

**Cover Story: The Top 5 Students for the Class of 2019 - Pages 4-5**



# THE JOURNEY

Newsletter of the Gilbertsville-Mount Upton Central School District

**March/April 2019**  
**Volume 29, Number 4**

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**Natalie Pistor**  
**VALEDICTORIAN**



**Hunter Christian**  
**SALUTATORIAN**



**Nina D'Amato**  
**THIRD IN CLASS**



**Hailey Cappiello**  
**FOURTH IN CLASS**



**Shalleigh Taranto**  
**FIFTH IN CLASS**

# From the desk of Superintendent Annette Hammond

Thank you to everyone who has become a part of our students' journeys by giving of your time and personal resources. Each time you support a fund-raiser or 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 who came out and voted on the bus proposition on February 5<sup>th</sup>. 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 2019-2020 budget. In this budget we will look to continue exposing our students to varied life, college, and career experiences while remaining aware of our community's financial demands. We have discussed our budget priorities and reviewed the Governor's initial proposal. We are waiting for additional adjustments that the Governor might make before we put the GMU budget proposal out for voter review. Keep an eye out for the Budget Newsletter in mid-April. In that newsletter

I will provide as much detail as possible to answer any budgetary questions you might have. But please know that you are welcome to join the Board Of Education to review my presentation on Tues-

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Please know that you are welcome to join the Board of Education to review my presentation on Tuesday, May 14, at the Budget Hearing.

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day, May 14 at the Budget Hearing. 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 that will take place in school. So many of our students are musically talented, and we are so fortunate to have dedicated music teachers who recognize students' musical abilities and foster their musical growth.



Kudos to our students, their teachers, and our community for consistently supporting the arts in our school!

In April, our spring athletic competitions begin for students, but don't miss our March Alumni Basketball Game at 1 p.m. on March 30! It promises to be fun for all! You can see details in this newsletter. All funds earned that day will go toward scholarships for our students upon graduation.

As spectators at sporting events, 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. Go Raiders!!!

You may be thinking, "What about that School-Based Health Clinic?" Well, everything is moving forward! Renovation of the space will begin over our spring break and be completed by early summer.



# From the desk of Superintendent Annette Hammond

Our plan is to collaborate with Bassett Healthcare and to have the clinic open when school starts in September. There is a great deal of preparation and planning that will go into making this happen, and we are excited to be doing whatever it takes to prepare for the clinic in our school. Families will be receiving information about services the clinic can provide, the hours of operation, and how they can sign their child/children up to access all services that the clinic has to offer.

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I would like to take this opportunity to offer congratulations to our Valedictorian, Natalie Pistor, and our Salutatorian, Hunter Christian. These young women 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 journeys.

## Looking Back: Spirit Week Energized GMU students and staff

By Isabella Ramos, '19  
Journalism Student

GMU middle and high school students and staff participated in Spirit Week, which occurred the week before Winter Break, Dec. 17-21. The week was full of students and staff dressing up and having fun.

Monday was a Long Winter's Nap Day, Tuesday was Twinning is Winning Day, Wednesday was Winter Whiteout Day, Thursday was Meme Day, and Friday was Festive Friday. Each day, students and staff brought their A game with outfits that were original, funny, or beautiful.

"It was good. Everyone was able to express themselves and show their creativity," said senior Mara Nolan.

The High School Student Council, who sponsors Spirit Week, chose winners for best outfit each day. Winners received candy prizes.

The week also consisted of the annual GMU tradition "Seniors vs Staff" volleyball game, which



Faculty and staff joined in Spirit Week by wearing their favorite flannels the day before Christmas break.

occurs every year the day before winter break. With the BOCES students on one team and the non-BOCES students on another, there were a total of four games, two on each side of the court. The games resulted in the staff winning, but with the seniors only trailing behind them by three points each game. Freshman Kadence Behnke said, "It was really fun."

Elementary Student Council also sponsored a fun Spirit Week for elementary staff and students.

Everyone at GMU ended the week with a festive spirit and left school energized for winter break.

*Editor's Note: This item was mistakenly omitted from the Jan/Feb Newsletter. Our thanks to Mrs. Piedmonte's journalism class for their great additions to the GMU news!*

## COVER STORY

# Pistor, Christian lead the Top 5 of the Class of 2019

**Natalie Pistor** has been named valedictorian for this year's graduating class at Gilbertsville-Mount Upton Central School.



Natalie, who was Senior of the Month in September, is currently president of the Student Council and National Honor Society. She is also vice president of Women for a Change club.

She serves as treasurer of her class, having served for two years as president. Natalie is a member of Ski Club, Spanish Club, SADD, and Leadership Club. In her earlier high school career, she also tried her hand at Track and Mock Trial. She was on stage crew in her sophomore year, and she made her GMU stage debut last year as Officer Klein in *Arsenic and Old Lace*.

Natalie participated in HOBY this past June, and she is active in her church's youth group. Natalie has interned at Catholic Charities for two summers; in addition to

clerical work, she worked directly with clients, providing them assistance for emergency needs.

She has taken TC3 Accounting, TC3 Chemistry, and TC3 Economics and Government this year, among other courses. Natalie plans to attend Manhattan College to study business.

**Hunter Christian** is the class of 2019 salutatorian with the second-highest grade-point average.



She is currently enrolled in the rigorous New Visions Allied Health Program at DCMO BOCES. She is respected by her peers and teachers, and was the recipient of the Wells College 21st Century Leadership Award and was selected to participate in both the American Legion Girls' State and HOBY.

She is Vice President of National Honor Society and the Class of 2019, and the Treasurer for SADD, STUCO, and Language Club. In

years past, she has held many officer positions for her Class of 2019.

Hunter is also involved in GMU Academic Team, Women for a Change, Drama Club, Stage Crew, and several GMU plays and musicals.

Hunter was Senior of the Month in October. She will attend Hartwick College to study nursing.

**Nina D'Amato** achieved the third-highest average in the class of 2019. She was named Senior of the Month in December.



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

*~ continued on page 5 ~*



## COVER STORY

# Pistor, Christian lead the Top 5 of the Class of 2019

~ continued from page 4 ~

of GMU reach their potential in a supportive environment.

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

Nina is active in 4H, an ecumenical youth group, community church band and chorus, and is a Young Adult Advisory delegate for her Presbytery. Last 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.

Nina 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 has taken TC3 Accounting TC3 Economics TC3 Government, and TC3 Psychology.

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

**Hailey Cappiello** earned the fourth-highest academic average in the class of 2019.



Hailey was named Senior of the Month for February. She joined our GMU family three years ago in her 10th-grade year.

Currently, she keeps a rigorous schedule: TC3 Biology, TC3 Psychology, TC3 Economics, and TC3 Political Science, Ladies Ensemble and Chorus.

She has been a participant in the prestigious Interscholastic Equestrian Association since 7th grade. She also shares her love of nature as a member of 4H for the past eight years. She excels at Hippology and competes in an equine veterinary and management knowledge contest activity that enhances learning for 4-H members by letting them exhibit their knowledge of equine science and husbandry in a competitive setting.

Hailey has been competing for eight years at both the state and national levels.

She also has been in Drama Club as a member of stage crew.

She also made her first stage appearance at GMU in *Mary Poppins* in the fall. She was also in numerous productions at her previous school, Bainbridge-Guilford, and has been an active member in chorus since 4th grade.

Hailey was a founding member of GSA, the Gay-Straight Alliance last year. She is a member of Academic Team.

She will attend Hartwick College and study psychology.

**Shalleigh Taranto** has earned the fifth-highest average in the senior class.



Shalleigh is one of the most active students in her class. She serves as treasurer of Language Club and as a Student Council class representative, and is secretary for the Gay Straight Alliance.

She is a member of the National Honor Society, SADD, Marching Band, Symphonic Band, Mock Trial, and a Peer Mentor.

## ~ News From the Main Office ~

We are more than halfway 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 6th, at 6:30 p.m. The PK-6 Music in Our Schools Presentation will be held on Friday, March 15th during Morning Raiders at 8:25a.m. 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 that 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. Just remember, it's the quality of the journey that counts!

### 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.

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Parents, please send  
notes in with your chil-

dren 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 10th, so 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/Teacher Conferences will also be held March 7th for PK-12, and the State Tests for ELA and Math, grades 3-8, will be coming up in April and May!

—Mrs. Wilcox, PK-12  
Acting Principal

## ~ News From the Main Office ~

### IMPORTANT DATES TO REMEMBER

#### March

- 1: PK-2 Soaring Eagles Awards-8:25 a.m.
- 6: 5-12 Pops Concert – 6:30 p.m. (Snow Date 3/7)
- 7: ½ Day for students - Dismissal @ 12:00 a.m.
- Parent/Teacher Conferences - 12:45p.m.-6:00p.m.
- Kindergarten Registration for 2019 school year - 12:00-3:45p.m.
- 8: NO SCHOOL – Staff Development Day
- 15: “Music in Our Schools Presentation” – PreK-6th grade -Auditorium – 8:25 a.m.

#### April

- 5: End of 3rd Quarter
- PK-2 Soaring Eagles Awards-8:25 a.m.
- PreK Application deadline-Noon
- Spring Drama Production-The Treasure of Shiver River-7:00 p.m.

- 6: Spring Drama Production-The Treasure of Shiver River-2:00 p.m. & 7:00 p.m.
- 15-19: NO SCHOOL-Spring Recess
- 22: NO SCHOOL – Easter Monday
- 24: 3rd-Quarter Award Ceremonies
- 9-12 Awards 8:15 a.m.
- 7-8 Awards 9:15 a.m.
- 3-6 Awards 10:15 a.m.
- 30: 3-12 Instrumental Concert – 6:30 p.m.

#### May

- 3: PK-2 Soaring Eagle Awards– 8:25 a.m.
- 16: 4-12 Choral Concert-6:30 p.m.
- 27: NO SCHOOL-Memorial Day

### UPCOMING TEST DATES:

ELA State Tests Grades 3-8	April 2nd - 4th
Math State Tests Grades 3-8	May 1st – 3rd
Science Performance Tests Grades 4 & 8	May 22nd
Science Written Tests Grades 4 & 8	June 3rd
Regents Testing:	June 18th - 25th

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.

## Visit Us Online and Stay up-to-date!

Website:

[www.gmucsd.org](http://www.gmucsd.org)

Facebook:

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

Instagram:

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

## ~ News From the Main Office ~

# Soaring Eagles Awards

**Respect-Using good manners and being considerate of the feelings of others. Having a positive attitude when it comes to school.**

Breuwer Barnes-PK  
Alexandra Carpenter-PK  
Russell Cole-K  
Alexis DeGroat-K  
Rhianna Fitch-K  
Garrett Stanton-K  
Hogan Green-1st  
Kaidyn Rowe-1st  
Kayden Peck-2nd  
Landyn Christensen-2nd  
Gabriella Barnes - 3rd  
Payton Behnke - 4th  
Natalie Gross -5th  
Kyle Keuhn - 5th  
Anthony Shinol - 6th  
Andrew Stone - 7th  
Ella Thatford - 7th  
Ivy Stensland - 8th  
Kacie Turnbull - 8th

**Creativity- The ability to use one's imagination or original ideas.**

Jasper Cole-PK  
Eleanor Hauptfleisch-PK  
Olivia Christensen-K  
Hunter Crawford-K  
Nicholson Degear-K  
Addison Dickey-K  
Henrietta Hall-K  
Aaron Barkman-1st  
Victoria Card-1st  
Alivia Lum-2nd  
Logan Panek-2nd  
Emma Schmitt-2nd  
Kylianna Oliver - 3rd  
Mia Mantellassi - 4th  
Alice Dibble - 5th  
Kira Nolan - 5th  
Noah Pain - 6th  
Alexis Clement - 7th  
Taylor Gager - 7th  
Brackon Banks - 8th  
Gabe Maiurano - 8th

**Citizenship- Making your school & community a better place. Being engaged & involved in school & community functions.**

Natalie Jipson-PK  
Mia Covington-PK  
Justin Smith-K  
Owen Pitcher-K  
Hannah Carbone-K  
Sullivan Dickey-K  
Lilly Hauptfleisch-1st  
Dylan Ostrander-1st  
Hunter Barnes-1st  
Austin Cuozzo-2nd  
Rece Nolan-2nd  
Gavin Underwood - 3rd  
Hailey Brannick - 4th  
Latham Retz - 5th  
Kaylin Williams - 5th  
Alyssa Soroichinsky - 6th  
Mackenzie Barnes - 7th  
Devon Hartwell - 7th  
Brennan Finch - 8th  
Kendra Hammond -8th

# Work Ethic Awards

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

Gabriella Barnes - 3rd	Hailey Brannick- 4th	Kyle Keuhn - 5th	Skylar Lindroth - 6th
Daisy Crisell - 3rd	Alexis Davis- 4th	Jaden Kuhn - 5th	Emma Lund - 6th
Carrie Doyle - 3rd	Devin DeGroat- 4th	Mackenzi Marron - 5th	Emma Peck - 6th
Delaney Dunnigan - 3rd	Taylor French- 4th	Kira Nolan - 5th	Anthony Shinol - 6th
Chance Kilmer - 3rd	Mia Mantellassi- 4th	Lillian Perrine - 5th	Alyssa Soroichinsky - 6th
Estella Maiurano - 3rd	Peyton Norton- 4th	Alivia Plows - 5th	Kyle MacNeill - 7th
Zackery Page - 3rd	William Vaccaro- 4th	Alivia Vitek - 5th	Brackon Banks - 8th
Sophia Parslow - 3rd	Alice Dibble - 5th	Ariana Cornell - 6th	Waylon Raymond - 8th
Carter Simonds - 3rd	Maya Eberly - 5th	Avriel Correll - 6th	Ivy Stensland - 8th
Gavin Underwood - 3rd	Natalie Gross - 5th	Quinn Covington - 6th	Nevaeh Wright - 8th
Payton Behnke - 4th	Bailey Howard - 5th	Barbara Fletcher - 6th	



## ~ News From the Main Office ~

# Honor Roll and High Honor Roll - 2nd Quarter

### **Honor Roll Criteria:**

Quarterly average of 87 – 92  
with no grade below a 70 and  
no incompletes

### **High Honor Roll Criteria:**

Quarterly average of 93 – 100  
with no grade below a 70 and  
no incompletes

### 5th Grade – Honor Roll

Jeffrey Barnes  
Rian Beismer  
Ryan Davis  
Maya Eberly  
Olivia Fletcher  
Natalie Gross  
Jaden Kuhn  
Jade Lindroth  
Madison Lockwood  
Kira Nolan  
Kylee O'Connell  
Trenton Odell  
Alivia Plows  
Blake SanSoucie  
Paige Smith  
Alivia Vitek  
Adam Yasser

### 5th Grade – High Honor Roll

Alice Dibble  
Bailey Howard  
Kyle Keuhn  
Mackenzi Marron  
Dannaka Rasmussen  
Latham Retz  
Kaylin Williams

### 6th Grade – Honor Roll

Avriel Correll  
Barbara Fletcher  
Kaleigh Gee  
Matthew Manwarren  
Noah Pain  
Chase Simonds  
Lindsay Turnbull

### 6th Grade – High Honor Roll

Ariana Cornell  
Quinn Covington  
Kyra Demmon  
Skylar Lindroth  
Emma Alexis Peck  
Natalie Raymond  
Anthony Shinol  
Alyssa Sorochniksky  
Hailee Walrod

### 7th Grade – Honor Roll

Nicholas Bertrand  
Kadence Canfield  
Rylee Lum

### 7th Grade – High Honor Roll

Mackenzie Barnes  
Tait Christensen  
Alexis Clement  
Leah Cotton  
Taylor Gager  
Devon Hartwell  
Andrew Stone  
Ella Thatford  
Morgan Williams

### 8th Grade – Honor Roll

Brackon Banks  
Mya Gross  
Connor Lenhardt  
Dante Manwarren  
Rylan McNamara  
Binaca Plows  
Aubree Palmer  
Brian Wilson  
Nevaeh Wright

### 8th Grade – High Honor Roll

Hannah Bonczkowski  
Mackenzie Cherry  
Carly Davis  
Corbin Demmon  
Kendra Dunham  
Connor Eberly  
Brennan Finch  
Kendra Hammond

### Fiona Held

Ethan Joslyn  
Kross Lund  
Megan Perrine  
Rene Posner  
Kacie Turnbull  
Kali Wilcox

### 9th Grade – Honor Roll

Tammy Barnes  
Ashlyn Marron  
Ryan McCall  
Daniel Tompkins

### 9th Grade – High Honor Roll

Anika Christensen  
Angelina Correll  
Kailah Davis  
Lane Dibble  
Maya Farwell  
Morgan Keuhn  
Dylan McVey  
Nicole Meyers  
Madeline Pain  
Dalton Proskine  
Lauren Radwan  
Alivia Retz  
Samantha Shinol  
Payton Talbot  
Skye Wilson

### 10th Grade – Honor Roll

Shayne Christian  
Tyler Joslyn

### 10th Grade – High Honor Roll

Gavin Bonczkowski  
Aplonia Drapaniotis  
Emily Hammond  
Olivia Held  
Kyle Meyers  
Zan SanSoucie  
Theodore Sharkey

### 11th Grade – Honor Roll

Savannah Bresee  
Dominick Carey  
Kalvyn Cole  
Thomas Mealey  
Chelsea Pope  
Brandon Seward  
Austin Smith

### 11th Grade – High Honor Roll

Ethan Charron  
Kaitlyn Fuller  
Rebecca Fuller  
Zachary Grabo  
Sawyer Hinman  
Vanessa Nelson  
Ethan Newman  
Kyli Odell  
Samuel Piedmonte  
Sadra Smith  
Airyana Wright

### 12th Grade – Honor Roll

Katherine Backman  
Hunter Christian  
Kathryn Hawkins  
Andrew Meyers  
Andrea Smith  
Corey Wilson

### 12th Grade – High Honor Roll

Jazmine Brooks  
Nina D'Amato  
Mariah Lull  
Mara Nolan  
Bruno Portes  
Isabella Ramos  
Shalleigh Taranto

## FEBRUARY SENIOR OF THE MONTH: HAILEY CAPPIELLO



Hailey Cappiello joined our GMU family three years ago in her 10th-grade year. She has proven herself to be a strong student with a sharp mind.

Currently, she keeps a rigorous schedule: TC3 Biology, TC3 Psy-

chology, TC3 Economics, and TC3 Political Science, Ladies Ensemble and Chorus. She is quick-witted and sardonic. Hailey is generous and offers to help whenever anyone needs it.

She has been humble about her strong skill and love of horse riding. Few know that she has been a participant in the prestigious Interscholastic Equestrian Association since 7th grade.

She also shares her love of nature as a member of 4H for the past eight years. She excels at Hippology. This is an equine veterinary and management knowledge contest activity that enhances learning for 4-H members by letting them exhibit their knowledge of equine science and husbandry in a competitive setting. Hailey has been

competing for eight years; she has competed at both the state and national levels.

Hailey also loves the arts. Here at GMU, she has been in Drama Club as a member of the stage crew. She also made her first stage appearance at GMU in Mary Poppins in the fall. She was also in numerous productions at her previous school, Bainbridge-Guilford, and has been an active member in chorus since 4th grade.

She has made GMU a better place by being a founding member of GSA, the Gay-Straight Alliance last year. She is a member of Academic Team.

Hailey was accepted into five colleges, but has decided on Hartwick College, where she will study psychology.

## March Senior of the Month: Jazmine Brooks



Jazmine Brooks' demeanor has been described as quiet and gentle. Teachers call Jazmine considerate and polite. And friends can count

on her for her listening ear and kind encouragement.

Her academic record speaks for itself; Jazmine is a hard-working student. Instead of coasting through her senior year, she chose to enroll in several college-credit classes. These include: College Success Seminar, TC3 Chemistry, and TC3 Pre-Calculus. This is a testimony to her work ethic and her drive to succeed. Jazmine doesn't take the easy way out.

She also succeeds at time management, as she is a well-rounded student who is a member of several clubs and is secretary of the Class of 2019. She shines on both the basketball court and the softball

field; she has played both sports since middle school.

She holds down a part-time job at Price Chopper in Norwich.

Jazmine's good-natured attitude and calm demeanor are a quiet example of qualities that are much needed in our boisterous modern world.

She plans to attend Alfred University or SUNY Oswego to study the fields of psychology and criminology. Her goal in life is to provide help to others in a meaningful way.

For her quiet character and her kind heart, Jazmine makes GMU a better place.

# MEMO FROM THE HEALTH OFFICE

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

## Lack of Sleep Can Harm a Child's Health

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

### Sleep's Deep Effects

The average child sleeps 13 months during the first two years of life. All this sleep helps a baby's brain develop. As children grow older, they need fewer hours of sleep—preschoolers need 10 to 12 hours a night, school-age children and teens need at least nine—but the importance of sleep doesn't diminish.

"Sleep is brain food, and if you don't feed the brain, all studies show that memory is not as good, irritability increases and distractibility goes up," says Lee Edmonds, MD, medical director of Bassett Healthcare's Sleep Disorders Center.

Sleep helps us solve problems, react quickly, form memories and learn. Inadequate sleep affects school performance and also impacts a child's physical well-being.

The body releases hormones during sleep that aid growth, build muscles and repair cells and tissues. Sleep deficiencies may also be linked to future problems, including obesity and a decrease in mental functioning that can begin as early as adolescence.

### Cultivate Teen Dreams

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

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**"Sleep is brain food, and if you don't feed the brain, all studies show that memory is not as good, irritability increases, and distractibility goes up."**

*- Lee Edmonds, MD  
Medical Director,  
Bassett Healthcare  
Sleep Disorders Center*

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Help your teen learn healthy sleep habits.

- Negotiate and encourage a consistent sleep and wake schedule.
- Stop the use of computers, televisions, music players and phones at least 30 minutes before bedtime.

- Create a good sleep environment, a place that's quiet and dark.
- Limit teens' caffeine intake, especially energy drinks and coffee.

"Most of us do not get the amount of sleep that we need," Dr. Edmonds says. "During adolescence, there is social pressure to stay up late, and a teen's internal clock has a tendency to make them want to stay up later and sleep in. The key is to get up within an hour of the same time every day." This cycle is often disrupted when teens stay up late and sleep in on weekends. "It becomes difficult to fall asleep on Sunday night and even more difficult to wake refreshed on Monday morning," he adds.

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

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

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

I hope you find this information helpful.

*- Carol Angelone, RN  
School Nurse*



# Counselors' Corner

## 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 Date	Registration Deadline
May 4 <sup>th</sup> , 2019	April 5 <sup>th</sup> , 2019
June 1 <sup>st</sup> , 2019	May 3 <sup>rd</sup> , 2019
August 24 <sup>th</sup> , 2019	TBD
<i>www.collegeboard.com</i>	

ACT Test Date	Registration Deadline
April 13 <sup>th</sup> , 2019	March 8 <sup>th</sup> , 2019
June 8 <sup>th</sup> , 2019	May 3 <sup>rd</sup> , 2019
<i>www.actstudent.org</i>	

## Local Grange donates dictionaries to third graders



WORDS FOR THIRDS--Third-graders got a special gift on Feb. 27 at their second-quarter awards ceremony when members of the Butternut Valley Chapter no. 1533 of the New York State Grange, located in Gilbertsville, NY, made their annual donation of dictionaries to the school.

Butternut Valley Grange President Roger Halbert (back, right), who also serves as secretary of the New York State Grange, noted that the chapter has donated hundreds of dictionaries to GMU third-graders through its 'Words For Thirds' program, which is part of the Grange's national Dictionary Project.

Mr. Halbert closed the ceremony with Acting GMU Principal Heather Wilcox by leading the students in grades 3 through 6 in the GMU Alma Mater, which he wrote as a Gilbertsville High School graduate.

Also pictured were Grange members Jean Smith (back, left) and Roberta Halbert.

The Grange was founded in 1867 as The National Grange of the Order of Patrons of Husbandry. It is the oldest American agricultural advocacy group with a national scope.

The Butternut Valley Grange is the largest chapter out of more than 150 in New York State.

# Counselors' Corner



GMU joined the worldwide Great Kindness Challenge last month! From January 28 through February 1, students in grades Pre-K through 6 learned all about kindness and caring. They made postcards, posters and drawings to express their affection and respect for others. On Feb. 1, they joined 13,166,854 students in 24,027 schools and 113 countries in celebrating by forming a heart in the GMU gymnasium. Thanks to Mrs. Hall and all the helpers for this great effort!





## 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](mailto:yearbook@gmucsd.org).

---

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

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

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

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



# Plastic Film Recycling Challenge is in its second month



The Raiders are doing an outstanding job with our Plastic Film Recycling Challenge! We have saved a total of 454 pounds of plastic from going into the landfill.

Families and community members are welcome to participate in this program.

Any plastic can be dropped off to Mrs. Ostrander at the front desk. Plastic that can be recycled includes grocery bags, bread bags, case overwraps, dry-cleaning bags, newspaper sleeves, ice bags, wood pellet bags, Ziploc & other recloseable bags, produce bags, bubble wrap, salt bags, and cereal bags.



**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**

# March is Music in Our Schools Month!

The GMU bands and choruses will present 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 6 (snow date Thursday, March 7). 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 pre-kindergarten through sixth grade students. We are working on a short musical that gets every grade level involved. Our production, called "Go Fish!" will be performed on Friday, March 15 at 8:25 a.m.

It will be an entertaining production which allows the audience

to hear songs about our sea friends and see artwork displayed in the auditorium from our pre-kindergarten through sixth grade students. Please join us for some exciting musical songs and dances!

- Will Gilchrest,  
Anne Monaco, and  
Deanna Perkosky-,  
Music Department



GMU was well-represented at the All-County Music Festival on Feb. 2, as musicians participated in three separate ensembles: Ethan Charron, Anika Christensen and Corey Wilson played with the senior-high jazz band; Dante Manwarren, Kendra Hammond, Brennan Finch, Rene Posner, Fiona Held and Lauren Radwan performed with the junior-high band; and Nina D'Amato, Gavin Bonczkowski and Emily Hammond sang with the senior-high chorus.

Congratulations to all participants on an amazing concert! The next festival is Saturday, March 2 at Unatego Central School District. The elementary band and chorus will perform starting at 1 p.m. with Junior High Chorus and Senior High Band performances starting at 2:30 p.m.



# GMU's Got Talent showcases students' best performances

Many wonderful acts made up "GMU's Got Talent" on Feb. 7.

The winners posed with their trophies after the event: (left to right) sophomore Emily Hammond won second place in the 6th-through 12th-grade competition; freshman Anika Christensen won first; senior Nina D'Amato placed third; kindergartener Landon Grabo won first place for grades K through 5; first-grader Henry Underwood won second place, and third-grader Gavin Underwood took home the third-place trophy.

The event was sponsored by the GMU Chorus and directed by Mrs. Perkosky, and proceeds went to the choral activity fund.



Prior to the event, many students and families ate at the Chick-

en Barbecue hosted by the GMU National Honor Society.

## "Doo Wop Wed Widing Hood" director says thank you

Great job, cast and crew members on a job well done on the junior musical "Doo-Wop Wed Widing Hood!"

A special thank-you to Gerrit Bakhuizen and Tyler Lindley for all their help and knowledge with lights, set, and working with the crew; Cheri Theis for her time and effort making/fixing props, posters, and program/t-shirt layout. Thank you to the girls' modified basketball coach, Kristen Barnes, boys' junior varsity coach, Bruce Bonney, and athletic director, Greg Bonzckowski, for



their help in balancing the athletic schedule and rehearsal times.

Thank you to S. V. Signs for our awesome 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



Community-Wide Event!

# Reaching Teens

**Strength-Based Communication Strategies to Support Healthy Mental and Physical Adolescent Development**

Identifying, reinforcing, and building on inherent strengths can facilitate positive youth development. Learn how expert-tested, strength-based communication approaches work to engage today's teens. Successful solutions targeting today's foremost youth-development issues.

Created to benefit adults who serve adolescents, *Reaching Teens* explores and demonstrates communication strategies for diverse health care, counseling, youth program, and educational settings.

**Professionals and teens offer hard-won insight on addressing:**

- Behavioral and emotional issues
- Crisis management
- Stress management
- Sexuality
- Grief
- Depression
- Peer pressure
- Substance abuse
- Sexual abuse
- Bullying

## KENNETH GINSBURG, M.D., M.S. ED

Dr. Ginsburg is a pediatrician specializing in Adolescent Medicine at The Children's Hospital of Philadelphia and an Associate Professor of Pediatrics at the University of Pennsylvania School of Medicine, and Co-Founder and Director of Programs at Center for Parent and Teen Communication.

The theme that ties together his clinical practice, teaching, research and advocacy efforts is that of building on the strength of teenagers by fostering their internal resilience. His goal is to translate the best of what is known from research and practice into practical approaches parents, professionals and communities can use to prepare children and teens to thrive.

In Dr. Ginsburg's adolescent medicine practice, he cares for a wide variety of medical conditions, while simultaneously addressing adolescent behavioral issues. He practices social adolescent medicine with special attention to prevention and the recognition that social context and stressors affect both physical and emotional health.

His research over the last 25 years has focused on facilitating youth to develop their own solutions to social problems and to teach clinicians how to better serve them.



**For more information:**  
<http://fosteringresilience.com>

# JOIN US!

## March 26, 2019

5:30 PM ☆ Refreshments

6:00-8:00 PM ☆ Program

**Gilbertsville-Mt. Upton Central School District**

693 State Highway 51, Gilbertsville, NY 13776

**RSVP by March 11 @ [www.dcmoboces.com](http://www.dcmoboces.com)**



# Opioid information for parents of GMU students

This is being shared with you to raise awareness about the issues of substance misuse/abuse facing New York State students.

Opioid and heroin addiction is an epidemic and the epidemic is national. Opioids include certain prescription drugs and heroin.

In the United States, there has been a 300-percent increase in heroin and related overdose deaths since 2014. In 2016, in New York State, there were more than 3009 deaths associated with opioids. That is greater than 10 deaths per day. Among youth, the percentage of High School students in New York State who have reported using heroin or who have injected an illegal drug has more than doubled from 2005 to 2015.

Nearly half of young people who use heroin report abusing prescription pain killers before starting heroin.

Heroin is deadly by itself; and it is highly addictive. The more recent increase in opioid overdose deaths has been linked to the increased presence of

Fentanyl in the heroin and other illegal drugs. Fentanyl is a powerful synthetic opioid, 50-100x stronger than morphine. It compounds the dangers for individuals who are either experimenting or routinely

using illicit substances. A single dose of Fentanyl can be lethal.

In 2017, more than 6% of High School students reported having used synthetic cannabinoids. This is often known as K2 or synthetic marijuana (although it does not contain marijuana) and are often marketed under brand names meant to appeal to youth, such as

these illegal substances are sold in colorful graphic packaging meant to appeal to young people. Synthetic cannabinoids can cause intense hallucinations, psychotic episodes, kidney failure, respiratory illness, and can be life-threatening. Users may have suicidal thoughts and can seriously injure or even kill themselves or others while

under the influence of one of these man-made substances.

If you have not done so already, we recommend that you start conversations with your children regarding this epidemic and discuss the dangers involved. Let them know that you are very concerned about this epidemic, and that you care about them and their wellbeing and that you are always available to talk to.

Prevention is the best way to defeat this dangerous problem. Let's work together to help our young people face the world drug-free.

*The above information has been obtained from The New York State Office of Alcoholism and Substance Abuse Services*

*and the New York State Center for School Health.*

Carol Angelone, RN  
GMU Health Office

## Opioid Misuse/Dependence Signs and Symptoms:

### PHYSICAL SIGNS

- **Change in appetite**
- **Pupil size**
  - Small: opioid intoxication**
  - Large: opioid withdrawal**
- **Nausea**
- **Vomiting**
- **Sweating**
- **Shaking**

### BEHAVIORAL SIGNS

- **Change in personality/attitude**
- **Change in friends**
- **Change in activities, sports, hobbies**
- **Poor attendance/grades**
- **Increased isolation; secrecy**
- **Wearing long sleeved shirts**
- **Moodiness or irritability**
- **Nervousness**
- **Giddiness**
- **Nodding off**
- **Stealing**

Spice, Green Giant, AK-47 and Geeked Up.

In New York State, 6222 emergency department visits were related to synthetic cannabinoids. Besides the ever-catching names,



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607-783-2207

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Let's make your mistakes into... trees  
GMU Art teacher Ashley Hughes had some fun with her Studio Art classes before the February break when she treated them to a Bob Ross tutorial as a pre-vacation lesson.

Miss Hughes (left, bottom photo) even dressed the part, donning a wig to match the late artist, who grew famous in the 1980s through his PBS show, "The Joy of Painting."

## Scenes from Around GMU

