



# The Journey

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

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

March/April 2018  
VOLUME 28, NUMBER 4

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

## Top Five Students Announced

STUDENT BIOS ON PAGE 2



**Timothy Picozzi**  
*Valedictorian*



**Michael O'Connor**  
*Salutatorian*



**Lucas Piedmonte**  
*Third*



**Vasiliki Drapaniotis**  
*Fourth*



**Scarlett Newman**  
*Fifth*

## Top Five Students — Bios

### Timothy Picozzi — Valedictorian

Gilbertsville-Mount Upton Central School is pleased to announce the Valedictorian and Salutatorian for the Class of 2018. Timothy Picozzi, our Valedictorian, is the son of Michael and Allyson Picozzi. Timothy has challenged himself with many accelerated and college level courses. He is a member of the National Honor Society, Mock Trial, Spanish Club, Ski Club, and Student Council. Additionally, Timothy has participated in soccer and track and field throughout his entire time at GMU. In November, Timothy attended the NYSSMA All-State conference where he played trombone. This was a huge accomplishment for Timothy and it shows his outstanding talent. Timothy also participates in the Symphonic Band, Jazz Band and the Binghamton Youth Symphony Orchestra. After graduation, Timothy plans to major in either biology or chemistry.

### Michael O'Connor — Salutatorian

Michael O'Connor is the son of Joseph O'Connor and Mary Hankey. Michael is an extraordinary student who has challenged himself inside and outside of the classroom. He is determined, a leader, shows great integrity and extremely hard working. He is a member of the National Honor Society, Mock Trial, Spanish Club, Ski Club, Student Council, Symphonic Band, and Jazz Band. Michael plays soccer, and track and field for Gilbertsville-Mount Upton and has held leadership titles for both. Additionally, Michael has participated in his community youth group, has held a summer job at an ice cream parlor, and was involved in the 4-H program for many years. Michael plans to study engineering after high school.

### Lucas Piedmonte

Lucas Piedmonte is the son of Mark and Aimee Piedmonte. Lucas is third in his class. He is an outstanding and hardworking young man. He is kind, genuine and dependable. He is president of the National Honor Society, president of his class and Student Council, secretary and head librarian of our Symphonic Band, and is a member of almost every club our school offers. Lucas has held many leadership positions, both in and out of school and has received many awards and recognitions for his outstanding talents. Lucas is a very giving person and has participated in numerous mission outreach trips. After graduation, Lucas is following his heart to Washington D.C. and will be attending American University in the fall for public service in communications, law, economics and government.

### Vasiliki Drapaniotis

Vasiliki Drapaniotis is the daughter of Theodore and Yuliya Drapaniotis. Vikki is fourth in her class. When Vikki sets a goal, she does whatever it takes to accomplish it and does so with grace. Throughout her high school career, she

has participated in many extra-curricular activities all the while maintaining her academics. She has been a dual-sport athlete playing soccer and cross country track at the same time and has been recognized as a scholar athlete. Unfortunately, an injury has prevented her from participating in sports during her senior year. She has been a member of the stage crew for productions, a Poetry Out Loud finalist, a member of the Academic Team, and National Honor Society member. Additionally, Vikki is a talented musician playing saxophone for Symphonic Band, Jazz Band, and Marching Band. Vikki is considering multiple college and career options after graduating.

### Scarlett Newman

Scarlett Newman is the daughter of Larry Smith and Claudette Newman. Scarlett is fifth in her class. She is a very active member of the senior class and participates in National Honor Society, Mock Trial, SADD, Student Council, and Band. Scarlett is a scholar athlete and has played soccer, basketball, and softball throughout her entire high school career. Not only is she very active in school, but also in her community. Scarlett has gone on two missions to Haiti and Honduras and is always willing to help others in any way she can. Scarlett is a phenomenal student and has been an asset to the GMU community. Scarlett is deciding between multiple pathways after graduation.

## DINNER AND A SHOW!

The GMU Board of Education will be hosting a dinner prior to the *Arsenic and Old Lace* drama production held on Saturday, April 7. The dinner will begin at 6:00 p.m.

The menu for the evening is as follows: Salad, Meatloaf, Mashed Potatoes, Gravy, Green Beans, and a dessert.

Dinner and Show Tickets are \$20. There will be reserved seating for the show to anyone who attends the dinner. **Proceeds will benefit the GMU Board of Education Scholarship Fund.**

Please call Amber Birdsall in the District Office by March 23, at 783-2207, ext. 140 to reserve tickets. Tickets will be sold on a first come first served basis.

## Superintendent's Message



Thank you to everyone who has become a part of our student's life journey by giving of your time and personal resources. Each time you support a fundraiser, attend a play, concert, athletic event, open house, awards ceremony or any other school program, you are enhancing the lives of our students and providing support to busy families.

I am so proud to be a part of GMU and the communities that support it! I would also like to thank all those that came out and voted on the bus proposition on February 6. I appreciate your continued support of all school programs and initiatives and thank you for helping make the quality of the journey a meaningful one for our students. Our school alone cannot give our students memorable life experiences in the same way that we can when working in collaboration with our communities!

I am currently working with our Board of Education to put together a fiscally responsible 2018-2019 budget. In this budget we will look to continue exposing our students to varied life, college, and career experiences all while remaining aware of our community's financial demands. We have discussed our budget priorities, reviewed the Governor's initial proposal, and are waiting for additional adjustments that the Governor might make, before putting the GMU budget proposal out for voter review. Keep an eye out for the budget

newsletter in mid-April. In the newsletter, I will provide as much detail as possible to answer any budgetary questions you might have. Thank you so much for all of your support.

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

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

I would like to take this opportunity to publicly announce and offer congratulations to our Valedictorian, **Timothy Picozzi**, and our Salutatorian, **Michael O'Connor**. These young men have tremendous work ethics and have developed into well-rounded individuals. It has been such a pleasure to work with these students and I congratulate their parents and all others who have and will continue to support them on their life's journey.

—Mrs. Annette D. Hammond, Superintendent

## Pre-Kindergarten & Kindergarten Registration

### 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 2018-19 school year. Kindergarten registration will be held on March 8, from 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
- Social Security Card
- Immunization Record
- 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.

### 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.



## Board of Education Highlights

### December 13 Meeting

#### Positive Highlights:

- *The Little Mermaid* production was a success! Students did a fantastic job. Thank you to all who came out and supported our students.
- Seniors who have received college acceptance letters, have had their information posted on the bulletin board outside the main office for recognition.
- A district-wide DASA training took place at the end of November. All employees are now in compliance with the Dignity for All Students Act regulations.
- The district has been officially approved to coordinate The Backpack Program. Thank you to Raquel Norton for getting this program up and running in such a short amount of time. We have received lots of donations already, which will help 15 families in need for the holidays.
- A combined Athletic/Academic Awards Ceremony was held November 29 for the first time. The feedback was very positive and the district is looking to continue the same combined ceremony in the future.
- Our 5-12 Choral Concert is Thursday, December 14.
- Our 5-12 Instrumental Concert is Tuesday, December 19.
- Congratulations to **Tim Picozzi** who played his trombone in the All-State Festival Band. Teachers Matt Oram and Deanna Perkowsky were able to attend the festival.
- The Board of Education Dinner that took place on Saturday, December 9, prior to *The Little Mermaid Musical* was well attended. Thank you to all who came out and supported the board in raising funds for end of the year scholarships.
- Thank you to former GMU graduate Luke Hall for presenting to all the GMU students on the career he chose after graduating high school and how/what the process was of him getting there.
- Pictures of the artifacts that are being cleaned up at SUNY Oneonta were provided by Leigh Eckmair. Currently, the Superintendent is looking into having a display case made and donated by the building trade students at BOCES to display them in when they return to GMU.
- The Superintendent, District Treasurer, and Board Member Mark Muller attended the Legislative Breakfast that was held on Saturday, December 2 at SUNY Oneonta. It was very informational. At the breakfast, Congressman Faso mentioned that Bassett has 21 School Based Health Clinics in New York State that are being used as models at the federal level to try and institute other states to open clinics such as these.

#### Information for Members:

- Board members received the *2018-2019 Services Guide* provided by DCMO BOCES to review.
- District Clerk Amber Birdsall provided a financial update to the Board on the results of the BOE Dinner that was held on

December 9 to raise funds for the BOE Scholarship Fund. \$390.00 was made on the dinner.

- Holiday Dinner is Friday, December 22 at Noon.
- The District Clerk announced that there is a School Boards Institute Workshop on January 25 at 5:30 p.m. at SUNY Oneonta for all school board members or administration who are interested.

#### Reports:

- Molly Toulson, GMU Teacher reported on an Intro to Psychology course proposal, for the 2018-19 school year.
- Erica Knowles, GMU Teacher reported on a Sociology course proposal for the 2018-19 school year.
- Erica Knowles, GMU Teacher reported on a Life Beyond High School course proposal.
- Superintendent Annette Hammond reported that the District will be picking up the Labor Relations Service through Madison-Oneida BOCES in January 2018.
- District Treasurer Dorothy Iannello reported on the 2017 School Tax Collection Report.
- Superintendent Annette Hammond reviewed the budgetary goals for the 2018-2019 school year. It was noted that the district is looking into other options for health insurance for the GMU employees.

#### Action Items:

- Approved minutes from the November 15, 2017 regular meeting.
- Adopted the proposed December 13, 2017 regular Consent Agenda as amended.
- Approved CSE/CPSE Consent Agenda. The meeting dates include November 16 & 30, 2017 and December 7, 2017.
- Approved the Financial Consent Agenda.
- Accepted financial reports for November 2017 and a donation.
- Approved the Personnel Consent Agenda.
- Approved the establishment of a STEM teaching position.
- Approved a substitute and bus monitor.
- Appointed a Living Environment Teacher.
- Approved the New Items Consent Agenda.
- Approved a legal notice for bus purchases and the establishment of a capital reserve fund.
- Approved change orders.
- Approved three course proposals for the 2018-2019 school year.

#### Adjournment:

The meeting adjourned at 7:26 p.m.

### January 22 Meeting

#### Positive Highlights:

- Regents week is taking place this week 01/22-01/25.
- Congratulations to the cast and crew of the 5-7 Musical, *Everything's Groovy*. It was a success.

- Congratulations to **Jessica Conklin** and **Vasiliki Drapaniotis** for making it through the first round of the Poetry Out Loud competition held at GMU.
- The Superintendent, Acting PK-12 Principal, and School Meals Manager attended a Farm to School initiative at SUNY Cobleskill that was very informational.
- The first weekend of Ski Club started Saturday, January 20.

#### Information for Members:

- The board acknowledged two thank you cards that were received.
- The District Clerk made the Board aware that the spring drama production of *Arsenic & Old Lace* will be held April 5 and 7, at 7:00 p.m. The Board is looking to hold a dinner prior to Saturday night's show to raise funds for student scholarships at graduation.

#### Reports:

- Mark Seigers, GMU STEM Teacher, reported on a STEM iDesign course proposal for the 2018-19 school year.
- Class of 2018 Senior **Lucas Piedmonte** and Advisor Aimee Piedmonte presented a senior trip overnight proposal to the Adirondacks on 5/24-5/25. The Board was in consent with pursuing the trip.
- Superintendent Annette Hammond briefly reported on the Governor's Proposal.

#### Action Items:

- Approved minutes from the December 13, 2017 meeting.
- Adopted the proposed January 22, 2018 regular Consent Agenda.
- Approved the CSE/CPSE Consent Agenda. The meeting dates include December 13, 2017 and January 12, 2018.
- Approved the Financial Consent Agenda.
- Accepted financial reports for December 2017.
- Approved the 2018-19 unit Cost Methodology for DCMO BOCES Shared Services and budget transfers.
- Approved the Personnel Consent Agenda.
- Approved election officials, spring drama advisor, substitutes and a long term-substitute.
- Accepted a resignation.
- Appointed two mentors.
- Approved a correction to a tenure appointment.
- Approved the New Items Consent Agenda.
- Approved a change order and an agreement between GMU and the Madison-Oneida BOCES.
- Approved a STEM iDesign course proposal.

The Board convened in executive session to discuss Personnel Sabbatical Leave, Facilitated Intensive Negotiation Model, and the Superintendent's Contract.

#### Adjournment:

The meeting adjourned at 8:27 p.m.

## Senior of the Month



### March

Congratulations **Timothy Picozzi**, March's Senior of the Month! For any of you who know Tim, he has a friendly personality and quick wit abound! He is a talented musician, having received high honors for his performances as a trombonist at local, county, and state levels; a very rare achievement! Tim always lends a helping hand to his peers and throughout the school. Most people have seen him on stage in GMU's musical and dramatic performances, including Poetry Out Loud recitations. Tim is currently enrolled in TC3 Pre-calculus, College Success Seminar, as well as College English, Chemistry, Economics and Government and Symphonic, Jazz, and Marching Band (of which he is Vice-President). He has also been on the Soccer team and is a member of NHS, Mock Trial, Ski Club, Leadership Club (as a mentor to younger students), SADD, and Student Council. His supportive and polite demeanor will surely be missed among faculty and students here! As Stephen Hawking stated, "One, remember to look up at the stars and not down at your feet. Two, never give up work. Work gives you meaning and purpose and life is empty without it. Three, if you are lucky enough to find love, remember it is there and don't throw it away." Congratulations and best of luck!



### April

Congratulations to **Elizabeth French**, April's Senior of the Month! Liz is a hard-working, outgoing, and helpful young woman who stands for justice and equality for everyone. Her desire to stand up for what she feels is right is an admirable character in today's age of unacceptance and criticism. Liz sees beyond our safety and comfort in order to speak for all. She has been an active and integral part of the GMU school community, as a member of SADD, NHS, Mock Trial, Leadership, and Class of 2018 activities. She also plays multiple instruments for Marching, Symphonic, and Jazz Bands and has participated in musicals and plays here over the years. Currently, Liz is enrolled in TC3 Principles of Accounting and College Success Seminar, as well as AP U.S. Politics and Government, Study in Genocide, College English, and Band. We wish Liz all the best as she moves on to college to study History and Political Science, particularly focusing on Civil Rights and Justice. In the words of Susan B. Anthony, "Forget conventionalisms; forget what the world thinks of you stepping out of your place; think your best thoughts, speak your best words, work your best works, looking to your own conscience for approval." Good luck in all you do!

—HS Student Council

## Counselor's Corner

Once again it's that time of year for NYS ELA and Math testing. Testing will begin in April for ELA and May for Math. During this time students will be feeling a lot of mixed emotions. And that's okay! It is very important to encourage your child to always do their best.

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

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

- **Check it out**—Students should check over their answers when they have completed the test, if time permits. If they have a bubble sheet it is a good idea to check it for any stray marks and that each bubble is filled in.

### Here are a few tips to remember before the test:

- Get a good night sleep. The last thing you want is to feel tired during the test.
- Eat a good breakfast packed with protein.
- Wear layers the day of the test. You never know what the weather is going to be like!
- And finally students, remember: Relax, take your time and just breathe. You got this!

— Tina Hall, School Counselor

## Music In Our Schools Month!

The GMU bands and choruses will be presenting a Pops Concert as part of our Music in Our Schools Month celebration. This concert includes the following performing groups: Elementary Band, Elementary Chorus, Concert Band, Junior Chorus, Symphonic Band, Jazz Band, Ladies Ensemble, and Senior Chorus. Each group will perform one or two selections from the pop repertoire, including music from television, movies, and musical theater. The performance starts at 6:30 p.m. on Wednesday, March 7 (snow date Thursday, March 8). It should be an exciting and fun filled evening of twentieth century pop favorites!

The Music Department is also well underway with plans for a performance celebrating Music In Our Schools Month featuring PK-6th grade students. We are working on a short musical which gets every grade level involved. Our production, called *My Planet, Your Planet*, will be performed on Friday, March 23, at 8:25 a.m. It will be an entertaining production which allows the audience to see and hear songs explaining how to keep our planet green. Students are encouraged to wear green for the performance! Please join us for some of our exciting musical songs and dances!

— Anne Monaco, Mathew Oram, and Deanna Perkosky, Music Department



## Guidance Office News

### Seniors

Seniors, as of March 1 you have only 115 days until graduation. The second semester is in full swing and before you know it, GMU seniors will be getting ready for graduation. Time is of the essence in making sure you are meeting financial aid and scholarship deadlines. If you are still waiting to hear from a college about your application, it is important for you to call and make sure they are not missing information.

### Scholarships

Scholarships continue to come into the Guidance Office. It is your responsibility to apply for these scholarships as they come in. Seniors should check the scholarship spinner inside the Guidance Office for newly added scholarship information. Please make sure you are following the directions on the scholarship applications and be careful of the deadlines. See Mrs. Clapp or Ms. Parsons in the Guidance Office if you have questions.

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

—Earl Nightingale

### Juniors

Juniors should be thinking about and narrowing down their list of colleges as well as registering for the SAT and/ or ACT. It is necessary to know what schools to report those scores to at the time of the SAT and ACT test administration.

### 2017-2018 Scheduling

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

### Spring College Days

The Delaware County Counselors Association is sponsoring its annual College and Career Fair on Wednesday, April 11, 2018. Approximately 30-40 Colleges from New York State as well as some representatives from local businesses will be in attendance. There will be representatives from a variety of public, private, two-year, four-year and vocational schools. Armed Services representatives and local financial institutions will also be available with information.

Juniors with written parental permission will be bused from GMU to SUNY Delhi and have the opportunity to meet, ask questions, gather material and begin the process of college selection. Since many students do not get an opportunity to visit colleges directly, the College and Career

Fair is one of the best ways to expose our students to many different types of schools and give them a broad perspective of the options that are available to them. It is never too early to start setting goals and planning for the future.

In addition, 10th grade students will also have the opportunity to attend a College and Career Fair at the Norwich YMCA. This event will take place on Tuesday, April 10, 2018. All sophomores with written permission will have the opportunity to attend!

### June 2018 Regents Exam Schedule

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

#### SAT

SAT DATES	Registration Deadline
March 10, 2018	February 9, 2018
May 5, 2018	April 6, 2018
June 2, 2018	May 3, 2018

Log on to [www.collegeboard.com](http://www.collegeboard.com) to register.

#### ACT

ACT DATE	Registration Deadline
April 14, 2018	March 9, 2018
June 9, 2018	May 4, 2018

Log on to [www.actstudent.org](http://www.actstudent.org) to register.

### Rotary Youth Exchange Scholarship Award



HUGE congratulations to GMU’s **Sydney Swift** on being chosen to receive a Rotary Youth Exchange Scholarship to attend high school in Mexico for the 2018-2019 school year. Sydney submitted an application and was one of few that were chosen for an interview. Rotary exchange is a one year

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

—Katie Parsons, 7-12 School Counselor

## CONGRATULATIONS, SYDNEY!

## News from the Main Office for March and April

We are more than half way through the school year and this is a busy month. March is Music in our Schools month and we will be celebrating with our annual Pops Concert and Morning Raiders Program. Grades 5-12 will be performing in the Pops Concert on Wednesday, March 7, at 6:30 p.m. The PK-6 Music in Our Schools Presentation will be held on Friday, March 23 during Morning Raiders at 8:25 a.m. with PK-3 Soaring Eagle Awards immediately following. We hope to see you at these events!

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

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

### Be Involved

Take a minute and ask your child what book they are reading in school. Ask questions such as: Do you like the book? Why or why not? What are some of the characters' names? What is the book about? How does this book relate to you or your life? At the elementary level, please encourage your child to read at least 15 minutes each day and study their math facts over the break.

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

### Don't Forget!

Daylight savings is on March 11th, don't forget to set your clock ahead one hour and that we will lose an hour of sleep time that night. Having a sufficient amount of sleep can help students get their day started in a positive and productive

manner and it increases their chances of getting to school on time. As always, please do not hesitate to call or stop in if you have questions, concerns, or suggestions.

Parent/Teachers Conferences will also be held March 8 for PK-12, and the State Tests for ELA and Math, grades 3-8, will be coming up April and May!

—Mrs. Wilcox, PK-12 Acting Principal

### Upcoming Test Dates:

ELA State Tests Grades 3-8 .....April 11 – 13  
Math State Test Grades 3-8 ..... May 1 – 3  
Science Performance Test Grades 4 & 8 ..... May 23  
Science Written Test Grades 4 and 8..... June 4 & 5  
Regents Testing: ..... June 13 - 22


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.

Gilbertsville - Mt. Upton Central School  
*presents*

# *Arsenic and Old Lace*

By Joseph Kesselring

*The Classic Stage Comedy is back!*



Admission \$5

**Thursday, April 5 ~ 7:00 pm**  
**Saturday, April 7 ~ 7:00 pm**



## 2nd Quarter-Soaring Eagle Awards

### December Theme — Respect



#### PRE-K

*Raegan Beach  
Indigo Cole*

#### KINDERGARTEN

*Hunter Barnes  
Yuli Castillo-Gomez  
Tyler Crisell*

#### 1ST GRADE

*Sullivan Digiorgi  
Thomas Hanehan*

#### 2ND GRADE

*Gabby Barnes  
Daisy Crisell*

#### 3RD GRADE

*Kaheem Cade  
Alexis Davis*

### January Theme — Creativity



#### PRE-K

*Addison Dickey  
Arianna Larson*

#### KINDERGARTEN

*Melena Hall  
Dylan Ostrander*

#### 1ST GRADE

*Wyatt Eastman  
Alivia Lum*

#### 2ND GRADE

*Taylor Kline  
Cameron Schultes*

#### 3RD GRADE

*Taylor French  
Raymond Nober*



#### 4TH GRADE

*Jade Lindroth  
Kaylin Williams*

#### 5TH GRADE

*Noah Pain  
Trista Vaccaro*

#### 6TH GRADE

*Abigail Davis  
Morgan Williams*



#### 4TH GRADE

*Johnny Forbes-Conaty  
Kyle Keuhn*

#### 5TH GRADE

*Avriel Correll  
Serenity Downey  
Nathan Williams*

#### 6TH GRADE

*Thomas Breslau  
Rylee Lum  
Payden Wilson*



photo shows 7th/8th grades Dec.-Feb.

#### 7TH GRADE

*Austin Bound  
Ivy Stensland*

#### 8TH GRADE

*Lane Dibble  
Kiernan Dunham*



photo shows 7th/8th grades Dec.-Feb.

#### 7TH GRADE

*Brackon Banks  
Gabe Maiurano  
(may-u-rano)*

#### 8TH GRADE

*Kailah Davis  
Alivia Retz*

# Congratulations!

**2nd Quarter-Soaring Eagle Awards (continued)**

**February Theme — Citizenship**



**4TH GRADE**

*Maya Eberly  
Mackenzi Marron*

**5TH GRADE**

*Brendon Eastman  
Alyssa Sorochinsky*

**6TH GRADE**

*Leah Cotten  
Corbin Page*



photo shows 7th/8th grades Dec.-Feb.

**7TH GRADE**

*Kendra Hammond  
Fiona Held*

**8TH GRADE**

*Anika Christensen  
Dalton Proskine*

**Work Ethic Awards**

**4TH GRADE**



*Ryan Davis  
Alice Dibble  
Ioannis Drapaniotis  
Olivia Fletcher  
Aurora Heath*

*Jaden Kuhn  
Mackenzi Marron  
Kira Nolan  
Blake SanSoucie*

**5TH GRADE**



*Ariana Cornell  
Kyra Demmon  
Matthew Manwarren  
Noah Pain*

*Emma Peck  
Anthony Shinol  
Alyssa Sorochinsky*

**6TH GRADE**



*Mackenzie Barnes  
Tait Christensen  
Leah Cotten  
Devon Hartwell*

*Alaina Maxson  
Ella Thatford  
Payden Wilson*

**7TH GRADE**



*Austin Bound  
Mackenzie Cherry  
Carly Davis  
Kendra Dunham  
Brennan Finch*

*Kross Lund  
Dante Manwarren  
Bianca Plows  
Ivy Stensland  
Nevaeh Wright*

**8TH GRADE**



*Nathan Barrows  
Kadence Behnke  
Lane Dibble  
Kaitlyn Finch  
Tyler Furgison*

*Bree MacNeill  
Dylan McVey  
Dalton Proskine  
Lauren Radwan  
Daniel Tompkins*

**Superb!**

## Honor and High Honor Rolls

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

### 5TH GRADE – HONOR ROLL



*Avriel Correll  
Noah Pain  
Natalie Raymond  
Jillian Scott  
Chase Simonds  
Juston Spathelf*

### 5TH GRADE – HIGH HONOR ROLL



*Ariana Cornell  
Quinn Covington  
Kyra Demmon  
Skylar Lindroth  
Matthew Manwarren  
Emma Peck  
Anthony Shinol  
Alyssa Sorochinsky  
Hailee Walrod*

### 6TH GRADE – HONOR ROLL



*Kadence Canfield  
Taylor Gager  
Rylee Lum  
Payden Wilson*

### 6TH GRADE – HIGH HONOR ROLL



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

### 7TH GRADE – HONOR ROLL



*Carly Davis  
Corbin Demmon  
Kendra Dunham  
Ethan Joslyn  
Bianca Plows  
Brian Wilson  
Nevaeh Wright*

### 7TH GRADE – HIGH HONOR ROLL



*Brackon Banks  
Hannah Bonczkowski  
Mackenzie Cherry  
Connor Eberly  
Brennan Finch  
Kendra Hammond  
Fiona Held  
Kross Lund  
Rene Posner  
Kali Wilcox*

### 8TH GRADE – HONOR ROLL



*Kadence Behnke  
Autumn Demarais  
Lane Dibble  
Kiernan Dunham  
Kaitlyn Finch  
Bree MacNeill  
Ryan McCall  
Dylan McVey*

### 8TH GRADE – HIGH HONOR ROLL



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

### 9TH GRADE – HONOR ROLL



*Shayne Christian  
Aiden Ryan*

**Honor and High Honor Rolls (continued)**

**9TH GRADE –  
HIGH HONOR ROLL**



*Gavin Bonczkowski  
Apolonia Drapaniotis  
Emily Hammond  
Olivia Held  
Theodore Sharkey*

**10TH GRADE –  
HONOR ROLL**



*Savannah Bresee  
Dominick Carey  
Kalvyn Cole  
Kaitlyn Fuller  
Rebecca Fuller  
Kyli Odell  
Garrett Proskine  
Airyana Wright*

**10TH GRADE –  
HIGH HONOR ROLL**



*Ethan Charron  
Zachary Grabo  
Sawyer Hinman  
Kienna Martin  
Isaac Medina  
Vanessa Nelson  
Ethan Newman  
Samuel Piedmonte  
Tavian Raymond  
Naamah Romano  
Sadra Smith*

**11TH GRADE –  
HONOR ROLL**



*Jazmine Brooks  
Simon Dear  
Kathryn Hawkins  
Mariah Lull  
Mara Nolan  
Kelsey Pope  
Isabella Ramos  
Teo Sauvageon  
Andrea Smith  
Jayde Trask  
Corey Wilson*

**11TH GRADE –  
HIGH HONOR ROLL**



*Hailey Capiello  
Hunter Christian  
Nina D'Amato  
Andrew Meyers  
Natalie Pistor  
Shalleigh Taranto*

**12TH GRADE –  
HONOR ROLL**



*Brian Banks  
Ethan Butts  
Delaney Coughlin  
Devin Fuller  
River Heath  
Hunter Lockwood  
Temara Martin  
Shane Vreugdenhil  
Makayla Williams*

**12TH GRADE –  
HIGH HONOR ROLL**



*Kya Anderson  
Mickenson Clune  
Savana Conrade  
Vasiliki Drapaniotis  
Elizabeth French  
Meredith Hammond  
Bryant Hill  
Karli Hinman  
Alyssa Hotaling  
Makayla Lewis  
Madolin Lull  
Rachel Lyons  
Scarlett Newman  
Michael O'Connor  
Timothy Picozzi  
Lucas Piedmonte  
Michael Pope  
Mallory Robinson*

**Spectacular!**

## Information from the Health Office

# The Flu: A Guide for Parents

*(U.S. Dept. of Health and Human Services) (Centers for Disease Control and Prevention)*

### Flu Information

#### WHAT IS THE FLU?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. Flu viruses cause illness, hospital stays and deaths in the U.S. each year.

The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

#### HOW SERIOUS IS THE FLU?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long-term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication. Children with these conditions and children who are receiving long-term aspirin therapy can have severe illness from the flu.

#### HOW DOES THE FLU SPREAD?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

#### WHAT ARE THE SYMPTOMS OF THE FLU?

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

#### HOW LONG CAN A SICK PERSON SPREAD THE FLU TO OTHERS?

People with the flu may be able to infect others from one day before getting sick to 5-7 days after. However, children and people with weakened immune systems can infect others for longer periods of time, especially if they still have symptoms.

### Protect Your Child

#### HOW CAN I PROTECT MY CHILD AGAINST THE FLU?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child (this can be done even up until May).

- Vaccination is recommended for everyone 6 months and older.
- It's especially important that young children and children with long-term health conditions get vaccinated.
- Caregivers of children with health conditions or of children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.)
- Another way to protect babies is to vaccinate pregnant women. Research shows that flu vaccination gives some protection to the baby both while the woman is pregnant and for several months after the baby is born.

Flu vaccine is updated annually to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the U.S. with a very good safety record.

#### IS THERE A MEDICINE TO TREAT THE FLU?

Antiviral drugs are prescription medicines that can be used to treat influenza illness. They can make people feel better and get better sooner. Antivirals can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay. Antiviral drugs are different from antibiotics, which fight against bacterial infections. They work best when started during the first two days of illness. It's very important that antiviral drugs are used early to treat the flu in people who are very sick (for example, people who are in the hospital) or who are at high risk of serious flu complications. Other people with flu illness may also benefit from taking antiviral drugs. These drugs can be given to children and pregnant women.

#### WHAT ARE SOME OF THE OTHER WAYS I CAN PROTECT MY CHILD AGAINST THE FLU?

In addition to getting vaccinated, you and your children can take everyday steps to help prevent the spread of germs. These include the following:

- Stay away from people who are sick.
- If your child is sick with flu illness, try to keep him or her in a separate room from others in the household, if possible.
- CDC recommends that your sick child stay home for at least 24 hours after his or her fever is gone, except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after it has been used.

*(continued on next page)*

- Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters and toys for children. Clean by wiping them down with a household disinfectant according to directions on the product label.

**These everyday steps are a good way to reduce your chances of getting sick. However, a yearly flu vaccine is the best protection against flu illness.**

### If Your Child Is Sick

#### WHAT CAN I DO IF MY CHILD GETS SICK?

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

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years and older and does not have other health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age—especially those younger than 1 year old—and children with certain chronic conditions, including asthma, diabetes and disorders of the brain or nervous system, are at high risk of serious flu-related complications. If your child is at high risk for flu complications, call your doctor or take them to the doctor right away if they develop flu symptoms.

#### WHAT IF MY CHILD SEEMS VERY SICK?

Even previously healthy children can get very sick from the flu.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years or older and does not have other health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- Severe or persistent vomiting
- Not waking up or not interacting

- Being so irritable that the child does not want to be held
- Flu symptoms improve, but then return with fever and worse cough
- Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough

#### CAN MY CHILD GO TO SCHOOL, DAY CARE OR CAMP IF HE OR SHE IS SICK?

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

#### WHEN CAN MY CHILD GO BACK TO SCHOOL AFTER HAVING THE FLU?

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

Hope this is helpful.

—Carol Angelone, RN, GMU Health Office



## Student Voice from the Journalism Class

We are excited to submit our articles for publication in *The Journey*. We are eager to have a real audience for our voices. This batch of articles is a sample from our Opinion Article Unit in our Journalism class. Eight students are enrolled in this elective.

—Aimee Piedmonte, Journalism Teacher

### Raider Redemption: Tri-Valley Champs

On Saturday, February 10, the Gilbertsville-Mount Upton (GMU) Boys Varsity Basketball team achieved one of their biggest goals for the 2017-2018 season. The team scored the title Champions of the Tri-Valley League.

For the first half of the game, it was neck and neck between the GMU Raiders and the Edmeston Panthers. The crowd from both schools was electric and roared for every basket that was scored. Most GMU fans were worried when within the first five minutes of the first quarter, starting senior Hunter Lockwood had two personal fouls. Freshman Gavin Bonczkowski contributed greatly to the game by hitting three after three. At the end of the first half the Raiders were down 29-27.

During the second half of the game, the Raiders came alive. GMU began to pull away just as they had done when they played Edmeston earlier in the season. Also, Lockwood joined the 1,000 points club. After making his 1,000 point shot, the crowd roared and came to its feet to congratulate him. During the final seconds of the game, the GMU crowd exploded as the team won the Tri-Valley League Championship, the first time in 12 years. Lockwood contributed 18 points. Bonczkowski and senior Ethan Butts both had 16 points. The ending score: 63-51.

GMU's head coach Greg Bonczkowski had this to say after the game, "He (Lockwood) is so important to this team. He's the captain out there on the court, he's the leader, and he's the floor general. He's been with me for four years, Ethan (Butts) has been with me for four; all our seniors do a tremendous job for us scoring and stopping the other team on defense."

The celebration did not end immediately after the game. Fire trucks, ambulances, and a vast line of cars greeted the boys in the center of Gilbertsville. Ambulances and fire trucks led the way as the entourage paraded through Gilbertsville and to Mount Upton with horns blaring and sirens sounding. As the boys exited the bus, the cars parked around the bus blared their horns and people cheered immensely. As one GMU fan stated, "I am proud to be a Raider."

The team will now focus on sectionals and will find out who they play within the next few days.

—Scarlett Newman

### We Need Snitches

Adults have always encouraged youth not to be bystanders of negative behavior, but to speak up when something happens. The world needs snitches, but it's difficult to be a snitch when so many kids hate tattletales.

Nobody is perfect, that's just reality. However, there are two kinds of people out there who make poor choices; those who learn from their mistakes, and those who choose to make mistakes. People that learn from their mistakes don't usually hold a grudge when they are ratted out, it's the troublemakers that are the problem.

Sadly, "snitches get stitches" has become a popular phrase. Snitch is a harsher term that teens use for a tattletale. Quite often the phrase is used by kids that constantly misbehave when a responsible kid tells an adult what they've been up to. These troublemakers usually bully the snitches when they find out who they are. It is wrong to allow this to happen. If a child is being responsible and informing adults of misconduct, they should be rewarded and protected.

When someone snitches, they are risking their reputation among peers. Their actions should be appreciated because many kids are too afraid to tell on their peers, or they themselves are troublemakers. Snitches are a benefit to society; they help put an end to certain injustices and in some cases prevent more wrongdoings from happening.

Imagine someone witnesses a crime, but they don't say anything about it. Someone with that kind of information should not withhold it. They must snitch in order to bring justice. If a child is being bullied at school, snitching on the bully can lighten the load on the kid being bullied.

Sometimes snitching can be hard, especially if it's a friend that's done something wrong, but there are ways to be anonymous or have someone else do the hard work as long as you spread the word.

Don't just sit back and watch someone cheat on their homework; it's not fair no matter the circumstance. Don't watch someone get bullied; it could lead to something as serious as suicide. Don't let friends do illegal drugs; it will be better for them in the long run if they are exposed. Snitching can be helpful in so many different scenarios. All it takes is the pointing of a finger to make a difference.

Next time you see someone do something wrong, do something about it. We need more snitches in the world to protect society's morality.

—Karli Hinman

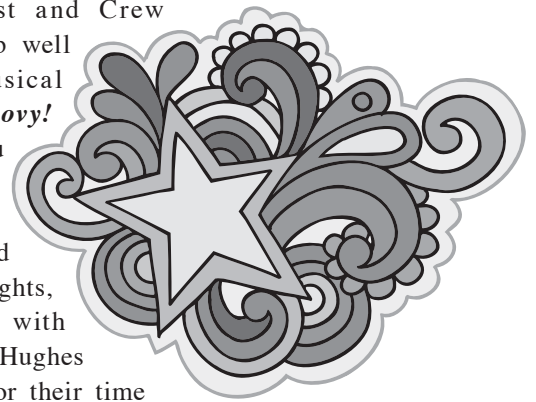
## Empire Girls State



There are two students that were chosen to represent Gilbertsville-Mount Upton at the 2018 Empire Girls State Leadership Conference. **Shalleigh Taranto** was selected as the delegate and **Hunter Christian** as the alternate. This program is sponsored by Gilbertsville's American Legion Auxiliary Post. Girls State delegates participate in an intensive week of study, working to design a government for a 51st state. The girls will learn how to participate in the functioning of their state's government in preparation for their future roles as responsible and active citizens. Congratulations, Shalleigh and Hunter!

## Everything's Groovy!

Great job Cast and Crew members on a job well done on the musical *Everything's Groovy!* A special thank you to Gerrit Bakhuizen and Tyler Lindsley for all their help and knowledge with lights, set, and working with the crew; Ashley Hughes and Cheri Theis for their time and effort making/fixing props, posters, and program/t-shirt layout. Thank you to the girls modified coach: Nikki Conway for her help to balance the athletic schedule and rehearsal times. Thank you to SV Signs and the GMU Booster Club for our very groovy t-shirts. Thank you to our stage crew both Friday and Saturday! Of course we could not have done our show without the help from our parents and school community! Thank you for making our show a great success!



— Anne Monaco, Music Teacher

## GMU's Got Talent

The Senior Chorus hosted the 7th annual GMU's Got Talent Friday night, February 9. We were grateful to have Mr. Held and alumni Mr. Reed perform before the show began and the crowd loved their performance! Our very own Mrs. Monaco, alumni and teacher Miss Hughes, and alumni Mr. Rian West were our honorary judges! There were several forms of talent showcased by the students ranging from dance, gymnastics, voice solos and duets, instrumental solos, and even a comedy act! Students were judged on originality, stage presence, crowd appeal, and quality of their performance.

In the Elementary competition, 1st place went to **Rylee Lum** on an excellent country guitar performance; 2nd place went to **Ariana Cornell** on an amazing vocal performance; and 3rd place went to **Kadence Canfield** on an epic gymnastic dance.

For the Junior/Senior competition, 1st place went to **Emily Hammond** on an elegant a cappella solo; 2nd place went to **Anika Christensen** for a bluesie flute solo; and 3rd place went to **Kross Lund** on a hilarious comedy act!

Great job to all who participated! GMU has a lot of wonderful talent! Go Raiders!

— Mrs. Perkosky, Music Teacher





# 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.

---

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

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

\_\_\_\_\_

Phone Number: \_\_\_\_\_ Grade/Teacher: \_\_\_\_\_

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

# WANTED: STRONGER BONES



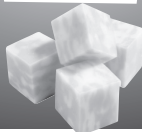
A healthy meal plan including 3-A-Day of Dairy – a total of three servings of calcium-rich milk, cheese or yogurt every day – combined with physical activity, helps build strong bones to last a lifetime.

With 9 essential nutrients such as, protein, potassium, phosphorus, vitamins A, B<sub>12</sub> and D, riboflavin and niacin, in addition to calcium, milk, cheese and yogurt provide a unique combination of nutrients that pack a powerful punch!

The dairy case has something for everyone – with fat free and reduced fat varieties, families can choose milk, cheese or yogurt products to meet everyone's taste and nutritional needs.



The best way to get the calcium you need is by eating and drinking foods that naturally contain calcium. Milk and other dairy products are good sources of calcium; they naturally offer the most calcium per serving. Other sources of calcium include tofu, legumes, some green leafy vegetables and calcium-fortified orange juice.



## STRONGER BONES ARE AS EASY AS 1-2-3!

### 1. Begin Mornings with Dairy

- Parents, be a role model. Enjoy milk with your children every morning – not only will you teach them well, but you'll do your body good too!
- Jump-start your child's day with a smart breakfast by blending lowfat yogurt and fruit for a homemade smoothie.



### 2. Flavorful Fun for Families

- Studies show that elementary school kids drink 28 percent more milk when offered in "cool" flavors and packages.<sup>1</sup>
- Stock up on calcium-packed grab-and-go snacks such as fruit yogurts, cheese cubes and single-serve containers of lowfat milk.



### 3. Make Meal Time Family Time

- Eating together as a family promotes good eating habits<sup>2</sup> and improves overall nutrition.<sup>3</sup>
- Involve kids in creative meal planning. Kids are more likely to eat foods they help prepare.

VISIT [WWW.3ADAY.ORG](http://WWW.3ADAY.ORG)

and sign-up for the *Get 3!* e-newsletter that's filled with family-friendly recipes, health expert advice, nutrition news and freebie offers.



Print a Dairy Tracker to help your children tally your family's daily dairy intake.

**Nutritious and Delicious**  
On average, teens drink only 1 glass of milk a day and drink twice as much soda as milk! Flavored milk is one way children can enjoy great taste and receive nutrients their bodies need. One serving of chocolate milk provides the same combination of 9 essential nutrients as white milk. Kids who drink flavored milk, overall consume more milk and calcium without increasing sugars or total fat in their overall diet.<sup>5</sup>



### The Lowdown on Lactose Intolerance

If you think you or your child may be lactose intolerant, talk to your doctor or registered dietitian. Most individuals with lactose intolerance can enjoy yogurt and hard cheeses that are naturally low in lactose, such as Cheddar and Swiss. They can also drink lactose-reduced or lactose-free milk.



NATIONAL DAIRY COUNCIL®

<sup>1</sup> The School Milk Pilot Test, American School Food Service Association & The National Dairy Council, September 2002.

<sup>2</sup> National Yogurt Association Web site, <http://www.abouthogurt.com/kidsnutrition/brainybreakfasts.asp>.

<sup>3</sup> USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

<sup>4</sup> School Milk Makes the Grade: Student Nutritional Status Improves with Enhanced Milk Product, National Dairy Council, 2002.

<sup>5</sup> The School Milk Pilot Test, American School Food Service Association & The National Dairy Council, September 2002.

## The Backpack Program

We are very excited to announce that GMU has adopted *The Backpack Program* through the Northeast Regional Food Bank. The Backpack Program is designed to provide at-risk children with bags of food over the weekend. The program provides bags filled with food that is child-friendly, shelf-stable, and easy to prepare. Bags are discreetly distributed to participating children on Friday afternoons. This program is designed to tackle the weekend meal gap, when school-based meal programs do not operate.

We would like to thank all of our generous sponsors that have allowed us to start this wonderful program. The employees at GMU have participated in dress down days throughout the school year and made numerous monetary donations. Other contributors include *The Daily Star*, The Christ Church, First Presbyterian Church, The Talbot Insurance Agency, Mr. and Mrs. Gerald Theis, Ms. Cheryl Zehr, Ms. Zoe Carkuff, Mr. Jody Hughes, Mr. and Mrs. Dan Hammond. A very special thank you to Susie Poochy and Roberta Halbert for assisting me throughout the whole startup process and their continued support.

If you have any questions or would like to donate to The Backpack Program then please contact Raquel Norton at 783-2207 or [rnorton@gmucsd.org](mailto:rnorton@gmucsd.org).

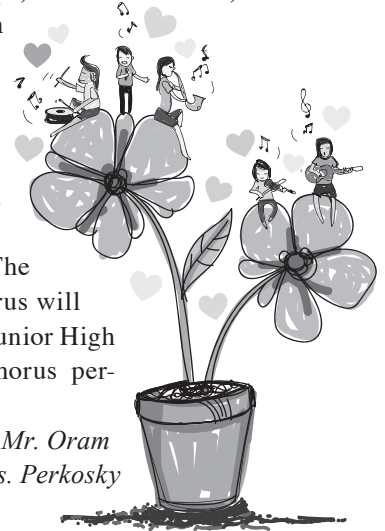


## February All-County Festival

All-County participants are selected yearly through an audition process to represent their school district in a festival which gathers the finest musicians in Otsego County. This year the Festival took place on Saturday, February 3 at Laurens Central School. The following students participated in the Junior High All-County Chorus: **Gavin Bonczkowski, Hannah Bonczkowski, Anika Christensen, Emily Hammond, and Fiona Held.** The following students participated in the Senior High All-County Band: **Ethan Charron, Hunter Christian, Nina D'Amato, Vasiliki Drapaniotis, Elizabeth French, Karli Hinman, Michael Pope, Naamah Romano, Theodore Sharkey, and Shalleigh Taranto.**

Congratulations to all participants on an amazing concert! The next festival is Saturday, March 3 at Cherry Valley-Springfield Central School District. The Elementary Band and Chorus will perform at 1:00 p.m. with Junior High Band and Senior High Chorus performing at 2:30 p.m.

—Mrs. Monaco, Mr. Oram and Mrs. Perkosky



## GMU Garden News

For those who don't know, our school garden has been around for a few years now. It started as a small plot of potatoes planted and harvested by community members and the Elementary Student Council. Our goal was to connect the community with students, learn about and develop a love of gardening, and provide nutritious food that is locally sourced with minimal impact on the environment. The garden has grown—we now plant a greater variety of crops, but these are still our goals.

This year we hope to get even more students and classes involved in the garden and we'd like to take on a new goal of planting an orchard at GMU. If you can help us reach our goals, please complete the form below and return to Mrs. Cummings. Thank you to all who have donated time, knowledge, ideas and money to make our goals happen!



### Join Our Garden Team!

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

Email: \_\_\_\_\_

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

How I Can Help: \_\_\_\_\_

## Carolee's 5K Run/Walk 2018

### Registration Form

Bib#

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

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

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

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

Email: \_\_\_\_\_

Age as of Race Day: \_\_\_\_\_

Shirt Size (circle one): S M L XL

Gender (circle one): Male Female

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

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

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

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Literacy Corner with Mrs. Weidman

### Family Dinner Book Club



### A recipe for success!

We often get so busy with the daily grind that it is hard to squeeze in quality family time. Starting a family dinner book club is an easy and meaningful way to connect as a family over dinner, while also getting children excited about reading and discussing texts. This month's suggested book is *The Day the Crayons Quit*, by Drew Dewart.

- Set a date once a month for a family dinner book club.
- Prior to dinner, read the suggested book or a book that you choose together as a family.
- Plan an easy meal that you can prepare together. For example, if you read *The Day the Crayons Quit*, prepare tri-colored pasta or pizza with different colored vegetables for toppings.
- During dinner, focus on having a conversation with your child/children about the book. You can take turns asking questions, talking, and listening. Have fun!

## Carolee's 5K Run/Walk 2018

It's that time of the year again . . . the snow is melting and we hope you've been trying on your running or walking shoes! The Carolee 5K Run/Walk will be held Sunday, May 20, 2018 at Centennial Park in Gilbertsville. Registration will begin at 9:00 a.m. and the race will kick off at 10:00 a.m. We will have a HUGE Chinese Auction stocked with amazing prizes, refreshments, and prizes to give to top finishers.

**Seniors:** Remember that you must participate in the race either as a runner or walker to be eligible to receive the scholarship. Send in your registration forms ASAP!

You can find more information on our Facebook page (Carolee's 5K Run/Walk Scholarship). If you have any questions please contact Phylcia Dunham ([phylcia.dunham@gmail.com](mailto:phylcia.dunham@gmail.com)). Mail completed registration forms and fees to: Carolee's Run, PO Box 191, Gilbertsville, NY 13776. We hope to see you on race day!

# 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

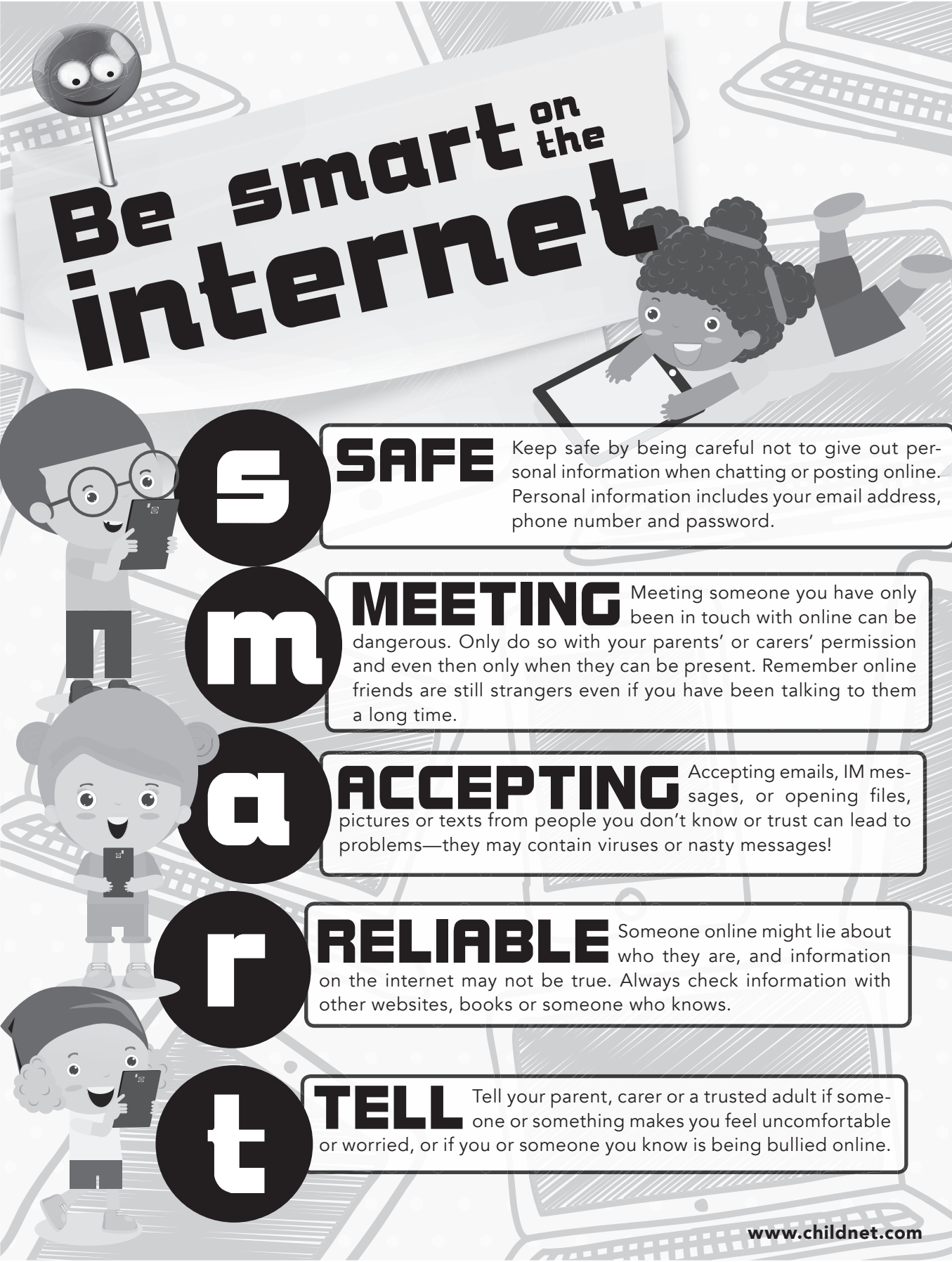
**Basic Personalization Available On All Items +\$5 each**

**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: \_\_\_\_\_



# Be smart <sup>on</sup> the internet



**S**

**SAFE**

Keep safe by being careful not to give out personal information when chatting or posting online. Personal information includes your email address, phone number and password.



**M**

**MEETING**

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them a long time.



**A**

**ACCEPTING**

Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems—they may contain viruses or nasty messages!



**R**

**RELIABLE**

Someone online might lie about who they are, and information on the internet may not be true. Always check information with other websites, books or someone who knows.



**T**

**TELL**

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

[www.childnet.com](http://www.childnet.com)

# Sex Offender Notification

## Offender Details

Anyone who uses this information to injure, harass or commit a criminal act against any person may be subject to criminal prosecution.

### Domiciled

<b>Offender Id</b>	38475	<b>Race</b>	White
<b>Last Name</b>	ADSIT	<b>Ethnicity</b>	
<b>First Name</b>	VICTOR	<b>Height</b>	5' 08"
<b>Middle Name</b>		<b>Weight</b>	223
<b>DOB</b>	Aug. 14, 1969	<b>Hair</b>	Brown
<b>Sex</b>	Male	<b>Eyes</b>	Blue
<b>Risk Level</b>	2	<b>Corr. Lens</b>	NO
<b>Designation</b>	No Designation Applies	<b>Photo Date</b>	Jan. 30, 2018



### Current Addresses

<b>Type</b>	RES (Primary)
<b>County</b>	Chenango
<b>Address</b>	402 WHITES HILL RD, GUILFORD, New York 13780



### Law Enforcement Agency Having Jurisdiction

Chenango County Sheriffs Office

### Current Conviction

Title	Section	Subsection	Class	Category	Counts	Description
PL	130.20		A	M	1	Sexual Misconduct
<b>Date of Crime</b>	May 17, 2012					
<b>Date Convicted</b>	Sept. 27, 2012					
<b>Victim Sex/Age</b>	Female, 43 Years					
<b>Arresting Agency</b>	NYSP Violent Crime Analysis Program VICAP					
<b>Offense Descriptions</b>	Sexual Intercourse Sexual Contact					
<b>Relationship to Victim</b>	Non-Stranger					
<b>Weapon Used</b>	No weapon used					
<b>Force Used</b>	No force used					
<b>Computer Used</b>	No					
<b>Pornography Involved</b>	No					
<b>Sentence</b>	Term: 180 Day(s) Local Jail					

**Previous Conviction(s) Requiring Registration:** None Reported

**Supervising Agency Information:** None Reported

**Special Conditions of Supervision:** None Reported

**Maximum Expiration Date/Post Release Supervision Date of Sentence:** None Reported

### Scars, Marks & Tattoos

Tattoo-Arm, left  
Tattoo-Forearm, right  
Tattoo-Arm, right upper  
Tattoo-Arm, right upper

**Additional Names/Aliases:** None Reported

### Current Vehicles

Lic. Plate No.	State	Year	Make/Model	Color
GVZ4199	New York	2006	Dodge Unknown	Red

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

Non-Profit Org.  
U.S. POSTAGE  
PAID  
Norwich,  
NY 13815  
PERMIT NO. 18

DCMO BOCES Printing Service • Norwich, NY

**BOARD OF EDUCATION**

Jeremy Pain, President  
Larry Smith, Vice-President  
Patricia Dunham  
Ethan Eberly  
Barbara Hill  
Mark Muller  
Zachary Proskine

Annette D. Hammond, Superintendent  
Amber Birdsall, District Clerk

**CURRENT RESIDENT OR**

**ECRWSS  
BOXHOLDER**

**Important Meetings and Events**



**March**

- 7 5-12 Pops Concert, 6:30 p.m. (*Snow Date 3/8*)
- 8 Kindergarten Registration, Noon-3:45 p.m.  
**½ Day for Students—Dismissal at Noon**  
Parent/Teacher Conferences, 12:45- 7:00 p.m.  
5-12 Pops Concert Snow Date, 6:30 p.m.
- 9 No School—Staff Development Day**
- 14 Board of Education Meeting, 6:30 p.m.
- 16 Morning Raiders, 8:25 a.m.  
**Dismissal at 2:15 p.m.**
- 23 Morning Raiders, 8:25 a.m.  
Music in Our Schools Month Presentation,  
Auditorium, 8:25 a.m.  
PK-3 Soaring Eagle Awards, Auditorium, approx.  
9:00 a.m. (*immediately following “Music in our  
Schools Presentation”*)  
**Dismissal at 2:15 p.m.**
- 26-30 No School—Spring Recess**
- 30 No School—Good Friday, Offices Closed**

**April**

- 2 No School—Easter Monday, Offices Closed**
- 4 PK Registration Deadline
- 5 Drama Production, *Arsenic and Old Lace*, 7:00 p.m.
- 6 Morning Raiders, 8:25 a.m.  
**Dismissal at 2:15 p.m.**
- 7 Drama Production, *Arsenic and Old Lace*, 7:00 p.m.
- 11 Board of Education Meeting, 6:30 p.m.
- 11-13 ELA State Tests, Grades 3-8**
- 13 End of 3rd Quarter  
Morning Raiders, 8:25 a.m.  
**Dismissal at 2:15 p.m.**
- 17 Board of Education Meeting, 6:30 p.m.  
(BOCES Vote)
- 19 3rd Quarter Report Cards Sent Home
- 20 Morning Raiders, 8:25 a.m.  
PK-3 Awards, 8:25 a.m.  
**Dismissal at 2:15 p.m.**
- 21 Quarter Auction
- 25 3-12 Instrumental Concert, 6:30 p.m.
- 27 No School—April Recess**

**May**

- 1-3 Math State Tests, Grades 3-8**
- 2 3rd Quarter 4-12 Awards Ceremonies, Auditorium  
Grades 9-12 at 8:15 a.m.  
Grades 7-8 at 9:15 a.m.  
Grades 4-6 at 10:15 a.m.
- 4 PK-3 Soaring Eagle Awards Ceremony for April,  
Auditorium, 8:25 a.m.  
**Early Dismissal at Noon—½ Day for Students,  
Staff Development Day**