

PATRI



VOLUME 30, NO. 5

APRIL 2023

Congratulations

CLASS OF 2023

**Valedictorian:
Joleen Lusk**

Joleen Lusk, Class of 2023 Valedictorian, has been a very detail oriented student determined to best prepare herself for a successful career in the field of healthcare. She has consistently challenged herself academically, taking a rigorous daily schedule of classes. This past school year Joleen participated in the New Visions Medical Program at the Otsego Area Occupational Center. This program has given her the opportunity to participate in 25 department rotations at the Bassett Medical Center in Cooperstown and has helped confirm her career choice.

Joleen's leadership ability goes well beyond the classroom to various playing fields. She is a three sport athlete, participating in soccer, basketball and softball. She excels in every endeavor and is an active participant in many other activities, including Student Government, Senior High Band and various clubs.

Joleen plans to attend St. John Fisher University in Rochester this fall to major in Athletic Performance, Pre-Physical Therapy while playing basketball for the Cardinals. She has done her very best as a high school student-athlete to meet the challenges that await her next year.



**Salutarian:
Chase Benson**



Chase Benson is a highly motivated student who is devoted to learning and has consistently challenged himself academically. He has earned the reputation of being a most determined student throughout his high school career. In preparation for the rigor of

the college classroom, Chase has steadily pushed himself to take the most challenging courses that we offer and has completed them successfully.

He has balanced his love of STEM subjects by also participating in our visual arts courses throughout his entire academic career. Chase is planning to major in Accounting in college as he has always enjoyed working with numbers. He holds officer positions in many of the school's clubs and organizations, including Student Council, National Honor Society and Math Honor Society.

Chase plans to attend either Siena College or SUNY Oswego to continue his preparation to earn his C.P.A. There is no doubt that his drive and determination will help him succeed in his post secondary studies.

Superintendent's MESSAGE

Dear Parents/Caregivers and Community members,

With spring finally here, we are entering the final ten weeks of the school year, and there is a lot going on in our school. I want to take this opportunity to remind you of some of the upcoming events and activities, and to encourage you to get involved and stay engaged with our school community.

May 16 is the budget vote along with our art show and second spring concert. I am always amazed by the talent and creativity of our students. This is a great opportunity to support our young artists and musicians, and celebrate the importance of the arts in our schools.

The softball, baseball and track & field teams are finally able to play games and run meets. Schedule Galaxy online lists our spring sports schedule. Preseason during the spring is long due not knowing what mother nature will bring in

terms of the weather. Our athletes have been working hard and they are ready to play. I encourage you to head to the school to catch a game or meet.

In addition, I want to remind everyone that I am always available to answer questions, address concerns, or simply chat about the great things happening in our school. Don't hesitate to reach out to me or any member of our school community if you need assistance or support.

As we enter the final stretch of the school year, I want to thank everyone for their ongoing support and commitment to our school. Together, we can continue to provide a high-quality education and a bright future for our students.

Sincerely,

TheriJo Snyder, Superintendent

College Awareness Day

On March 3 Faculty, Staff and Students were encouraged to wear their favorite college apparel. Either your favorite team, alumni, or a family member who attends a specific college.



School Bus Driver Appreciation Day

February 22 was School Bus Driver Appreciation Day. Thank you to our drivers and monitors for keeping our students safe every day.

School Counselor Week

February 6 - 10 was School Counselor Appreciation Week. Thank you to our counselors Ms. Conte and Mrs. Van Scooter



Basket Bingo



Saturday, May 6, 2023

Cherry Valley-Springfield Central School Cafeteria

Door Open at 5 p.m. and Bingo Starts at 6 p.m.

Prices: Bingo Card \$8 each or 2 for \$15 and are good for almost the entire night. There will be two or three game with higher, valued prize baskets to be played on special cards that can be purchased for \$5 each or two for \$9.

Bring Bingo Chips/Coins

No Dabbers Allowed

Refrehments will be sold.

Any question contact Karen Whiteman at 315-858-1186

Come out and bring a friend and family for a fun filled evening playing bingo and support the CherryValley - Springfield Athletic Booster Club.

**Our second spring concert will be held on
Tuesday, May 16 at 7 p.m. in the auditorium.**

Concert Etiquette

In an attempt to help family and friends enjoy concerts, as well as making it easier for our featured performers to do their best on stage, the following suggestions are offered.

PLEASE make an effort to be settled in your seats before the concert begins. Make sure all restroom needs (especially for young children) are taken care of ahead of time. Turn off all cell phones, beepers, watches and any other electronic devices.

Talking during the performance is disrespectful to the performers as well as distracting to others in the audience. In fact, any excessive movement or commotion can be a source of irritation to others who wish to listen and concentrate on the performance.

Enthusiastic applause at the end of a complete musical selection is encouraged and appreciated; whistling and shouting is not. It is customary to applaud only at the end of the last movement of a multi-movement selection. Please do not clap along with the music unless invited to do so by the conductor.

It is expected that audience members will remain until the end of the performance. Our young musicians enjoy performing for a large audience. If you must leave in an emergency situation, please do so only at the end of a musical selection and not while students are performing. Our concerts usually last no more than 45 -60 minutes. We encourage our guests to stay for the entire performance.

Kids HEART CHALLENGE

From February 1 through February 17, grades PK-6th had the opportunity to participate in the Kids Heart Challenge, sponsored by the American Heart Association. We set a goal to raise \$3,000 as a school. Students were challenged to raise money online and complete “Finn’s Heart Challenge” which taught them how to do hands-only CPR.

Eighty-five students participated, and together they raised a total of \$9,100 for the American Heart Association. Special shout-out to our top students: *Brianna Harris* raised \$750, and *Tysen Fasset* and *Levi Sikelianos* raised \$500 each. Thank you to the participants, families, friends, and community members that helped to make this event so successful!



Lost & Found

The number of lost and found items continues to grow. It amazes us how many jackets, boots, sweatshirts, shirts, etc. that are being left at school. We have multiple bins located underneath the stairwell in the main foyer. Please check the bins to see if any items belong to your children.



Cherry Valley-Springfield Endowment Foundation

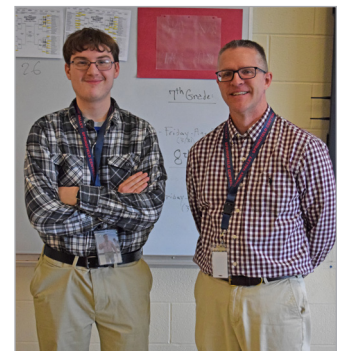
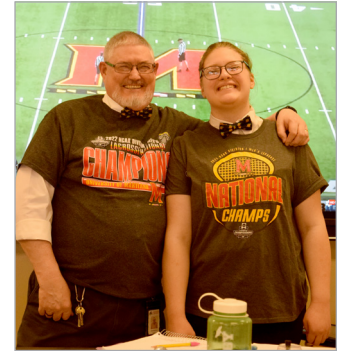
Bottles and cans may be dropped off at the Cherry Valley Transfer Station on Route 166 on Saturdays from 8 a.m. to 11:00 a.m. We appreciate your continued support for enriching educational experiences for the students at CVS..



Julianna Abbruzzese was a guest performer at the Bassett Soiree held at the Otesaga on February 13.

Senior SWITCH DAY

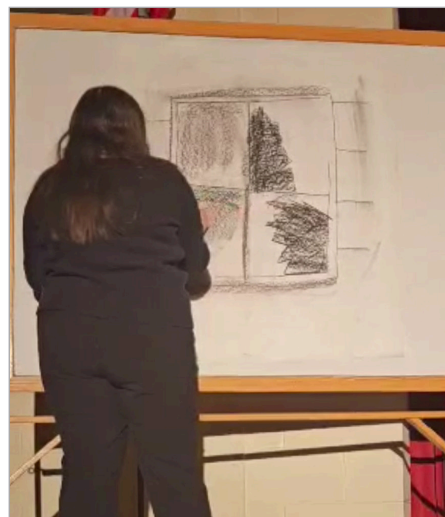
Senior Switch Day took place on Friday, March 31. Seniors selected an adult in the building to be for the day. It was a fun day for all . . . the seniors, the adults and the student body.



Art DEPARTMENT

The spring weather brings with it many exciting opportunities for the students in Mrs. LeJeune's Art classes. Celebrated far and wide, March is national Youth Art Month and eleven CVS students had artwork juried into the 2nd Annual Youth Art Show at 25 Main Collective in Cherry Valley. *Lydia Lusk* received special recognition by winning the 'People's Choice Award' at the end of the show on April 3 for her piece titled 'Time Hop'. Through a generous grant from the CVS Endowment Foundation students in Drawing, College Drawing, and Studio Art worked with stained glass artist Noelle Adamoschek during Monday class times throughout March. Each student learned about her artistic practice and completed their own stained glass artwork. Thank you to the CVS Endowment Foundation for supporting this learning experience. At the March 30 spring music concert Hope

Morrison collaborated with the Jr. and Sr. High Bands by designing and giving a performative drawing that was completed while the combined group played the piece "Fragile" from Randall Standridge's project "The Unbroken Project". Looking forward, Art students will be traveling to MVCC on May 9 for a hands-on workshop day with MVCC School of Art faculty where they will experience figure drawing and silk screen printing in the college studios. On April 28 the Fenimore Art Museum will release the names of students juried into their 'Young at Art Regional Youth Art Contest.' Best of luck to our eight entrants. We are also looking forward to the annual CVS Student Art Show on May 16 to be held in the Atrium which will include artwork from PK-12 grades and a few surprise guests!



Drama CLUB

The Drama Club performed *Emma: A Pop Musical*. Congratulations to the cast and crew for a great performance. Ms. Mravlja directed the musical while Mrs. Oram and Mr. Lyford assisted with the music.





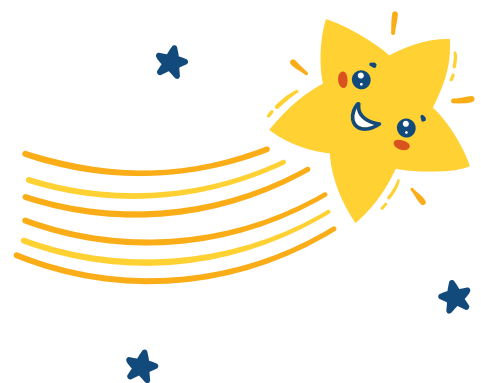
Principal's LIST



Student	Grade
<i>Abdallah, Samar</i>	7
<i>Ackerman, Allison</i>	7
<i>Barown, Heath</i>	7
<i>Borne, Jayson</i>	7
<i>Butts, Matti</i>	7
<i>Cade, Hunter</i>	7
<i>Field, Abigail</i>	7
<i>Fox, Emily</i>	7
<i>Gridley, Oliver</i>	7
<i>Haig, Logan</i>	7
<i>Kretser, Kaitlyn</i>	7
<i>McGovern, Mackenzie</i>	7
<i>Monser, Austin</i>	7
<i>Pokorny, Lucas</i>	7
<i>Rockwell, Logan</i>	7
<i>Rockwell, Sophia</i>	7
<i>Royce, Darin</i>	7
<i>Shaffer, Curtis</i>	7
<i>Thayer, Bailey</i>	7
<i>Canary, Ava</i>	8
<i>Dresser, Hadlei</i>	8
<i>Laymon, Caden</i>	8
<i>Lusk Jr., Brian J</i>	8
<i>O'Leary, Landin</i>	8
<i>Rathbun, Jossalynn</i>	8
<i>Rockwell, Savannah</i>	8

Student	Grade
<i>All, Ethan</i>	9
<i>Baker, Anna</i>	9
<i>Barnes, Trace M</i>	9
<i>Barown, Graham</i>	9
<i>Glowicki, Raymond A.</i>	9
<i>Lusk, Andrew J</i>	9
<i>Lusk, Caraline A</i>	9
<i>Sheldon, Hannah B</i>	9
<i>Ward, Madison A</i>	9
<i>Beauregard, River</i>	10
<i>Canary, Charlise</i>	10
<i>Dygart, Lexi</i>	10
<i>Gomez, Andan</i>	10
<i>Meade, Karsin C</i>	10
<i>Oram, Abigail B</i>	10
<i>Rockwell, Caleb</i>	10
<i>Rockwell, Hailey</i>	10
<i>Rockwell, Liam</i>	10
<i>Aramini, Mina</i>	11
<i>Barnes, Kailey</i>	11
<i>Brodie, Karis</i>	11
<i>Calhoun, Ava R</i>	11
<i>DeLade, Gianna</i>	11
<i>Dubben, Amelia</i>	11
<i>Gallup, Evelyn</i>	11
<i>Horvath, Max</i>	11
<i>Huff, Morgan</i>	11
<i>Mollen, Grayson</i>	11
<i>Morrison, Hope M</i>	11
<i>O'Leary, Kelan</i>	11
<i>Sturtevant, Anjelia</i>	11
<i>Thalheimer, Mason K</i>	11
<i>Voght, Allison</i>	11
<i>West, Daphnee</i>	11

Student	Grade
<i>Abbruzzese, Julianna F</i>	12
<i>Barnes, Ryan P</i>	12
<i>Benson, Chase A</i>	12
<i>Bosc, Ariana</i>	12
<i>Cornelia, Kyra</i>	12
<i>Estrada, Lilia</i>	12
<i>Gallup, Lillian B</i>	12
<i>Hillhouse, Jeremiah</i>	12
<i>Kukulech, Sydney</i>	12
<i>Latella-Chicaiza, Ivan Anthony</i>	12
<i>Lefevre, Cadence M</i>	12
<i>Lusk, Joleen</i>	12
<i>Lusk, Lydia V</i>	12
<i>Rockwell, Lana</i>	12
<i>Thalheimer, Jade</i>	12
<i>Van Spanje, Eleanor</i>	12
<i>West, Cheney</i>	12
<i>Wilson, Meredith</i>	12
<i>Van Spanje, Eleanor</i>	12
<i>West, Cheney</i>	12
<i>Whiteman, Stephanie</i>	12
<i>Wilson, Meredith</i>	12



Honor ROLL

Student	Grade
Arnold, Chloe	7
Beauregard, Willow	7
Constable, Zaniel	7
Erkson, Colin	7
Fuller, Ella	7
Sheldon, Ethan	7
Weaver, Issac	7
Bard, Liliana	8
Frasier, Hunter	8
Jurutka, Jackilyn-Grace	8
Williams, Annabelle	8
Borne, Kira	9
Bosc, Aiden	9
Sheldon, Rilynn	9
Tripple, Adrianna	9

Student	Grade
Cade, Kristopher	10
Carley, Katelyn	10
Falkowski IV, John	10
Frasier, Jacob	10
Munson, Matthew	10
Ritchie, Alexandria	10
Rockwell, Alexander	10
Rood, Maddison	10
Valentine, Chloe	10
Whiteman, Brin	10

Student	Grade
Campagna, Trevor	11
Decker, Camden	11
Johnson, Jacob	11
Newell, Kody	11
Rockwell, Bryent	11
Carley, Trevor	12
Dewey, Trynity	12
Johnson, Jillian	12
Mance, Riley	12
McAdams, Jacob	12
Valentine, Xander	12



Elementary Positive Patriots

Congratulations to the Positive Patriots for March!

Sarah Rood
Aubrey Sheldon
Briar Bishop
Leila Jump
Scarlett Layman

Greyson Leavitt
Kara Van Scooter
Darrin Weaver
Tysen Fassett Auston Bosc
Cyles Schmidt

Levi Cornelia
Gabriella Murray
Sawyer Yacobucci
Brandon Carley
Killian Redden



Basketball



Congratulations to the Girls' Varsity basketball team for a successful season. They were Tri-Valley League Champions and Section IV Runner up. Their overall record was 22-2.



The Annual Girls Varsity/Biddy Basketball clinic was held on February 11. This tradition has become something the girls look forward to and enjoy every year.

Tri-Valley League All-Stars:

Girls: *Joleen Lusk* 1st team
Daphne West 2nd team
Morgan Huff Honorable Mention
Boys: *Max Horvath* Honorable Mention



On February 19, the 3rd through 6th grade biddy, modified, JV, and Varsity girl's basketball teams went to Syracuse University to watch the Syracuse Orange Women defeat Miami Hurricanes 77-68. It was a great bonding experience for the girls and fun was had by all.

LET ME RUN

We welcome this new program to CV-S. The mission of Let Me Run is to build a new generation of men by teaching boys to be their best selves through a character development program powered by running. We are grateful to the Cherry Valley-Springfield Endowment Fund for their support.



Girls on the Run

This year's Girls on the Run team has 20 members! GOTR is a program for girls in 3rd, 4th, and 5th grades. We meet twice a week for ten weeks. During this time, we learn about and practice self-esteem, self-confidence, communication and friendship skills, problem solving, and much more. AND we prepare for our 5K event in June!

The following is a message from the girls of GOTR at CVSCS:

Girls on The Run is SO much fun! It is fun and awesome! It helps us make friends and learn about lots of things: friendship, connections, being a team, and our Star Power! We get lots of exercise, which helps you sleep!

The 5K is open to ANYONE who wants to run OR walk (or both)! It's not just for members of GOTR. To register, go here: www.girlsontheruncny.org (click on 5K on the top bar)



Where healthy eating becomes a habit!

Join us for FREE classes tailored to your availability.

In each class, participants will create and taste a delicious, healthy, quick dish using affordable ingredients and typical kitchen tools. Get practical, up-to-date nutrition information and cooking tips you can use immediately.

Learn to use food labels to make healthy choices, plan nutritious meals that save time and money, and explore ideas to be more physically active at any age.

SUPPORTIVE • FUN • INTERACTIVE

Do you or your family want healthier lives, better nutrition, and a healthy body weight?

If so, Healthy Connections is for you!

From kids to seniors, Healthy Connections is great at every age and stage of life.

Learn Online or In Person

Cook with others in a workshop environment or meet one-on-one with our nutrition educator.

518-234-4303 x 120
 schoharie-otsego@cornell.edu

CONNECT WITH A NUTRITION EDUCATOR



BIG CHANGES START WITH SMALL STEPS

Healthy Connections
 can help make the small steps easier

“ I learned how simple it is to whip up some very easy, tasty & healthy quick meals/snacks. ”

“ I understand better how to read a nutrition facts label. ”

“ Measuring out 10 teaspoons of Crisco [in the class on fast foods]...what an eye opener! ”

“ I've lost weight because I've been feeling fuller [using these recipes]. ”



CONTACT US TODAY!

schoharie-otsego@cornell.edu
 (518)234-4303 ext.120
 www.healthy-connections.us
 cceschoharie-otsego.org/nutrition-health

Like us on Facebook!



This program is supported by the Rural Health Education Network of Schoharie, Otsego, and Montgomery counties (RHENSOM), funded by the NYS Department of Health DOH01-C34179GG-3450000.

Cornell Cooperative Extension Schoharie and Otsego Counties

This nutrition information program is based on resources from Cornell University Division of Nutritional Sciences. The program is delivered by trained, local paraprofessional staff.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.



Healthy Eating Made CLEAR & SIMPLE

**Cornell Cooperative Extension
Schoharie and Otsego Counties**



Would you like to:

- Eat more fruits and vegetables?
- Drink fewer sweetened beverages?
 - Maintain a healthy weight?
 - Be more physically active?
- Build new relationships between your family and food?

Join Us:

For a series of 6 to 8 interactive, supportive classes, **in person or online**. Learn with a group or meet one-on-one with our staff. Call or email us today!



Who Is Eligible?

Residents of Schoharie, Otsego, and Montgomery Counties who participate in:

SNAP • WIC • HEAP • Medicaid
Head Start • Free or Reduced Price Lunches

Families working to make ends meet



Learn How To:

- Buy healthier foods with your money, SNAP, and WIC benefits
- Prepare delicious dishes with less salt, sugar, and fat
- Plan nutritious meals that save time and money
 - Make recipes your children will love
- Use food labels to make healthy choices

EFNEP helps income-eligible families and youth to shop smarter, feel better, and improve their health. EFNEP is a Cooperative Extension Nutrition Education Program.



Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Please contact the Cornell Cooperative Extension of Schoharie and Otsego Counties office if you require an accommodation.

**Return today for more information
or call 518-234-4303 ext. 115:**

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: (____) _____

Email: _____

Best Time to Call: _____

Do you have children aged 19 or under living with you? Yes No

Do you have children aged 5 or under receiving WIC benefits? Yes No

Do you use an EBT card to purchase food? Yes No

Do you prefer an individual or group setting? Individual Group

Mail to: EFNEP Program
Cornell Cooperative Extension
Schoharie and Otsego Counties
173 South Grand St., Suite 1
Cobleskill, NY 12043



“What Our Participants Say”

I understand better how to read a nutrition facts label now.

I enjoy preparing some of the healthy recipes that we learned to make during the classes.

I eat fewer processed foods as a result of taking nutrition classes.

One result of making these changes is that my blood pressure has improved.



For More Information

✉ EFNEP Office
Cornell Cooperative Extension
Schoharie and Otsego Counties
173 South Grand St., Suite 1
Cobleskill, NY 12043

☎ (518) 234-4303 / 296-8310
Fax: (518) 234-4305

✉ schoharie@cornell.edu

🌐 cceschoharie-otsego.org/EFNEP

📍 EFNEP CCE Schoharie & Otsego Counties

Eat Better for Less!

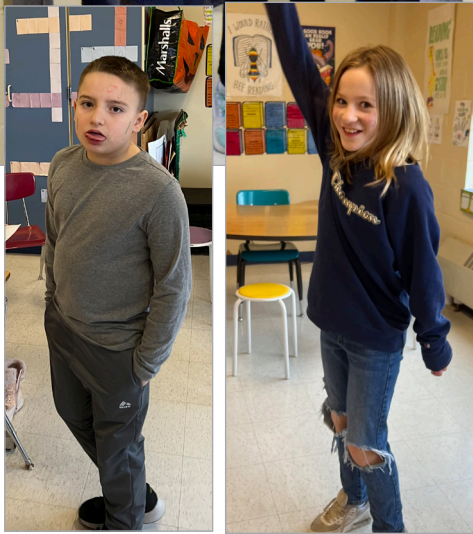
Expanded Food & Nutrition Education Program

EFNEP

A FAMILY WELLNESS PROGRAM



100th Day of School




On Thursday February 16, elementary students celebrated the 100th Day of School! Classroom teachers had students complete activities such as how many times you can stick your tongue out in 100 seconds; how many times you can swing your arms in 100 seconds; creating necklaces with 100 fruit loops; and how will you look when you are 100 years old. The day ended with a Cereal Box Domino Rally in the K-2 hallway with over 130 cereal boxes! Thank you to all who donated cereal boxes for this activity!



#MoreThan*enough*

All people, no matter where they are on their mental health journey, are deserving of support, resources, fulfillment and a community that cares.

nami.org/mentalhealthmonth



1/6

1 in 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment.

#MoreThan*enough*