 budget. In this budget I will look to continue exposing our students to varied life, college, and career experiences all while remaining aware of our community's financial demands. We have discussed our budget priorities, reviewed the Governor's initial proposal, and are waiting for additional adjustments that the Governor might make, before putting the GMU budget proposal out for voter review. Keep an eye out for the Budget Newsletter in mid-April. In the newsletter, I will provide as much detail as possible to answer any budgetary questions you might have. Thank you so much for all of your support.

March is "Music in our Schools Month" and I so enjoyed the Pops Concert featuring grades 4-12 and the PK-5 Music in Our Schools presentations that took place in school. So many of our students are musically talented, and we are so fortunate to have dedicated music teachers that recognize student's musical abilities and foster their musical growth. Kudos to our students, their teachers, and our community that consistently support the arts in our school!

In April, our spring athletic competitions begin. As spectators we can model support and sportsmanship by being positive, respectful, and inviting to our opposing teams and fans. Thank you for always representing GMU so well and for coming out to support our teams.

I would like to take this opportunity to publicly announce and offer congratulations to our Valedictorian, **Molly D'Amato** and our Salutatorian, **Nicole Grabo**. These young ladies have tremendous work ethics and have developed into well-rounded individuals. It has been such a pleasure to work with these students, and I congratulate

their parents and all others who have and will continue to support them on their life's journey.

When coming to the school building this spring, you will see a returning yet familiar face among us. Mr. Rick Chase will be rejoining us as our Interim Principal when Mrs. Wilcox goes out on maternity leave. Join me in welcoming Mr. Chase back and wishing the Wilcox family well as they welcome their new addition, Ellie Joy, to their family!

You will also notice the addition of a trailer in the parking lot above the tennis courts. This will be the staging area for our project contractors. I recently met with our Capital Project Steering Committee to share the work we have been doing with our architects, construction manager, and financial advisors as we move forward in preparation of the project work which will begin as early as April! We will be doing some spring work outdoors, but the majority of the work will begin in June once students have left for summer vacation.

—Annette D. Hammond, Superintendent

BOE Highlights

January 18, 2017

Minutes of the December 13, 2016 meeting were approved.

Board Actions:

Committee on Special Education/ Committee on Preschool Special Education Consent Agenda was approved for meeting dates: December 13, 15, 16, 21, 2016; and January 10, 11, 2017.

Accept retirement with thanks from English teacher Janice Costello, effective July 01, 2017.

Accept retirement with thanks from music teacher Winifred Sortman, effective July 01, 2017.

Acknowledge resignation with thanks from aide Nicole Christian, effective January 09, 2017.

Approve a maternity leave request for Nicole Conway, Special Education Teacher, effective 23 December 2016 through 24 January 2017.

Appoint Rick Chase as Pk-12 Principal, for the 2016-2017 school year.

Appoint election officials for Bus Vote 07 Feb. 2017: Janet Jacobs and Mary Murphy.

Approve Drug and Alcohol Testing Agreement with Partners in Safety, Inc.

Approve a modified and varsity track and field merger between Gilbertsville-Mt. Upton Central School and Morris Central School for the 2016-2017 spring sports season.

Meeting adjourned at 6:50 p.m.

BOE Member Nominating Petition Deadline

Petitions nominating candidates for the office of member of the Board of Education must be filed with the District Clerk at the District Office between the hours of 8:00 a.m. and 4:00 p.m., no later than Monday, April 17, 2017. The Board of Education will have three vacancies of three-year terms commencing July 1, 2017 and ending June 30, 2020.

Each petition must be addressed to the District Clerk, be signed by at least 25 qualified voters of the District, and shall state the name and physical residence (911 address) of the candidate and physical residence (911 address) of each signer. Blank petitions can also be picked up in the same office.

—Aimee Piedmonte, District Clerk

Save The Date

BOE Meeting

April 4, 2017, 7:00 p.m., Audit Committee Meeting
at 6:45 p.m. in D104

BOE Meeting

April 24, 2017, 7:00 p.m. in D104

Budget Hearing

May 9, 2017, 7:00 p.m. in D104

Budget Vote

May 16, 2017, Noon-8:00 p.m.

GMU Front School Lobby

Festival of Excellence

May 16, 2017, 4:00-7:00 p.m.

Highlighting the works of GMU PK-12 students

Solo/ Ensemble Concert

May 16, 2017, 6:00 p.m.

MS/HS Cafeteria

Rotary Youth Exchange Scholarship Award



HUGE congratulations to GMU Junior Rachel Lyons on being chosen to receive a Rotary Youth Exchange Scholarship to attend high school in Thailand for the 2017-2018 school year. Rachel submitted an application and was one of few that were chosen for an interview. Rotary exchange is a one year academic and cultural exchange.

As per Rotary, “students accepted into the program must be flexible, adaptable, willing to try new things, have an outgoing personality, and be mature enough to be a good ambassador for their country and home community.” If you see Rachel, please wish her well next school year and congratulate her on this amazing accomplishment!

—Ms. Lindsey Wagner, 7-12 School Counselor

Dean of Students

In early fall of 2015, GMU posted a vacancy for an open principal position left vacant by my move to the Superintendency. However, we needed to extend the application timeline due to a low number of interested applicants. The extension of the search provided a few additional applicants. After an extensive interview process of the most qualified candidates, we brought someone on in the principal role in December, but found ourselves again in need of a principal by the summer of 2016.

The 2015-2016 school year was difficult for the GMU School District without consistent leadership in the Principal office. Therefore, after much thought and consideration and the knowledge that the District needed consistent leadership to begin the school year, the Board of Education decided to bring Mrs. Heather Wilcox in as an Acting Principal in July 2016 so that we started the school year off with solid leadership for our Pk-12 students and staff. This was done with the intention of opening a principal search in the spring of 2017. At the time, Mrs. Wilcox had been accepted into an administrative certification program and the District felt that Mrs. Wilcox’s knowledge of the District and the needs of our students would provide the much-needed stability that we were seeking.

Mrs. Wilcox has been serving us well in her role as Acting Principal/Dean of Students since early July. As a graduate of GMU, she brings an understanding of our District, our students, and our community as a lifelong resident who is committed to our District. She has natural leadership qualities which has led the Board of Education in a decision to continue with a Dean of Students model in our school. The Board of Education has decided to appoint Mrs. Heather Wilcox as the Dean of Students until further notice, which means that we will not be posting for the principal position. For the purposes of state paperwork, Mr. Rick Chase has been appointed as school Principal to sign any required paperwork for the District, as he holds an administrative certification and he has been a familiar face in our school community. Mr. Chase will also serve as Principal when Mrs. Wilcox takes maternity leave this spring. Mrs. Wilcox plans on returning to work before GMU graduation in June. When Mrs. Wilcox completes her certification program, the Board of Education will again re-evaluate our administrative model and make a decision on what structure will best meet the needs of the District.

—Annette D. Hammond, Superintendent

REMINDER



**No pets allowed on
school property.**

Memo from the Health Office

The following is information taken from Bassett Healthcare's *Healthy Decisions* newsletter:

Lack of Sleep Can Harm a Child's Health

When our children are young, we tuck them in at night and see them off to school in the morning. As they turn into teenagers, however, it becomes more difficult to track how much time they actually spend asleep. For kids' optimal health, parents need to keep a watchful eye on their children's shut-eye at every age.

Sleep's Deep Effects

The average child sleeps 13 months during the first two years of life. All this sleep helps a baby's brain develop. As children grow older, they need fewer hours of sleep—preschoolers need 10 to 12 hours a night, school-age children and teens need at least nine—but the importance of sleep doesn't diminish. "Sleep is brain food and if you don't feed the brain, all studies show that memory is not as good, irritability increases and distractibility goes up," says Lee Edmonds, MD, Medical Director of Bassett Healthcare's Sleep Disorders Center.

Sleep helps us solve problems, react quickly, form memories and learn. Inadequate sleep affects school performance and also impacts a child's physical well-being. The body releases hormones during sleep that aid growth, build muscles and repair cells and tissues. Sleep deficiencies may also be linked to future problems, including obesity and decreases in mental functioning that begin as early as adolescence.

Cultivate Teen Dreams

Children's sleep problems should not be ignored. Recognize the signs that your teenager isn't getting enough sleep. Two significant signs are changes in mood and a slide in motivation. Sleepy teens also have trouble waking up in the morning, may be irritable, sleep extra long on weekends and doze off during the day.

Help Your Teen Learn Healthy Sleep Habits

- Negotiate and encourage a consistent sleep and wake schedule.
- Stop the use of computers, televisions, music players and phones at least 30 minutes before bedtime.
- Create a good sleep environment, a place that's quiet and dark.
- Limit teens' caffeine intake, especially energy drinks and coffee.

"Most of us do not get the amount of sleep that we need," Dr. Edmonds says. "During adolescence, there is social pressure to stay up late and a teen's internal clock has a tendency to make them want to stay up later and sleep in. The key is to get up within an hour of the same time every day." This cycle is often disrupted when teens stay up late

at night and sleep in on weekends. "It becomes difficult to fall asleep on Sunday night and even more difficult to wake refreshed on Monday morning," he adds.

Sometimes, a sleep disorder is responsible for poor rest. An example of this would be sleep apnea, which causes pauses in breathing during sleep and leads to daytime tiredness. IF you think apnea or another disorder may be hindering your child's sleep, talk with your child's pediatrician.

FACT OR FICTION? "I can't get enough sleep during the week, but I make up for it on the weekend by sleeping in later."

FICTION. According to Bassett sleep expert Dr. Lee Edmonds, "One good night's sleep does not make up for a week of chronic sleep deprivation."

I hope you find this information helpful.

Childhood Illnesses

The following is information from the Mayo Clinic regarding children's health:

Childhood illness may not affect your family life until your child starts child care or school. After that, though, it may seem like he/she is sick all the time. This pattern is normal as your child builds a robust immune system. Resistance to infection develops only after exposure to a multitude of germs.

Young children in large groups are breeding grounds for the organisms that cause illness. Little hands rub drippy noses, and then transfer infectious agents to other children or to shared toys. This is why we have stressed the importance of proper hand washing for our students as well as staff and family. Here's a lineup of the top five infectious illnesses that keep children home from school.

1. Colds

The most common childhood illnesses are upper respiratory infections—colds and other viral ailments that affect the throat, nose and sinuses. Children typically have 6 to 10 colds a year. They also tend to have more severe and longer lasting symptoms than do adults.

Studies have shown *no* benefit from treating children's colds with antihistamines, decongestants or cough suppressants. The only medications that might ease the discomfort of a bad cold are acetaminophen (Tylenol, others) and ibuprofen (Advil, Motrin, others), which reduce fever. Do not give children's aspirin because it may trigger Reye's Syndrome, a rare but potentially fatal disease.

2. The Stomach Flu (Gastroenteritis)

The second most common childhood illness is gastroenteritis, more commonly known as the stomach flu. This illness causes vomiting and diarrhea, and can lead to dehydration. Signs and symptoms of dehydration include:

- Excessive thirst

Continued on next page

Health Office, cont.

- Dry mouth
- Little or no urine, or dark yellow urine
- Decreased tears
- Severe weakness or lethargy

Oral rehydration solutions, such as Pedialyte, can help replace lost fluids, minerals and salts. When you reintroduce food, start with easy-to-digest items—broths, toast, bananas and rice. Avoid dairy products.

Stomach upset in a child is not always the result of a contagious illness. It could be simple indigestion or caused by worry/stress. It is important for a doctor to determine the cause of a child's digestive symptoms before prescribing treatment.

3. Ear Infection (Otitis Media)

Ear infections can be common between the ages of 5 and 6, triggered by the respiratory illnesses picked up in kindergarten or first grade. Colds or allergies cause congestion, which may squeeze shut your child's Eustachian tube, the tiny drainage pipe for the middle ear. Fluid trapped in the middle ear can become a breeding ground for viruses or bacteria.

Antibiotics will cure bacterial infections, not viral. Doctors will often wait to see if an ear infection will clear up on its own before prescribing antibiotics. Chronic ear infections may require a small tube placed in the eardrum to help drain the excess fluid inside the middle ear.

4. Pink Eye (Conjunctivitis)

Pink eye is an inflammation of the clear membrane that covers the white part of the eye and lines the inner surface of the eyelids. When caused by viruses or bacteria, conjunctivitis is highly contagious. It is typically treated with antibiotic eyedrops or ointment. Warm or cool compresses may ease your child's discomfort.

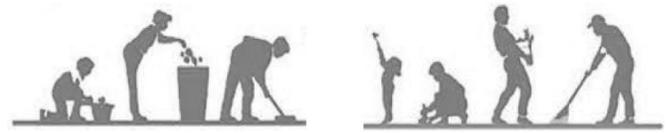
5. Sore Throat

Most sore throats are caused by viruses and are usually associated with other respiratory signs and symptoms, such as a runny nose and cough. But about 15 percent of children's sore throats are caused by streptococci-bacteria that cause strep throat. Fevers above 101° F are common in strep throat, and swallowing can be so painful that your child may have difficulty eating. Antibiotics are required to combat strep throat. Left untreated, strep bacteria eventually can trigger an abnormal immune response, which is responsible for rheumatic fever. Complications of rheumatic fever include damaged heart valves and stiff, swollen joints.

The most important things to remember that we all can do to prevent the spread of illness is to wash hands thoroughly and frequently and to cover all coughs and sneezes.

I hope this information is helpful to you.

—Carol Angelone, RN, School Nurse



Gilbertsville-Mt. Upton's Community Cleanup



Friday, April 21

*Seeking small outdoor residential
projects that can be completed
by high school students*

Examples: yard cleanup, raking, removal of
winter debris to curbside, garden work

**Deadline for residential project
sign ups is April 4**

Due to transportation limitations, projects must remain
within village limits that are walking distance from
Gilbertsville and Mount Upton parks.

Homeowners: please provide tools necessary for project.
To avoid student safety concerns, please refrain from
projects that require power tools and ladders.

**For more information or to sign up, contact
Mark Piedmonte, 783-2867, or at
pastorpiedmonte@gmail.com**



News from the Main Office for March and April

During April, most of our Middle/High School students will have met with Miss Wagner, our School Counselor, to develop a schedule of courses to be taken next school year. We continue to develop schedules for students that meet New York State's Education Reform Agenda, which focuses on students being College and Career Ready (better prepared to succeed in college or a career of their choice). Through agreements with TC3 (Tompkins Cortland Community College) and SUNY Cobleskill, we are making connections to colleges which allow our students to garnish college credit through some of the coursework offered here at GMU. This gives our students the opportunity to remain competitive against other candidates through the application processes for college, a job, or the military.

It is my hope that students will be motivated to be more academically competitive by challenging themselves through a more rigorous course load next school year. It takes dedication and persistence for students to develop a strong work ethic which will help them achieve the standard of being College and Career Ready by their senior year. Our faculty and staff are committed to working with students to assure that they are getting the best education possible.

Be Involved

Take a minute and ask your children what book they are reading in school. Ask questions such as: Do you like the book? Why or why not? What are some of the characters' names? What is the book about? How does this book relate to you or your life?

Parents, please send notes in with your children when they return to school from an absence. Doctor notes are needed when they have missed school due to an appointment and a note is needed when coming to school late. Many students have illegal absences in their attendance record because they do not bring in notes.

Don't Forget!

Having a sufficient amount of sleep can help students get their day started in a positive and productive manner and it increases their chances of getting to school on time. As always, please do not hesitate to call or stop in if you have questions, concerns or suggestions.

—Mrs. Wilcox, PK-12 Acting Principal

Important Dates To Remember

March

- 28-30 NYS ELA Testing – Grades 3-8. It is very important that all students be rested and be on time to school during this week.
- 31 PK-2 Awards Ceremony, Auditorium, 8:25 a.m. (for March)
The Lion, The Witch and The Wardrobe, 7:00 p.m.

April

- 1 *The Lion, The Witch and The Wardrobe*, 7:00 p.m.
- 3 Pre-K Applications must be in by NOON to the Student Services Office
- 6 Report Cards Sent Home
- 10-17 NO SCHOOL – Spring Recess, students return on April 18**
- 19 Awards Ceremonies
9th-12th grades, 8:15 a.m.
7th-8th grades, 9:15 a.m.
3rd-6th grades, 10:15 a.m.
- 27 Instrumental Concert (grades 3-12), Auditorium, 6:30 p.m.
- 29 Quarter Auction, 6:30 p.m. Doors open at 6:00 p.m.

May

- 2-4 NYS Math Testing, Grades 3-8
It is very important that all students be rested and be on time to school during this week
- 5 Early Dismissal 11:00, ½ Day Staff Development – No Lunches served
- 16 PK-12 Festival of Excellence, 4:00-7:00 p.m.
Solo/Ensemble Concert, 6:00 p.m.
Budget Vote, noon-8:00 p.m.
- 24 NYS Science Performance Test Grades 4th & 8th
- 26 PK-2 Award Ceremony, Auditorium, 8:25 a.m.
- 29 NO SCHOOL – Memorial Day Recess**
Memorial Day Parade

2nd QUARTER AWARDS

Kudo Awards

Criteria: 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.

Pre-Kindergarten

Hunter Barnes

Caleb Locke

Kindergarten

Cadence Champion

Thomas Hanahan

Alivia Lum

Logan Panek

1st Grade

Kaden O'Hara

Kaheem Cade

2nd Grade

Sophia Parslow

2nd Quarter Awards

Soaring Eagles Awards

December Theme—Responsibility

- Completes class work and homework on time
- Is prepared for class with supplies and materials

Kindergarten

Logan Anderson
Cole Wilson

1st Grade

Andie DeForest
Marissa Furgison
Connor Gross

2nd Grade

Kaheem Cade
Leelah Charles

3rd Grade

Alexia Furgison
Alivia Vitek

4th Grade

Ariana Cornell
Alyssa Sorochinsky

5th Grade

Mackenzie Barnes
Alaina Maxson

6th Grade

Brennan Finch
Ivy Stensland

7th Grade

Angelina Correll
Bree MacNeill

8th Grade

Shayne Christian
Zan SanSoucie

January Theme—Artistic Creativity

- Shows exceptional originality in one or more areas of the arts.

Kindergarten

Emily Quitugua
Emily Schermerhorn

1st Grade

Kylianna Oliver
Zayde Palmatier

2nd Grade

Raymond Nober
Skylar Parsons

3rd Grade

Kira Nolan
Latham Retz

4th Grade

Avriel Correll
Trista Vaccaro

5th Grade

Abigail Davis
Taylor Gager

6th Grade

Brackon Banks
Gabe Maiurano

7th Grade

Anika Christensen
Alivia Retz

8th Grade

Emily Hammond
Chelsie Palmer

February Theme—Initiative

- Uses time wisely and seeks assistance when needed
- Accesses resources as needed and find alternative solutions to problems

7th Grade

Madeline Pain
Skye Wilson

8th Grade

Catherine Giammateo
Aiden Ryan

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

3rd Grade

Jeffrey Barnes
Olivia Fletcher
Alexia Furgison
Natalie Gross
Kyle Keuhn

Mackenzi Marron
Kira Nolan

Trenton Odell
Latham Retz

Alivia Vitek
Kaylin Williams

4th Grade

Ariana Cornell
Quinn Covington
Noah Pain
Anthony Shonol
Alyssa Sorochinsky

Juston Spathelf
5th Grade

Mackenzie Barnes
Tait Christensen

Leah Cotten
Devon Hartwell

Alaina Maxson
Mason Prentice

Andrew Stone
Ella Thatford

6th Grade

Hannah Bonczkowski
Mackenzie Cherry

Jordyn Jones
Brian Wilson

7th Grade

Tammy Barnes
Anika Christensen

Angelina Correll
Lane Dibble

Maya Farwell
Morgan Keuhn

Bree MacNeill
Ashlyn Marron

Madeline Pain
Dalton Proskine

Alivia Retz
Samantha Shinol

Payton Talbot
Skye Wilson

8th Grade

Shayne Christian
Catherine Giammateo

Courtney Gross
Emily Hammond

Logan Lenhardt
Chelsie Palmer

Aiden Ryan
Zan SanSoucie

Theodore Sharkey

Congrats!

High Honor and Honor Roll

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

5th Grade

Honor Roll

Devin Baker
Kadence Canfield
Taylor Gager
Kyle MacNeill
Andrew Stone

High Honor Roll

Mackenzie Barnes
Tait Christensen
Leah Cotten
Devon Hartwell
Alaina Maxson
Ella Thatford

6th Grade

Honor Roll

Brackon Banks
Isabelle Breslau
Mackenzie Cherry
Carly Davis
Corbin Demmon
Kendra Dunham
Brennan Finch
Ethan Joslyn
Marley Labounty
Kross Lund
Gabe Maiurano
Dante Manwarren
Bianca Plows
Ivy Stensland
Brian Wilson
Nevaeh Wright

High Honor Roll

Hannah Bonczkowski
Connor Eberly
Fiona Held
Jordyn Jones
Rene Posner
Elta Stockdale

7th Grade

Honor Roll

Nathan Barrows
Autumn Demarais
Lane Dibble
Kaitlyn Finch
Bree MacNeill
Lauren Radwan
Payton Talbot
Cameron Teale

High Honor Roll

Tammy Barnes
Anika Christensen
Angelina Correll
Maya Farwell
Morgan Keuhn
Ashlyn Marron
Ryan McCall
Madeline Pain
Dalton Proskine
Alivia Retz
Samantha Shinol
Skye Wilson

8th Grade

Honor Roll

Kylee Beckwith
Shayne Christian
Cynthia Davis
Alyssa Devine
Dominick Hartwell
Aiden Ryan

High Honor Roll

Gavin Bonczkowski
Apolonia Drapaniotis
Emily Hammond
Olivia Held
Theodore Sharkey

9th Grade

Honor Roll

Dominick Carey
Kaitlyn Fuller
Zachary Grabo
Brandon Harris
Aliya Pickens
Chelsea Pope
Garrett Proskine
Isaiah Stockdale
High Honor Roll
Ethan Charron
Sawyer Hinman
Vanessa Nelson
Ethan Newman
Kyli Odell

Samuel Piedmonte
Tavian Raymond
Naamah Romano

Sadra Smith

10th Grade

Honor Roll

Jazmine Brooks
Nina D'Amato
Kelsey Pope
Isabella Ramos
Corey Wilson
High Honor Roll
Hunter Christian
Natalie Pistor
Shalleigh Taranto
Zara Zeidman

11th Grade

Honor Roll

Bryant Hill
Temara Martin
Michael Pope
Mallory Robinson
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

12th Grade

Honor Roll

Samantha Button
Cecilia Caietta
Gabrielle Charron
Kaitlyn Gross
Morgan Kelly
Kinzie-May McCumber
High Honor Roll
Daniel Backman
Michael Birdsall
Molly D'Amato
Jocelyn Duncan
Christian Merlo
Felicia Musson
Jade Osterwald

WELL DONE!

Award Winners



Great
Job!

Counselor's Corner

State testing time is here. During this time students will be feeling a lot of mixed emotions. And that's okay! In order to help out our students, I will be going into these classrooms to discuss some test taking tips that will help them along the way. It is very important to encourage your child to always do their best.

Here are some unique and fun test taking tips to help your child:

- **Be prepared**—Make sure that you get plenty of sleep the night before and eat a good breakfast the morning of the test.
- **Reframe your thinking**- Some students don't believe they can do well on the test. Teach your child to have positive self-talk, such as "I can do it" and "I am ready for the test."
- **Stop, Look and Listen**—Make sure that you look at the test administrator and listen to the directions they are giving. You don't want to miss anything important! Also, make sure to **READ** the directions carefully and thoroughly. There are several times where students do not read directions because they think they know what they should do already.
- **No Fear**—Many students are nervous about the unknown. They fear that if they do not pass then they will not continue on to the next grade. Remind them that it is important to work hard throughout the school year and try their very best.
- **Plug it In**—When there are multiple choice questions on the test, make sure that you plug in each answer to fill in the blank. Some won't make sense and will help them narrow their choices down.
- **Jail the Detail**—Students need to circle or underline the key words in a test question. They can look for the key words in the reading passage or determine how to solve a math problem by using this tip.
- **Slash the Trash**—Many times there are sentences included in test questions that really aren't important. Students should cross out any unnecessary information. This can include answer choices they already know don't belong,
- **Zap the Maps**—Students sometimes don't look closely at keys and legends on standardized tests. They will see a chart with four triangles and say the answer is four. However, one triangle equals 3 according to a key near the chart. This would make the answer 12. This tip reminds them to pay attention to the key of a chart, graph, or map.
- **Pace Yourself**—Our students are given **PLENTY** of time to take their tests. With that being said, they need to pace themselves. This means not rushing through the test and also watching the time to make sure they are not going too slow as well.
- **Check it-out**—Students should check over their answers when they have completed the test, if time permits. If they have a bubble sheet it is a good idea to check it for any stray marks and that each bubble is filled in.

Students, remember: Relax, take your time and just breathe. You got this!

—Tina Hall, Elementary School Counselor

From the Guidance Office

Seniors

Seniors, as of March 1 you have only 112 days until graduation. The second semester is in full swing and before you know it, GMU seniors will be getting ready for graduation. Time is of the essence in making sure you are meeting financial aid and scholarship deadlines. If you are still waiting to hear from a college about your application, it is important for you to call and make sure they are not missing information.

Scholarships

Scholarships continue to come into the Guidance Office. It is your responsibility to apply for these scholarships as they come in to the guidance office. Seniors should check the bulletin board outside the Guidance Office for newly added scholarship information. Ms. Wagner also puts scholarship information on the morning announcements. Please make sure you are following the directions on the scholarship applications and be careful of the deadlines. See Mrs. Clapp or Ms. Wagner in the Guidance office if you have questions.

“Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.”

—Earl Nightingale

Juniors

Juniors should be thinking about and narrowing down their list of colleges as well as registering for the SAT and/or ACT. It is necessary to know what schools to report those scores to at the time of the SAT and ACT test administration. The next logical step is to visit colleges. Here are two websites for Open Houses for SUNY and NY private colleges.

<http://www.nycolleges.org/openHouses.php>

http://www.suny.edu/student/campuses_open_house.cfm

2017-2018 Scheduling

It is that time of the year when your student will select courses for next year. Letters will be sent home so that parents and students can make informed decisions about next year's schedule. If you would like to schedule a meeting with Ms. Wagner to further discuss your student's schedule, if you haven't already, please call the Guidance Office for an appointment, 783-2207, ext. 118.

SPRING COLLEGE DAY

The Delaware County Counselors Association is sponsoring its annual College and Career Fair on Wednesday, April 5. Approximately 30-40 Colleges from New York State as well as some representatives from local businesses will be in attendance. There will be representatives from a variety of public, private, two-year, four-year and vocational schools. Armed Services representatives and local financial institutions will also be available with information.

Juniors with written parental permission will be bused from GMU to SUNY Delhi and have the opportunity to meet, ask questions, gather material and begin the process of college selection. Since many students do not get an opportunity to visit colleges directly, the College and Career Fair is one of the best ways to expose our students to many different types of schools and give them a broad perspective of the options that are available to them. It is never too early to start setting goals and planning for the future.

June 2017 Regents Exam Schedule

The June Regents exam schedule is posted on the New York State Education Department Website. Please check the schedule for specific exam dates before making vacation plans for the end of June.

SAT

SAT DATES

May 6, 2017

June 3, 2017

Registration Deadline

April 7, 2017

May 9, 2017

Log on to: www.collegeboard.com to register

ACT

ACT DATE

June 11, 2017

Registration Deadline

May 6, 2017

Log on to: www.actstudent.org to register

—Lindsey Wagner, 7-12 School Counselor



**Class of 2018
Junior Prom**

**The Major's Inn
Saturday, May 20
8:00 p.m.-Midnight**

Coronation will begin at 11:00 p.m. Parents and community members are invited to attend coronation, but are kindly asked to arrive no earlier than 10:45 p.m. Please see Mrs. Piedmonte with any questions.

Carolee's 5K Run/Walk 2017

It's that time of the year again . . . the snow is melting and we hope you've been tying on your running or walking shoes! The Carolee 5K Run/Walk will be held Sunday, May 21 at Centennial Park in Gilbertsville. Registration will begin at 9:00 a.m. and the race will kick off at 10:00 a.m. We will have refreshments and prizes will be given to top finishers. The Chinese Auction starts at 9:00 a.m., with prizes drawn at 11:00 a.m. Please send in registration forms by May 1 to be guaranteed a t-shirt.

GMU Seniors: Remember that you must participate in the race either as a runner or walker to be eligible to receive the scholarship. Send in your registration forms ASAP! If you have any questions please contact Phylcia Dunham (phylcia.dunham@gmail.com). Mail completed registration forms and fees to: Carolee's Run, P.O. Box 191, Gilbertsville, NY 13776. Thank you and we hope to see you on race day!

Registration Form

Registration Fee: \$15 by May 1 and \$20 Day of Race

We accept cash, check or money order.

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

Age as of day of race: _____

Shirt Size (check one): S M L XL

Gender (check one): Male Female

Runner

Walker

Volunteer

I would like to become a Friends Forever and sponsor .1 of a mile of the race. My **\$10** donation is added to my registration fee. This is a **one-time fee**.

My voluntary donation is enclosed.

This is an important legal document. Read carefully before submitting:

I realize that the event is physically strenuous, that there may be some adverse weather and that there may be some vehicles on the course. I, nevertheless, wish to compete and assume the risk of any injury at the start or on the course. I do hereby release and discharge the State of New York, the race committee, volunteers, all sponsors, and anyone involved in the race from any and all liability arising from illness, injury, and damages I may suffer as a result of my participation in the event. I hereby attest that I am physically fit and sufficiently trained for competition in this event.

Signature: _____ Date: _____

Souper Bowl Food Drive



Members of the Leadership Club organized the Souper Bowl Food Drive in order to *tackle hunger* in our communities. Students were encouraged to bring in as many food or toiletry items as they could during a two-week span in February, in order to help out our neighbors in need. Leadership Club members coordinated a class competition for elementary students and middle/high school students, where the class with the most items would win a movie and popcorn.

The 5th grade won the elementary competition and the 10th grade won the middle/high school competition. This food drive was a major success! We were able to collect almost 1,000 items, all of which were donated to the Gilbertsville and Mount Upton food pantries!! The Leadership Club members and their advisor, Mrs. Toulson, would like to give special recognition to Mrs. Stafford and her Honor Society Members, as well as Mrs. Talbot, for helping with the packing and delivery of all the food drive items. Thank you to all who participated in the Souper Bowl and supported our wonderful community!



Flexible Seating in Second Grade

Mrs. Palmer's second grade classroom has incorporated a variety of different flexible seating options into her students' learning environment. "Giving my second grade students an opportunity to learn what type of seating environment helps them learn best, will not only empower them by the opportunity to have choices, but also encourage them to do their best work!"

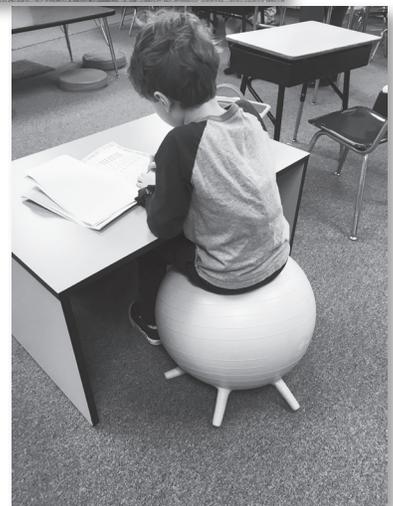
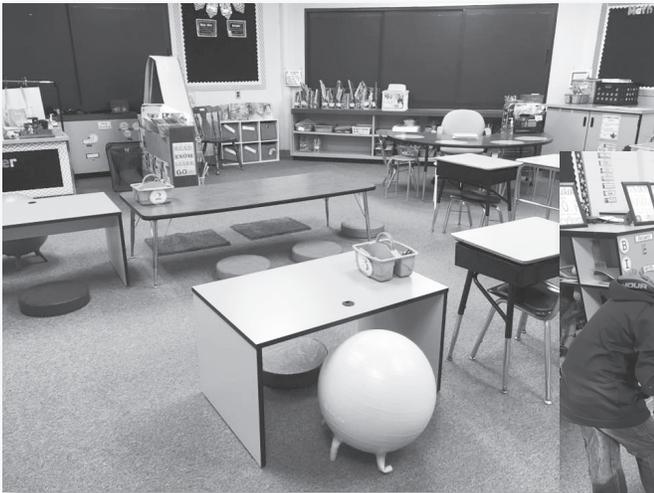
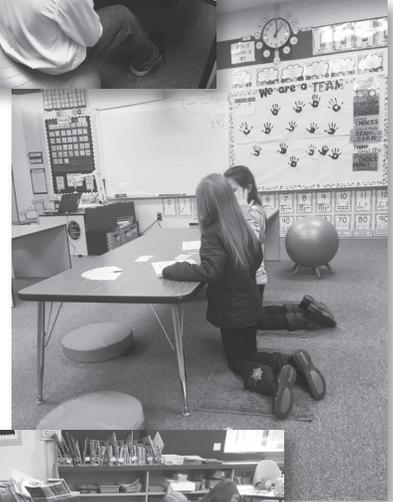
Research shows that students are able to focus and do their best work when they are comfortable and able to move. Classrooms across the nation are changing the way student workspaces look, for the better!

Flexible seating options have been proven to help motivate student learning and get students engaged, which in turn will help them become more successful learners. I have seen a drastic change in my students' focus and engagement since we introduced flexible seating. My second graders choose their seats daily. I have witnessed all of them having sympathy and generosity with their peers when choosing their seats. Some have given up their seat for a friend!

Our flexible seating classroom includes: one raised table so students have the option to stand while learning; four filing crates with soft cushioned tops, used as seats; two yoga balancing balls for those who need to bounce; one lowered table where the round individual floor cushions and two small throw rugs are used for kneeling or sitting; four metal stools used at our kidney table during our guided reading block.

I cannot wait to add a few more options to my classroom next year!

—Christina Palmer, second grade teacher



CHOOSE YOUR SEAT!

Artist of the Month



December's Artist of the Month is **Daisy Crisell**. During the month of December, we make ornaments for the trees in the villages of Gilbertville and Mount Upton, and also for home. The first grade created snowmen for their ornament. Daisy did an exceptional job of drawing and cutting out her ornament. She said it was hard to cut out, but you would never tell from the way it looks. She enjoyed coloring everything in, and that's good, because they have to color TWO sides!

Daisy's favorite medium to work with is clay; she says that she likes to make all sorts of things from clay. And her favorite color to use in her artwork is pink.



The Artist of the Month for January is **Gabby Barnes**, also a first grade student of Mrs. Hill. The First grade worked on a picture using yarn to create their picture, and then painted the picture using the yarn to separate the colors. Gabby did a wonderful picture of a cat.

I asked Gabby if there was a special reason she chose to do a cat, and she just likes cats! She thought it would be a good picture to make. She really liked the process of measuring and cutting the yarn to make the outline.

Gabby's favorite color is pink, and she enjoys working with clay, making shapes and glazing them. Maybe she'll make a clay cat! Nice job, Gabby!



Second grade student **Brooke Baker** is the Artist of the Month for the month for February. The second grade did their Outer Space Oil Pastels picture recently, and Brooke did an outstanding job. Brooke is interested in outer space, so I'm glad we did this project. She enjoyed using the oil pastels to

create her picture, and making all of the different things we don't normally see in our everyday art.

Brooke's favorite medium is paint; she enjoys painting pictures. Her favorite color is purple, and her favorite subject to put in her artwork is animals. Maybe we can paint crazy purple animals in space! Great work, Brooke!

—Cheri Theis, Art Teacher



EXAMINATION SCHEDULE: JUNE 2017

UPDATED 6/16 – This schedule supersedes any previously released schedule.

Students must verify with their schools the exact times that they are to report for their State examinations.

June 13 TUESDAY	June 14 WEDNESDAY	June 15 THURSDAY	June 16 FRIDAY	June 19 ^o MONDAY	June 20 TUESDAY	June 21 WEDNESDAY	June 22 THURSDAY	June 23 FRIDAY
8:15 a.m.	8:15 a.m.	8:15 a.m.	8:15 a.m.	8:15 a.m.	8:15 a.m.	8:15 a.m.	8:15 a.m.	RATING DAY
RE in U.S. History & Government	English Language Arts (Common Core)	RE in Global History & Geography	Geometry (Common Core)	RCT in Global Studies* <small>^o World Language Assessment suggested date/time: Locally developed Checkpoint A Exam</small>	Physical Setting/ Chemistry	RCT in U.S. History & Government*	RCT in Reading*	
12:15 p.m.	12:15 p.m.	12:15 p.m.	12:15 p.m.	12:15 p.m.	12:15 p.m.	12:15 p.m.	12:15 p.m.	Uniform Admission Deadlines Morning Examinations: 10:00 a.m. Afternoon Examinations: 2:00 p.m.
Algebra I (Common Core)	Living Environment	Physical Setting/ Earth Science Physical Setting/ Physics	Algebra II (Common Core)	RCT in Writing <small>^o World Language Assessment suggested date/time: Locally developed Checkpoint B Exam</small>	RCT in Science*	RCT in Mathematics*		

* Available in Restricted Form only. Each copy of a restricted test is numbered and sealed in its own envelope and must be returned, whether used or unused, to the Department at the end of the examination period.

CYBERBULLYING

88% of social media-using teens have seen someone be mean or cruel on a social network site



1 in 6

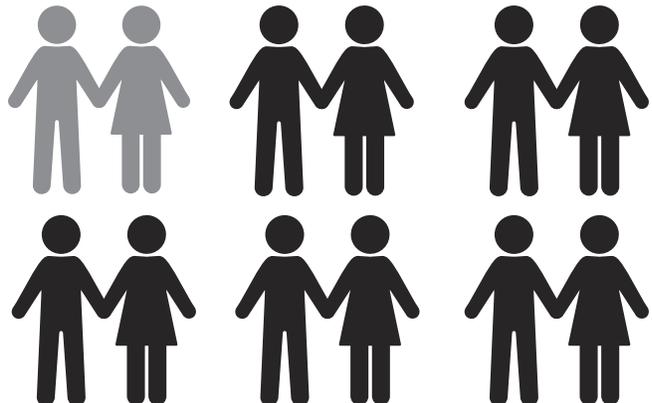
KNOW THEIR CHILD HAS BEEN BULLIED VIA A SOCIAL NETWORKING SITE.



The most common types of cyberbullying are mean and hurtful comments (14.3%) followed by rumors spread (13.3%)

Teens who spend more than three hours per school day on online and social networks are

110%
more likely to be cyberbullied



YEARBOOK INFORMATION



Advertising in the School Yearbook

Please take this opportunity to show your support for the Yearbook Club at GMU by taking out an advertisement in this year's edition of *The Vallerian*. These ads can be business or personal.

If you have never taken out an ad in the yearbook and would like to take advantage of this opportunity, please follow these simple steps:

- Draw a sketch of your ad (don't forget to include pictures, logos, etc.—anything that is labeled will be returned to you).
- Write a check, made payable to *GMU Yearbook*, for the chosen amount.
- Send the ad along with your payment by 4/1/17 to:

*GMU Central School
Attn: Yearbook Ads Staff
693 State Highway 51
Gilbertsville NY 13776*

Our pricing is as follows:

- Full Page Ad\$200
- ½ Page Ad.....\$130
- ¼ Page Ad.....\$ 80
- 1/8 Page Ad.....\$ 40
- Patron Ad.....\$ 10
(one line – usually with graduate's name)

If you would like to meet with one of our staff members regarding your ad, or would like more information before you decide to take out an ad, please feel free to contact Lynne Talbot at ltalbot@gmucsd.org or at (607) 783-2207.

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 or at (607) 783-2207, ext. 268.

Name: _____

Address: _____

Phone Number: _____

Grade/Teacher: _____

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

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

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Senior of the Month

March



Congratulations to **Christian Merlo**, Senior of the Month for March! Christian has played sports throughout his years at GMU, from the time he was very young! He is very much a fitness fanatic, even helping and mentoring as an assistant coach as well. Christian has not only been *on the field*, but the stage as well, being a stage crew member for musical productions and plays. His talents have him enrolled in Senior Theme and take him outdoors as a fisherman too! He is an active, supportive, and respected member of his Class of 2017 and of the GMU community. Christian is interested in being an underwater mechanic and we wish him well as he *takes the plunge* into life!

April



Congratulations to **Kinzie-May McCumber**, April's Senior of the Month! Kinzie has been a three sport athlete, participating in Soccer, Basketball and Softball while in high school. She has also been a part of GMU's Drama Club, Chorus and Ladies' Ensemble before attending BOCES. She was selected as the Empire Girl's State Alternate and has been in Color Guard in the past as well. Kinzie has been off campus at BOCES, pursuing certification in nursing. Her academic success has allowed her to be a member in Skills USA. Currently she is enrolled in TC3 College Seminar and Participation in Government here on campus and has completed Economics. We know she will use her *skills* helping others as she continues in the nursing profession! Thanks Kinzie-May for your dedication and we wish you good luck in all you do!

—HS Student Council

SPRING BREAK DANCE

Sponsored by the GMU Student Council

Friday, April 7 • 7:00-10:00 p.m.

Where: GMU HS Café-enter side door by art display case

Who: Grades 7-12

Cost: \$5.00

You will receive a free gift!

Attire: Casual/Hawaiian Shirts

Drinks will be available for purchase.

All school rules apply.

**CHECK OUT OUR
NEW WEBSITE ON
WWW.GMUCSD.ORG**