

Bus vote is February 5! Information on page 3!



THE JOURNEY

Newsletter of the Gilbertville-Mount Upton Central School District

January/February 2019

Volume 29, Number 3



**Cover story: Tradition is strong in music program
PLEASE SEE PAGES: 8-9**

From the desk of Superintendent Annette Hammond

I am excited to report that all final approvals are in for our School-Based Health Center!

We are hoping that all work will be completed in time for open house in the fall.

Thank you to all community members for your support of this much-needed service, and thank you to State Senator Jim Seward and Bassett Healthcare for their collaborative efforts with us to make this dream a reality for the children of our community!

We have another new exciting opportunity for students. The Gilbertsville Rod and Gun Club has formed a GMU student-based club/league for clay target shooting.

With so many sportspeople in our community, this is a great way for students to compete with other New York State schools. All activities for this club will occur off-campus at the Rod and Gun Club, and students need to provide their own transportation to practice and events.

Thank you to Mr. Jim Butler, Mrs. Marlene Brooks, and Mr. Mike Stensland for bringing this opportunity to the students of GMU. Special Education teacher Larisa Waghorn will be the advisor for the club along with Mr. Butler. We hope to have this club up and running for the spring 2019 season.

We have already begun work on our budget for 2019-2020 school year.

At the January Board of Education Meeting, we will be speaking about the budgetary process and



what the tax cap means for our district. I hope to receive the governor's executive proposal by the end of January.

In turn, at the February Board of Education Meeting on February 13, I will be presenting my first draft of the proposed budget for the 2019-2020 school year.

The Board of Education and I continue to be committed to providing an outstanding educational program for our students, balanced with a reasonable tax levy for our taxpayers.

If you would like to know when events are taking place at the school, please check on our redesigned Web site or Facebook page for links to scheduled sports and other events.

I want to remind everyone that we have an upcoming bus vote on Tuesday, Feb. 5 in our school lobby from noon to 8 p.m.

Buses in our area incur great wear and tear due to salt and other

chemicals used on the local roadways and parking lots during the winter months. We try to replace our vehicles in a timely fashion 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 so there will be no effect on the tax levy. We currently receive from NY State, 78-percent aid on transportation costs. This state aid is placed in the reserve fund to cover the costs of such purchases.

Thank you for your continued support of the Gilbertsville-Mount Upton School District, where It's the Quality of the Journey That Counts!

*Annette Hammond
Superintendent*

Bus vote is February 5

Please join us for two propositions related to the purchase of new school buses.

Note: This purchase will not increase the school tax levy.

The vote will be held from noon-8 p.m. on Tuesday, February 5 at the Gilbertsville-Mount Upton CSD front lobby.

Residents must present identification to vote.

The propositions are as follows:

Bus purchase: Proposition 1

Shall the following resolution be adopted, to-wit: RESOLVED, shall the Gilbertsville-Mount Upton Central School District, Otsego County, New York, be authorized to purchase two 66-passenger school buses and to expend therefore a maximum estimated cost not to exceed two hundred forty-nine thousand five hundred dollars (\$249,500.00), including incidental expenses in connection therewith, and that \$249,500.00 Capital Reserve Fund monies shall be used to pay the cost thereof.

Establishment of a Capital Reserve Fund: Proposition 2

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.

GMU unveils new look to website

The Gilbertsville-Mount Upton Central School District unveiled a new look to its website on Wednesday, January 16.

"We wanted to make our website more user-friendly and easier to navigate," GMU Superintendent Annette Hammond said. "The new design allows us to showcase our new logo and keep all of our school colors consistent throughout."

The design is clean, utilizing white backgrounds as well as the school's traditional blue and gold. Links are prominently available for the district's social media sites, giving users the ability to find all sources of news for the district. The main page now also features a spot for the latest news from around the district.

The website is also part of the district's effort to keep communications consistent with the community. Part of that effort has also been the recent redesign of the district newsletter, which community members receive six times per year.

"Our goal is to show our community members what we are doing within the school district," Hammond said. "Staff and students at GMU do amazing things each and every day, and we want our community to be proud of their accomplishments. We also realize how important each person's time is, so we want to make it easier for everybody to access information about the district."

You can visit the school website at: www.gmucsd.org.

Stay up to date!

Website:

www.gmucsd.org

Facebook:

<https://www.facebook.com/gmucsd/>

Instagram:

<https://www.instagram.com/gmucsd/>

SENIOR OF THE MONTH

January: Isabella Ramos

All who know Isabella Ramos know that she is a bubbly, energetic young woman--described as sweet, always with a smile on her face.

Isabella is a strong student who is able to juggle her academic work and employment at a local retailer in Oneonta. She achieves a work-life balance despite a hectic schedule. She is hard-working and always does her best to get things right.



Isabella is on fire for social justice and change! She frequently chooses to write articles in her journalism class that have the potential to make the world a better place. Isabella has written on the misuse of the word “retarded,” the #metoo movement, challenges in the workplace, and stopping school violence. When you speak with her, you will find that she is well-informed and articulate about those things that she feels strongly about.

She is vocal with her fellow peers and encourages them to be their best selves.

For her outgoing leadership spirit and brave heart, Isabella was GMU’s RYLA recipient this past summer.

She is the Student Council representative for the Class of 2019, a member of SADD, and Homecoming Queen 2018.

Her busy schedule at GMU includes TC3 Psychology, TC3 College Seminar, and Journalism II. In her spare time, Isabella enjoys music, movies, and makeup; these are a few of her favorite things.

Isabella has been accepted into SUNY Delhi and SUNY Morrisville, with a goal to go into social work.

This quote by Ayn Rand sums up Isabella’s attitude toward life. “The question isn’t who is going to let me; it’s who is going to stop me.” We wish her the best.

HS Student Council.

Sixth-graders see Catskill Symphony Orchestra

In October, the sixth-grade class traveled to SUNY Oneonta to see the Catskill Symphony Orchestra perform in the Catskill Area School Study Council’s 37th Annual Youth Concert.

In addition to attending the performance, students got to experience lunch on campus at the college’s Hunt Union building and were later treated to a tour of the campus.

On the tour, which was provided by two college sophomores, students got to see several areas of the campus, including the new SUNY Oneonta Welcome Center, Milne Library, Mills Dining Hall, a model dorm room in one of the many dormitories available on campus, the Fine Arts Building and the Alumni



Field House.

Many of the students had never been to a college campus before and were grateful for this opportunity.

Following our trip, many of the students were newly excited about a college future. Some specifically

stated that they hoped to attend SUCO, while others wanted to continue to explore their options before making a decision. Thankfully, they have six more years to do some exploring!

Mrs. Acla, Grade 6

SENIOR OF THE MONTH

December: Nina D'Amato

Anyone who knows Nina knows that she is dedicated to social justice and change. She lives her activism and faith daily and through mission work.

Outside of school, Nina is active in 4H, an ecumenical youth group, community church band and chorus, and

is a Young Adult Advisory Delegate for her Presbytery. This summer, she took a mission trip to Heifer

International Global Village at Shepherd Springs in Maryland. She has also taken week-long mission trips to a homeless outreach ministry, Broad Street Ministry, in Philadelphia, and a Christian summer camp for youth and people with disabilities, at Camp Whitman in NY.

In 2016, Nina attended PCUSA's National Youth Triennium at Pur-



due University.

At GMU, Nina is President of the Class of 2019, Drama Club, Chorus, Band, Students Against Destructive Decisions, and Women for a Change—which was created by Nina, who was inspired by a leadership conference.

Inclusivity is something Nina feels strongly about. She wanted to create a club that could help the young women of GMU reach their potential in a supportive environment.

She also is a member of Gay-Straight Alliance, Student Council, National Honor Society, Academic Team, and Mock Trial.

Nina has music in her heart, too. She is a talented musician who plays both bassoon and trombone; she participates in symphonic band, chorus, jazz band, ladies ensemble, Susquehanna University Honors Band, NYSSMA solo festival, marching band, All-County band and chorus, Hartwick Honor Band, and Area All State Chorus.

Nina lit up the stage as Mary Poppins in GMU's latest musical. And who can forget her show-stopping

performance as Ursula in *The Little Mermaid*?

You can see Nina in April in a musical with a Bainbridge community theatre group called Out of the Woodwork Players.

Nina is currently taking TC3 Accounting, TC3 Economics, TC3 Government, and TC3 Psychology.

Nina will attend Houghton College in the fall, to continue exploring social justice as an Intercultural Studies major with a concentration in missions.

The great missionary Mother Teresa taught, "If you judge people, you have no time to love them. Not all of us can do great things. But we can do small things with great love. I alone cannot change the world, but I can cast a stone across the waters to create many ripples. Love cannot remain by itself – it has no meaning. Love has to be put into action, and that action is service."

We wish Nina success as she casts her stone out across the waters of life to change it with love.

HS Student Council

INFORMATION FROM THE HEALTH OFFICE

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

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

It is very important, for the health of his/her fellow classmates and staff (as well as your own child), that he/she remain home until symptom-free for 24 hours. When a doctor makes a diagnosis of strep throat or pink eye, your child must be on antibiotic treatment for at least 24 hours before his/her return to school.

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

*Carol Angelone, RN
School Nurse*

SENIOR OF THE MONTH

November: Corey Wilson

Corey is an eclectic fellow and a quiet genius who has many talents.

Did you know that Corey is a member of the First Robotics TRx145 Team for Norwich City School District? He has been

participating since freshman year. Here, he has been inspired to build and create.

Corey loves all things robots and computers.

He is super tech-savvy. Just ask his classmates; whenever a teacher needs help with technology, the whole class turns to Corey to assist. Corey is an IT volunteer who installed and designed Wi-Fi service for Copes Corners Park. He has the brains to build a working computer



from parts found in the trash.

Corey is also passionate about all things Russian. Maybe you've heard him speaking Russian in the halls. He is teaching himself to speak Russian. He also speaks Spanish.

Music is an important part of his life: Corey is a member of Jazz, Symphonic, and Marching bands. He's earned many high level NYSS-MA Awards; he plays alto sax, tenor sax, and bass clarinet.

He is currently enrolled in AP Biology, Pre-Calculus, College Seminar, TC3 Spanish, and TC3 Government and Economics.

He is a certified lifeguard employed at the Norwich YMCA and works at the Gilbertsville Gilbert Block Book Store.

He is the recipient of the RIT, Clarkson, and University of Rochester Academic Innovation Awards, as well as being selected to the Franklin Olin College of Engineering Scholarship Workshop last summer,

where he worked with MIT students to design a water tower for a third world country. Corey is planning to be a computer engineer.

As a senior near the top of his class, Corey is on the Academic Team.

He is on the Baseball Team, and this year, he joined the GMU Cross Country Team, where his determination and dedication paid off as he faced tough obstacles.

Some have described Corey as mysterious, and that he is quiet - but he has a lot to say, once he is speaking about his interests: robotics, computers, music, and Russian.

Vladimir Putin once warned that "It is dangerous to encourage people to see themselves as exceptional, whatever the motivation." We disagree. Corey is an exceptional young man who has the world at his feet with whatever path he chooses. We wish him the best.

HS Student Council

Veterans Day breakfast held

It is with great pride that students and staff could honor our local veterans at our annual Veterans Day Breakfast on November 8, 2018. We recognized 64 veterans at a ceremony in the auditorium.

The entire student body, along with staff, community members and families of the veterans were in attendance. Our student speakers, Andrew Meyers, Shalleigh Taranto and Hunter Christian, put together an appreciation video for the veterans from all the students at GMU.

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. As a thank-you for their service to our nation, the CFES club served breakfast to the



veterans, their families, and student sponsors.

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

Elementary students take part in art contest

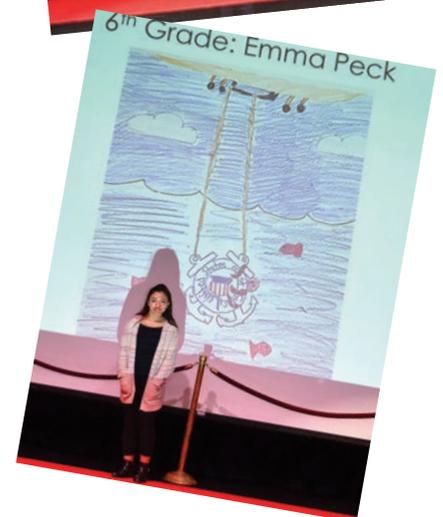
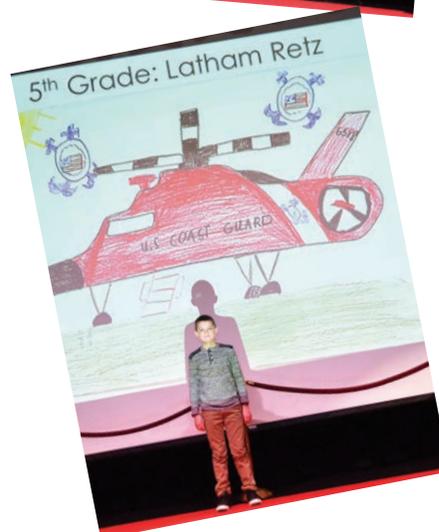
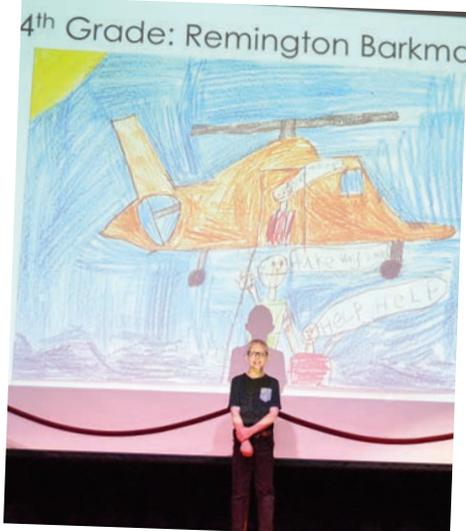
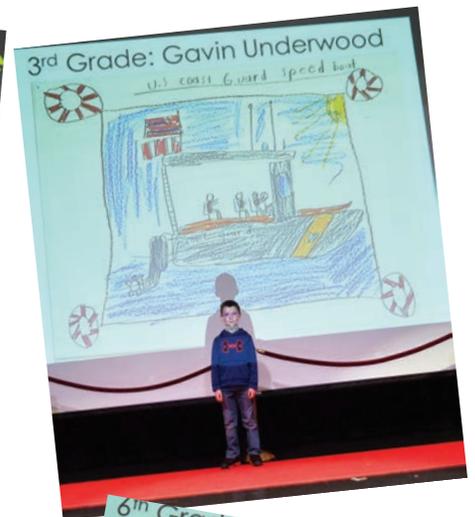
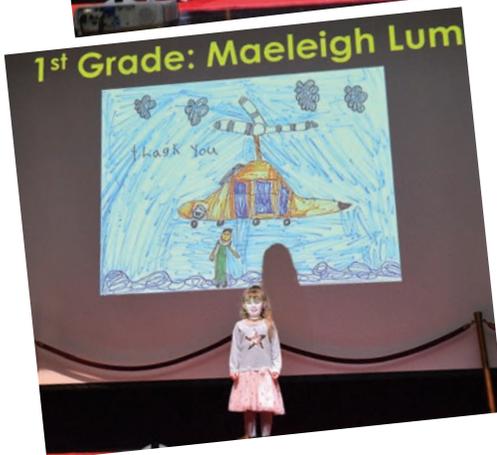
GMU's elementary artists participated in an art contest to thank the US Coast Guard for their visit to GMU this October. Each student made a picture for the Coast Guard in art class, along with a thank-you note in Mrs. Norton's library class.

The winner from each grade received a special-edition US Coast Guard poker chip, and best of all, the

school mailed all students' posters to the Coast Guard that visited us from New Jersey.

Congratulations to Eli Fuller (PreK), Gigi Barnes (K), Maeleigh Lum (1st), Kristin Gee (2nd), Gavin Underwood (3rd), Remington Barkman (4th), Latham Retz (5th), and Emma Peck (6th).

Great job, artists!



Music programs carry on strong tradition

Somewhere in the middle of Pyotr Ilyich Tchaikovsky's famous work, "The Nutcracker Suite," Shalleigh Taranto put down the trumpet she had been playing in December's winter instrumental concert. The senior at Gilbertsville-Mount Upton Central School stood and walked from the brass section in the back row of GMU's senior high band to the flute section, located in the front row on the other side of the stage.

Taranto picked up a piccolo and began playing, as if she had been there all along.

At a bigger school district, the move might have raised some eyebrows in the audience. At GMU, where Pre-K through 12th-grade students number just 368, it was a rather common sight—and part of the way the district's music program gets around the challenges that come with cultivating a small collection of potential musicians.

The school has a rich tradition of music that rivals many districts that are much larger.

"Music has always been a central component of what we offer here," said GMU District Superintendent Annette Hammond, who was a principal in the district for several years before becoming superintendent. "It's hard to go anywhere in the school without hearing student-produced music. It's a great thing!"

"All the credible education studies show that the arts are key to students' academic development. Having such a successful music program really enhances the learning



experience here."

At the center of the music faculty is Anne Monaco, general music and band director who came to GMU in 2000. Monaco directs pre-K through 6 general music, 4-6 band, elementary chorus, and junior high chorus. She was assistant director of the high school musical and directed this year's junior musical for students in 7th grade.

The graduate of Marywood University in Scranton, PA, who grew up in Binghamton said her early years at GMU were "rocky," but when she teamed up with former instrumental teacher Matt Oram, they built a strong program together.

"Believe it or not," Monaco said, "the biggest challenge we face is a scheduling challenge—making sure we have everything in our

schedule to get the highest number of students who can fit music into their schedules. Our administration is great for that. They're one hundred-percent supportive in making sure the students get music in their schedules."

An example, Monaco noted, is jazz band, which many districts offer after the school day ends. "Jazz band used to be an after-school thing," she said, "and that made it harder to stick with. Now it's 9th period during the day, two times a week. That's great for students and for Will."

'Will' is Will Gilcrest, who started in the fall and whose duties, along with the marching band, include the junior high concert band, the senior high symphonic band, and the jazz ensemble. A graduate of the storied music department at

COVER STORY

Gordon College (Wenham, MA), Gilchrest had heard about GMU's music programs while teaching at Schenevus Central School in southern Otsego County. He also witnessed GMU's success at the Pageant of Bands, an event sponsored for more than 60 years by the Sherburne-Earlville School District.

In the June 2018 pageant GMU took first place for small ensemble, second for jazz ensemble, second for cadence in small marching bands, second in the parade for small bands, and was named best in class.

"I was very aware of [GMU's] success at Sherburne and elsewhere—the quality of the music," Gilchrest said. "I know Matt [Oram] personally. He's an excellent musician and a really great person.

"To have 50 students in the marching band, it was daunting in a way to know that I was stepping in where someone like Matt was leaving."

Also keeping up the tradition is 2009 GMU grad Nathan Sloan, who studied music performance at SUNY Fredonia. Sloan filled in this fall for Deanna Perkosky, who returned in December for her second year as choral and music teacher.

Perkosky, a Mansfield University (Mansfield, PA) grad, noted that all of GMU's music students are involved in other activities, too. "Music is really popular in this district," said the director of the senior high chorus and ladies' ensemble. "It's great to be a part of it."

Sloan, who among other duties directed the fall production of "Mary Poppins," was a student of Monaco "back in the day." He recalled, "There was always a big competi-



For more photos, please visit www.gmuksd.org

tion between us and [Otsego County school district] Laurens. It's a great tradition here."

The outstanding department facilities include a new band room within the last decade and a separate choral room.

It helps the faculty recruit new students for instrumental and choral music when there are a lot of other options. "Half the cast of "Mary Poppins" came in for rehearsal from soccer or cross-country practices," Gilchrest noted.

"The dedication of students here to extracurriculars is really great.

"Anne and Matt created a climate of hard work. I see a lot of kids taking initiative. They're being responsible."

Monaco said the department's reputation is solid among the student population, "but we're always working on them.

"We had a large group of senior musicians in the class of 2018, but we have many talented younger students ready to fill their shoes."

Backpack program grows with great success

Every Friday of the school year without fail, GMU librarian Raquel Norton slips out of the rooms with the stacks of books and walks the hallways of the school, carrying plastic bags filled with canned goods, boxes of pasta and rice, juice boxes, apples, peanut butter and jelly, toiletries and other useful things. She pauses to transfer items to a backpack in one empty classroom, then moves on.

She has memorized all the class schedules, so she only visits empty classrooms. And the students who take home all that food spend the weekend with full bellies.

The Backpack Program at GMU gives real help to students in need. GMU Principal Heather Wilcox explains that while they may all qualify for free breakfast and lunch at school, the students in the Backpack Program have a real need for food during the weekends.

So the Friday deliveries include three entrees, breakfast items and breakfast bars.

The program that began with a donation during the holidays in 2017 has grown in its first year to benefit 20 families in the Gilbertsville-Mount Upton Central School District.

Norton says every GMU employee gets a checklist for kids and can nominate anyone they feel meets the criteria for aid. She keeps contacts with the students to a minimum and always tries to preserve confidentiality. "I know how I would feel," she explains.

The first delivery happened in January 2018 and was made possible by a \$200 donation from The Daily Star in Oneonta, Norton says.



"We'd been talking about it for two years," she recalls, "and finally, we put together a program similar to one the United Methodist Church in Morris was doing."

Most of the food comes from the Northeast Regional Food Bank in Latham, near Albany. Each week, Norton picks up the food from a truck at the mall in Oneonta. As for the funds to buy the food, they come from people and companies near and far.

The New York State Grange Association recently donated \$50 and a pile of food that filled Norton's Jeep.

The Unitarian Universalist Society of Oneonta recently made a gift of \$1,600 that will translate into two gallons of milk a month for each student in the program, who can use coupons to buy the milk at the Blue Ox convenience store in

Mount Upton.

Other donors include Price Chopper and the women's group at the Presbyterian Church in Gilbertsville. There's the Mount Upton Fire Department Women's Auxiliary and the Talbot Insurance Agency in Oneonta.

And there are donations from community residents, GMU retired teachers and current staff. Each month, staff members can choose to wear blue jeans on a Friday or two in return for donating \$5 to the program.

Norton is always looking for help to buy the food and supplies that pile up each week in a small conference room in the library, where she works between her regular duties to sort the items for her Friday deliveries.

Continued on Page 11

Continued from Page 10

Norton credits all those who help the program, but administrators give her a lot of the credit.

“She’s not the teacher of the year (for 2018) for no reason,” says GMU District Superintendent Annette Hammond. “Raquel also organizes our Mentoring Program. She has always been community-centered, and we’re fortunate to have her.”

“She was also the BOCES Librarian of the year this past year.”

Hammond agreed to the ‘jeans day’ idea that came from the GMU Teachers’ Association as a way to help fund the program.

Norton notes that it costs \$183 to sponsor one of the program’s 25 children for an entire school year.

“Once people found out how affordable it was, I had several people step forward to sponsor an entire year for a student,” she says. “But we’re always looking for more.”

The Backpack Program recently bought Thanksgiving dinners for the 20 families with students in the program, and the Sidney Elks’ Club #2175 dropped off shoes and boots, clothing and toiletries for the students. Norton knows the program helps students, and she hopes to see it grow. “All we need is for more people to give,” she says.

The program raffled off a turkey, ham, and homemade quilt as fundraisers this fall.

Anyone interested in donating to the Backpack Program can write a check to the school district, listing the Backpack Program on the ‘note’ line. They can also make checks out to the food bank in Latham.

Norton encourages anyone who wants to know more about the program to contact her at 607-783-2207 or rnorton@gmucsd.org.

Pre-K And Kindergarten Registration for 2019-20

Pre-Kindergarten Registration

Pre-K registration time is fast approaching. Resident children of Gilbertsville-Mt. Upton School District who will be 4 years of age by December 1, 2019 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 607-783-2207 ext. 103 to provide information for obtaining an application.

All Pre-Kindergarten applications must be returned by noon on Wednesday, April 10, 2019. 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

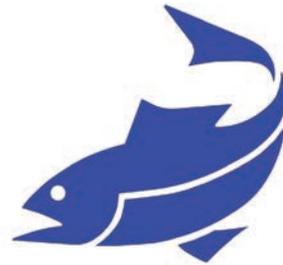
Children who are turning 5 on or before December 1, 2019 are eligible to register for the Kindergarten class for the 2019 school year. Kindergarten Registration will be held on March 7 from noon to 3:45 p.m. If you are unable to make the registration day during the hours indicated, please call or contact Mrs. Kristy Carey to arrange an appointment at 607-783-2207 ext. 103.

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 Kristy Carey at 607-783-2207 ext. 103.



Gilbertsville-Mount Upton Central School District

Class of 2021

Is hosting a Fish Dinner

Friday, March 8

4:30 to 6:30 p.m.

GMU High School Cafeteria

\$ 12 adult

\$ 6 child

Chicken Fingers and Macaroni and Cheese available

Contact: Raquel Norton @ 607-783-2207

Counselors' Corner

News from the Elementary School Counselor Office

Students at GMU have been very busy these past couple of months. All Kindergarten and First-grade students have completed Lunch Bunch groups. In these groups, students learned about different feelings and emotions, friendship skills, and problem-solving skills.

Banana Splits groups are up and running! This group is designed for students in grades 2 through 6 who are experiencing divorce or other family changes. Discussions are centered on building skills such as identifying and expressing feelings, problem solving, and offering peer

support. If you have any questions regarding either one of these groups, please feel free to contact me at any time!

Our Character Traits for the months of January and February are Creativity and Citizenship. For creativity skills, students are encouraged to think outside of the box and to use their imagination and original ideas.

Citizenship skills include doing your share to make your school and community a better place and being engaged and involved in school and community functions.

On December 10, students in grades 3 and 4 participated in the

Pillowcase Project, which was presented by the American Red Cross.

The main focus of this program is to teach students about safety during a disaster. I encourage families to have conversations with their child about fire safety and have a safety plan in place. Also, each student received a My Preparedness Workbook and a sturdy pillowcase to hold their own emergency supplies kit.

Students got the chance to decorate and personalize their pillowcases!

Tina Hall

Elementary School Counselor

News from the Middle School/ High School Counselor Office

SAT & ACT Registration

Juniors, now is the time to start registering for the Spring 2019 college entrance exams!

The next two exam dates are listed below, to register and for all exam dates please visit the specific testing websites.

SAT test dates/registration deadline:

March 9, 2019 (February 8, 2019)

May 4, 2019 (April 5, 2019)

www.collegeboard.com

ACT test dates/registration deadlines:

April 13, 2019 (March 8, 2019)

June 8, 2019 (May 3, 2019)

www.actstudent.org

PSAT 10

On March 20, GMU will administer the PSAT 10 practice assessment to better prepare students for the SAT exam they will take during their junior and/or senior years as a college entrance exam.

If you are interested in taking this exam, you must

have submitted your registration paperwork and payment to the Guidance Office by Friday, January 25.

BOCES Career and Technical Education Programs

During December, the sophomore class visited DCMO BOCES to explore their interest in Career and Technical Education Programs.

Students and parents interested in receiving more information on the Tech programs should contact Ms. Parsons.

Seniors

Seniors, as of January 1, you only had 172 days until 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.

It is also important to remember to check in the Guidance Office for the posting of local scholarship opportunities.

Juniors and Families: Save the Date!

Junior Parents' Night will be April 10th, 2019 from 6PM to 8PM! We will be discussing college entrance, scholarships, and more!

Kathryn Parsons

Middle/High School Counselor

GMU athletics joins with ScheduleGalaxy

ScheduleGalaxy is now the provider for the Gilbertsville-Mount Upton Central School District for their athletics program web-based scheduling system.

ScheduleGalaxy enhances both the scheduling process and public access to contest information.

ScheduleGalaxy provides:

- Quick public access to team schedules, free from commercial advertisement
- Ability to receive email alerts for any schedule changes or push notifications from our App
- Directions to contests from your current location to the exact game location via Google maps
- View schedules, directions and schedule changes from either



your computer or from the ScheduleGalaxy App

To access a team schedule, go to the Gilbertsville-Mount Upton CSD webpage (gmucsd.org) and click on the Athletics tab, then click on the ScheduleGalaxy icon and/or link on our website.

You can create an account by Clicking on "Register" on the upper right hand corner of the page and follow registration instructions. You will be immediately directed to the homepage, which has a calendar of all athletic contests.

You can also choose the sport and

team you're looking for from the Quick Toggle menu at the top left of the homepage. Click on the sport and then click on the team to view their schedule. There, you will be able to subscribe to email alerts or push notifications from our App for any schedule changes for that specific team.

Click on a specific contest on either the schedule list or the calendar and both Google map location and driving directions from your current location are readily available.

We are pleased for our athletics program and community to have the opportunity to join ScheduleGalaxy in providing this enhanced sports scheduling and public information system.

Plastic film recycling program alert!

Calling all parents and community members! Gilbertsville-Mount Upton is competing in a Plastic Film Recycling Challenge through the Otsego County Conservation Association (OCCA) until April.

For this challenge, students will bring in recyclable plastic film such as grocery bags, bread bags, and Ziploc bags. These items can normally only be recycled through take-back programs offered by grocery stores and retailers in NYS.

This initiative focuses on collecting clean, dry plastic film in order to keep it out of our region's landfill.

Grades will be competing against one another to collect the most plastic film; winning grades will earn a movie day! GMU is also competing against other schools in



Otsego County to collect the most plastic film per student. We will be collecting plastic film until April 1.

Please begin saving the items listed below and sending them to school with your student for proper recycling! Plastic film can be brought in to your teacher (elementary) or class advisor (middle/high school). Community members may also bring in their plastic film.

Acceptable Items (must be clean

and dry):

- Grocery bags
- Bread bags
- Case overwrap
- Dry cleaning bags
- Newspaper sleeves
- Ice bags
- Wood pellet bags
- Ziploc & other recloseable bags
- Produce bags
- Bubble wrap
- Salt bags
- Cereal bags

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

Thank you in advance for helping our students keep plastic film out of the landfill!

YEARBOOK ORDERS

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 2018-19 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, 2019	\$20.00
After May 1, 2019	\$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 the Yearbook Class at yearbook@gmucsd.org.

Name: _____

Address: _____

Phone Number: _____ Grade/Teacher: _____

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

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 ended on January 25. The end of this marking period is the half-way point for the school year! February brings the start of a new semester and new classes for some of our students.

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 7 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. Carey 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. Even if you are accepted to a college, that acceptance can be rescinded or you may begin college on academic probation due to low or failing grades.

These next few months are critical, and they 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.

Please see the following calendar for events and happenings at GMU!

February

1st: PK-2 Soaring Eagles Award Ceremony (January Awards) – 8:25 a.m.

8th: GMU'S Got Talent - 7:00 p.m. - Auditorium

13th: Grades 3-12 Quarterly Award Ceremonies – Auditorium:

- 8:15 a.m. – Grades 9-12
- 9:15 a.m. – Grades 7-8
- 10:15 a.m. – Grades 3-6

18th-22nd: No School - President's Day Recess

March

1st: PK-2 Soaring Eagles Award Ceremony (February Awards) – 8:25 a.m.

6th: 5-12 Pops Concert – 6:30 p.m. (Snow Date 3/7)

7th: Half-day for students - Dismissal @ 12:00 p.m.

Parent/Teacher Conferences - 12:45p.m.-6:00 p.m.

Kindergarten Registration for 2019-20 school year - 12:00-3:45p.m.

8th: No School – Staff Development Day

15th: "Music in Our Schools Presentation" PK-6th Grades– Auditorium – 8:25 a.m.

Upcoming Testing dates for this school year:

ELA State Tests, Grades 3-8 April 2nd– 4th

Math State Tests, Grades 3-8 May 1st -3rd

Science Performance TestS, Grades 4 and 8 May 22nd

Science Written TestS, Grades 4 and 8 June 3rd

As a reminder to parents of students in grades 3 through 8, when making plans for the spring, it is important that students are in school for state testing.



GMU'S GOT TALENT!!

THE GMU CHORUS IS HOSTING
GMU'S GOT TALENT

THIS YEAR ON FEBRUARY 8 AT 7 P.M. IN
THE AUDITORIUM. ENJOY A WIDE VARIETY
OF PERFORMANCES BY STUDENTS OF ALL
AGES. ADMISSION TO THE EVENT IS A
FREE-WILL DONATION, WITH PROCEEDS GOING
TO THE CHORAL ACTIVITY FUND.

WE'LL SEE YOU ALL THERE ON
FEBRUARY 8!!!



Developing learning-ready brains

As a district, we are helping students better understand their brains and the way that they work. In kindergarten, we are working to help students better regulate their emotions and feelings.

The learning-ready brain uses a model of a hand to help show the way that the brain functions. The two main hand signals include the “downstairs brain” and the “upstairs brain” (or learning brain). One important part of this process is understanding what the amygdala does; it is the part of the brain that processes emotions and feelings.

The upstairs brain is also known as the green zone or learning brain and is where students are when they are ready to learn. This is the goal for students. The downstairs brain is shown with an open hand and is known

as the red zone. This zone is where students are when they are feeling very upset. It is known as flipping their lid because they have lost control of their emotions and are cut off from the upstairs brain.

Students are working to use tools such as breathing techniques and brain breaks to regain control of emotions and get back to their upstairs brain and ready to learn. In our class we have learned about our brains and made brain hats to help us remember how our brains work.

So if you hear students say they are in their upstairs brain/learning brain, be sure to give them a high five!

Ashley Mannina
Kindergarten teacher

Scenes from around GMU!



GMU Booster Club Apparel Order Form 2018

\$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-Appique 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

Basic Personalization Available On All Items +\$5 each

Make Checks Payable: GMU Booster Club

Name: _____ Phone: _____

Item	Size	Size Type	Color	Personalization	Price
		Adult Ladies Youth			
		Adult Ladies Youth			
		Adult Ladies Youth			
		Adult Ladies Youth			
		Adult Ladies Youth			
		Adult Ladies Youth			
Total:					

STEAM program has big plans in production

Students in Mark Seigers' iDesign STEAM class started last fall with big plans for a new product they will design, manufacture, market and sell this year.

They just didn't know for the first three months what that product would be.

The seven high school freshmen are working with Seigers, the S.T.E.A.M. (Science, Technology, Engineering, Arts and Math) director for the Gilbertsville-Mount Upton School District, to combine what they have learned in math, science, the arts, and business.

The goal of this iDesign class—the most advanced of the several STEAM classes Seigers teaches at all grade levels—is to identify, produce, market, and sell an original product through the entire academic year.

GMU District Superintendent Annette Hammond likes the direction the new STEAM program is taking.

"It's so important for our students to have exposure to the practical applications of everything they are learning in science, technology, math, business, and the arts," she said. "To see them apply what they've learned as part of a team is a great thing. Mark does a great job of building their interest in collaboration across all these disciplines.

"It's real training for the professional work they will do in the future."

In keeping with the international STEAM program philosophy, Seigers is working with interested students of all ages to create a 'makerspace', defined as a collaborative work space for making, learning, exploring and sharing that uses



high-tech to no-tech tools. The STEAM classroom includes 3D printers and state-of-the-art software and resources that challenge them.

For the iDesign class, the challenge is real.

By early December, the team had considered and discarded several dozen product types, from cell phone covers to a long list of other accessories that might be attractive to potential buyers.

"There were a couple of weeks when we just made lists," recalled Madeline Pain, the team's accountant. "We kept coming up with more ideas; that was kind of the problem for a while."

Eventually, the team decided to center its interest on marketing to Generation Z, said General Manager Maya Farwell.

There was good reason: Generation Z, which includes people born after 1995, now accounts for about a quarter of the U.S. population—more than 'baby boomers' (born

between 1946 and 1960) or 'millennials', the group that reached young adulthood around the year 2000.

"We surveyed students around the school," said Anika Christensen, the team's production manager. "We got a lot of good feedback."

The team decided to focus on its strengths when choosing a product.

"Metalworking was not exactly something we could do," said Samantha Shinol, the design and production manager. "We wanted whatever we chose to be something that was realistic."

Seigers helped the team make a list of their skill sets and keep them focused on choosing a product that matched those skills.

In the end, the team chose a product they could easily produce within their \$300 overall budget for production and marketing: bath bombs.

The fizzy bathtub spheres often contain essential oils and other fragrances that help the bather relax

Continued on Page 19

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and rejuvenate. The team is confident that student and other community members will buy them.

“It’s not without reach for us to make them,” Farwell said, “but we like the challenge.”

Marketing staffers Morgan Keuhn and Skye Wilson said the plan is to produce a variety of colors and scents, from a natural healing line to a men’s version that will feature more masculine smells.

The team’s schedule calls for the first rough products in early February with sales to begin in April. The price will be around \$5, and of course, they want to turn a profit as part of the exercise.

They will market their bath bombs under the brand name Sulis Kosmetik, using a logo designed by the team’s artist, Alivia “Libby” Retz. Sulis was a Celtic goddess worshipped in the thermal pools of Bath, England; Kosmetik is the German word for cosmetics.

Retz designed a logo that is both simple and sophisticated. Posters of the logo went up in December, and they have created a buzz in the school among students who are eager to know more.

Seigers’ goal is to see the students grow as a team.

“It’s been kind of organic, watching them figure out how to work together,” says Seigers, who has been at GMU since 2006 and moved over in 2018 to lead the new STEAM program after years of teaching biology.

“They’re beginning to appreciate each other’s individual skills sets, and that’s another outcome we wanted.”

PLEASE JOIN US FOR A FUN NIGHT FILLED WITH BOOKS AND STEAM ACTIVITIES!



Who? Any students in grades K-4 and their families

What? We will have books to read aloud and fun, engaging STEAM (Science, Technology, Engineering, Art, and Mathematics) activities that go along with each book

What Else? Ideas for you to incorporate STEAM activities after reading aloud at home, literacy & STEAM parent resources, COOKIES, and a FREE BOOK for each student!

When? Tuesday, February 12 from 6 to 7:30 p.m.

Where? Meet in the GMU M.S./H.S. cafeteria

Questions? Contact Mrs. Weidman or Mr. Seigers

Thank you to everyone
who bought items at the annual

Quarter Auction

in December!

Your purchases raised more than \$1,300
for the GMU Color Guard!

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Scenes from around GMU!

