



# 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 2018  
VOLUME 28, NUMBER 3

**It's the Quality of the Journey that Counts!**

**Tuesday,  
February 6, 2018**

**12 Noon - 8:00 p.m.**

**Gilbertsville-Mt. Upton CSD  
Front Lobby**

**Bus**

*No impact on School Tax Levy*

### **Proposition One: School Bus Purchases**

Shall the following resolution be adopted, to-wit: RESOLVED, shall the Gilbertsville-Mount Upton Central School District, Otsego County, New York, be authorized to purchase one 66-passenger school bus and to expend therefore a maximum estimated cost not to exceed one hundred twenty five thousand three hundred dollars (\$125,300), including incidental expenses in connection therewith, and a 28-passenger bus to expend therefore a maximum estimated cost not to exceed fifty eight thousand dollars (\$58,000), including incidental expenses in connection therewith, and that \$183,300 Capital Reserve Fund monies shall be used to pay the cost thereof.

### **Proposition Two: Establishment of Capital Reserve Fund**

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

*Please note: Residents must present identification to vote.*

**Holiday Luncheon  
a Success!**

**The story and more pics on pg. 7**

## Superintendent's Message



I hope you will be able to join us for the Elementary/MS musical production of Everything's Groovy. It is so rewarding for students to have such great support of the community in which they live. Thank you for attending events at GMU. 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.

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 Board of Education Meeting on February 21, I will be presenting my first run of the proposed budget for the 2018-2019 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 the Board of Education dinner fundraiser which was held before the Saturday night production of The Little Mermaid. The funds raised will go toward scholarship money for our graduates this June. A special thanks to Mrs. Winnie Sortman and our middle-high school students on a job well done on the musical. Mrs. Susan Sebeck, our Cafeteria Director, prepared the delicious dinner which was served by our Board of Education Members prior to the show. Thank you to all for making this such an enjoyable evening!

A reminder to everyone that we have an upcoming bus vote on Tuesday, February 6 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. The state aid is placed in the reserve fund to cover costs of such purchases.

Our School Based Health Center floor plans are currently in Albany awaiting approval at the State Education Office. Once approved, these plans will go out to bid. Our hope is to begin the renovation of this space sometime late spring or early summer.

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

—Mrs. Annette D. Hammond, Superintendent

## Counselor's Corner

Fostering Friendship is an important part in child development. With positive friendships children learn many different social skills to include: acceptance, playing fairly, identifying and dealing with different emotions, listening and teamwork.

Children learn and grow in a variety of environments. The school environment is a critical time when children explore how to choose friends, how to keep friends, how to be a friend and playing on a team.

Here at GMU we foster positive relationships and encourage friendship building in various ways. Daily peer interactions occur in the classroom, physical education to art and music class. Opportunities to support relationship building can also occur during lunch and recess. Exploration of relationship building can be a time of happiness, shyness, sadness and frustration.

This year we have included a Buddy Bench, which was graciously donated by Mr. Wilson. The Buddy Bench is an idea and innovation attributed to second-grader Christian Bucks, of York, Pennsylvania, who reportedly first spotted a buddy bench in a brochure for a school in Germany. The power behind the idea of the bench is embedded in its simplicity. If a student is feeling lonely at recess, the bench has been designated as a seating area where students who are feeling lonely or upset can seek camaraderie. More information on the buddy bench can be found at [www.buddybench.org](http://www.buddybench.org).

Here are a few simple rules for using the Buddy Bench:

- Before you sit on the Buddy Bench, think of something you would like to do. Do your best to ask someone else to play with you.
- When you see someone on the bench, ask that person to play with you.
- The bench isn't for chatting with friends. Only sit there if you can't find anyone to play with.
- While you're sitting on the bench, look around for a game you can join.
- If you see something you want to do or a friend you want to talk to, join them!
- If you're sitting on the bench, play with the first schoolmate who invites you.



- Keep playing with your new friends and when you see someone else on the Buddy Bench, invite them to play with you!

Always remember, the answer is always YES!

—Tina Hall,  
Elementary School  
Counselor

## Board of Education Highlights

### November 15 Meeting

#### Positive Highlights:

- The Junior Carnival had a fantastic turnout this year!
- The Veteran's Breakfast was held on November 8th with over 50 veterans in attendance. Gary Kuch and Dennis Feney, Coordinators of College for Every Student came to observe. Students from the National Honor Society did a great job presenting during the ceremony as well as the GMU Leadership Club students serving during the breakfast.
- The GMU Band sponsored a Quarter Auction on November 11. There was a full house with over 80 baskets to bid on.
- Congratulations and good luck to Tim Picozzi for making it to the Conference All-State for instrumental. Tim is the third student from GMU to ever make it this far.
- GMU is having two alumni, Luke Hall and Seth Deters, come to present to students on what they have chosen as their career after high school and how they got there. Luke is a cop in Vermont and Seth is a Strength and Conditioning Coach at Florida State University.
- The GMU second graders attended a college visit at Morrisville. The fourth, fifth, and sixth graders will be attending a college visit at SUNY Oneonta in December.
- Our first quarter awards ceremony will take place on Wednesday, November 29.
- Parent/Teacher conferences ended last week.
- We revamped the Halloween Parade this year; having students walk the hallways for the parade, followed by a dance party.
- 6-12th grade students attended an assembly with motivational speaker, John Perricone.
- There is a movie night this Saturday, November 18.
- Cafeteria floors are almost complete.

#### Information for Members:

The board received detailed information on the Legislative Breakfast.

#### Reports:

- Lauren Weidman, GMU Literacy Coordinator/Teacher and Ashley Mannina, Kindergarten Teacher, updated the board on how our Intro to Literacy Program was progressing. They provided examples of what they are using in class as resources as well as what teacher/student needs are during PLC time.
- GMU Transportation Supervisor, Joseph Zaczek, reported on the Bus Replacement Schedule and his recommendation to purchase one 28-passenger bus for approximately \$58,000 and one 66-passenger bus for approximately \$125,300. The board was in consent with his proposals.

#### Board Discussion:

- Superintendent, Annette Hammond provided the board with in discrepancies with a board policy and procedures we have in place for ineligibility for extracurricular activities. A report will follow at the next board meeting.

#### Action Items:

- Approved minutes from the October 18, 2017 regular meeting.
- Adopted the proposed November 15, 2017 regular Consent Agenda.
- Approved CSE/CPSE Consent Agenda. Meeting dates include the November 1-2, 2017.
- Approved the Financial Consent Agenda.
- Accepted financial reports for October 2017.
- Approved budget transfers from July 1-October 31.
- Approved the budget calendar for the 2018-19 budget.
- Approved the Personnel Consent Agenda.
- Accepted a resignation from a bus monitor.
- Approved a non-certified substitute and a volunteer coach.
- Approved the New Items Consent Agenda.
- Approved a surplus item.
- Approved a wellness policy.

#### Board Discussion:

- Tennis Team and vehicles driving fast in the parking lot.

#### Adjournment:

- The meeting adjourned at 8:15 p.m.

### Info from the Health Office

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

- Fever
- Chills
- Vomiting
- Sore throat
- Diarrhea
- 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.

—Carol Angelone, RN, School Nurse

## Memo from the Health Office

Our school, once again, has been selected to report to the Department of Health, the BMI (Body Mass Index) and percentiles of selected grades. This will be submitted in January. The submission is by numbers only, not by individual student names. A memo regarding this submission has been mailed out to parents/guardians with the option of not having your child's information reported. These numbers are gathered from the student's physical done by their Health Care Providers; they are required to note these numbers on the student's physical form which is then transferred to the school record.

BMI percentile is pretty accurate, says childhood obesity researcher David Kaelber, MD, an internist and pediatrician at MetroHealth in Cleveland. "BMI percentile isn't perfect, but it's extremely rare that someone would fall into the obese category simply because he's muscular," says Dr. Kaelber. But with many Americans now overweight or obese, most of us have lost sight of what a healthy weight looks like. So be sure to discuss your child's BMI percentile with his pediatrician, and take the information seriously. "Parents often assume, 'My child will hit a growth spurt and puberty and that will solve the problem.' That's absolutely not true," says Dr. Kaelber. In fact, his research shows that children who are overweight or obese before puberty are about 20 times more likely to be overweight or obese after puberty.

Conditions like high cholesterol, high blood pressure, diabetes and fatty liver disease (when fat deposits accumulate in the liver) are more common in overweight and obese kids, so if your child is heavy, make sure his doctor screens him for them annually (as per Barbara Brody in an article written for Woman's Day magazine). She also writes, help kids slim down. Instead of putting kids on a "diet," which implies deprivation, help them adopt healthy habits that'll last.

### Let Them Help with Prep

- Kids are more likely to eat what they've been involved in making.

### Encourage Volunteering

- Boredom often goes hand-in-hand with overeating; volunteering keeps them busy and boosts self-esteem (which can help protect against disordered eating), says American Dietetic Assoc. spokeswoman Melinda Johnson, RD.

### Limit Eating to the Kitchen Table

- Munching while distracted (by a TV show, video game, etc.) leads to eating hundreds of extra calories, says Karen Ansel, RD, co-author of the Baby & Toddler Cookbook.

### Let Them Eat Dessert

- Indulging a little every day means kids won't feel deprived and will be less likely to overeat, says Elisa Zied, RD, author of Feed Your Family Right! Just remember to keep portions small.

### Keep Track of What is Eaten

- If your child is struggling with his weight, suggest that he write down on paper or text himself every time he eats. Hope this information is helpful to you.

## Guidelines for Cold Weather Safety from the Health Office

As in January, severe climate conditions where temperatures and wind chill dip into certain extreme ranges, can also occur this month. We should be aware of this causing medical concerns for the safety of students.

### Background Info on Temperatures and Potential Effect

- The National Weather Service begins to issue ADVISORIES when wind chills of  $-15^{\circ}\text{F}$  are predicted and WARNINGS when wind chills of  $-25^{\circ}\text{F}$  are predicted. When the air temperature is above freezing, frost bite cannot occur but hypothermia could.
- When the air temperature is below freezing, the risk of frostbite injury is determined by the combination of temperature, wind speed and exposure time.
- Frostbite can occur in children even before temperatures and wind chills dip into these extreme numbers due to smaller body size and weight.

### Important to remember:

- Prompt response if symptoms of exposure are present (pain, numbness, burning or discoloration of skin). Medical attention should be sought.
- Wet clothing should be changed immediately.
- Appropriate outerwear every day during extreme weather conditions warm jackets, hats, scarves, boots, and an extra pair of gloves in their pockets will protect them during extremely cold temperatures.
- Children should not be left completely unattended before pick up for school and you should discuss with the child what to do in an emergency or bus delay if the parent has already left for work.

Please speak to your children about wearing proper outer attire as they leave from school and wait for the late bus to take them home. Many days, as I leave for home, I see several students without their jackets on, etc. and must be reminded of the cold temperature (ex.  $28^{\circ}\text{F}$ ) and ask them to dress accordingly.

—Carol Angelone, RN, School Nurse

## 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.

The second marking period ends on January 26. The end of this marking period marks the half-way 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 1. 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 8th 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 Testing dates for this school year:

#### Regents Testing: January 22-25

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.

ELA State Tests Grades 3-8	April 11-13
Math State Tests Grades 3-8	May 1-3
Science Performance Test Grade 4 and 8	May 23
Science Written Test Grades 4 and 8	June 4 and 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.

## Soaring Eagle Awards

### September Theme—Caring



#### 4th Grade

Ethan Bertrand  
Olivia Fletcher

#### 5th Grade

Ariana Cornell  
Hailee Walrod

#### 6th Grade

Mackenzie Barnes  
Kyle MacNeill

#### 7th Grade

Austin Bound  
Mackenzie Cherry

#### 8th Grade

Anika Christensen  
Kiernan Dunham

### October Theme—Determination



#### Pre-Kindergarten

Owen Pitcher

#### Kindergarten

Hogan Green  
Ronald Prince

#### 1st Grade

Pacey Behnke  
Jordan Gross

#### 2nd Grade

Lucas Gross  
Kaden O'Hara

#### 3rd Grade

Payton Behnke  
Austin Kilmer

#### 4th Grade

Jaden Kuhn  
Alivia Plows

#### 5th Grade

Barbara Fletcher  
Matthew Manwarren

Trista Vaccaro

#### 6th Grade

Devon Hartwell  
Ella Thatford

#### 7th Grade

Ervin Castillo-Gomez  
Ivy Stensland

#### 8th Grade

Morgan Keuhn  
Lauren Radwan

## Soaring Eagle Awards

### November Theme—Resourceful



#### Pre-K

Payten Chase  
Bryce Gundlach

#### Kindergarten

Jack DiGiorgi  
Maeleigh Lum

#### 1st Grade

Logan Panek  
Kayden Peck

#### 2nd Grade

Carrie Doyle  
Zayde Palmatier

#### 3rd Grade

Mia Mantellassi  
Peyton Norton

#### 4th Grade

Ryan Davis  
Alice Dibble

#### 5th Grade

Kyra Demmon  
Emma Peck

#### 6th Grade

Tait Christensen  
Leah Cotten

#### 7th Grade

Connor Eberly  
Fiona Held

#### 8th Grade

Tammy Barnes  
Lane Dibble

## 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*



#### 4th Grade

Ryan Davis  
Alice Dibble  
Olivia Fletcher  
Mackenzi Marron  
Kira Nolan  
Trenton Odell  
Alivia Plows

#### 5th Grade

Ariana Cornell  
Kyra Demmon  
Brendon Eastman  
Barbara Fletcher  
Matthew Manwarren  
Emma Peck  
Anthony Shinol  
Alyssa Sorochinsky  
Hailee Walrod

#### 6th Grade

Mackenzie Barnes  
Tait Christensen  
Leah Cotten  
Devon Hartwell  
Alaina Maxson  
Ella Thatford  
7th Grade  
Ervin Castillo-Gomez  
Carly Davis  
Kendra Dunham  
Marley LaBounty  
Bianca Plows  
Ivy Stensland  
8th Grade  
Kailah Davis  
Kiernan Dunham  
Bree MacNeill  
Dylan McVey  
Lauren Radwan  
Skye Wilson

# Great Job!

## Senior Citizen Holiday Luncheon a Success!

The Gilbertsville-Mount Upton School District held its annual holiday luncheon for members of the community on Friday, December 22. Despite the weather being far from perfect, the community came out in support of the school.

The meal, prepared by the school's cafeteria staff, was served by administration, members of the Board of Education, and secretarial staff.

State Senator James Seward and State Assemblyman Clifford Crouch, as well as DCMO BOCES Superinten-

dent Perry Dewey attended and briefly spoke to those in attendance.

Culinary arts students made bread for Senator Seward, Assemblyman Crouch, Perry Dewey, and Pastor Mark Piedmonte as a thank you for attending. Ornaments for all guests were made by students in technology and art class.

You can see a full gallery of photos by visiting: <http://www.gmucsd.org/HolidayLuncheon2017.aspx>.



## Guidance Office News

### Seniors—College Applications

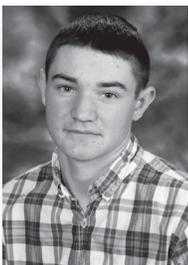
This is an important time of the year for seniors as they are preparing to transition into a new chapter of their lives. Senior meetings are now complete and students are encouraged to complete and submit college applications ASAP. Students should watch specific admission deadlines as they are extremely important. Colleges are not flexible with deadlines. A great way to apply to multiple schools is using one application called The Common Application (<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 this 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 is their counselor and the teachers who will provide reference information to each school. This will simplify the application process.

### SAT & 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	Test Date	Registration Deadline	Website
SAT	March 10	February 9	www.collegeboard.com
	May 5	April 6	
ACT	April 14	March 9	www.actstudent.org
	June 9	May 4	

### HOBY



The Hugh O'Brian Youth (HOBY) Leadership delegate selected to represent GMU at the 2017 HOBY seminar is **Garrett Proskine**. The alternate selected is **Vanessa Nelson**. 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 Garrett and Vanessa!



### Congratulations!

The following 8th graders were chosen to attend the Catskill Area School Study Council 8th Grade Leadership Workshop at SUNY Oneonta—**Bree MacNeill, Dalton Proskine, Angelina Correll, Alivia Retz, Ashlyn Marron, Tammy Barnes, Skye Wilson, Samantha Shinol, and Morgan Keuhn**. 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 15. 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: **Natalie Pistor, Isabella Ramos, Sydney Swift, Shalleigh Taranto, Andrew Meyers, Katherine Backman, Hailey Cappiello, Nina D'Amato, Jazmine Brooks, Teo Sauvageon**. This conference is the first of three training conferences which encourage teamwork, community involvement, and communication.

Congratulations to **Mickenson Clune** for being named a CASSC student director for 2017-2018. Mickenson is a student trainer at the 8th and 11th grade leadership trainings representing GMU! Way to go Mickenson!

### CFES Leadership News

Catskill Area School Study Council creates and runs a leadership training event where students from all over the Catskills come to be taught and instructed by their peers. Every group of juniors is instructed by seniors whom have been selected/elected from the previous year. These student directors are given the tools necessary to pass on leadership qualities and ideas to the juniors they are teaching. The main goal of this event is to help young people be able to give back to their communities in a positive and beneficial way.



## 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, 2018 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. Kristy Carey, Registrar, at 783-2207, ext. 107 to provide information for obtaining an application.

All Pre-Kindergarten applications must be returned and in the Guidance Office by noon on Wednesday, April 4, 2018. 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, 2018, are eligible to register for the Kindergarten class for the 2018 school year. Kindergarten Registration will be held on March 8, from 12:00 noon-3:45 p.m. If you are unable to make the registration day during the hours indicated, please call or contact Mrs. Carey to arrange an appointment at 783-2207, ext. 107.

### 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 Pre-K program during the current school year do not have to attend this registration. If you have any questions, please feel free to contact Mrs. Carey at 783-2207, ext. 107.

## Third Grade Field Trip

Recently, the third grade class went on a field trip to the Robersons Museum in Binghamton. We were able to see the beautiful holiday displays and trees from around the world. Students were able to read and view the beautiful cultural traditions from a variety of places around the world. As a group, we completed a scavenger hunt to assist in exploring these displays. During our visit, we were fortunate enough to view a show at their planetarium. Students were educated further on the Winter Solstice. Our visit ended with some holiday music and tour of the Roberson Mansion. What a wonderful experience!

—Becky McMullen, Raquel Norton,  
Theresa Bennett and Mariah Gerty

## Literacy Corner with Mrs. Weidman

### Reading Aloud

Reading aloud is just that—reading out loud with your child in an interactive way. It is the single most important activity for building the knowledge required for eventual success in reading. You are your child's first and most important teacher. What you do at home will help your child become a successful, confident reader.

### Great Books to Read Aloud this Month—

#### Look for these titles at the library or online!

- *The Three Snow Bears and The Mitten* by Jan Brett
- *Mrs. Toggler's Zipper* by Robin Pulver
- *Sneezy the Snowman* by Maureen Wright
- *The Wild Toboggan Ride* by Suzan Reid
- *Huggly's Snow Day* by Tedd Arnold

### 3-Ways for Your Child to Read Aloud

- Read the pictures
- Read the words
- Retell the story (beginning, middle, and end)

### Make Reading Aloud Part of Your Daily Routine

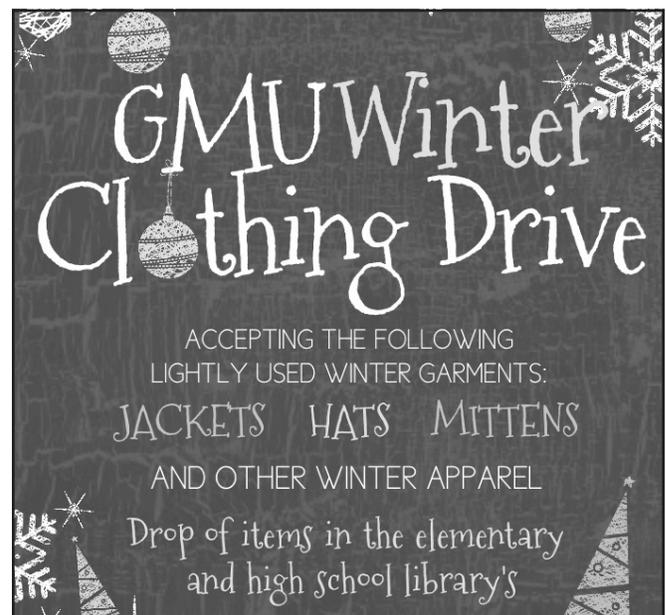
- Before or after meals
- At bedtime
- In the car

### Make Reading Aloud Fun

- Use great expression and try to sound like the characters
- Make up sound effects for the story
- Turn the story into a play that you and your child can perform

### Resources

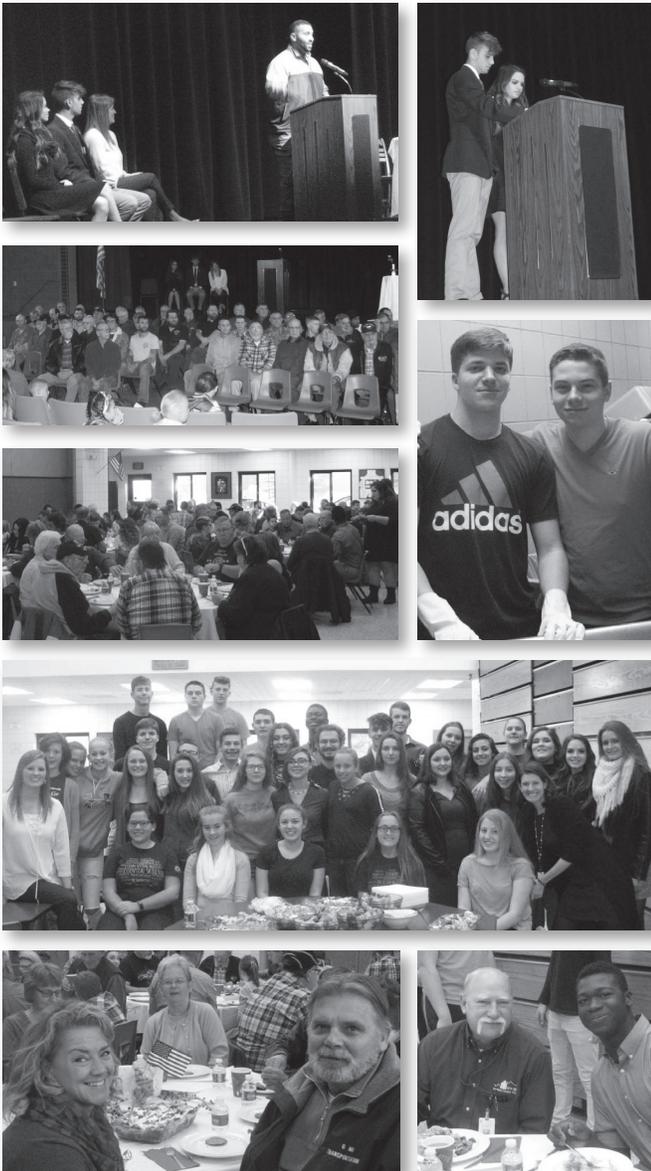
- Family Literacy Website: [www.readaloud.org](http://www.readaloud.org)  
Please email me at [lweidman@gmucsd.org](mailto:lweidman@gmucsd.org) if you would like to receive additional information.



## Veterans Day Presentation

It is with great pride that students and staff could honor our local Veterans. We recognized 55 Veterans at a ceremony in the Auditorium. The entire student body, along with staff, community members and families of the Veterans were in attendance. Everyone was motivated by speech about perseverance from Army Sergeant Christopher McGinnis and then a personal acknowledgement of each Veterans' service took place. As a thank you for their service to our nation, the CFES club served breakfast to the Veterans, their families and student sponsors. Audience members were very attentive during the assembly and CFES members truly went above and beyond to decorate for the event, welcome veterans, and serve them breakfast. We will continue to offer this tremendous event each year and hope that more Veterans can join us in the years to come!

—Mrs. Cierra Stafford, National Honor Society Advisor



## Senior of the Month

### January



Congrats to January's Senior of the Month, **Ethan Butts** who obviously "stands above the crowd." Ethan has been an important part of the athletics here at GMU throughout his high school career, having been an integral part of the Soccer and Basketball teams. He has also participated in the Gus Macker

Tournament for many years, played AAU Basketball, and taken part in the Blendos League as well. Ethan has been a past member of Symphonic and Marching Band, and is part of Student Council, National Honor Society, and Spanish Club. Currently he is taking TC3 Precalculus, Intro. to College Seminar, Computer Applications I, Sports and Entertainment Marketing, College English, and Economics/ Participation in Government. Presently, Ethan is looking at the possibility of attending SUNY Delhi, majoring in Business and playing basketball for the college. In the words of the great Michael Jordan, "Some people want it to happen, some wish it would happen, others make it happen." We wish Ethan much success and happiness!

### February



Congratulations to **Scarlett Newman**, February's Senior of the Month! Scarlett is a very caring, hard-working young woman who is currently enrolled in AP U.S. Politics and Government, TC3 Precalculus, TC3 Intro. To College, College English, U.S. History through Music and Culture, and Journalism. She has been in Symphonic, Marching,

and Jazz Band here at GMU, as well as participating in musicals and plays. Scarlett is an extremely busy young lady, taking part in Soccer, Basketball, and of course Softball, as a pitcher. Beyond being a three-sport athlete, she is a member of Student Council, SADD, National Honor Society, and GMU's Academic Team. Outside of school, Scarlett is actively involved in her church's youth group, 4-H, and she has been on mission trips to Haiti and most recently Honduras. She enjoys the outdoors and has a deep connection to the environment and the flora and fauna that inhabit it. Don't forget to take the time to do what John Muir recommended, "In every walk with nature, one receives far more than he seeks." Scarlett, we wish you the best of luck in all your endeavors!

—HS Student Council

## Everything's Groovy!

The Junior Musical production is well under way! Our performance of Everything's Groovy! will be on Friday, January 19, 2018 at 7:00 p.m. and Saturday, January 20, 2018 at 2:00 p.m. in the Gilbertsville-Mount Upton Central School auditorium.

This story begins at Elmer's (**Corbin Page**), Apple Farm. Elmer's Farm is being used for the music festival "Music, Beads and Flowers." The festival promoters are: Travis Perkins (**Brackon Banks**), Muriel (**Fiona Held**), and Alice (**Hannah Bonczkowski**). They are joined by many Flower Children: Millie Kubrick (**Leah Cotten**), Misty Dawn (**Paige Nichols**), Abigail Davis, **Serenity Downey**, **Emma Lund**, **Trista Vaccaro**, **Hailee Walrod**, **Morgan Williams**, and **Autumn Yost**. Many Hippies are coming together for the Festival as well, such as: Ann (**Mackenzie Barnes**), Sylvia (**Natalie Raymond**), Hippy Girl with Flute (**Ariana Cornell**), Beads (**Brendon Eastman**), **Nicholas Bertrand**, **Thomas Breslau**, **Barbara Fletcher**, **Taylor Gager**, **Rylee Lum**, and **Andrew Stone**.

The Lemon Bugs are the main act for the Festival featuring their favorite rock song, "Lemon Bugs in a Lemon Air-o-plane" by the trio: Tork (**Tait Christensen**), Andy (**Dante Manwarren**), and Iris (**Bianca Plows**). They are interviewed by the local reporter, Joyce (**Alyssa Sorochinsky**) about their upcoming performance. The sound guy, Tony (**Devon Hartwell**), finds out the hard way how particular the Lemon Bugs are about their sound during a dress rehearsal! Of course, you cannot have rock stars without security! Travis put Swashbuckler (**Kadence Canfield**), and her biker friends: **Carly Davis**, **Kyra Demmon**, **Alaina Maxson**, and **Ella Thatford**, in charge of the Lemon Bugs security for the Festival. Mildred (**Avriel Correll**), a nurse donated her time and skills to keep things running smoothly for the Festival. Things seem to be going so well!

Unfortunately, not everyone is excited for the music Festival of "Music, Beads and Flowers." Mrs. Porter (**Kendra Hammond**) tries to put a stop to the Festival with the help of Sheriff Withers (**Kyle MacNeill**). The main music guest at a Festival in the town close by gets the mumps and the talent managers Stephanie Kellogg (**Emma Peck**) and Jackie (**Kendra Dunham**) try to recruit the Lemon Bugs to leave the "Music, Beads and Flowers" Festival with a promise to be able to perform on the Ed Sullivan Show!

What will happen to the Festival "Music, Beads, and Flowers?" Will the Lemon Bugs leave in the fancy limousine with Stephanie and Jackie causing Mrs. Porter and the Sheriff to win shutting down this Festival forever? Or will they stay at Elmer's Farm and have a great free concert and keep up the good vibes with peace and harmony? You will have to watch and see! Come and find out what happens on Friday,

January 19, 2018 at 7:00 p.m. or Saturday, January 20, 2018 at 2:00 p.m.

Under the direction of Gerrit Bakhuizen is the crew of Everything's Groovy! They include: Gavin Bonczkowski, Hunter Christian, Nina D'Amato, Emily Hammond, Olivia Held, Tyler Lindsley, Michael Pope, Mason Prentice, Mathew Oram, Theodore Sharkey, Shalleigh Taranto, and Cinnamon Williams. Ashley Hughes provided our program, posters, props, and helped with costumes. Thank you parents and friends for all your help! We could not have done this without all of you!

—Anne Monaco, Music Teacher

## Advertising in the School Yearbook:

Please take this opportunity to show your support for the Yearbook Club at Gilbertsville-Mt. Upton 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 2/1/18 to :

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

Our pricing is as follows:

Full Page Ad:	\$100
½ Page Ad:	\$60
¼ Page Ad:	\$30
1/8 Page Ad:	\$15
Patron Ad:	\$ 5 (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](mailto:ltalbot@gmucsd.org) or at (607) 783-2207 ext. 268.

## 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*

<b>5th Grade</b>	Kross Lund	<b>High Honor Roll</b>	Vasiliki Drapaniotis
<b>Honor Roll</b>	Rene Posner	Ethan Charron	Elizabeth French
Barbara Fletcher	Kali Wilcox	Zachary Grabo	Meredith Hammond
Noah Pain	Brian Wilson	Sawyer Hinman	Auttum Hartwell
Chase Simonds	<b>8th Grade</b>	Isaac Medina	Bryant Hill
Natalie Raymond	<b>Honor Roll</b>	Vanessa Nelson	Karli Hinman
Juston Spathelf	Lane Dibble	Ethan Newman	Alyssa Hotaling
<b>High Honor Roll</b>	Kaitlyn Finch	Kyli Odell	Makayla Lewis
Ariana Cornell	Madison Lewis	Samuel Piedmonte	Madolin Lull
Quinn Covington	Bree MacNeill	Tavian Raymond	Scarlett Newman
Kyra Demmon	Ryan McCall	Naamah Romano	Michael O'Connor
Serenity Downey	Payton Talbot	Sadra Smith	Timothy Picozzi
Brendon Eastman	<b>High Honor Roll</b>	<b>11th Grade</b>	Lucas Piedmonte
Skylar Lindroth	Tammy Barnes	<b>Honor Roll</b>	Michael Pope
Matthew Manwarren	Anika Christensen	Katherine Backman	Marena Zaczek
Emma Peck	Angelina Correll	Jazmine Brooks	
Anthony Shinol	Kiernan Dunham	Simon Dear	
Alyssa Sorochinsky	Maya Farwell	Andrew Meyers	
Hailee Walrod	Morgan Keuhn	Mara Nolan	
<b>6th Grade</b>	Ashlyn Marron	Austin Oliver	
<b>Honor Roll</b>	Dylan McVey	Isabella Ramos	
Nicholas Bertrand	Madeline Pain	Teo Sauvageon	
Thomas Breslau	Dalton Proskine	Sydney Swift	
Kadence Canfield	Lauren Radwan	Jayde Trask	
Taylor Gager	Alivia Retz	Corey Wilson	
Kyle MacNeill	Samantha Shinol	<b>High Honor Roll</b>	
Andrew Stone	Skye Wilson	Hailey Cappiello	
<b>High Honor Roll</b>	<b>9th Grade</b>	Hunter Christian	
Mackenzie Barnes	<b>Honor Roll</b>	Nina D'Amato	
Tait Christensen	Chelsie Palmer	Natalie Pistor	
Leah Cotten	Zan SanSoucie	<b>12th Grade</b>	
Devon Hartwell	<b>High Honor Roll</b>	<b>Honor Roll</b>	
Alaina Maxson	Gavin Bonczkowski	Brian Banks	
Ella Thatford	Apolonia Drapaniotis	Jennifer Davis	
<b>7th Grade</b>	Emily Hammond	Alec Hartwell	
<b>Honor Roll</b>	Olivia Held	River Heath	
Carly Davis	Theodore Sharkey	Temara Martin	
Kendra Dunham	<b>10th Grade</b>	Dustin Nesbitt	
Ethan Joslyn	<b>Honor Roll</b>	Hunter Oliver	
Marley Labounty	Savannah Bresee	Mallory Robinson	
Nevaeh Wright	Kaitlyn Fuller	Tyler Scanlon	
<b>High Honor Roll</b>	Brandon Harris	Makayla Williams	
Hannah Bonczkowski	Kienna Martin	<b>High Honor Roll</b>	
Mackenzie Cherry	Chelsea Pope	Kya Anderson	
Connor Eberly	Garrett Proskine	Ethan Butts	
Brennan Finch	Rian Thatford	Mickenson Clune	
Kendra Hammond	Airyana Wright	Jessica Conklin	
Fiona Held		Savana Conrade	

# Congratulations!

## Honor Roll Recipients

- *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*



Keep it up!

# The Vallerian

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

It's that time of year again when yearbooks go on sale! Have you ordered your copy? If not, the 2018 Yearbook Staff is now taking orders for this year's *Vallerian*. Yearbook prices are as follows:

<u>Order between these dates</u>	<u>cost per yearbook</u>
Now – May 1, 2018	\$20.00
After May 1, 2018	\$25.00

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

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

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

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# GMU Booster Club Apparel Order Form 2017

**\$65**



Item #1-Soft Shell Jacket  
Port Authority Soft Shell Jacket  
Royal Blue or Grey w/ Embroidery  
Youth Sizes S-XL Ladies Sizes XS-4XL Adult Sizes XS-4XL  
2XL +\$2 3XL +3 4XL +\$4

**\$55**



Item #2-Applique Varsity Hoodie  
Sport Tek Athletic Hoodie 9 oz 65/35 cotton/poly  
Blue or Grey w/ Embroidery  
Youth Sizes S-XL Adult Sizes XS-4XL  
2XL +\$2 3XL +3 4XL +\$4

**\$28**



Item #3-Basic Sweatpants  
Jerzees 8oz 50/50 cotton/poly  
Blue with Gold Print  
Youth Sizes S-XL Adult Sizes S-3XL  
2XL +\$2 3XL +3

**\$15**



Item #4-Sport Tek Performance Hat  
Sport Tek Performance Cap  
Blue/White with Embroidery  
One Size Fits Most Velcro Closure

**\$30**



Item #5-Basic Hoodie  
Jerzees 8 oz 50/50 cotton/poly  
Blue or Grey with Gold and White Print  
Youth Sizes S-XL Adult Sizes S-4XL  
2XL +\$2 3XL +3 4XL +\$4

**\$40**



Item #6-Sport Tek Quarter Zip  
Sport Tek 9 ounce 65/35 cotton/poly  
Blue or Grey with LC Embroidery  
Ladies Sizes XS-4XL Adult Sizes XS-4XL  
2XL +\$2 3XL +3 4XL +\$4

**\$18**



Item #7-Pom Pom Beanie  
Sport Tek Beanie  
Blue/Black/White with Embroidery  
One Size Fits Most

**\$14**



Item #8-Short Sleeve Tee  
Jerzees 50/50 Cotton/Poly  
Blue or Grey with Gold and White Print  
Youth Sizes S-XL Adult Sizes XS-4XL  
2XL +\$2 3XL +3 4XL +\$4

**\$19**



Item #9-Long Sleeve Tee  
Jerzees 50/50 Cotton/Poly  
Blue or Grey with Gold and White Print  
Youth Sizes S-XL Adult Sizes XS-4XL  
2XL +\$2 3XL +3 4XL +\$4

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Total: \_\_\_\_\_

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**Important Meetings and Events**

**January**

- 12 Morning Raiders, 8:25 a.m.  
Dismissal at 2:15 p.m.
- 15 **No School—Martin Luther King, Jr. Day,  
Offices Closed**
- 19 Morning Raiders, 8:25 a.m.  
Grades 5-7 Jr. Musical, 7:00 p.m.  
Dismissal at 2:15 p.m.
- 20 Grades 5-7 Jr. Musical, 2:00 p.m.
- 22 Board of Education Meeting, D131, 6:30 p.m.
- 22-25 Regents Exams
- 26 End of 2nd Quarter  
Morning Raiders, 8:25 a.m.  
PK-3 Soaring Eagles Award Ceremony, 8:25 a.m.  
**½ Day for Students—Staff Development Day  
Dismissal at 12:00 p.m.**

**February**

- 1 All-County Festival  
2nd Quarter Report Cards Home
- 2 Morning Raiders, 8:25 a.m.  
Dismissal at 2:15 p.m.
- 3 All County Festival Concert, 2:00 p.m.
- 6 Bus Vote, GMU Front Lobby, 12:00-8:00 p.m.
- 9 Morning Raiders, 8:25 a.m.  
Dismissal at 2:15 p.m.  
GMU's Got Talent, 7:00 p.m., Auditorium
- 14 Grades 4-12 Quarterly Award Ceremonies,  
Auditorium  
Grades 9-12 Award Ceremony, 8:15 a.m.  
Grades 7-8 Award Ceremony, 9:15 a.m.  
Grades 4-6 Award Ceremony, 10:15 a.m.
- 16 Morning Raiders, 8:25 a.m.  
Susquehanna University Honors Band  
Dismissal at 2:15 p.m.
- 17 Susquehanna University Honors Band
- 18 Susquehanna University Honors Band Concert,  
3:00 p.m.
- 19 **No School—Presidents' Day, Offices Closed**
- 21 Board of Education Meeting, D131, 6:30 p.m.
- 23 Morning Raiders, 8:25 a.m.  
PK-3 Soaring Eagles Award Ceremony, 8:25 a.m.  
Dismissal at 2:15 p.m.

Dates are tentative and could change

