

Cherry Valley-Springfield Central School District

PATRIOT NEWS

VOLUME 32, NO. 6

AUGUST 2019

Congratulations

Class of 2019!



Attention Parents

Cherry Valley-Springfield Central School is participating in the Community Eligibility Provision (CEP) during the 2019-20 school year. **This program provides breakfast and lunch for EVERY student at NO cost. However, it is extremely important that parents fill out the Household Income Eligibility Form.** The data from this form greatly affects state and federal aid received by the school. Please take the time to fill out the form completely and return it to the business office as soon as possible (form will be sent home with Welcome Back Letter). Please keep in mind that it is very important to complete the income section. If that section is not completed then the data will not be complete. Thank you for helping CV-S to provide this wonderful program for all of our students.

Board of Education Meeting Schedule for 2019-2020

Most meetings will be held on the third Thursday of the month *except those so marked by an asterisk**. The meetings will begin at 7:00 p.m. (unless indicated otherwise) in room 145 at the Cherry Valley-Springfield Central School.

- July 15, 2019 *
- August 15, 2019
- September 19, 2019
- October 17, 2019
- November 21, 2019
- December 19, 2019
- January 16, 2020
- February 13, 2020 *
- March 19, 2020
- April 2, 2020, 6:30 p.m. *
- April 23, 2020: Board of Education Approves Budget *
- May 7, 2020: Budget Hearing *
- May 19, 2020: Budget Vote *
- June 18, 2020

Approved 7/15/19

Superintendent's Message

Dear Parents and Community Members,

It has been a busy summer at school. The capital project is almost complete. All student bathrooms have new sinks, the atrium windows will no longer leak as there are new windows, flashing on the roof has been replaced to prevent leaking, the HVAC system has been updated, drainage in the cafeteria has been fixed, a new dishwasher has been installed, and the bus wash system has been replaced, just to mention a few of the items that were on the list. As I write this letter they are getting ready to rewire the building for Internet and Wifi. By the time school opens on September 5, the school will be ready to be filled with our students. We are looking forward to their arrival and anticipating a FANTASTIC year!

As with any new school year there have been a few upgrades/changes. Information will be sent out to all families on how to proceed.

- All beginning of year paperwork will be completed online through FamilyID. Parents will create an online account to fill out all paperwork. Say goodbye to filling this paperwork out every year for each child.
- We have been awarded the Community Eligibility Provision (CEP) for the next four years. **ALL students will receive free breakfast and lunch during the 2019-20 school year. In order for us to benefit from this program and other grants it is required that all families complete the Household Income Eligibility Form.** All this information is confidential. It is important that all families return this completed form.
- We are no longer using the student data system, PowerSchool. We have switched to SchoolTool. There will be a parent and student portal to view grades for students in grades 7-12.
- **It is imperative that if you are making a change in your child's dismissal (PK-6) that you call the Main Office by 1:00 p.m.** We will not accept phone calls after that time. The safety of your children is of the most importance. Last minute changes make it hectic and create uncertainty at dismissal time . . . for the child, Mrs. Wilmot and the bus drivers. So please do not get upset if the request is denied if you call past 1:00 p.m. Thank you.

We have a few new faces to welcome to our school this fall. Our new secondary guidance counselor is Angeline Conte. Our secondary art teacher is Mrs. Jennifer LeJeune. In third grade we have Ms. Somer Timerman, second grade Ms. Skyler Babcock and Mrs. Horender moved to fifth grade. Mrs. Shelby Kinsley-Tracy will be working as aide/bus monitor. We welcome them and are excited to have them join our CV-S family. Our next newsletter will include a photograph and a little information about them.

We hope to see you all on Wednesday, September 25, 6:00-7:30 p.m. for Open House. It is a wonderful time for your child(ren) to showcase their new room and their new teacher(s). Looking forward to seeing you!

I hope you were able to take advantage of the nice weather we were blessed with this summer. Let us hope it extends into the fall. Until then, enjoy the remaining days with your family and friends. Find an event to culminate the summer. Enjoy!

Sincerely,
Mrs. Climenhaga
Superintendent

In Memory



Former Librarian Rhonda King, right, presented the following book to the Cherry Valley-Springfield Central School Librarian Audrey Maldonado: *Have You Filled a Bucket Today? A Guide to Daily Happiness For Kids* by Carol McCloud in memory of Donald A. Drake, retired Teacher and Principal (1959-1992) from the Cherry Valley Central School District and Cherry Valley-Springfield Central School District. This book was purchased by the Cherry Valley-Springfield Retirees in memory of former colleagues of the Cherry Valley, Springfield, and Cherry Valley-Springfield Districts.

Child Find

It is the responsibility of the Cherry Valley-Springfield Central School District Committee on Special Education (CSE) and the Committee on Preschool Special Education (CPSE) to find and identify students residing within the Cherry Valley-Springfield Central School District who may be in need of special education services. If you have noticed that your child is not developing skills such as walking, talking, learning, or playing like other young children, and you suspect that he or she may have a disability, you may wish to make a referral to the CSE or the CPSE. You may do so by contacting Bonnie Georgi, the Chairperson of the CSE/CPSE, at (607) 264-9012. The Chairperson will explain the pre-referral, referral and evaluation process and describe the eligibility requirements for identification of a preschooler with a disability. If your child is between the ages of birth and three, the CPSE Chairperson will refer you to the Otsego County Early Intervention Program. For school aged children, the Chairperson can explain the many general education supports and services available, as well as the CSE referral, evaluation, identification process, and the State and Federal eligibility requirements for identification of a student with special needs. For additional information please refer to *A Parent's Guide to Special Education* on the New York State Education Department (NYSED) website.

Medication Procedure in School Health Offices

In order for any medication (scheduled, over-the-counter, emergency, etc.) to be given in the School Health Office, the following must be provided by parents/guardians.

1. A written prescription from the prescribing licensed provider (this may be faxed from the provider's office).
2. A written permission from the parent/guardian
3. The medication must come in its original container
4. The medication container must be clearly labeled with the student's name, the type of medication, dosage, and time to be given.

All of the above must be provided for your student to receive their medication in the School Health Office! Over-the-counter medications such as Tylenol, Motrin, Advil, Excedrin, Neosporin, etc. will not be provided by the CV-S School District. If your student is to receive any of these medications, they must be provided by the parent/guardian. If you have any questions or concerns please contact the school nurse, Tristan Sharrett, by phone at (607) 264-3265, ext. 514, or by email at tsharrett@cvscsd.org.

Section 504 Annual Notice

In accordance with the Rehabilitation Act of 1973 commonly known as §504, the School District hereby notifies disabled children and their parents of the School District duty under the Regulations to §504.

The School District shall provide a free appropriate public education to each qualified disabled child who resides in the School District regardless of the nature or severity of the disability. The School District shall educate each qualified disabled child with children who are not disabled to the maximum extent appropriate to the needs of the disabled child, and shall also ensure that disabled children participate with non-disabled children in non-academic and extra-curricular activities to the maximum extent appropriate. A disabled child shall be afforded an equal opportunity for participation in such services and activities.

The School District shall provide disabled children an equal opportunity for participation in physical education courses, interscholastic, club or intramural athletics.

The School District shall conduct pre-placement evaluations, and shall establish standards and procedures consistent with §104.35 for the evaluation and placement of children who need or are believed to need special education or related services. Periodic reevaluation shall be conducted of children who have been provided special education or related services.

Placement decisions shall draw upon information from a variety of sources and shall be made by a group of persons knowledgeable about the child, the meaning of the evaluation data, and the placement options. The School District shall establish and implement a system of procedural safeguards that includes notice, an opportunity for the parent to examine relevant records, an impartial hearing with the opportunity for participation by the parent and representation by counsel, and a review procedure.

Use of Facility and Grounds

The Board of Education allows groups and organizations to use the Cherry Valley-Springfield Central School Building and Grounds providing that certain requirements and guidelines are met. These requirements and guidelines are set not only for avoiding scheduling conflicts but to ensure proper security, safety and building maintenance measures.

A copy of the full context of the requirements and guidelines is available by contacting the Main Office.

Public Access to Records

Access by residents of the Cherry Valley-Springfield Central School District to records of the District shall be consistent with the rules and regulations established by the State Committee on Open Government and shall comply with all the requirements of the New York State Public Officers Law Section 84 et seq.

Rules and procedures used are pursuant to Article 6 of the Public Officer's Law and the Federal Family Educational Rights and Privacy Act of 1974, as amended.

District Communication Procedure

Frequently, parents and other community members request help in knowing the best way to communicate with the school. The communications guideline chart below will serve as a helpful resource. By contacting the following people in the prescribed order, questions will be answered efficiently.

Questions About	1st Contact	2nd Contact	3rd Contact	4th Contact
Academics	Teacher	Guidance Counselor	Principal	Superintendent
Athletics	Coach	Athletic Coordinator	Athletic Director	Superintendent
Behavior	Teacher	Principal		
Board Policy	District Clerk	Superintendent	Board of Ed.	
Building Use	Principal	Superintendent		
Food Services	Cafeteria Manager	Principal	Superintendent	
Instruction	Teacher	Principal	Superintendent	
Curriculum	Teacher	Principal	Superintendent	
Health Office	School Nurse	School Health Care Provider	Principal	Superintendent
Scheduling	Guidance Counselor	Principal		
Special Education	Teacher	Director of Special Education	Principal	Superintendent
Transportation	Bus Garage	Principal	Superintendent	

Possible Pesticide Application in School Buildings and on District Property

New York State Education Law Section 409-H and State Education Department Commissioner's Regulation 155.24, effective July 1, 2001, require all public and non-public elementary and secondary schools to provide written notification to all persons in parental relation, faculty and staff regarding the potential use of pesticide periodically throughout the school year. In the event of an emergency application necessary to protect against an imminent threat to human health, a good faith effort will be made to supply written notification to those on the 48-hour notification list.

The school district is required to maintain a list of persons in parental relation, faculty, and staff who wish to receive 48-hour written notification of certain pesticide applications. If you would like to receive 48-hour notification of pesticide applications that are scheduled to occur in your school please contact the school.

The following pesticide applications are not subject to prior notification requirements:

- a school remains unoccupied for a continuous 72-hour following an application;
- anti-microbial products;
- nonvolatile redenticides in tamper resistant bait stations in areas inaccessible to children;
- nonvolatile insecticidal baits in tamper resistant bait stations in areas inaccessible to children;
- silica gels and other nonvolatile ready-to-use pastes, foams, or gels in areas inaccessible to children;
- boric acid and disodium octaborate tetrahydrate;

- the application of EPA designated biopesticides;
- the application of EPA designated exempt materials under 40CFR152.25;
- the use of aerosol products with a directed spray in containers of 18 fluid ounces or less when used to protect individuals from an imminent threat from stinging and biting insects including venomous spiders, bees, wasps, and hornets.

Animals on School Property

To maintain a safe school environment for all children and guests, animals will be prohibited from school events, including sporting events. For educational purposes, animals may be allowed with prior approval. This policy exempts service animals.

Asbestos Notification

The CV-S Building and Grounds do not contain asbestos materials.

School Tax Collection

School taxes may be paid in person at the Cherry Valley Branch of the NBT Bank or by mail to the *Cherry Valley-Springfield Central School, P.O. Box 485, Cherry Valley, New York 13320, c/o Marilyn Clapper.*

Attendance

If your child is going to be absent, please call the Health Office the morning of the absence. When you call, please leave your name, the student's name and grade and the reason for the absence. If no reason is given, it will be marked as an illegal absence. Voicemail is available so you may leave a message during the night. The number is 264-3265, ext. 514. Please remember to follow-up with a written note to be turned into the Main Office for the absence.

School Supplies

Student supply lists are posted on the school's website: www.cvscs.org.

Parents of Home-Schooled Children

If you plan to home school your child, you must submit a letter of intent to TheriJo Climenhaga, Superintendent of Schools. You will then be mailed a packet containing an Individualized Home Instruction Plan (IHIP) and reports which must be completed and returned to Mrs. Climenhaga each quarter.

Please mail your letter of intent to: *PO Box 485, Cherry Valley, NY 13320*.

Public Notification

The Cherry Valley-Springfield Central School District hereby advises students, parents, employees and the general public that it offers employment and educational opportunities, including vocational education opportunities, without regard to sex, race, color, national origin, or handicap. Inquiries regarding this nondiscrimination policy may be directed to:

*Title IX Compliance Officer and 504 Officer
Bonnie Georgi, Director of Special Education
Cherry Valley-Springfield Central School
PO Box 485
Cherry Valley, NY 13320*

Annual Fire Inspection

Notice is hereby given that the annual fire inspection of the Cherry Valley-Springfield Central School buildings has been completed. The report is on file in the District Office.

Absence Notes

All absences, at every grade level including elementary and high school, require a parent signed note which the student must hand in to the Health Office on the first day after an absence. It is important that the note clearly states the reason for the absence.

Electronic Surveillance

Cherry Valley-Springfield uses video equipment to assist in building and transportation safety and security. Cameras are placed at entrances and hallways, both inside and outside of the building. There are also cameras on the school-owned buses. The purpose of the cameras is primarily building security and safety but students and parents must be informed that the video footage is sometimes scanned in situations where incidents involving students may have happened. If the camera footage indicates that a child has misbehaved in any way, administration will use those images to give consequences, as necessary.

Homework Requests

When your child is out sick, please contact the Main Office by 9:00 a.m. for homework to be gathered. Please understand that sometimes notes for all classes might not be available that same day. If a child misses class, notes that were on the board will have to be reproduced, that will take some time to do. If your child is absent, we make every effort to have all homework collected. However, remind your child to ask the teacher what else needs to be done to make up all that is missed. Remember that being in school as much as possible is the best way to get it all.

Parent Notification Regarding Teacher Qualifications

In accordance with the federal No Child Left Behind Act of 2001, parents and guardians have the right to request specific information about the professional qualifications of their children's classroom teachers. As a parent/guardian of a student in the Cherry Valley-Springfield CSD, you have the right to request the following information:

- if the teacher has met New York state qualifications and licensing criteria for the grade levels and subject areas he or she teaches;
- whether the teacher is teaching under emergency or other provisional status through which the state qualification or licensing criteria have been waived;
- the teacher's college major, whether the teacher has any advanced degrees and if so, the subject of the degrees; and
- if your child is provided services by any instructional aides or similar paraprofessionals provide services to your child and, if they do, their qualifications.

Requests for information about the qualifications of your child's teacher(s) can be directed to either principal at (607) 264-3265, ext. 506 or 515. All requests will be honored in a timely manner.

Thank you for your continued support and interest in your child's education.

Bus Routes 2019-20

If you have any questions please feel free to call the bus garage at (607) 264-3265, ext. 601. Thank you.

Bear

Morton Rd.
Doc Ahlers Rd.
O'Neil Rd.
Hoose Rd. (West end)
Stannard Rd.
County Route 50
Lancaster St.
Main St.
Church St.
Kilfoil St.

Car

County Route 33
Hayes Rd.
Pollack Mountain Rd.
Indian Run
Hubbell Hollow Rd.
Pete Hendricks Rd.
Genesee St.
Maple Ave.
Elm St.
County Hwy 54
Old School
Alden St.
Fish & Game Rd.

Horse

Route 166
Norton Cross Rd.
County Route 35
County Route 52
Whiteman Rd.
Gately Hill
Tabor Rd.
Rezen-Middlefield Rd.
County Route 36 A

Truck

Route 165
Thompson Hill Rd.
Honey Hill Rd.
County Route 34 & 39
Route 166
Town Line Rd.

Fish

Rendering Works Rd.
Route 20
Willy O'Neil Rd.
County Route 54
Neilsen Rd.
Limited Schedule

Boat

Hinds Rd.
Domion Rd.
Griggs Rd.
Mill Rd.
Continental Rd.
Route 80 E
Briar Hill Rd.
County Route 31S
Springfield Hill Rd.
Addie VanAlstine Rd.
Fassett Rd.
Texas Rd.
Cow
Keller Rd.
Mill Rd.
Otsego St.
Clinton Rd.
Indian Trail
State Route 163
(Sprout Brook)
County Route 32 & 30
County Route 31N
Swamp Rd.

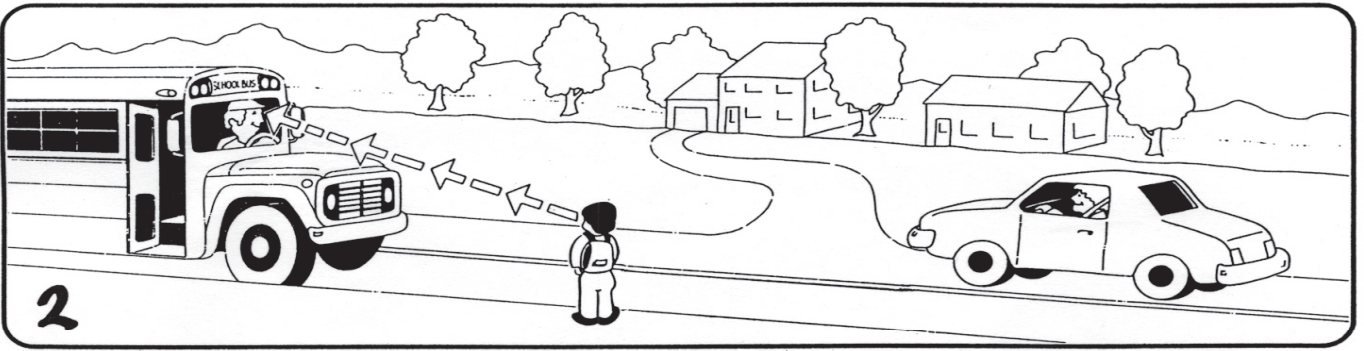
Elephant

Public Landing Rd.
Route 80
McShane Rd.
Gywitts Rd.
Allens Lake Rd.
Mc Rorie Rd.
Wilsey Rd.
County Route 53
Route 29A
Route 20

Gingerbread Man

Salt Springville Rd.
Starkville Rd.
Indian Trial
VanDycke Rd.
Route 163 (Hessville)
Bauder Rd.
Dingman Rd.
County Hwy 32A
VanDerwerker Rd.
Butler Rd.
Montgomery St.

HOW TO CROSS SAFELY



Bus Safety

Discuss the following safety rules with your child and ask him or her to learn the bus driver's name. Your child should understand that riding the school bus is a privilege and it may be denied as a result of misbehavior on a bus.

Crossing the Street

Be sure that you can see the driver's eyes and that the driver sees you, too. You should cross at least 10 feet in front of the bus. Wait for the driver's signal to cross and then look both ways. Walk, don't run, quickly across. NEVER cross in back of the bus. Remember, if you can touch the bus you are too close and are in a *Danger Zone*.

Getting on the Bus

- Be on time at your bus stop. Stay back from the roadway until the bus is completely stopped. (Student conduct at the bus stop is the responsibility of the parents.)
- Hold on to the handrail as you get on or off the bus. Be sure to carry a backpack for all your books and papers.
- Take a seat immediately.

Riding the Bus

- Stay in your seat. Keep hands and head inside the bus at all times.
- Be courteous to other riders and to your driver. Do not use profane language. Talk quietly with your friends.
- Do not eat or drink on the bus.
- Absolutely no smoking.
- Do not litter. Help keep the bus clean.
- Keep aisles clear at all times. A package or musical instrument that can be held on your lap is permissible, as long as it

does not obstruct the driver's vision. No glass or animals are permitted.

- Do not play with emergency exits.
- If you see something wrong or unsafe, report it to the driver immediately.
- You may not leave the bus at any scheduled stop other than your own without parental permission and approval.

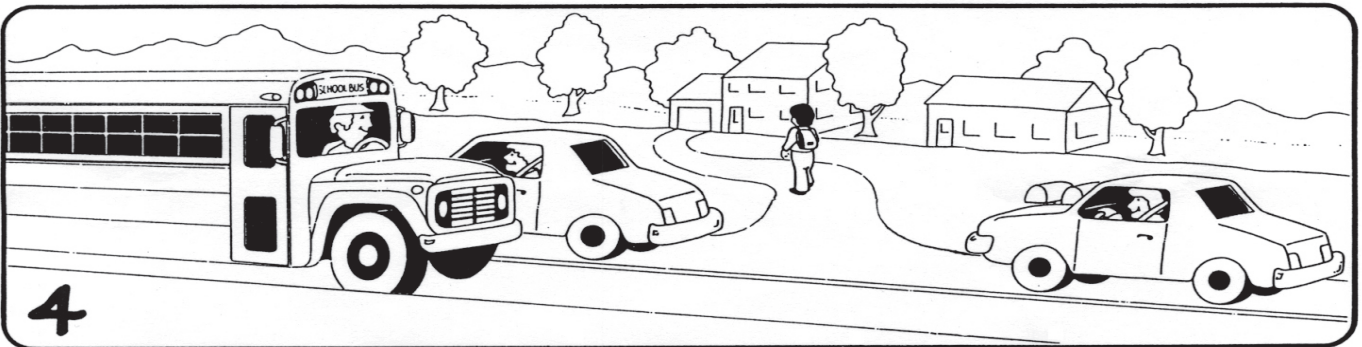
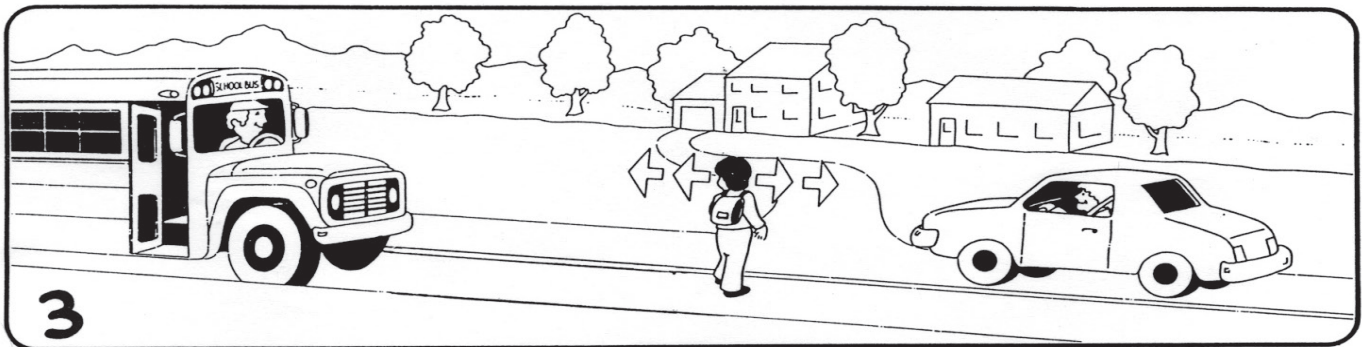
Always follow the bus driver's instructions. The driver is in full command and is authorized to assign seats if necessary. The driver may explain other safety guidelines during the school year.

When Red Lights Flash—Don't Pass!

To ensure the safety of students when they are riding on school buses, drivers of other vehicles may not pass when a bus's red lights are flashing. Many drivers assume that this law refers only to buses stopped in streets and roadways. However, the law was revised in 1990 to include driveways and school parking areas as locations where buses may not be passed if the red lights are flashing.

Drivers who fail to stop when a school bus has its red lights flashing face costly penalties and can even land in jail:

- **First conviction:** carries a fine of between \$250 and \$400, a jail sentence of up to 30 days, or both.
- **Second conviction:** within three years carries an increased fine of between \$600 and \$750, a jail sentence of up to 180 days, or both.
- **Third or subsequent conviction:** within three years carries penalties of a fine between \$750 and \$850, a jail sentence up to 180 days, or both.



2019 Fall Sports Schedule

Varsity Boys' Soccer

August

28 @ Canajoharie 10:00 AM
30 vs Laurens 2:00 PM
3 @ GMU 4:30 PM

September

6 @ Milford 4:30 PM
9 vs Canajoharie 4:30 PM
11 vs Morris 4:30 PM
16 vs Franklin 4:30 PM
18 @ Richfield Springs 4:30 PM
20 vs Duaneburg 4:30 PM
24 @ Edmeston 4:30 PM
26 @ Sharon Springs 4:30 PM
28 vs Ft. Plain 6:30 PM
30 vs Schenevus 4:30 PM

October

4 vs Worcester 6:00 PM
11 Playoff #1 TBD
16 Playoff #2 TBD
19 Championship TBD

Modified Boys' Soccer

September

19 vs Sharon Springs 4:30 PM
23 @ Schenevus 4:30 PM
30 vs Worcester 4:30 PM

October

2 vs Laurens 4:30 PM
7 vs Milford 4:30 PM
9 @ Morris 4:30 PM
15 @ GMU 4:30 PM
17 vs Franklin 4:30 PM
21 @ Edmeston 4:30 PM
23 @ Richfield Springs 4:30 PM

Varsity Girls' Soccer

August

28 vs Canajoharie (scrim) 10:00 AM
30 @ Middleburgh 10:00 AM
31 @ Middleburgh 10:00 AM

September

3 vs GMU 4:30 PM
6 @ Mt. Markham TBD
7 @ Mt. Markham TBD
10 @ Morris 5:00 PM
13 @ Laurens 4:30 PM
16 @ Franklin 5:00 PM
18 vs Richfield Springs 4:30 PM
20 vs Milford 7:00 PM
24 vs Edmeston 4:30 PM
27 vs Sharon Springs 7:00 PM

October

1 @ Schenevus 4:30 PM
4 @ Worcester 4:30 PM
12 Playoff #1 TBD
17 Playoff #2 TBD
19 Championship TBD

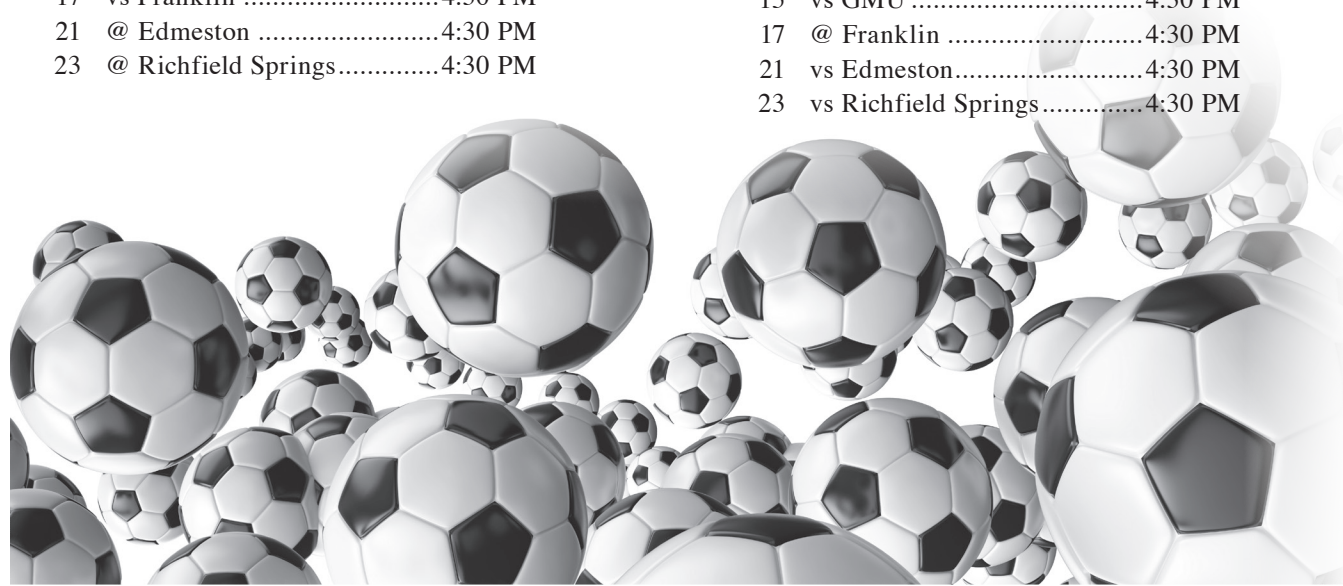
Modified Girls' Soccer

September

19 @ Sharon Springs 4:30 PM
23 vs Schenevus 4:30 PM
30 @ Worcester 4:30 PM

October

2 @ Laurens 4:30 PM
7 @ Milford 4:30 PM
9 vs Morris 4:30 PM
15 vs GMU 4:30 PM
17 @ Franklin 4:30 PM
21 vs Edmeston 4:30 PM
23 vs Richfield Springs 4:30 PM



Cherry Valley-Springfield Central School 2019-2020 SCHOOL YEAR

SEPTEMBER				
M	T	W	TH	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

OCTOBER				
M	T	W	TH	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

NOVEMBER				
M	T	W	TH	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

DECEMBER				
M	T	W	TH	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

JANUARY				
M	T	W	TH	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

HOLIDAYS & CONFERENCE DAYS

September 2	Labor Day
September 3, 4	Superintendents Conf. Day
September 5	Classes Begin
October 2	1:00 PM Dismissal Super. Conf. PM
October 11	Superintendent's Conf. Day
October 14	Columbus Day
November 6	1:00 PM Dismissal Super. Conf. PM
November 11	Veterans Day
November 27-29	Thanksgiving Recess
Dec. 12	P/T Conf. PK-6 & 7-12 No Students
Dec.23-Jan 3	Holiday Vacation
January 20	M.L. King Jr. Day
January 27	Superintendent's Conf. Day
February 17	Presidents Day
February 17-21	Winter Break
March 4	1:00 PM Dismissal Super. Conf. PM
March 27	P/T Conf. PK-6 & 7-12 Early Dismissal
April 6-13	Spring Break
April 10	Good Friday
May 25	Memorial Day
June 23-26	Early Dismissal for Elem.
June 26	Last Day of School Elem/10 month Employees
June 27	Graduation

FEBRUARY				
M	T	W	TH	F
	3	4	5	6
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

MARCH				
M	T	W	TH	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

DAYS IN SESSION

SEPTEMBER	20
OCTOBER	22
NOVEMBER	17
DECEMBER	15
JANUARY	19
FEBRUARY	15
MARCH	22
APRIL	16
MAY	20
JUNE	20
TOTAL	186

APRIL				
M	T	W	TH	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

TESTING DATES

Jan.21-24	Regents Exams
March 25-26	ELA Tests Grades 3-8
Apr. 21-22	Math Tests Grades 3-8
Apr. 13- May 15	NYSESLAT: Speaking
May 4-15	NYSESLAT: L, R, W
May 20-29	Science Performance Grades 4 & 8
June 1	Science Written Test Grades 4 & 8
June 2	Regents Exam Global Studies
June 17-25	Regents Exams
June 26	Regents Rating Day

MAY				
M	T	W	TH	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

- = Vacation or Holiday
- = Half Day
- = Conference Day
- = Regents/State Exams

JUNE				
M	T	W	TH	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

Board of Education Approval 021419
Note: five emergency days are built into calendar.



SEPTEMBER 2019 MENU

CHERRY VALLEY-SPRINGFIELD CENTRAL SCHOOL

OFFER VS. SERVE:

CAFETERIA MUST OFFER ALL 5 MEAL COMPONENTS:

STUDENTS MUST CHOOSE A FRUIT OR VEGETABLE & AT LEAST 2 OTHER COMPONENTS (TOTAL OF 3)
STUDENTS MAY CHOOSE UP TO ALL 5 COMPONENTS. 9-12 GRADES MAY CHOOSE 2 FRUITS & 2 VEGETABLES

SALAD BAR WITH GRILLED CHICKEN, YOGURT/CHEESESTICK OR PBJ AVAILABLE EVERYDAY
MENU SUBJECT TO CHANGE

Mon	Tue	Wed	Thu	Fri
<p>SEPT 2</p> <p><i>NO SCHOOL LABOR DAY</i></p>	<p>SEPT 3</p> <p><i>No students Conference day</i></p>	<p>SEPT 4</p> <p><i>No students Conference day</i></p>	<p>SEPT 5</p> <p><i>Hamburger/cheeseburger Whole grain bun L.ettuce, tomato, onion Sliced watermelon M-Fat free choc, 1% or skim YOGURT/GRANOLA</i></p>	<p>SEPT 6</p> <p><i>Turkey club Whole grain bread Lettuce, tomato,cukes Sliced watermelon M-Fat free choc, 1% or skim BREAKFAST SAND</i></p>
<p>SEPT 9</p> <p><i>Chicken Caesar salad Whole grain roll Chilled berry soup M-Fat free choc, 1% or skim Whole grain BB muffin</i></p>	<p>SEPT 10</p> <p><i>National Hotdog day Whole grain bun Steamed corn on the cob Sliced watermelon M-Fat free choc, 1% or skim FRUIT SMOOTHIE</i></p>	<p>SEPT 11</p> <p><i>Baked ziti Whole grain roll Steamed green beans Fresh fruit M-Fat free choc, 1% or skim HAM/CHEESE BAGEL</i></p>	<p>SEPT 12</p> <p><i>Chicken nachos on whole grain tortillas w/ lettuce Fiesta black beans Fresh fruit M-Fat free choc, 1% or skim APPLE CIN OATMEAL</i></p>	<p>SEPT 13</p> <p><i>Cheese or garlic pizza Whole grain crust Fresh carrot/red peppers Crisp local apple slices M-Fat free choc, 1% or skim BREAKFAST SAND</i></p>
<p>SEPT 16</p> <p><i>Chicken Philly sandwich Peppers and onions Whole grain roll Juicy orange wedges M-Fat free choc, 1% or skim BANANA BENEFIT BAR</i></p>	<p>SEPT 17</p> <p><i>Macaroni and cheese Whole grain roll Steamed carrots Sliced peaches M-Fat free choc, 1% or skim MORNING GLORY MUFFINS</i></p>	<p>SEPT 18</p> <p><i>Ham/turkey subs Whole wheat roll Hummus with veggies Crisp apple wedges M-Fat free choc, 1% or skim CEREAL WITH TOAST</i></p>	<p>SEPT 19</p> <p><i>Maple French toast bake Sausage links Homefries Homemade applesauce M-Fat free choc, 1% or skim YOGURT, GRANOLA, FRUIT PARFAIT</i></p>	<p>SEPT 20</p> <p><i>BBQ pork sandwich Whole grain bun Steamed broccoli Juicy orange wedges M-Fat free choc, 1% or skim BREAKFAST SAND</i></p>
<p>SEPT 23</p> <p><i>Cheese lasagna Whole grain roll Crisp romaine salad Sliced pears M-Fat free choc, 1% or skim Whole grain blueberry muffin</i></p>	<p>SEPT 24</p> <p><i>Beef tacos with lettuce, salsa, shredded cheddar Whole grain soft shell Fiesta brown rice Corn/black bean salad Fresh fruit M-Fat free choc, 1% or skim YOGURT & GRANOLA</i></p>	<p>SEPT 25</p> <p><i>Teriyaki chicken Veggie lo mein Fresh orange slices M-Fat free choc, 1% or skim OATMEAL BENEFIT BAR</i></p>	<p>SEPT 26</p> <p><i>Fish patty w/tartar sauce Whole grain bun Steamed peas Banana M-Fat free choc, 1% or skim CINNAMON APPLE OATMEAL</i></p>	<p>SEPT 27</p> <p><i>Cheese or pepperoni pizza Whole grain crust Crunchy carrot sticks Fresh fruit M-Fat free choc, 1% or skim BREAKFAST SAND</i></p>
<p>SEPT 30</p> <p><i>Deli day Tuna, egg or ham sandwich on whole grain L,T,O Sliced cucumbers Fresh fruit M-fat free choc,1% or skim FRUIT SMOOTHIE</i></p>				

Backpack Strategies for Parents and Students

Pack It Light, Wear It Right

Aching back and shoulders...weakened muscles...tingling arms...stooped posture.

Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the right way to avoid health problems.

Loading a backpack

Never let a child carry more than 15% of his or her body weight. This means a child who weighs 100 pounds shouldn't wear a loaded school backpack heavier than 15 pounds.

Load heaviest items closest to the child's back (the back of the pack). ▶

Arrange books and materials so they won't slide around in the backpack.

Check what your child carries to school and brings home. Make sure the items are necessary to the day's activities.

On days the backpack is too loaded, your child can hand carry a book or other item.

If the backpack is too heavy, consider using a book bag on wheels if your child's school allows it.

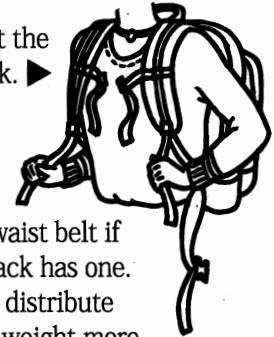


Wearing a backpack

Both shoulder straps should always be worn. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.

Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.

Adjust the shoulder straps so that the pack fits snugly to the child's back. ▶
A pack that hangs loosely from the back can pull the child backwards and strain muscles.



◀ Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.

The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.

School backpacks come in different sizes for different ages. Choose the right size pack for your child's back as well as one with enough room for necessary school items.

Need more information?

If you would like to consult an occupational therapist about an ergonomic evaluation, talk to your child's teacher about whether a referral to occupational therapy is appropriate. Your physician, other health professionals, and your school district's director of special education may also be able to help.

Occupational therapy practitioners are trained in helping children with a broad range of issues in addition to ergonomics, such as good handwriting skills and developmental and behavioral problems, to help them participate more fully in the "occupation" of living. Practitioners work with children in every school district in the nation to improve skills that will help them perform daily tasks at home, at school, and at play.

For more information on occupational therapy, visit www.aota.org.

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Dissection of Animals

Per Board Policy 4850 and Education Law Part 809, any student expressing a moral or religious objection to the performance of/or the witnessing of the dissection of animals, either wholly or in part, shall be provided the opportunity to undertake and complete an alternative project that shall be approved by such student's teacher; provided, however, that such obligation is substantiated in writing by the student's parent or legal guardian. Students who perform alternative projects who do not perform or witness the dissection of animals shall not be penalized. Parents or legal guardians may contact their child's teacher for further information.

Pass It On

If you know of anyone not receiving the *Patriot News* who would like to receive a copy, please contact Laura Carson at 607-264-9332, ext. 501. Remember you can also access the *Patriot News* on the school website at www.cvschool.org.

Scholar Athletes

Scholar Athlete winners this spring, individuals who received a 90 or better:

Girls' Track

- Zoe Climenhaga
- Jaelyn Jaquay
- Mia Horvath
- Morgan Huff
- Allison Lennebacker
- Rebecca Phillips

Boys' Track

- Ryan Burr
- Luke Loveland
- Andrew Oram
- Oskar Webster

Softball

- Arianna Bresec-Kelsey

Baseball

- Kyle France
- Austin Yerdon
- Dylan Huff

Congrats