

The mission of the Salamanca City Central School District is to ensure learning and growth for all students. We pledge to provide a safe, supportive environment where all students will be prepared for life's challenges and grow into responsible citizens.

The POWWOW

Newsletter of the Salamanca City Central School District

February 2012

Volume 19, Issue No. 1

STEP Students Visit Upstate New York Transplant Services

Perhaps four of the most important life gifts are family, friends, health, and a rewarding career.

On December 8, 2011, some of our STEP-Salamanca students got a glimpse of how those four gifts can be incorporated into a fulfilling health career when they visited Upstate New York Transplant Services (UNYTS) in Buffalo.

UNYTS is one of only eight centers within the United States that house organ, tissue, and eye procurement in one location. The company assists donor families, coordinates the donation process, and seeks to increase community awareness regarding transplantation. All eight counties of Western New York are served by the organization.

We would like to thank UNYTS for a very interesting day and demonstrating how people in various health careers



- nurses, medical technicians, EMT's, medical secretaries, and medical assistants - contribute to UNYTS' success and make a positive impact on many lives.

Many of the students said that this visit confirmed their interest in pursuing health careers.

Pictured: Front L-R: Ms. Teresa Van Aernam, Ms. Terri

Boyer, Jackie Bennett, and Kisun Peters. Back L-R: Kasey Steckman, Kaitlyn Strang, Krista Calkins, Cynthia Rivera-Colon, Dylan Hackett and Tanner John.

Community Budget Forum: Thursday, February 16, 2012 at 4:30 p.m.

A Community Budget Forum will be held on **Thursday, February 16, 2012 at 4:30-5:30 p.m. in the high school LGI room.** This is an opportunity for community members to come and provide input and commentary into the development of the 2012-2013 school budget. Budget questions can be submitted in advance to the superintendent at rbreidenstein@salamancany.org.

PLEASE NOTE: DISTRICT CALENDAR CHANGE

February 21, 2012 will no longer be a day off for students.

It will be a regular day of student/STA staff attendance. See complete details at bottom of page 9.

February Events:

**January 28 – February 6:
Longhouse Midwinter
Ceremonies**

**February 2:
Prospect and Seneca Elementary
Report Cards Issued**

**February 4:
Five Hour Pre-Licensing Course,
8 a.m.**

**February 6-11:
HS Spirit Week/Winter Weekend**

**February 10 & 11:
Elementary/Jr. High All-County
Festival, at Randolph**

**February 14:
BOE Meeting, 6:30 p.m.
LGI room**

**February 15:
MS Band & Chorus Concert,
7 p.m.**

**February 16:
Community Budget Forum,
4:30 – 5:30 p.m. LGI room**

**HS Band & Chorus Concert,
7 p.m.**

**February 20:
Presidents' Day, No School**

**February 21:
Regular day of school
(district calendar change)**

**February 28:
BOE Meeting/Workshop,
6:30 p.m., LGI room**

SAVE THE DATE:



**HS Drama Club Musical:
Little Shop of Horrors
March 2 & 3**

Superintendent's Message:

Dear Salamanca Community,

Recently, I was reviewing a fairly large pile of literature from our State capital. It seems to be part of my daily routine to receive documents from the New York State School Boards Association, the Small City School District Association, The New York State Teacher Retirement Board and a growing list of advocacy groups. What is different of late is that each association, board or group is singing a similar tune. The melody and chorus revolve around budget, finances and how to promote a quality educational program in an increasingly difficult budget climate.

I believe it is important to inform the community what the Salamanca City Central School District is doing now to protect our programs for tomorrow and how we will position our District to survive in the new economy of public education.

Initiatives undertaken to protect our instructional programs include: freezing all 2011-12 school year spending unless it relates directly to health, safety, welfare and mandated need; reduce payroll expenditures through attrition (not replacing vacant positions); reducing non-instructional access to our buildings and facilities on the weekends; requesting each collective bargaining group representing our unionized and confidential/managerial employees to return to the negotiations table to explore fair contract concessions; further depletion of existing fund balance reserves to unprecedented levels; developing reasonable class size ranges (both minimum and maximum levels) for core classes (Pre-K to 6th grade and secondary English, Math, Social Studies, Science and Physical Education classes) and all elective areas (art, music, technology, business, health); a plan to reduce/combine extra-curricular offerings (clubs, activities and athletics); and field trips. We are also exploring instructional efficiencies which might be realized by re-aligning building configurations.

While these endeavors will surely help close a budget to budget gap in excess of 2 million dollars, the reality cannot be avoided with approximately 71% of our budget tied to personnel costs that there will be some personnel reductions. We value our staff immensely and applaud their daily contribution to our programs, students and community. But the new economy of public education speaks loudly and the funding support from Albany for small, rural schools like Salamanca is clearly deficient. We are left to be creative with what we have and to seek solutions. The end product will yield a differently configured SCCSD for 2012-13.

It is safe for all members of the Salamanca community to realize that the school district will have a leaner footprint come 2012-13. The shared sacrifice will be felt in and at all levels of the organization. I invite all community members to attend our Board of Education meetings in the coming weeks to hear our budget proposals and to attend the community-wide budget forums. Your participation in the process will assist the District to get the word out, explain the difficult decisions predicated by the budget crisis and to chart as intelligent a course as humanely possible.

As always, we will set a place for you at the table; please join us in our discussions.

Sincerely,

Robert J. Breidenstein
Superintendent



Fishful Thinking

Fishful Thinking focuses on five key skills that parents can use when interacting with and raising their children. It is a program that helps parents raise their children to have positive attitudes, and teaches their children to be confident when going through life, especially when life challenges them. Fishful Thinking centers around the idea of positive parenting, and was founded and created by Dr. Karen Reivich.

With Fishful Thinking, Parents Can:

- Talk with kids about how to deal with the ups and downs of life.
- Teach effective problem-solving techniques to help kids grow with a feeling of competence.
- Help kids develop an optimistic attitude that allows them to move past setbacks and obstacles.
- Help kids to develop their confidence and reach their full potential.
- Empower parents and children to develop positive communication between each other and practice the skills with their kids using fun, easy activities.
- Connect with other parents to find solutions that help develop happier, healthier, more resilient children.

Five Key Skills to Teach Your Children:

1. Optimism: Focus on the positive things in life
2. Emotional Awareness: Expressing and controlling your feelings
3. Goal Setting/Hope: Find ways to achieve your goals
4. Resilience: Coping with life's up and downs
5. Empowerment: Identifying and using your strengths and skills



Optimism is the skill of focusing on the positive – without denying the negative – and channeling one's energy toward what is controllable. Optimism helps children and parents solve problems, set goals, build confidence and find ways around obstacles.

Children who are optimistic have greater motivation, greater resilience, more positive moods, higher achievement and a greater sense of control. They also perform better in school, and have better overall physical health and better relationships.

Children who are pessimistic may be more likely to become depressed, underachieve, experience anxiety, not do as well in school and be at a higher risk for a variety of other negative outcomes.

Emotional awareness is the ability to identify and express what you are feeling and to have empathy for what others are feeling. Emotional awareness contributes to resilience; is necessary for overall mental health; is critical in forming healthy relationships and goal attainment.

Hope is when we wish for something and believe that wish will be fulfilled. Hope leads to the drive to set and pursue goals, to take risks, and to initiate action. The ability to set and reach goals is critical for success in school, sports, work, and health. Children who have grit and tenacity in reaching their goals, get higher grades in school than those without it. Children who are effective in goal setting learn how to organize time, prioritize, and have an increased sense of mastery and competence.

Resilience is the ability of parents and children to bounce back from setbacks, to learn from failure, to be motivated by challenges and to believe in their own abilities to deal with the stress and difficulties in life. Children who are resilient are less likely to become depressed and more likely to reach appropriate milestones. They are less likely to become helpless and more likely to persist in problem solving tasks and be willing to take risks.

Empowerment, or self-efficacy, is to believe in oneself. It is knowing what your strengths are and how to use them to navigate challenges and reach your goals. Kids with a strong sense of empowerment are better problem solvers, more resilient, willing to try new things and less likely to become helpless.

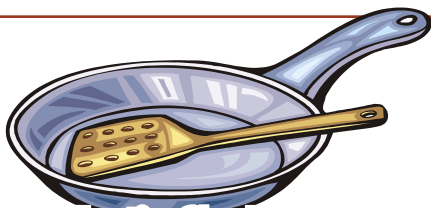
Resource: Explore the Fishful Thinking Website: <http://www.fishfulthinking.com/> to learn more about Fishful Thinking, take quizzes, explore the video center, submit a question to Dr. Reivich, find activities to do with your family, and sign Up for the Fishful Thinking newsletter.



A Very Busy December at Prospect Elementary



December was a busy month at Prospect Elementary with special visits, assemblies, and holiday events galore. Five of these activities are shown here. Kindergarten students, their Teachers and Prospect Music Teacher, Mrs. Cerasani, all visited Salamanca Absolutcare on Broad Street to sing holiday songs to the residents; Prospect Teachers had an “Ugly Christmas Sweater” contest – the participants, all winners, are shown in the photo; UPK classes held their holiday concert in the gymnasium for their guests - Mrs. Frank’s class is pictured here; singer, Glen Colton, performed at an assembly bringing all the children to their feet to dance; and Katy the Snowplow made her annual visit to Prospect Elementary.



What's Cooking?

Seneca Allegany Casino’s chef, John Vega, visited the students in Mrs. Booth’s Transitional Kindergarten class to help them make a special treat to eat before the holidays! Mr. Vega and the students enjoyed making chocolate covered pretzels covered in sprinkles. Fun was had by all. The student’s can’t wait for Mr. Vega to return with another fun and tasty cooking activity.



Warrior Way Program: Earn Your Feathers!

After the winter break, Principal Larry Whitcomb held a middle school assembly to review the new Warrior Way program which reinforces and rewards students' good behavior to promote good character. Teachers and staff give out signed "feather coupons" when they witness students helping one another, being respectful, responsible or safe, and exhibiting good character during the school day.

These feather coupons can then be traded for items in the new school store that opened on January 3, across from the middle school office. Special education students accompanied by a staff member open the store in the morning, during lunch periods and after school. The special education students look forward to their time in the store where they can socialize and interact with other students.

Quite a few students have turned in their coupons in varying amounts of 2, 5, 10 or even 50 feathers in the one week that the store has been open. They "buy" items like candy, fancy pencils, pens and small toys. Several students have come in to see the items that require hundreds of feather coupons – a watch or a football - and have begun saving their feathers for those things. Students can also work together as a group or as a classroom to trade for even larger rewards like a class popcorn party or a movie.



No Scrooges in the Middle School

Principal Larry Whitcomb listed all the ways the Middle School students, faculty and staff came together to help others this holiday season:

Thanks to all of the Middle School Elves that helped with the Santa Sheriff Program to assist less fortunate families. Even the kids sent to the office were turned in to indentured elves for the good of our less fortunate neighbors.

We wrapped over **500** presents,
Collected over **26** boxes of food,
Received **23** oversized bleu squash,
And had **20** Turkeys donated.



Mr. Whitcomb thanks everyone who helped with gift wrapping, since he is all thumbs when it comes to that, and he has special thanks for Mrs. Paschen who headed up the food drive and then personally took care of the winners' pizza parties.

Feb. 15: MS Band & Chorus Concert 7 p.m.

Seneca Language Students of the Month



By Ja:no's Janine Bowen,
Seneca Language Teacher, 6-8

JANUARY 2012:

Kyler Printup has been known to compose Seneca language songs that he sings for his classmates upon request. Meanwhile, Mykal Jacobs has the mysterious ability to read, even very difficult words, in Seneca. He has done this since the first day of class. Ja:göh!

Gr. 8: Kyler Printup enjoys Seneca class and playing video games. One day he would like "to be successful".

Gr. 7: Mykal Jacob's favorite class is Seneca. He enjoys playing guitar and dreams of being a "professional skateboarder".

Are You a Remote Controller?



After school on Wednesdays in Mr. Kew's room you will find students working on and operating miniature rock crawlers, nitro monster trucks, electric cars, buggies, helicopters, and planes. This time is dedicated to the hobby of remote control vehicles and is open to anyone who is interested in the hobby or would like to learn more about remote control vehicles.

This is a great activity that will appeal to students who are looking for something different than a sport. Come join the group, be a part of something, and learn some new skills. Stop by and watch the vehicles climb, rip, or fly!





SCCSD UNPFII Update:

The Salamanca student UNPFII group has come together for their second year, and are well underway with their fund raising for another trip to New York City for the United Nations Permanent Forum on Indigenous Issues in May of 2012.

As of the December meeting, approximately 26 students are active in their membership, and the bylaws developed by the students are the guidelines by which they will determine who can go on the trip. Each student must attend all meetings, participate in all fund raisers, attend community events as decided by the group, and participate in training sessions to prepare for the U.N. experience. Also, the group's faculty advisors, Mr. Musial, Mrs. Wolfe and Mrs. Blacksnake, are working to arrange for UNICEF Representatives to come from Washington, D.C. early in 2012 to train the students on the United Nations Declaration of the Rights of Indigenous Peoples.

The theme for the 2012 UNPFII Forum is "Doctrine of Discovery" and soon the students will determine what topic they will address as it relates to that theme. They will then research the topic and develop the script for their student speaker, who will be chosen by the group at a later date. The speech will be delivered by this student to the United Nations permanent Forum in front of the representatives of all other participating Indigenous Peoples from around the world.

The group has one third of their funds raised. It takes approximately \$1,000 per student to cover their transportation, hotel, food and entertainment expenses for four days. A \$5,000 grant the group has applied for is pending, and upcoming fund raising events include a Schwann's truck sale and serving the Seneca Tribal Council.

Sweating Some Christmas Cheer



The Seniors put their best faces forward and wish everyone a Happy New Year, in their year, 2012!

Alt Ed Hallway Holiday Feast

Right before the Holiday Break, the Alternative Education Staff thought it would be a nice idea for all the students to enjoy a nice home-cooked meal. Thanks to Ms. Mary Plonka, the students had a wonderful turkey dinner. Early that morning, Ms. Plonka, started the turkeys and then with the help of some students, cooked the entire meal. The students then set up tables in the hallway, so they could all eat as a group. The students truly had an enjoyable day and we were so proud of them for helping make this happen.



School Will Be Closed on February 20 for President's Day

SALLY SPORTS UPDATE

Five Teams Recognized as Scholar Athletes

Congratulations go to the students, their parents, coaches and teachers that made it possible for the Salamanca High School Girls' Swim, Girls' Tennis, Varsity Football, and the Girls' and Boys' Varsity Soccer teams to achieve the Team Scholar Athlete ranking from the New York State Public High School Athletic Association. As an entire group, the team must have an academic average above 90% to be recognized as Team Scholar Athletes. All of these teams did well both on the field and in the classroom this past fall.

Varsity Girls' Soccer team members not only maintained high academic averages, they brought the same dedication and drive to be the best onto the soccer field and made it all the way to the Class C Championship finals. The team average was 91.045 and the Lady Warriors contributing with high averages were: Caitlyn Droney, Samantha Smith, Miranda Felt, Tess Follman, Marissa Huffman, Jessica Kurtis, Gabrielle Papa, Jessica Piscitelli, Jessica Revetti, Ellen Siperek, Shae Smith, and Breanna Gonzalez.

Head Swim Coach Laurie Lafferty-John noted that ever since the award was started by the State the "Swimmin' Women" have been recognized every year. She went on to say, "I feel our girls are extremely driven, hard working, and conscientious young people. They work hard in the water as well as academically, and with other activities they are involved in." Swim Team members that contributed to the team's 91.455 average were: Jenna Ball, Brianna Brooks, Kaylei DuPont, Christine Fenti, Lindsay Forthman, Ryann Hoard, Emma Isaac, Kayla Jackson, Jill Magara, Megan O'Donnell, and Courtney Sherwood.

The Varsity Boys' Soccer team had a fine season and made it to the quarterfinals while maintaining good grades. The team average was 90.960 and the following members contributed to this high team average: Kameron Dry, Dylan Hackett, Evan Harrington, Bryan Harrison, Tyler Martin, William Mohr, Kisun Peters, Brian Onuffer, Cole Slevinski, MacKenzie Tucker, Nick Walker, Kyler Whitcomb.

Girls' Tennis team members that achieved a combined average of 92.786 are: Seneca Hofbauer, Victoria Hofbauer, Megan Koniak, Jessica Kurtis, Gabrielle Reeder, Allison Revetti, McKayla Sluga, Shae Smith, and Holly Turano. Their coach, Mr. Rich Morton said, "The Scholar Athlete Award is indicative of the type of girls that we had on this year's tennis team. It is a reflection of their hard work and dedication both on the tennis court and in the classroom. It was an honor and a privilege to have coached these fine young ladies this year."

Varsity Football Coach, Jason Marsh, was very excited for his team to have received this award for the first time. He emphasized, "This award is important to us for two reasons. First of all, we always stress to our players that they are student-athletes, and that the student comes first. Second, we also preach to our players that off-the-field success will lead to on-the-field success. Success is an attitude, and when our players have everything in order, and they are making good decisions in their lives both on and off the field, then that is when great things will happen. The group of players that we had this year did a good job with their academics, and their success in the classroom paid off on the field. This award is a credit not only to our players, but also to their dedicated teachers who have guided them along the way." The varsity football team members contributing to the team average of 90.414 are: Jarron Ball, Jaysen Bias, Greg Gilbert, Ben Haas, Evan Harrington, Joe Hinman, William Hunt, Logan John, Tanner John, Aaron Miller, Ron Smith, and Kenny Webster.



Ben Haas Headed to Lehigh

On January 5, 2012, Ben Haas, Salamanca Senior and 2011 NYS Wrestling Champion, signed a letter of intent to attend Lehigh University in Bethlehem, Pennsylvania, and compete on their wrestling team. Lehigh has awarded him a full scholarship and his major will be engineering.

Pictured here: Front row: Ben's mother, Kelly Siperek, Ben, and his father, George Haas. Administrators and coaches represented in the second row L to R: Superintendent Bob Breidenstein, Wrestling Coaches Mike Ekstrom and Rich Morton, High School Principal Ann Marie Anderson, and Athletic Director and High School Vice Principal Chris Siebert.

December Phys Ed Students of the Month:

Congratulations to the following:

Freshmen:

Luke George, Leah Swich

Sophomores:

Sean Greene, Alicia Meek

Juniors:

Andrew Horning, Caitlyn Droney

Seniors:

Matthew Harrower, Tande Greene



All the Warrior athletes are doing a great job this winter season, so come support the teams - find games at the weekly sports schedule on the school website and updates on game results from Coaches under Coach Reports.



DECA Regional Competition

The DECA chapter for Salamanca High School traveled to the Olean Campus of Jamestown Community College on January 4th to compete in the Region 11/13 Competition.

Students attending the competition were Tristen Carpenter, Matt Crandall, Quinn DePonceau, Kameron Dry, Samantha Dry, Marisa Huffman, Abigail Meek, and Shae Smith.

Finishing first for Salamanca was Shae Smith, Kameron Dry placed second, and Samantha Dry placed third. These three students along with Matt Crandall and Marisa Huffman will be advancing to the State Competition in Rochester, New York on March 7-9, 2012.

Positive Prospects for CAD Jobs

In December, Mr. Robert Bretzin, Alfred State College CAD Instructor, gave a presentation to Mr. Kew's classes. Mr. Bretzin gave the students insight into programs and student life at Alfred. His presentation focused on a career in CAD and the CAD program at Alfred. Mr. Bretzin told the students about the shortage of students in the CAD program and the need for CAD graduates in the work force. Students that graduate from the two year program can expect to have a starting annual wage of \$40,000 to \$60,000. In the past, Mr. Kew has had many students graduate from the CAD program at Alfred. These former students have obtained high paying jobs in a field that has a shortage of workers.



Healthy Eating Wins SCCSD \$500

During November and December, the SCCSD high school cafeteria participated in the Healthy High School Challenge, a contest to promote healthy eating and snack choices nation-wide. The contest was sponsored by well-known food brands – Campbell's, Pepsico, Kellogg's, General Mills, Kraft, Cocoa-Cola, Nestle, Dannon, etc. – and had a top prize of \$5,000 for the school with students that made the healthiest food choices. Chef Drew and his staff recorded daily and weekly tallies of the students' food selections. At the end of the contest Salamanca High School came in 29th in the national contest and won \$500 for the student council to use for a school activity.

November Rotary Club Student of the Month

The Salamanca chapter of the Rotary Club is sponsoring a program to recognize senior students who are exemplary in the following areas: service to school and/or community; academics; citizenship in school and out; and extracurricular activities in school and/or the community. Each month during the coming school year, a student will be chosen by vote of the faculty to be the Rotary Club Senior Student of the Month. A celebratory breakfast is then hosted by the school with the student, their parents, teachers, principal, guidance counselor, and members of the Rotary Club to review their accomplishments. The student is then presented with a plaque and a \$100 savings bond, which are donated by local business and community organizations. It is a wonderful opportunity to celebrate the efforts, successes, and contributions of our young people.

The Rotary Club Senior Student of the Month for January is **Jessica Kurtis**. She is the daughter of JoAnn and Mark Kurtis. Her bond is provided by Ciji Riley of ERA Team VP Real Estate.

Jessica is currently ranked 12th in her class with a grade point average of 87.95.



Jessica Kurtis:

Career Interest Area: Biology/Genetics

Plans After Graduation: College at University of Rochester

Colleges of Interest: University of Rochester

Special Interests and Abilities: Good at reading, math, science, fluent Spanish, know ASL, CPR trained

School Activities: Varsity Soccer, Varsity Tennis, Varsity Track & Field, Jazz Band, Drama Club (Treasurer), Model UN (Secretary), Journalism (Treasurer)

Special Honors or Awards: Spanish Honor Society (Treasurer), High Honor Roll, Gym class Student of the Month, Girl Scout Bronze Award, Science, Math and National Honor Societies

Work Experience: Subway and Depot Family Restaurant

Volunteer Activities: Girl Scouts, Children's First Fest, Falling Leaves Festival

Who/What Has Been Your Inspiration: I have always looked up to my oldest sister Amanda and have tried to be more like her because I believe she is one of the kindest people I know and always tries her hardest and I want to be more like her.

February 16: Community Budget Forum, 4:30 – 5:30 p.m. LGI room • HS Band & Chorus Concert, 7 p.m.

Ron Smith: January Business/Marketing Student of the Month

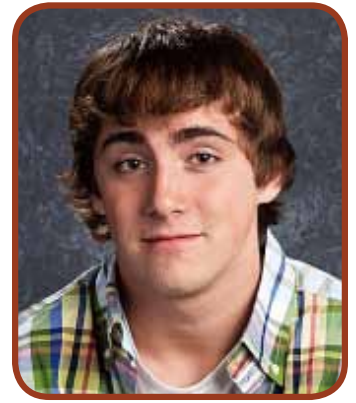
Ron has been selected as the January 2012 Business/Marketing student of the Month because of how he challenges himself academically. He has taken every college level course that Salamanca has to offer and has excelled in all of them. Ron realizes that his educational outcomes are a direct reflection of what he puts into his academics and that it is rarely going to be the easy path. He has been on the high honor roll and in the top 10 of his class for his entire academic career. He is someone who can be counted on to focus

and stay on task until he has proven himself and has completed quality work.

The hard work Ron puts into his business department classes is evident by his grades and project outcomes. He was chosen as a Business/Marketing SOM because of how he uses what he learns and the fact that he is not afraid to ask questions to further his understanding in order to excel. Ron's computer skills are outstanding, and he is very thorough about his work and often seeks to know more. The business courses Ron has

taken include: Keyboarding, MOUS I, Entrepreneurship, Financial Management, Sports and Entertainment Marketing, and Career Planning.

Ron's non-academic life is a very busy one as he has been involved with varsity sports throughout high school. He has played basketball, football and baseball and is someone his team members can count on. He always gives his best and never quits. Ron plans to pursue a career in the Sports Management Field. He has been accepted by several colleges and is pres-



ently reviewing those offering a Sports Management major, before making his final decision. Congratulations, Ron.

Traveling to Moog Inc.

In December, the Entrepreneurship class toured Moog Inc. outside of East Aurora. Project Engineers, Mr. Dave Barus and Mr. Nick Canaple, were the group's tour guides. The class learned that entrepreneur, Bill Moog, started the company, a world leader in high precision motion control, in 1951. He used to work at a small company where he proposed development of the servo valve, but his idea got shot down so he quit the company. That night, while he was bowling with friends, he asked them if they needed a job. He said he was having a meeting at 8 a.m. the next day to talk about his product. Eight of his friends showed up. He told them he didn't have any money, but if they stuck with him he would offer them all prominent positions in his company. The rest, as they say, is history. Within six months, his servo valve invention was in



high demand. The servo valve is used in rockets, airplanes, satellites, launch vehicles, industrial hydraulics, industrial and electronic devices, homeland security barrier systems, and is even used in the Spider Man ride at Universal Studios.

Moog Inc. has been rated by "Fortune Magazine" as one of the 100 best companies to work for. Moog is built on mutual trust and confidence, there are no time clocks. They have profit sharing, no unions, and

offer unlimited opportunities for education by paying for 100% of higher education costs. There is a great pay scale, and it's all about teamwork. The company's philosophy is "we believe in the people who work for us."

Mr. Barus and Mr. Canaple told students that working at Moog is not just a job. They said, "find something in life that you love to do and make that your career." They also told students that "Bill Moog himself and the original 8 people took a big risk

that they wouldn't get paid for 6 months—that's what an entrepreneur is, it is a risk taker." Moog has quintupled its size in 10 years, by purchasing all of their competitors. Moog has 50 business units in 27 countries.

Students were told "you need to be able to communicate, not be afraid to step up, don't be afraid to ask questions—when you ask a question, everyone grows." Mr. Barus and Mr. Canaple also told students to work up to their abilities.

DISTRICT CALENDAR CHANGES: The District 2011-2012 calendar was amended on September 27, 2011, by the Board of Education. The months of February, March and April are involved. The changes are as follows: **February 21, 2012 will no longer be a day off for students.** It will be a regular day of student/STA staff attendance. March 26, 2012-April 6, 2012 will be the Spring Recess dates where student/STA staff are not in attendance. April 9, 2012 will become a Superintendent's Conference Day with no student attendance. April 10, 2012-April 13, 2012 will be regular days of student/STA staff in attendance.



Snacking and Kids Go Hand-in-Hand

Kids need regular meals and snacks for optimal performance and development. Just like breakfast in the morning and lunch in the middle of the day, this is true for snacks after school. Afterschool snacks are important when kids eat an early lunch and when their dinner may be late. Here are a few tips to help provide your child with nutritious afterschool snacks:

- Pick at least two food groups per snack: vegetables, fruits, proteins, grains and/or dairy.
- Remember it's a snack and not a full meal, so watch the portion sizes. One half of a sandwich and a small piece of fruit would make a great afterschool snack or mini meal.

- Snack time is a great time to try new foods. Try hummus, nut butters, broccolini, purple cauliflower, baked apples or frozen 100% juice bars.
- Invite kids to help invent and prepare new snacks, such as a trail mix make with dried fruits and whole grain cereals.
- Give a healthy spin on favorite treats. Try baked sweet potato wedges instead of fried French fries.
- Focus on snacking on vegetables, fruits, whole grains and choosing lean proteins and low fat milk.
- Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk.



Salena is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffsplayground.com



Sample Afterschool Snacks for Kids and Parents

Here are some quick, easy and nutritious snack ideas:

- Safiya's Super Salad Surprise (see recipe on right)
- Vegetable pieces like broccoli, carrot sticks and cauliflower with hummus dip or nonfat ranch dressing
- Strawberries and blueberries with low fat yogurt—eat them as is or add a little milk and blend together to make a smoothie
- Chicken or tuna salad (prepared with light mayonnaise) and whole grain crackers or pita bread
- Apples and nectarine slices with low fat yogurt dip
- Frozen blueberries or grapes (these are so refreshing!)
- Mozzarella string cheese made from low-fat milk served with 100% fruit juice
- Cucumber, tomato and bell pepper slices tossed in vinaigrette with mixed nuts
- Peanut butter and fruit jam or peanut butter and a mashed banana rolled in a wheat tortilla (if you have a nut allergy, you can try Sunbutter, which is made from sunflowers instead of peanuts)
- Popcorn—limit the added butter and salt
- Peach slices or mixed fruit with low fat cottage cheese
- Half a sandwich like turkey and cheese on whole wheat bread

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>

2011 Future Chef Finalist Safiya's Super Salad Surprise

Safiya Armstrong – Oklahoma City, OK

Yields: 2 servings

Sauce

- 8 oz low fat plain yogurt
- 1 TBSP honey
- 1/4 tsp cinnamon
- 1/4 tsp vanilla

Directions: Mix all ingredients together and set aside.

Sauce

- 1/2 cup cucumbers, diced
- 1/2 cup frozen grapes, chopped
- 1/2 cup mandarin oranges
- 1/2 cup blueberries
- 2 TBSP nuts

Directions: Mix cucumbers and fruit together. Stir in sauce and top with nuts.

*Nutrition information for one serving:
243 calories; 5g total fat, 44g total carbohydrates, 2.5 g dietary fiber, 6.5g protein and 87mg sodium.*



Salamanca City Central School District
50 Iroquois Drive
Salamanca, NY 14779
www.salamancany.org

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Colleen Smith
Janice Tinnerman
Janet L. Grochowina - District Clerk

CENTRAL ADMINISTRATION

Robert J. Breidenstein, Superintendent of Schools
Karen S. Watt, Business Executive
Ann Marie Anderson, High School Principal and Alternative Education Director
Christopher R. Siebert, Assistant H.S. Principal and Athletic Director
Laurence D. Whitcomb, Middle School Principal
Donnald G. Hensel, Prospect Elementary Principal
Mary Elizabeth Koch, Seneca Elementary Acting Principal
Mary Elizabeth Koch, Director of Curriculum and Planning
Charles Oyler, Director of Special Education

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Extra! Extra! Read All About It!



The Middle School faculty has selected an outstanding group of students known for their integrity, leadership, courageous behavior, good grades, and smart choices. These exemplary students, called United Leaders, are writing a newspaper for the Middle School and through their leadership, are helping their fellow classmates with issues important to them: bullying, homework struggles,

and figuring out how to achieve their goals in middle school.

Grade 7 & 8 English Teacher, Mrs. Helen Keefe, is the newspaper advisor and held the first meeting when students chose what they wanted to write. The monthly newspaper features a wide variety of topics and issues such as: student surveys, photographs, poetry, art, how-to articles, sports, entertainment, birthdays, horoscopes, travel,

honor rolls and address serious issues like online bullying, homework help, etc. Contests and quizzes with prizes are in the newspaper too.

The first issue went on sale (50 cents a copy to students) the Monday before winter break. The students are really excited about working on their own newspaper that will be about them and what they are interested in. Many faculty members

are also eager to help the students get this project going and have stepped up to edit various sections; some of these editors are: Ms. Bowen for the Seneca column, Mrs. Roesser will edit travel articles, Mr. Rolick will do art and photography, Mr. Keiser will edit entertainment articles, "Figure it Out," a column of math problems will be edited by Mrs. DiNaploi, Mr. Kronert and Mrs. Dietrich, and Mr. DePew will edit sports. Printing is done in the district copy center by Mrs. Kariann Kettle.

Since publishing the first issue, the students working on the newspaper have come up with a name for their monthly publication, "Salamanca Press Junior." Their second issue came out January 30 and was full of student artwork and photos, poems and interesting articles.

Seen Here: Students met with Mrs. Keefe to get their assignments for issue #2.