

Fillmore CENTRAL SCHOOL

Enter to learn; go forth to serve.



DISTRICT NEWSLETTER • SEPTEMBER 2023 • VOLUME 28, ISSUE 1



LAPTOP PICK-UP

EARLY PICK-UP FOR 5-12 STUDENTS IN THE MEDIA CENTER:

AUGUST 23 & 24 FROM 8:00 A.M. TO 2:30 P.M.

AUGUST 29 FROM 2:00 P.M. TO 6:00 P.M.

SUPERINTENDENT'S MESSAGE

Throughout my career as an educator, I have learned that there are four basic needs, not three. Beyond the obvious food, water, and shelter, there is the fourth essential element of mankind: love, or the need to feel as though we belong.

The concepts of “being loved” or “belonging” go far beyond their superficial meanings; they fulfill a fundamental biological need to connect and be a part of something greater than oneself. In today’s school environment this concept holds great significance because when students feel a sense of belonging within their school community, their potential for growth and learning expands exponentially. Unfortunately, when students do not feel as though they belong, the achievement gap increases, our faculty and staff’s jobs become much more difficult, and unfortunately none of us reach our full potential.

Our goal is to create a culture where every student and staff member feels valued, understood and accepted for who they are as a person as well as for their actions. Creating an environment where students and staff reach their full potential is nothing new; this has always been a goal. The difference is that we are now verbalizing how we are going to do it.

A sense of belonging bolsters one’s self-esteem, resiliency, and overall well-being and takes us to our school motto... Enter to learn, Go forth to serve!

Michael Dodge
Superintendent

Poppy Poster Winners



Row 1: (L-R) Caleb Tucker, Bella Tucker, Addison Boon, Isaac Wartinger, Marley Boyd, Adalynn Lundeen and Charlotte Russell

Row 2: Mrs. Milliman, Logan Weierheiser and Rosalena Smith

Not Pictured: Autumn Hale, Nora Decker, Jared Boon, Dru Merrill, Lily Sisson, Lena Tucker, Mya Keeler, Millie Pastorius, Tenlee Miller, Cadence Evans, Abigail Earley, Indigo Knapp and Mickey Reinbold

3rd & 4th Grade: 1st – Adalynn Lundeen, 2nd – Marley Boyd, 3rd – Isaac Wartinger, Honorable Mention – Charlotte Russell

5th & 6th: 1st – Addison Boon, 2nd – Bella Tucker, 3rd – Autumn Hale & Rosalena Smith, Honorable Mention – Logan Weierheiser & Caleb Tucker

7th: 1st – Nora Decker & Jared Boon, 2nd – Lily Sisson & Lena Tucker, 3rd – Millie Pastorius & Tenlee Miller, Honorable Mention – Abigail Earley & Indigo Knapp

High School: 1st – Dru Merrill & Aliza Harrison, 2nd – Mya Keeler, 3rd – Cadence Evans, Honorable Mention – Michel Reinbold

FIRST DAY OF SCHOOL - SEPTEMBER 5TH

SCHOOL PICTURES - OCTOBER 6TH

OCTOBER 9TH-13TH - FIRE PREVENTION WEEK

FCS Class of 2023



Row 1 (L-R): Morgan Valentine, MaryJo Willmart, Zoe Hubbard, Jessi Rust, Kristina Wilcox, Kali White, Carli Powell, Madison Geertman, Malory DeRock, Lillian Prince, Emily Reed, Dakota Illerbrun, Taylor Washburn, Ceira Schmidt

Row 2 (L-R): Michael Potter, Rayyan Muzaid-Omar, Joseph Derck, Tyler Willgens, Damon Wood, Mitchell Ward, Benjamin Beardsley, Kyle Paulsen, Timothy Washburn

Row 3 (L-R): Emma N Beardsley, Karmen Frazier, Abby Engler, Candence Evans, Elisabeth Daley, Skylar Gaddy, Annika Wiltsey, Emma J Beardsley, Sophia Pastorius, Mercedes Wolcott, Olivia Chiu, Katleyn Pastorius, Kada Frazier

Row 4 (L-R): Aidan Wagner, Brent Zubikowski, Lucas Hersee, Ernest Lipscomb, Jair Bialek, Eli Hatch, Luke Colombo, Henry Decker, Brian Ashton

CLASS OF 2023 – FUTURE PLANS

Brian Ashton – JCC

Benjamin Beardsley – Alfred State

Emma J Beardsley – Dental Hygienist School

Emma N Beardsley – Employment

Jair Bialek – Houghton University

Olivia Chiu – SUNY Brockport

Luke Colombo – US Army

Elisabeth Daley – GCC

Henry Decker – Alfred State

Joseph Derck – George Fox

Malory DeRock – Alfred State

Abby Engler – Cortland

Cadence Evans – St. Bonaventure

Kada Frazier – Employment

Karmen Frazier – Employment

Skylar Gaddy – College

Madison Geertman – St. John Fisher

Eli Hatch – Employment

Lucas Hersee – University of Buffalo

Zoe Hubbard – Alfred State

Dakota Illerbrun – Employment

Ernest Lipscomb – Houghton University

Rayyan Muzaid-Omar – Employment

Katleyn Pastorius – SUNY Geneseo

Sophia Pastorius – FLCC

Kyle Paulsen – Fredonia

Michael Potter – Houghton University

Carli Powell – Western Wyoming Community College

Lillian Prince – Taxidermy

Emily Reed – RIT

Jessi Rust – FLCC

Ceira Schmidt – Jamestown Business College

Morgan Valentine – Employment

Aidan Wagner – Alfred State

Mitchell Ward – Rivier College

Taylor Washburn – SUNY Brockport

Timothy Washburn – Employment

Kali White – College

Kristina Wilcox – FLCC

Tyler Willgens – Employment

MaryJo Willmart – Employment

Annika Wiltsey – Alfred State

Mercedes Wolcott – JCC

Damon Wood – Lineman School

Brent Zubikowski – University of Buffalo

2023 SENIOR AWARDS & SCHOLARSHIPS

The Connie Emerson Memorial Scholarship

~ *Third Place* – Elisabeth Daley \$100
~ *Second Place* – Aiden Wagner \$500
~ *First Place* – Cadence Evans \$1,600

The Husted Mathematics Award

~ Katelyn Pastorius

Fillmore Faculty Association Scholarship

~ Taylor Washburn

The Ann Marie Colombo Scholarship

~ Michael Potter

The Fillmore Music Booster Scholarship

~ *Choir Award* – Sophia Pastorius
~ *Instrumental Award* – Olivia Chiu
~ *Going on to participate in Music*
– Kyle Paulsen & Ernest Lipscomb

Drama Club Award

~ Michael Potter, Olivia Chiu, Kyle Paulsen, Emily Reed, Sophia Pastorius, Kali White, Ernest Lipscomb

The John Philip Sousa Band Award

~ Olivia Chiu

The National School Choral Award

~ Sophia Pastorius

The Allegany County School Music Association Award

~ *Choir* – Emily Reed, Ernest Lipscomb, Kyle Paulsen
~ *Band* – Sophia Pastorius, Luke Colombo, Lucas Hersee

The Hannah Findlay Memorial Award

~ *Classroom Recognition* – Jair Bialek
~ *Public Speaking* – Kyle Paulsen
~ *Drama* – Sophia Pastorius

The Jasmine Uveino Memorial Award

~ Ceira Schmidt

The Ted Hopkins Memorial Scholarships

~ *Community Service* – Emily Reed
~ *Integrity* – Henry Decker

The Findlay Family Foundation Scholarship

~ Cadence Evans

The Fillmore Central School Excellence in Art Award

~ Joseph Derck

The Dee Victor Thomas American Legion Post Award

~ Mitchell Ward & Henry Decker

The Dee Victor Thomas Post Auxiliary #1155 Service Award

~ Olivia Chiu

Northern KonXions UMC

~ Cadence Evans

The Aaron Drew Washburn Scholarship

~ Abby Engler

The Gledhill Family Award

~ Jessi Rust & Kristina Wilcox

The Farnsworth Education Scholarship

~ Cadence Evans

Red Cross Scholarship

~ Cadence Evans & Henry Decker

The Julie Tavernier Disanto Music Appreciation Scholarship

~ Sophia Pastorius

The Ryan Campbell Scholarship

~ Brian Ashton

Charcoal Corral Senior Scholarship

~ Emily Reed

Morton Salt Scholarship

~ Skylar Gaddy

The New York State Scholarships for Academic Excellence

~ **\$500** – Ernest Lipscomb & Katelyn Pastorius
~ **\$1,500** – Mitchell Ward

The Allegany County National Honor Society Scholarships

~ **\$200** – Emily Reed
~ **\$300** – Mercedes Wolcott
~ **\$500** – Mitchell Ward

USA Scholarship

~ Mercedes Wolcott

The Allegany County Counselors Association Scholarships

~ Annika Wiltsey

The Allegany County Pomona Grange Awards

~ *Perseverance* – Timothy Washburn
~ *Inspiration* – Michael Potter

The Larry Cartwright Memorial Scholarship

~ Timothy Washburn

2023 Keynote Chorus Dunbar Award

~ Sophia Pastorius

Allegany County Foundation Awards ~ The Belya A. Waite Memorial Scholarship

~ Taylor Washburn - \$500
~ Olivia Chiu - \$750
~ Henry Decker - \$750
~ Madison Geertman - \$750
~ Cadence Evans - \$1,000
~ Malory DeRock - \$1,000
~ Sophia Pastorius - \$1,500
~ Katelyn Pastorius - \$2,000
~ Mitchell Ward - \$2,000

Warren & Connie Emerson Scholarship

~ Malory DeRock

M. Gretchen Probst Scholarship

~ Timothy Washburn

Delores Ackerman Education Scholarship

~ Taylor Washburn

Tim Rohe Memorial Scholarship

~ Henry Decker

Sgt. Ian Gregory Bole Scholarship

~ Aiden Wagner

Yadlosky Family Foundation Scholarship

~ Emily Reed

The Deputy Sheriff's Scholarship

~ Mitchell Ward

FALL SPORTS INFORMATION

START DATES

Varsity & JV..... Aug. 21

Modified SportsAug.28

*Practices times have been/
will be shared by coaches.

PHYSICALS

Reminder all athletes must have a current physical on file with FCS

SCHEDULES

Game Schedules can be accessed
www.sectionvny.org
click "Fillmore"

Downloading "Activity Schedule" APP on your phone (following directions to have access to Fillmore C.S.) It is a little blue hat.

These schedules are the most accurate game schedules and if there are changes it updates immediately.

SPORTSMANSHIP

We want to remind all spectators to keep all cheering positive towards players, coaches and officials (regardless of team). NYSPHSAA has implemented a new policy for spectators. (Don't get removed from a game or you could be serving a one game suspension, just like the players and coaches do if they are ejected. The exact policy for spectators will be shared in various forms this coming fall.

SUPPORT

We hope that Fillmore sets the standard on the amount of support and the quality of support for all our athletic teams. We encourage everyone to come out and cheer on our athletes.

QUESTIONS

If you have any questions feel free to reach out to Jon Beardsley at jbeardsley@fillmorecsd.org or 585-567-2289.

Reflections from a Parent

Dear Fillmore Central School community,

I have recently found myself reflecting and reminiscing on my children's experiences as FCS students. I am not often one to reminisce or get sentimental about much of anything (my wife can confirm), but as we are nearing the final collegiate days of my two youngest, I can't help but think back on how FCS has helped prepare my kids to survive in our world today. All five of my children attended FCS and all have fond memories.

As a sports guy, I loved seeing my kids participate in soccer, basketball, tennis, softball, track & field, baseball, and volleyball. The influence of coaches who cared deeply about my children has left a lasting and significant impact on who they are today. Two of my children have chosen a career in coaching – and I can't help but think that it was in large part due to their coaching role models at FCS.

As a lover of music and theater (I realize this might be a surprise to some who know me), I also loved seeing my kids participate in numerous theatrical productions, ensembles, choirs, band, and my all-time favorite...Dessert Theater. Seeing the kids (not just mine) get on stage and take a chance on performing musical pieces of their choice, was simply brilliant. The pride, joy, and confidence they gained from these opportunities has helped shape who they are today. The unrivaled support of the Fillmore community (parents, grandparents, employees, friends, etc.) made (and still makes) for fantastic events and support of our children.

As an academic (yes, yet another surprise for some of you) I am appreciative of how well our kids were academically challenged and prepared for their future. From the introductory experiences in elementary school through the formative middle school years and into high school, their ability to write, and think critically (skills that are often lost on many these days) were shaped and honed in and out of the classroom by their teachers.

Why am I writing this letter? I am writing this as a simple thank you to the FCS community for the endless hours you pour into our children. I don't often get reflective, but for some reason I have found myself recently thinking a lot about my kids' FCS days. Maybe it's because I am getting old and don't frequent FCS events quite like I used to since my kids are all graduated, and thus I am missing it. Maybe it is because my kids are now getting married and having their own children that I am hopeful that my grandkids can have similar experiences at their schools. Regardless of why, I just want to thank all of you who work and have worked at FCS with our children. Those were special years for our family, and I cherish them.

Thankful,

Matthew Webb

(father of Emma '12, Esther '12,
Bjorn '14, Tobias '20, and Levi '20)



FCS BOE MEMO

While it is hard to believe, as is always the case-so why do we struggle!, summer is all too quickly ending! For the delight or despair of any given individual, life keeps coming around, and school is soon to be here again. So whether, summer is a time with new routines or without routines, FCS will be back into the normal flow of school life. Welcome back!

While you may have read what Brian Reitnour wrote in the newsletter before being elected, as is our practice, I want you to hear from him upon starting his term of office.

It is always a pleasure to allow newly elected board members to introduce themselves. Even though Brian Reitnour has a long history in the community, it is good to hear from him in this new role. Enjoy the conversation!

Marcus: Brian, welcome to the FCS Board of Education. We appreciate your willingness to take on this important assignment as a volunteer. This is a great opportunity for the FCS community to learn more about you. So, for our first question; How long have you been connected with Fillmore Central School?

Brian: My three older siblings all enrolled at FCS when we moved to Fillmore in 1980. I personally enrolled in September 1983 and have had some member of my family either attending or working here since that time.

Marcus: It seems that few people are willing to commit to being on the school board. For you personally, what led you to run for the Board of Education?

Brian: The people of this community have given more to me than I could ever repay, but they, along with my mother, taught me that a life of service is better than a life of self-interest. When my family and I returned to Fillmore I wanted to pay forward some of what was given to me. FCS is, and has been, the lifeblood of our community; while serving on the board will certainly have its challenges, I believe that it is

necessary, and a way in which I can use my abilities and experience to serve our community.

Marcus: This might be interesting; how many ways are you connected to FCS? And how do you think this will influence your involvement on the board?

Brian: Wow, I'm not sure how deep to go with this one. In my immediate family, my siblings and I all attended and graduated from FCS; my mother taught first and second grade at Fillmore for nearly 30 years; my wife served has served as a substitute teacher and a teacher's aide; and my daughters have both attended FCS (my youngest daughter will enter her freshman year this fall). FCS has provided opportunities for us in a wide array of academic pursuits, as well as athletics, vocal and instrumental music, drama, art and more.

I am connected in a wide array of areas and relationships. Balancing those relationships with the responsibilities of this position will be challenging, I'm sure, especially when making decisions that will impact people with differing opinions. I believe those connections will create a greater sense of empathy in how the decisions made by the board impact students, teachers, administrators and staff members at FCS, as well as our community as a whole. I believe it is the responsibility of the members of the BOE to listen well, ask pertinent questions, and attempt to support and guide FCS through informed conviction of the collective values of our community.

Marcus: With your background with FCS; What do you think you will be able to contribute to FCS as a board member?

Brian: FCS, its students, teachers and administrators have a history of impressive accomplishments. One of my most important contributions will be to affirm the positive work done at FCS and build up those responsible for such accomplishments. All of us need to know we are valued.

Additionally, I believe there are bridges to be built within our communities. In order to build those bridges, it will require me (and all of us) to listen well, and part of listening well is asking appropriate questions. If we want to move forward, we must not only recognize excellence, but find ways to improve. We must be honest with ourselves and each other.

I have a unique perspective of our community in that I grew up 50 yards from FCS, currently live between Hume and Centerville, and work in Houghton. I am a lifelong educator, but I love a wide array of things offered in our community, from sports to agriculture, literature, music, and taking walks in the woods with my dogs. This is my home. I think I have an understanding of the people who live here because I am one of them. I spent a long time in other areas in my early adulthood, but I chose to come back, on purpose.

On a very practical level, I have experience evaluating and crafting policy, balancing budgets and making difficult decisions. I believe all of those skills will be necessary in this position.

Marcus: Is there anything else you would like to tell the community as you embark in this service to FCS?

Brian: We live in challenging times. Division during these times is easy. Many in our community, and especially the students, teachers and administrators in our schools are struggling. But there is hope. One of the hallmarks of true community is resilience, and I see that all around me every day. I have seen this community persevere through many storms, continuing to sacrifice and give to their neighbors. I am honored to be a part of this community, and to serve them in this role.

Thanks Brian. May we all keep our focus on contributing to making FCS a better place.

Blessings,
Marcus Dean
BOE President

2023 Q4 Honor Roll

PRINCIPAL'S HONOR ROLL:

SENIORS

Benjamin Beardsley
Jair Bialek
Henry Decker
Joseph Derck
Cadence Evans
Lucas Hersee
Dakota Illerbrun
Ernest Lipscomb
Katelyn Pastorius
Kyle Paulsen
Michael Potter
Emily Reed
Mitchell Ward
Mercedes Wolcott
Damon Wood
Brent Zubikowski

JUNIORS

Jenna Austin
Brandon Buck
Jackson Cool
Kylee Ellsworth
Oakley Frazier
Ava Harrison
Rachel Hatch
Jenna Heaney
Emma Hopkins
Allison Mills
Sawyer Pomeroy
Layton Sanasith
Brianna Santiago
Eben Schilke
Dashiell Sharpe
Morley Sharpe
Destiney Stann
Noah Strickland
Ava Sylvester
Alexandria Thur

SOPHOMORES

Janek Bialek
John Boon
Evelyn Cox
Nathan Tanner
Kaitlin Troupe

FRESHMEN

Mya Keeler
Ezra Knapp
Mattilyn McCumiskey
Jenna Rowley
Carson Sanasith
Isaiah Sisson

8TH GRADERS

Evelyn Chapman
Mara Heaney
Eleanor Reitnour
Brooklynn Templeton
Adalyn Wartinger
Acadia Webb

7TH GRADERS

Jackson Bennett
Annalisa Bialek
Jared Boon
Zoey Clem
Greta Kettinger
Indigo Knapp
Jace Pastorius
Kallie Pastorius
Natalie Phillips
Madeleine Rowley
Judah Russell
Levi Russell
Josiah Tucker
Lena Tucker
Landon Wright

HIGH HONOR ROLL

SENIORS

Emma J. Beardsley
Olivia Chiu
Elisabeth Daley
Malory DeRock
Karmen Frazier
Madison Geertman
Rayyan Muzaid-Omar
Jessi Rust
Aiden Wagner
Taylor Washburn
Timothy Washburn
Tyler Willgens
Mary Jo Willmart
Annika Wiltsey

JUNIORS

Sara Armison
Reid Cockle
Caleb Green
Delaney Hillman
Amelia Rose
Grace Russell
Hope Russell
Zachary Sisson
Audramoon Smolen
Makayla White
Marcus Wolfer

SOPHOMORES

Julia Beardsley
Kirra Bentley
Ryleigh Goodliff
Gage Hartman
Molly Mahoney
Damon Potter
Ryan Vedder
Derek Wood

FRESHMEN

Leila Balicki
Samuel Cool
Dru Merrill
Elizabeth Phillips
Jameson Rhett
Jordan Speta
Elijah Strickland

8TH GRADERS

Jonah Bialek
Hailee Ellis
Zoe Ford
Parker George
Alexis Hatch
Owen Hatch
Campbell Mucher
Shadia Reddy
Julia Claire Schilke

7TH GRADERS

Harlee Ando
Jillian Beardsley
Ryan Benedict
Shelby Clark
Harlee Crane
Norah Decker
Rylie France
Carter Fraser
Tenlee Miller
Carter Mills
Jonah Sardina
Lily Sisson
Olivia Zimmer

HONOR ROLL:

SENIORS

Abby Engler
Kada Frazier
Ceira Schmidt
Morgan Valentine
Kali White
Kristina Wilcox

JUNIORS

Ryan Gaby
Amya Lee
Preslee Miller
Henry Sardina
Kayla Wolski
SOPHOMORES
Kalen Beardsley
Alexander Hatch
Michaela Lewis
Aleata Roboski
Edward Simmons
Regina Willmart
Anderson Wiltsey

FRESHMEN

James Hillman
Timothy Stann

8TH GRADERS

Kelsie Ackerman
Kylie Ackerman
Samantha Clark
Connor McCumiskey
Mylee Miller
Maddalin Myers

7TH GRADERS

Abigail Earley
Olivia Hopkins
Amelia Pastorius
Avery Potter
Kyleigh Schery
Elijah Voss





FILLMORE

CENTRAL SCHOOL

*Enter to Learn;
Go Forth to Serve.*

FCS PHONE DIRECTORY

DISTRICT OFFICE 567-2251

Mr. Michael Dodge, *Superintendent*
Mrs. Susan Abbott, *Secretary*

PRE K-6 OFFICE 567-4432

Mrs. Sarah Petre, *PK-12 Asst. Principal*
Mrs. Thomasina Wiltsey, *Secretary*

7-12 OFFICE 567-2289

Mr. Eric Talbot, *PK-12 Principal*
Mrs. Michelle Harding, *Secretary*

GREETER 567-2252

Mrs. Rebecca Durrigan

BUSINESS OFFICE 567-2259

Mr. Joseph Butler, *Business Mgr.*
Mrs. Deirdre Pfuntner, *Secretary*
Mrs. Heidi Rose, *Secretary*

SPECIAL EDUCATION 567-2270

Mrs. Carol McCarville,
Acting Director of Special Education
Mrs. Melissa Washburn, *CSE Chair*



ATHLETICS 567-2289

Mr. Jon Beardsley, *Athletic Director*

PUPIL PERSONNEL SERVICES 567-2270

Ms. Stephanie Cook, *Guidance Counselor*
Mrs. Jennifer Wilcox, *Secretary*
TBA, *Psychologist*
Miss Hayley Smith, *Social Worker*
Miss Corita Schafer, *Home to School Liaison*
Miss AnneMarie Herzing, *Elem Psychologist*
Mrs. Michelle Russell, *School Counselor*

CUSTODIAL 567-2251

Mr. Fred Reed, *Head Custodian*

FOOD SERVICE 567-2251

Mrs. Priscilla Beardsley, *Cafeteria Mgr*

MAINTENANCE 567-2251

Mr. Matthew Beardsley, *Sr. Maint. Mechanic*

NURSES 567-8584

Mrs. Stacy Parmenter, *R.N.*
Mrs. Carrie Hinz, *R.N.*

TRANSPORTATION 567-2276

Mr. Chad Potter, *Supervisor*

"BACK TO SCHOOL" INFORMATION

It is hoped the following information will be helpful in the transition back to school.



FIRST DAY OF SCHOOL

The **first day of school** for students Pre K-12 will be **Tuesday, September 5, 2023**. Students should be in their classrooms no later than 8:10 am. The buses will arrive at school by 8:00 am. Breakfast and lunch will be served on the first day of school.

Students in grades 7-12 should report directly to their first period class as noted on the student's schedule which will be mailed to them. Any secondary student who has not received a schedule should report directly to the Guidance Office. Morning BOCES Career and Technical Education students should report directly to the bus.

Students in grades Pre K-6 should report to their assigned grade levels and teachers as noted in this newsletter.



CAFETERIA NEWS

Breakfast and lunch **WILL** be served on the first day of school.

****These are the prices for an extra breakfast or lunch****

Breakfast \$1.45
K-4 \$2.15
5-12 \$2.25

Please note that the application for the Community Eligibility Provision form is included in this newsletter. If you believe your family qualifies for this program, please complete the application and return it to school as quickly as possible.



KEEPING RECORDS UP-TO-DATE

Parents/Guardians:

It is essential that we keep our school records of your child(ren) as current as possible. Please report any changes in your

address, phone number, or guardianship of your children during the school year to the appropriate office as soon as possible. **ALL INFORMATION IS CONFIDENTIAL.**

If any changes have occurred since last school year, please notify either the PK-6 office or the 7-12 office. Also, if you anticipate moving from our district anytime during the school year, please inform the appropriate office (PK-6 or the guidance office for 7-12th graders) as soon as possible as to the date you expect to leave the district. This information is helpful in preparing transfer documents for your children.



POLICY STATEMENT

The Board of Education of Fillmore Central School, Fillmore, New York, does not discriminate on the basis of sex in the educational programs or activities, which it operates, and it is required by Title IX of the Educational Amendments of 1972 not to discriminate in such a manner. This policy of non-discrimination included the following areas: recruitment and appointment of employees, employment pay and benefits, counseling service for students, access by students to educational programs, course offering and student activities.

The district official responsible for the coordination of activities relating to compliance with Title IX is Mrs. Chelsey Aylor, Fillmore Central School, Fillmore, New York (585-567-4432). This official will provide information, including complaint procedures to any student or employee who feels that his or her rights under Title IX may have been violated by the district or its officials.

No person in the United States shall on the grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subject to discrimination under any program or activity receiving federal financial assistance, or be so treated on the basis of sex under most education programs or activities receiving federal assistances.



INFORMATION ON SCHOOL TAX COLLECTION

School taxes will be collected at the Town of Hume Clerk's Office through September and October.

- To pay by mail:
Dawn Bentley, Collector
Hume Town Hall
P.O. Box 302
Fillmore, NY 14735
- To pay in person:
Town Clerk's Office
(in front of State Police Barracks)
Hume Town Hall
20 North Genesee Street
Fillmore, NY 14735

The Town Clerk's hours are: Monday, Tuesday, Thursday and Friday, 9:00 a.m. to 12 noon and 1 to 5:00 p.m. Saturday 8:30 a.m.-12:30 p.m. Closed on Wednesday. The phone number for the tax collector is 585-567-2666. The fax number is 585-567-4663.



REPORTS AVAILABLE FOR INSPECTION

The law requires schools to publicize the availability of certain documents for inspection.

- Fire Inspection Report of School Buildings in Business Office
- Asbestos Building Inspection Report and Management Plan in Business and District Offices
- Annual Financial Reports in Business Office
- District Emergency Management Plan in District and Business Offices



REQUIRED IMMUNIZATIONS FOR SCHOOL ATTENDANCE

Regular checkups are a necessity to insure your child's good health and normal development. Immunizations are an important part of these visits.

As a reminder, the following vaccines are required for your child to attend school:

- 3 doses of diphtheria – containing toxoid (4 doses for New York City Schools)
- 3 doses of poliovirus vaccine
- 3 doses of hepatitis B (K-12 students born on or after 1/1/93 and children on or after 1/1/95 beginning with their enrollment in any school)
- 2 or 3 dose series of hepatitis B vaccine is required for all students entering seventh grade
- 2 doses of measles vaccine
- 1 dose of mumps vaccine
- 1 dose of rubella vaccine
- 3 doses of haemophilus influenza type b (Hib) conjugate vaccine for all children less than 5 years of age who are enrolled in a daycare, pre-kindergarten or nursery school. For a child who is 15 months or older, it is acceptable to have received a single dose of the vaccine at or after the age of 15 months.
- 1 dose of varicella vaccine for all children born on or after 1/1/00 and enrolled in any school. Also for all children born on or after 1/1/98 and entering kindergarten in September 2023.

Proof of these immunizations must be in the form of a certificate by a physician; this proof must be presented before any child will be admitted to school in September. Children who have not

completed the immunization program by September 5, 2023 will not be admitted to a kindergarten room until proof of full immunization is presented to the school nurse.

Section 2164 of the Public Health Law addresses students transferring into a school district from another state or country. A school may grant a student entering New York State schools from another state or country permission to attend school for a period not to exceed 30 days provided such student can show a good faith effort to get the necessary certification or other acceptable evidence of immunization. The permission for a “grace” period does NOT apply to students transferring within New York State.

The intent of this law is to increase the immunization levels of children and thereby protect children from serious vaccine-preventable diseases.



SCHOOL CLOSINGS AND DELAYED OPENINGS

There may be times when it is necessary to close school or delay the opening of school. Please note the following procedures regarding delayed opening and/or closing of school.

ONE HOUR DELAY in school opening (the school day will begin at 9:10 a.m. instead of 8:10 a.m. with the school buses running approximately one hour later).

TWO HOUR DELAY in school opening

(the school day will begin at 10:10 a.m. instead of 8:10 a.m. with the school buses running approximately two hours later). When it is necessary to **CLOSE SCHOOL** because of inclement weather or for other reasons, it will be announced over the radio and TV stations listed below. It may be necessary also to close school and send the children home prior to regular dismissal times. If you aren't home during the day, we should be informed as to where your children should go. Emergency forms were sent home with your children at the start of school. If you have any changes to that information, please call the appropriate office. **IT IS IMPORTANT THAT THIS INFORMATION IS KEPT CURRENT.** This information is needed for your child's safety and protection. Announcements concerning delayed openings or closing of school will be announced on the following radio and television stations:

BUFFALO

WKBW TV (Ch.7)

WGRZ TV (Ch.2)

WIVB TV(Ch.4)

Spectrum News

OLEAN

WPIG FM (95.7)

WHDL AM (1450)

WELLSVILLE

WJQZ FM (103.5)

WQRW

WZKZ FM (101.9)

ROCHESTER

WHAM TV (Ch.13)

CW Rochester

Fox Rochester

WHAM AM (1180)

WBEE

WBZA

WCMF

WPXY

The District will also contact parents by phone using School Messenger.

FROM THE HEALTH OFFICE



ILLNESS

Some reasons to keep your child home from school:

- Complaints of not feeling well, accompanied with a fever or any other symptoms.
- Upset stomach-vomiting
- Red crusty eyes (pink eye)
- Fever of 100 degrees or higher (must be fever free for 24 hours **without** medication)
- Unexplained rash
- Flu or cold symptoms
- Head lice (they cannot return to

school until they are checked and cleared by the school nurse) FCS has a no nit policy

- Any other contagious illness

If your child is sent home from school due to illness please do not allow him/her to return to school the next day.



NEW YORK STATE LAW & DENTAL HEALTH CERTIFICATES

As a part of your child's requirements for school, a physical examination is required for new students from out of the state, as well as students in Pre- Kindergarten or

Kindergarten and in grades 2, 4, 7 and 10. A law was enacted that expands health screenings to include the dental health of students in New York State.

When we require that your child have a physical examination, we will be requesting a dental certificate as well. There is a certificate available for you to take to your child's dentist and once it is completed, it should be returned to the School Nurse as it will be filed in your child's Cumulative Health Record.

Please call the school's Health Office if you have any questions or concerns at 585-567-8584.

continued on next page

FROM THE HEALTH OFFICE

continued from previous page



TDAP AND VARICELLA VACCINES

All students enrolled in 6th grade who are 11 years old must have a Tdap vaccine and all students enrolled in 6th grade regardless of age must have 2 Varicella vaccines. Both vaccines can be obtained at your family doctors or the health department. Without both vaccines your child will not be permitted to start 6th grade.

This vaccine needs to be obtained by September 5, 2023.



GOING MILES FOR HEALTHY SMILES

The program is designed to benefit those who are uninsured, who do not have transportation, or have difficulty accessing dental care.

Education and prevention are two of our main goals for our program. Dental

health/nutrition education is offered in the classroom setting to all students and staff. The dental health presentation is evaluated by the staff and then shared with our quality assurance committee, school administration, public health directors and the State Department of Health.

A thorough medical history and authorization form is sent home with each student. These forms must be completed by a parent or guardian and returned to the school prior to any dental services. All the forms can be found on the FCS website under the Health Office.

A free dental screening is offered to each student along with a toothbrush, floss and instructions. The parent/guardian may also choose to have a dental exam by a pediatric dentist that will complete a dental certificate. The parent may also choose to have a dental cleaning, fluoride treatment, and/or dental sealants if recommended for their child. If additional treatment is necessary (ie: restorations dental fillings, extractions, and/or orthodontics) a

referral list of dental providers will be sent home and a phone call will be made to the parent/guardian to help the family find a dental home.

We are responsible for all billing of services. Payment for services will come from either the patient's insurance company, Child Health Plus, Medicaid, BC/BS Dental Insurance or directly from the patient. A sliding fee discount is also available.

If you have any questions about this program please give the school nurse a call. It is a wonderful program and I encourage all that do not have a regular dentist to apply. It is free to most that apply with a sliding fee for those that don't qualify for the free program. You will not be billed until all procedures are explained to you and the possible charge is explained.

Please take a few minutes to check out the FCS website under the health office heading. You can access forms to print and return as well as information on several different topics.

STOP THE SPREAD OF GERMS!

**Stay home
when sick**



**Cover your
cough or sneeze
with a tissue**



**Dispose of
tissue after use**



**If you don't have a
tissue, cough or
sneeze into your
upper sleeve**



**Wash hands with
soap and water for
at least 20 seconds**



**Avoid touching
eyes, nose, and
mouth with
unwashed hands**



FROM THE HEALTH OFFICE

continued from previous page



MEDICATION & TREATMENT ADMINISTRATION POLICIES

The NY State Education Department regulates the administration of all medications (prescription and over-the-counter, including cough drops) and has detailed regulations in the administration of medications in public and private schools. Our Policies below are based on those mandates.

- ❖ Parents and physicians are required to attempt to arrange all medication/treatment administration around school hours. Drugs requiring three times a day administration are to be given before school, after school and before bedtime.
- ❖ All physicians' orders must be in writing; verbal physician orders are not accepted.
- ❖ The School Nurse (or trained school personnel under the supervision of the school nurse) must administer all prescriptions and over-the-counter medications.
- ❖ All medication is administered in the Nurse's Office. Parents arriving at school to administer medication to their child must do so in the Nurse's Office.
- ❖ Narcotic (opiate) medications, such as Vicodin (hydrocodone), Oxycontin (oxycodone), etc. are very potent pain relievers. No child taking these medications is allowed to come to school while taking them. These drugs will not be administered at school, are not to be brought to school, or taken when coming to school, to do so is in direct violation of our school policies.
- ❖ All medications, whether prescription or over-the-counter, (OTC medications include but are not limited to: Tylenol, Advil, cough drops, Chloraseptic, Anbesol, topical ointments and sun screen) requires a physicians order for school administration as well as parental consent. When a child has multiple medications each medication ordered requires a separate form. Forms are available on the school web site and the school nurse's office.
- ❖ The physicians order must include the name of the student, the name of the medication, doses, route, and time to be administered during the school day.
- ❖ It is the parents/guardians responsibility to be aware of any expiration dates on medications they provide for school administration and to provide the school with up-to-date medication prior to any expiration dates.
- ❖ Management plans (diabetic, asthmatic, allergy, etc.) are not acceptable physician orders. Physician order forms are required for all medications and treatments.
- ❖ All medications, including over-the-counter medications, are to be delivered to the school nurse by a parent. This is state law. Please, **DO NOT send any medication to school with the student.**
- ❖ Medications need to be in original prescription bottle(s) or original over-the-counter bottle(s). Pharmacies will provide "school bottles" if requested. The container must be properly labeled with the students name, name of medicine, dose and time to be administered.
- ❖ All medication is kept in the Nurse's office. No student is to carry any medications, prescribed or over-the-counter, on their persons, in their backpacks, or lockers.
- ❖ Children with life threatening issues who must carry emergency medications on their persons are allowed to do so only with physician and parent written authorization.
- ❖ The school has a nebulizing machine so students with the appropriate physician orders and parent consent may receive these treatments during school. Parents are required to provide the individual tubing, medication reservoirs, and any associated medications.
- ❖ New medications orders must be provided for each school year. All medication orders expire the last day of school at which time all medications must be picked up by parents/responsible adult. Any medication not retrieved after close of school on the last day of school is destroyed. Discontinued medications must be retrieved by parent/guardian within one week of discontinuation. After seven days medication will be destroyed.
- ❖ Our school physician provides standing orders for over-the-counter medications for pain relief and fever. The purpose of these medications are to assist children to complete the school day when suffering minor headaches, pain, menstrual cramps, etc. **These medications are available to students only with parental written request.** The Standing Order Parental Permit forms are issued at the beginning of the school year.
- ❖ Our school physician will also provide a Non-Patient Specific order for anaphylactic agents (epinephrine, Benadryl), Albuterol Metered Dose Inhalers and liquid Albuterol for use in a nebulizer. **This order is for emergencies only.**

ACCORD Head Start is accepting applications for children ages birth to 5 years for the 2023-2024 program year!

Head Start is an early childhood education program that is free for families living in Allegany County. Home Based services are available!



Visit www.acCORDcorp.org or call 585-268-7605 extension 1525 to start your application.

ANNUAL PESTICIDE NOTIFICATION [EDUCATION LAW 409-H]



PESTICIDES

State Law now requires us to notify everyone who occupies the school building of all applications of pesticide chemicals and the district pest control policy. The maintenance department at Fillmore Central School is trained and well aware of the potential hazards of casual or careless use of pesticides. We have a pest control policy that focuses on prevention without chemicals.

The Pesticide Notification Law deals with the most hazardous pesticide products and chemicals. In our routine control plan Fillmore Central School does not use any pesticide products in the school buildings that would require notification. Control of insects is achieved through good housekeeping, sanitation and maintenance. However, in the spirit of the regulation we want to inform parents that we do, when necessary, use the following approved products to control ants, cockroaches and

other unwanted insects: baits, jells and granular products that contain boric acid and/or disodium octaborate tetrahydrate. We may also use growth regulators so that pests do not mature and breed if they hatch out from eggs brought into the school on food products, containers, or by persons entering the building. Also, at times it is necessary to use an aerosol product to protect our students and staff from stinging and biting insects. Any application of a pesticide will be done by certified pest control applicators, or in an emergency, by trained staff.

Good housekeeping and sanitation practices also achieve primary rodent control. If necessary, only mechanical trapping devices will be used, never poison baits.

Weeding will control unwanted vegetation: herbicides will be used only to control poison ivy or other harmful plants. Herbicides, when used, will be done over the summer recess or a long weekend to nullify any exposure. We apply only

fertilizer and a mild crabgrass control to our playing fields.

In the unlikely event of an infestation of insects or rodents that threatens the health and safety of our students and staff or could cause significant monetary damage to our building or grounds, then other control methods might have to be used. Such control methods may require the use of pesticides other than those listed above. We are required to give forty-eight hours notice of the use of such products to employees and adjoining property owners. Parents who wish to be informed of the use of such pesticides may request 48 hours notice by completing the form BELOW. All use of pesticides will be closely monitored and if possible, done when the building is unoccupied.

This notice is to inform you of the district's plan to use the least toxic approach to pest control. The district has a comprehensive plan in place to inspect for, monitor, and control pests designed to protect the health and safety of all building occupants.

LETTER TO REQUEST NOTIFICATION OF SCHOOL PESTICIDE APPLICATION

September 1, 2023

Business Manager
Fillmore Central School
PO Box 177
Fillmore, New York 14735

Dear Mr. Butler:

I am the parent (or guardian) of _____ (student(s) names), who attend(s) Fillmore Central School. It is my understanding that a state law requires every school to maintain a list of parents who wish to receive advance notice of pesticide applications at the school their child attends. Each time pesticides are scheduled to be applied at the school, parents on the list must be provided with a written notice at least 48 hours in advance specifying the date and location of the application, the name and EPA registration number of the product being applied, the name and number of a person at the school who can be contacted to discuss precautions being taken to protect children from exposure, and telephone numbers of information services that can provide specific information about the pesticide being applied.

Please consider this my formal request to be placed on the list to receive those notices and information. If the notices are to be mailed, please mail them to the following address:

I can be reached at the following telephone numbers: _____ Day _____ Evening

Sincerely,

Signature of parent or guardian

TRANSPORTATION INFORMATION



BUS RULES

- As soon as students are dismissed from school, they are to go directly to their buses. Do not push or crowd getting on the bus or within the bus.
- Once on board the bus, students are to go to their seats in a quiet and orderly fashion.
- Students are to read, do homework, sit or talk quietly.
- Observe same conduct as in the classroom.
- Be courteous; use no profane language.
- Do not eat or drink on the bus.
- Keep the bus clean.
- Do not smoke.
- Do not be destructive
- Do not move to another seat. Remain in your seat until you get to your stop [home].
- Keep head, hands and feet inside the bus.

- Make room for others to sit in your seat when there is room.
- Put your books in your lap and hold onto them instead of leaving them on the seat if someone needs a seat.
- Don't throw anything on the bus or out the windows – don't litter.
- Cooperate with the bus driver.
- The bus driver may give other directions as necessary.
- The bus driver is authorized to assign seats.
- Violation of these rules will result in disciplinary action possibly jeopardizing a student's privilege of riding the bus.



BAGGAGE ON THE SCHOOL BUS

The NYS Department of Transportation requires certain regulations concerning items, which may be transported on our school buses. We want to comply with these regulations while permitting students to carry necessary items on the school bus

whenever possible. Generally, baggage may be carried on the bus, which can be held comfortably on the student's lap. Most items that are too big and/or bulky to be carried on the lap may be tied down under the seat or secured by other means. No items may be permitted which protrude into the aisle hampering normal or emergency exiting. Some items, which may NOT be carried on our school buses, are glass containers, flammable products, and aerosol cans, etc.

The Department of Transportation indicates that the person that should have responsibility for determining what will be carried on the school bus is the bus driver. Any questions may be directed to your child's driver or Mr. Potter, Transportation Supervisor at 567-2276.



BUSING FOR K-4 VILLAGE OF FILLMORE CHILDREN AVAILABLE

Again, this school year, busing will be available for children in the Village of Fillmore. This busing arrangement utilizes existing buses and drivers. Please phone Mr. Chad Potter at the bus garage (567-2276) concerning pickup points or for further information. **If you would like your child(ren) in grades UPK-4 to ride a bus, please complete and return the attached form to the attention of the Fillmore Central School Bus Garage, PO Box 177, Fillmore, NY 14735 prior to August 25.**

BUSING REQUEST FOR K-4 CHILDREN INSIDE VILLAGE LIMITS FOR 2023-2024 SCHOOL YEAR

Child(ren)'s Name(s) _____ Grade _____

_____ Grade _____
_____ Grade _____

Complete Street Address with House Number _____

Parent Name (print) _____

Phone _____ Signature _____

BUS ROUTES

BUS #134 **6:50 start**

Ando
Ellis
Holley
LaBelle
Groff
Hanner
Withrow
Lewis
Dietz
Mills
Ackerman
Songster
Tatko
Capps
Morgan
Swain
Gilmore
Armison
Robbins
Frost

BUS #135 **6:45 start**

Cory
Dashnaw
Munto
Sears
Cassidy
Brown
Truesdail
Ellis
Gordon-Ewing
Beardsley
Bennett
Snyder
Murphy
Thur
Baker
Beardsley
Nusbickel
DeRock
Pearce
Myers
Phillips
Johnson
Sears
Totline
Dorvit-Gayford

BUS #138 **6:55 start**

Dreilling
Smith
Speta
Hopkins
Simmons
Troupe
Hennard
Ricketts
Wolfe
Brundage
Hale
Hale
Wilcox
Santiago
Cole
Krzeminski
Graham
Morin
Knapp
Cannioto
Weaver
Dann
Washburn
Hartman
Nendza

BUS #139 **7:10 start**

Marshall
Cassidy
Mack
Ingalls
Voss
Vedder
Potter
Frazier
Radke
Benedict
Hopkins
Reinbold
Reinbold
Armison
Landcastle
Wilcox
Tucker
Sciarrino
Kaszynski
Ashton
Merrill

BUS #142 **7:20 start**

Gorman
Hargrave
Murphy
Sharpstene
MacLaughlin
Pomeroy
Klatt
Marshall
Kellogg
Hosmer
Davenport
Sargent
Snyder
Nomellini
Robles
Illerbrun
Mason
Becker
Schery
Clark
Worthington
VanKuren
Bagg
Freeman
Hess
Russell

BUS #143 **7:00 am**

Sylor
Swan
O'Dell
Bower
Bentley
Gaby
James
Dowd
Stann
Delude
Vaughn-White
Cockle
Kelly
Johnson
France
Bender
Mountain
Phillippi
Rutherford
Speta

BUS #145 **7:05 start**

Bailey
Fraser
Balicki
Fountain
Harris
Moynihan-Brown
Lane
Johnson
Wood
Hubbard
Russell
Miller
McCumiskey
Schultz
Grabinski
Schultz
Juiliano
Roberts
Beardsley
Hark
Fink

BUS #148 **7:10 start**

Roboski
Smolen
Frazier
Myers
Green
Willmart
Ellwood
Rosier
Bush
Garcia
Sylvester
Jackson
Freeman

BUS #149 **7:05 start**

Hatch
Hatch
Glow
Greene
McCumiskey
Patterer
Makowski
Martusciello
Goodliff
Clark
Abbott
Booth
Hennard
Ford
Schmitter
Bentley
Russell
Pepe
Bray
Martin
Shiltz
Burfield
Mehlenbacher

BUS #154 **6:45 start**

Halbert
Olver
Hatch
George
Freeman
Perry
Jett
Gibney
Morris
Oyer
Frazier
Reitnour

BUS #157 **7:15 start**

DeLude
Tetta
Durringan
Zimmer
Cole
Newell
Stones
Reusser
Sanasith
Stevens
Cox
Hoffman
Keeler
Murillo
Beardsley
Clem
Wright
Furl
Rhett
France
Qian
Sharpe
Hartman
Nendza
Gayford
Sardina

BUS #158 **7:05 start**

Derck
Cox
Strickland
Kettinger
Wright
Howard
Duvall
Campbell
Schilke
Bialek
Friedl
Hatch
Dewe
Hennard
Morley
Beardsley



PK-4 PARENT-TEACHER CONFERENCES

Parent-Teacher conferences for grades 3PK - 4 have been scheduled for Monday, November 20th (Noon – 8 pm) and Tuesday, November 21st (8 am - Noon). Length of each conference will be fifteen (15) minutes. Families having two or more children in grades 3PK-4 will be given preference as to their scheduled appointments in an attempt to avoid parents having to make more than one visit to school.

If small children must accompany parents during the conferences, provisions will be made for child care.



2023-2024 CLASS LISTINGS

3PK

Fillmore's 3PK still has openings! We are continuing to accept registration forms. Remember that students enrolled in 3PK get priority for UPK the following year. If you have questions about the program please contact Chelsey Aylor. To obtain a registration packet call Lacie Lavallee at 567-4136.

MRS. SISSON – A106

AM – Kennedy Beardsley, McKenna Clark, Adeline Duell, Rowen Durrigan, Benjamin Mehlenbacher, Emmalee Potter, Marian Prina Moeller, Hailee Radke, Kellin Schery, Rhett Weigman

PM – Reed Abbott, Josie Bentley, Paisleigh Dorvit, Daniel Frost, Myah Gidney, Ezra Ogden, Kylie Oyer, RawnyMae Sears, RobbieKay Sears

UPK

MRS. CAMPBELL – A105

AM – Everly Bentley, Barrett Bowers, Hutch Bowers, Mason Coen, Lorelei Hinz, Theodore Hinz, Abigail Johnson, Stevie Mountain, Baelynn Russell, Gavin Stenzel, Hope Swain, Eden Totslie, Yukon Wartinger

PM – Abigail Bailey, Reeve Freeman, Quentin Glow, Lux Harris, Georgi Hillman, Trudence Jeffords, Maddix Landcastle, Theodore McCutcheon, Hannah Mulema, Luca Pries, Jase Ricketts, Gavyn Sears, Maverick Swimline

KINDERGARTEN

MRS. ASBERRY – A150

Cooper Baker, Preston Brown, Pascal Campbell, Jazalynn Cross, Natalie Frost, Jackson Keller, Weston Lawrence, Oswald Makowski, Ava Radke, Adeline Roberts, Zaylie Secrist, Emmalia Speta, Cole Saylor, Madelyn Terwilliger, Amarlee Williams

MRS. BEARDSLEY – B109

Nova Abbott, Norah Arnold, Ryleighann Bender, McKenna Coon, Andrew Durrigan, Noah Gibney, Barrett Hatch, Kendall James, Raymond Jones, Carson Newman, Wyatt Parrent, Grant Swift, Ryleen Vanburen, Owen Washburn, Liana Wilbert

MRS. TANNER – B110

Brooklyn Beardsley, Ezekiel Dantz, Miles Hager, Kennadi Harris, Cecelia Jones, Everett Kelley, Logan Klein, Cynthia Lundeen, Jerry Oden, Evan Romasser, Ava Schmitter, Karl Stadelmaier, Robert Stadelmaier, Brinley Stenzel



FIRST GRADE

MRS. ARNOLD – A151

Isaac Bate, Scarlett Dewe, Emma France, Leighton Groff, Henry Hinz, Colin Keeler, Rowan Marshall, Sakaeri Perry, Andrew Robles, Swayze Schery, Brooklyn Sears, Jessie Sears

MRS. BEHEN – A152

Austin Bennett, Michelle Capps, Deacon Dowd, Tess Hoffman, Finn Houghtaling, Izic Landcastle, Brooks Ogden, Isobel Reusser, Sadie Ricketts, Colwyn Russell, Sophia Washburn-Dann, Keigen Worthington

MRS. PASTORIUS – A153

Aubree Bailey, Weston Cary, Victoria Dorvitt-Gayford, Adah Freeman, Remington Furl, Gavin Hennard, Dominic Johnson, Roman Tatko, Emma Totslie, Trentyn Warren, Cooper Weierheiser

SECOND GRADE

MRS. CHAMBERLAIN – A205

Gage Abbott, Westley Beardsley, Tyler Bray, Kaylynn Brown, Lacey Clark, Maisie Fuller Hillman, Kylie Gilmore, Madison Hennard, Everly Lundeen, Micah Mulema, Coty Newman, Lilliana Nomellini, Wyatt-James Odell, Haylee Spinks

MISS JONES – A206

Phoebe Campbell, Maison Glow, Jhett Harris, Audra Harrison, Abigail James, Atilyn Juiliano, Kathren Mehlenbacher, Brady Miller, Chet Pomeroy, Calvin Potter, Dakota Schery, Sarah Spateholts, Kelsey Swain

MRS. SMITH – A203

Maggie Beardsley, Shaylyn Garcia, Devin Hatch, Anne Jordan, Davey Kelly, Lillian Patterer, Connor Ricketts, Gavin Savastano, Tytus Sears, Emery Songster, Mara Swan, Blaize Vankuren, Upton Wartinger

THIRD GRADE

MRS. CHADDOCK – A202

Cora Bates, Kailyn Cox, Autumn Cross, Maxwell Hennard, Logan Holley, Richard Kelley, Willow Knapp, Mariah Marshall, Morgan Mason, Jace Morris, Madison Murphy, Aubrielle Rutherford, Abigail Schultz, Thomas Swift, Emmett Wilcox

MS. FOWLER – A254

Kinley Boyd, Alice Coon, Dominic Dreilling, Jacob Hark, Damon Illerbrun, Solara Lane, Ryhanna Mountain, Coraline Murrillo, Emma Oden, Kaijan Oyer, Samantha Rowley, Brycen Russell, Maddyson Sciarrino, Kensi Weierheiser, Colton Wilcox

MRS. MARRIOTT – A253

Stella Balicki, Landon Brown, Calleigh Chandler, Evelyn Fink, Krystalynn, Freeman, Logan Johnson, Micah McCumiskey, Madison Newell, Bowen Pepe, Aria Perry, Aaron Romance, Aleah Sargent, Kohen Schery, Oakley Wartinger, Oakley Wilcox

MISS HARRINGTON – C215

Charles Ellis, Matthew Jackson, Landen Kaszynski, Erin Sherlock, Braxton Schery, Lucas Schmitter, Dominic Tatko

FOURTH GRADE

MRS. AUSTIN – A251

Austin Armison, Alayna Beardsley, EmmaJo Bennett, Marley Boyd, Anthony France, Tucker Friedl, Marek Houghtaling, Aidan McCumiskey, Henley Munto, Elisabeth O'Dell, Madelyn Sears

MISS LEWANDOWSKI – A250

Skylar Bagg, Fiona Balicki, Carli Bennett, Jacob Delude, Easton Green, Jackson James, Daniel Mulema, Beau Nevinger, Jhett Okhamvilaysak, Eden Sardina, Clayton Sears, Claudia Washburn

MRS. SWIFT – A252

EllaMae Beardsley, James Austin, Collin Brown, Avery Chapman, Brokton Cole, Payton Miller, Zander Myers, Benjamin Patterer, Eyvind Sharpe, Hailey Thomas, Evan Totslie

MISS HARRINGTON – C215

Levi Delude, Aidan Smith

FIFTH GRADE

MS. COLONEY – B209

Christopher Baker, Violet Bates, Colton Cannioto, Meriam Derck, Alivia Earley, Lilliana Hartman, Luke Kettinger, Adalynn Lundeen, Jasper Marshall, Mila Mason, Liberty Monroe, Sawyer Olver, Keagan Oyer, Haley Romasser, Annalyse Strickland, Isaac Wartinger

MRS. ROOKEY – B211

Kathryn Burton, Blake Ellis, Atlee Hodnett, Gabe Jordan, Zoey Juiliano, Isabella Mastowski, Max Murrillo, Charlotte Russell, Cholie Russell, Malaree Shiltz, Bristol Stevens, Eli Washburn, Hudson Weaver, Nevaeh Withrow, Chloe Wright

MR. TUCKER – B212

Harper Beardsley, Sam Beardsley, Leah Brundage, Sophia Coon, Shaylom Fuldas, Aubree Hennard, Karen Kelley, Knox LaBelle, Ava Martin, Destan Martusciello, Jaxson Newell, Silas Russell, Cora Sanasith, William Truesdail, Lucas Wright

SIXTH GRADE

MISS COLOMBO – C214

Jasmine Bentley, Dalton Bennett, Jordan Bialek, Hayley Cassidy, Erin Clark, Anna Goodenow, Evan Hale, Jamison Hatch, Jesse Hennard, Daniel Howard, Trenton Kellogg, Jackson Parrent, Andy Phillips, Ezra Schilke, Rosalena Smith, Maddison Zimmerman

MRS. GARRISON – B210

John Bendzus, Addison Boon, Owen Chapman, Leo Garrison, Aiden Gibney, Kadee Hoffman, Coen Munto, Brad Parmenter, Grason Roberts, Katelyn Romance, Alexa Romasser, Annabella Tucker, Maddilyn Warren, Dakota Weierheiser, Logan Weierheiser

MRS. S. REED – B213

Addison Bennett, Carter Benson, Consetta Burfield, Brooklyn Dewe, Tucker Duvall, William Fountain, Olivia Hargrave, Riley Hatch, Joseph Hoffman, Ryan James, Cicealia Jett, Elliott Linderman, Nash Phillip, Tara Russell, Caleb Tucker

Date Withdrew _____

F _____ R _____ D _____

2023-2024 Application for Free and Reduced-Price School Meals/Milk

To apply for free and reduced-price meals for your children, read the instructions on the back, complete **only one** form for your household, sign your name and **return it to the address listed below**. Call **585-567-2289**, if you need help. Additional names may be listed on a separate paper.

Return Completed Applications to: **Fillmore Central School**
104 W Main St
Fillmore, NY 14735

1. List all children in your household who attend school:

Student Name	School	Grade/Teacher	Foster Child	Homeless Migrant, Runaway
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>

2. SNAP/TANF/FDPIR Benefits:

If anyone in your household receives either SNAP, TANF or FDPIR benefits, list their name and CASE # here. **Skip to Part 4 and sign the application.**

Name: _____ CASE #: _____

3. Report all income for ALL Household Members (Skip this step if you completed step 2)

All Household Members (including yourself and all children that have income).

List all Household members not listed in Step 1 (including yourself) **even if they do not receive income**. For each Household Member listed, if they do receive income, report total income for each source in whole dollars only. If they do not receive income from any other source, write '0'. If you enter '0' or leave any fields blank, you are certifying (promising) that there is no income to report.

Name of household member	Earnings from work before deductions <i>Amount / How Often</i>	Child Support, Alimony <i>Amount / How Often</i>	Pensions, Retirement Payments <i>Amount / How Often</i>	Other Income, Social Security <i>Amount / How Often</i>	No Income
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>

Total Household Members (Children and Adults)

*Last Four Digits of Social Security Number: XXX-XX-__ __ __ __

 I do not have a SS# ☐

*When completing section 3, an adult household member must provide the last four digits of their Social Security Number (SS#) or mark the "I do not have a SS# box" before the application can be approved.

4. Signature: An adult household member must sign this application before it can be approved.

I certify (promise) that all the information on this application is true and that all income is reported. I understand that the information is being given so the school will get federal funds; the school officials may verify the information and if I purposely give false information, I may be prosecuted under applicable State and federal laws, and my children may lose meal benefits.

Signature: _____ Date: _____

Email Address: _____

Home Phone: _____ Work Phone: _____ Home Address: _____

5. Ethnicity and Race are optional; responding to this section does not affect your children's eligibility for free or reduced-price meals.

Ethnicity: ☐ Hispanic or Latino ☐ Not Hispanic or LatinoRace (Check one or more): ☐ American Indian or Alaskan Native ☐ Asian ☐ Black or African American ☐ Native Hawaiian or Other Pacific Island ☐ White**DO NOT WRITE BELOW THIS LINE – FOR SCHOOL USE ONLY****Annual Income Conversion (Only convert when multiple income frequencies are reported on application)****Weekly X 52; Every Two Weeks (bi-weekly) X 26; Twice Per Month X 24; Monthly X 12**

☐ SNAP/TANF/Foster
☐ Income Household: Total Household Income/How Often: _____ / _____ Household Size: _____
☐ Free Meals ☐ Reduced Price Meals ☐ Denied/Paid
 Signature of Reviewing Official _____ Date Notice Sent: _____

APPLICATION INSTRUCTIONS

To apply for free and reduced-price meals, complete only one application for your household using the instructions below. Sign the application and return the application to Mrs. Priscilla Beardsley. If you have a foster child in your household, you may include them on your application. A separate application is not needed. Call the school if you need help: 585-567-2289. Ensure that all information is provided. Failure to do so may result in denial of benefits for your child or unnecessary delay in approving your application.

PART 1: ALL HOUSEHOLDS MUST COMPLETE STUDENT INFORMATION. DO NOT FILL OUT MORE THAN ONE APPLICATION FOR YOUR HOUSEHOLD.

- (1) Print the names of the children, including foster children, for whom you are applying on one application.
- (2) List their grade and school.
- (3) Check the box to indicate a foster child living in your household, or if you believe any child meets the description for homeless, migrant, runaway (a school staff will confirm this eligibility).

PART 2: HOUSEHOLDS GETTING SNAP, TANF OR FDPIR SHOULD COMPLETE PART 2 AND SIGN PART 4.

- (1) List a current SNAP, TANF or FDPIR (Food Distribution Program on Indian Reservations) case number of anyone living in your household.

The case number is provided on your benefit letter.

- (2) An adult household member must sign the application in PART 4. SKIP PART 3. Do not list names of household members or income if you list a SNAP case number, TANF or FDPIR number.

PART 3: ALL OTHER HOUSEHOLDS MUST COMPLETE THESE PARTS AND ALL OF PART 4.

- (1) Write the names of everyone in your household, whether or not they get income. Include yourself, the children you are applying for, all other children, your spouse, grandparents, and other related and unrelated people in your household. Use another piece of paper if you need more space.
- (2) Write the amount of current income each household member receives, before taxes or anything else is taken out, and indicate where it came from, such as earnings, welfare, pensions and other income. If the current income was more or less than usual, write that person's usual income. Specify how often this income amount is received: weekly, every other week (bi-weekly), 2 x per month, monthly. If no income, check the box. The value of any child care provided or arranged, or any amount received as payment for such child care or reimbursement for costs incurred for such care under the Child Care and Development Block Grant, TANF and At Risk Child Care Programs should not be considered as income for this program.
- (3) Enter the total number of household members in the box provided. This number should include all adults and children in the household and should reflect the members listed in PART 1 and PART 3.
- (4) The application must include the last four digits only of the social security number of the adult who signs PART 4 if Part 3 is completed. If the adult does not have a social security number, check the box. If you listed a SNAP, TANF or FDPIR number, a social security number is not needed.
- (5) An adult household member must sign the application in PART 4.

OTHER BENEFITS: Your child may be eligible for benefits such as Medicaid or Children's Health Insurance Program (CHIP). To determine if your child is eligible, program officials need information from your free and reduced-price meal application. Your written consent is required before any information may be released. Please refer to the attached parent Disclosure Letter and Consent Statement for information about other benefits.

USE OF INFORMATION STATEMENT

Use of Information Statement: The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not submit all needed information, we cannot approve your child for free or reduced-price meals. You must include the last four digits of the social security number of the primary wage earner or other adult household member who signs the application. The social security number is not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced-price meals, and for administration and enforcement of the lunch and breakfast programs.

We may share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

DISCRIMINATION COMPLAINTS

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider.

FREE AND REDUCED PRICE MEAL APPLICATION FACTS

When filling out the application form, please pay careful attention to these helpful hints.

SNAP/TANF/FDPIR case number: This must be the complete valid case number supplied to you by the agency including all numbers and letters, for example, E123456, or whatever combination is used in your county. Refer to a letter you received from your local Department of Social Services for your case number or contact them for your number.

Foster Child: A child who is living with a family but who is under the legal care of the welfare agency or court may be listed on your family application. List the child's "personal use" income. This includes only those funds provided by the agency which are identified for the personal use of the child, such as personal spending allowances, money received by his/her family, or from a job. Funds provided for housing, food and care, medical, and therapeutic needs are not considered income to the foster child. Write "0" if the child has no personal use income.

Household: A group of related or non-related people who are living in one house and share income and expenses.

Adult Family Members: All related and non-related people who are 21 years of age and older living in your house.

Financially Independent: A person is financially independent and a separate economic unit/household when his or her earnings and expenses are not shared by the family/household. Separate economic units in the same residence are characterized by prorating expenses and by economic independence from one another.

Current Gross Income: Money earned or received at the present time by each member of your household before deductions. Examples of deductions are federal tax, State tax, and Social Security deductions. If you have more than one job, you must list the income from all jobs. If you receive income from more than one source (wage, alimony, child support, etc.), you must list the income from all sources. Only farmers, self-employed workers, migrant workers, and other seasonal employees may use their income for the past 12 months reported from their 1040 Tax Forms.

Examples of gross income are:

- Wages, salaries, tips, commissions, or income from self-employment
- Net farm income – gross sales minus expenses only – not losses
- Pensions, annuities, or other retirement income including Social Security retirement benefits
- Unemployment compensation
- Welfare payments (does not include value of SNAP)
- Public Assistance payments
- Adoption assistance
- Supplemental Security Income (SSI) or Social Security Survivor's Benefits
- Alimony or child support payments
- Disability benefits, including workman's compensation
- Veteran's subsistence benefits
- Interest or dividend income
- Cash withdrawn from savings, investments, trusts, and other resources which would be available to pay for a child's meals
- Other cash income

Income Exclusions: The value of any child care provided or arranged, or any amount received as payment for such child care or reimbursement for costs incurred for such care under the Child Care Development (Block Grant) Fund should not be considered as income for this program.

If you have any questions or need help in filling out the application form, please contact:

Name: Priscilla Beardsley, Cafeteria Manager
Telephone Number: 585-567-2289

Fillmore Central School is an equal opportunity provider & employer.

2023-2024 FREE & REDUCED MEAL INFORMATION

When filling out the application form, please pay careful attention to these helpful hints.

SNAP/TANF/FDPIR case number: This must be the complete valid case number supplied to you by the agency including all numbers and letters, for example, E123456, or whatever combination is used in your county. Refer to a letter you received from your local Department of Social Services for your case number or contact them for your number.

Foster Child: A child who is living with a family but who is under the legal care of the welfare agency or court may be listed on your family application. List the child's "personal use" income. This includes only those funds provided by the agency which are identified for the personal use of the child, such as personal spending allowances, money received by his/her family, or from a job. Funds provided for housing, food and care, medical, and therapeutic needs are not considered income to the foster child. Write "0" if the child has no personal use income.

Household: A group of related or non-related people who are living in one house and share income and expenses.

Adult Family Members: All related and non-related people who are 21 years of age and older living in your house.

Financially Independent: A person is financially independent and a separate economic unit/household when his or her earnings and expenses are not shared by the family/household. Separate economic units in the same residence are characterized by prorating expenses and by economic independence from one another.

Current Gross Income: Money earned or received at the present time by each member of your household before deductions. Examples of deductions are federal tax, State tax, and Social Security deductions. If you have more than one job, you must list the income from all jobs. If you receive income from more than one

source (wage, alimony, child support, etc.), you must list the income from all sources. Only farmers, self-employed workers, migrant workers, and other seasonal employees may use their income for the past 12 months reported from their 1040 Tax Forms.

Examples of gross income are:

- Wages, salaries, tips, commissions, or income from self-employment
- Net farm income – gross sales minus expenses only – not losses
- Pensions, annuities, or other retirement income including Social Security retirement benefits
- Unemployment compensation
- Welfare payments (does not include value of SNAP)
- Public Assistance payments
- Adoption assistance
- Supplemental Security Income (SSI) or Social Security Survivor's Benefits
- Alimony or child support payments
- Disability benefits, including workman's compensation
- Veteran's subsistence benefits
- Interest or dividend income

- Cash withdrawn from savings, investments, trusts, and other resources which would be available to pay for a child's meals
- Other cash income

Income Exclusions: The value of any child care provided or arranged, or any amount received as payment for such child care or reimbursement for costs incurred for such care under the Child Care Development (Block Grant) Fund should not be considered as income for this program.

If you have any questions or need help in filling out the application form, please contact:

Name: Priscilla Beardsley
Title: Cafeteria Manager
Telephone Number: 585-567-2289

Fillmore Central School is an equal opportunity provider and employer.

Free Eligibility Scale						Reduced Price Eligibility Scale					
Free Lunch, Breakfast, Milk						Reduced Price Lunch, Breakfast					
Household Size	Annual	Monthly	Twice per Month	Every Two Weeks	Weekly	Household Size	Annual	Monthly	Twice per Month	Every Two Weeks	Weekly
1	\$ 18,954	\$ 1,580	\$ 790	\$ 729	\$ 365	1	\$ 26,973	\$ 2,248	\$ 1,124	\$ 1,038	\$ 519
2	\$ 25,636	\$ 2,137	\$ 1,069	\$ 986	\$ 493	2	\$ 36,482	\$ 3,041	\$ 1,521	\$ 1,404	\$ 702
3	\$ 32,318	\$ 2,694	\$ 1,347	\$ 1,243	\$ 622	3	\$ 45,991	\$ 3,833	\$ 1,917	\$ 1,769	\$ 885
4	\$ 39,000	\$ 3,250	\$ 1,625	\$ 1,500	\$ 750	4	\$ 55,500	\$ 4,625	\$ 2,313	\$ 2,135	\$ 1,068
5	\$ 45,682	\$ 3,807	\$ 1,904	\$ 1,757	\$ 879	5	\$ 65,009	\$ 5,418	\$ 2,709	\$ 2,501	\$ 1,251
6	\$ 52,364	\$ 4,364	\$ 2,182	\$ 2,014	\$ 1,007	6	\$ 74,518	\$ 6,210	\$ 3,105	\$ 2,867	\$ 1,434
7	\$ 59,046	\$ 4,921	\$ 2,461	\$ 2,271	\$ 1,136	7	\$ 84,027	\$ 7,003	\$ 3,502	\$ 3,232	\$ 1,616
8	\$ 65,728	\$ 5,478	\$ 2,739	\$ 2,528	\$ 1,264	8	\$ 93,536	\$ 7,795	\$ 3,898	\$ 3,598	\$ 1,799
Each Add'l person, add	\$ 6,682	\$ 557	\$ 279	\$ 257	\$ 129	Each Add'l person, add	\$ 9,509	\$ 793	\$ 397	\$ 366	\$ 183





LUNCH

This institution is an equal opportunity provider.

SEPTEMBER 2023

FILLMORE CENTRAL SCHOOL

SERVED WITH ALL MEALS DAILY; CHILLED FRUIT CUP & FRESH FRUIT, 1% MILK CHOICES, SOUP & SALAD BAR FOR GRADES 5-12 PIZZA & SUB BAR FOR GRADES 7-12

Monday

LABOR DAY
NO SCHOOL

Tuesday

5
Chicken Patty on a Bun,
Served with Lettuce,
Tomato & Onion.
Glazed Carrots

Wednesday

6
Italian Dunkers
Cheese Sticks &
Garlic Bread Sticks, Served
with Marinara Sauce.
Garden Salad

Thursday

7
Turkey or Ham Sub
Served with Cheese, Lettuce,
Tomato and Onion
French Fries

Friday

1
Alternate Lunch
Served Daily
PBJ Sandwich
Or Meat Sandwich

8
Big Daddy Pizza
Assorted Fresh Veggies
Served with Ranch Dressing

11
Corn Dog or
Hot Dog
Baked Beans
Macaroni Salad

12
Chicken Nuggets
Broccoli with Cheese Sauce
Homemade Dinner Roll

13
Beef Tacos
Hard or Soft Shell
Served with Cheese,
Lettuce Salsa, & Sour Cream
Buttered Corn

14
BBQ Chicken
Parsley Potatoes
Garden Salad

15
Big Daddy Pizza
Assorted Fresh Veggies
Served with Ranch Dressing

18
Bacon Cheeseburger
Served with Lettuce,
Tomato & Onion
Baked Beans

19
Chicken Patty on a Bun,
Served with Lettuce,
Tomato & Onion.
Glazed Carrots

20
Rotini with
Meat Sauce,
Garlic Bread &
Garden Salad

21
Chicken & Cheese
Quesadilla
Served with Salsa & Sour
Cream,
Buttered Corn

22
Big Daddy Pizza
Assorted Fresh Veggies
Served With Ranch Dressing

25
Grilled Cheese
Sandwich Tomato Soup,
Dill Pickle & Crackers

26
Chicken Nuggets
Broccoli with Cheese Sauce
Homemade Dinner Roll

27
Macaroni 'n Cheese
Sweet Peas
Zucchini Bread

28
Meatball Subs
Served with Mozzarella
Cheese
French Fries

29
Big Daddy Pizza
Assorted Fresh Veggies
Served With Ranch Dip

BREAKFAST SERVED DAILY

AVAILABLE DAILY ON THE BREAKFAST CARTS; VARIETY OF COLD CEREALS, YOGURT, BREAKFAST BARS, POPTARTS, & CRACKERS.
FRUIT JUICE, FRESH FRUIT & 1% MILK CHOICES.
BREAKFAST SANDWICHES, & A HOT SPECIAL OF THE DAY.



Fillmore Central School
104 W. Main Street
Fillmore, New York 14735

Board of Education:

Dr. Marcus Dean
Mr. Matt Hopkins
Mrs. Faith Roeske
Mrs. Darice Mullen
Mr. Brian Reitnour

Administration:

Michael Dodge, Superintendent
Eric Talbot, PK-12 Principal
Sarah Petre, Assistant Principal
Joseph Butler, Business Manager
Betsy Hardy, Director of Technology

NON-PROFIT ORG
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Olean, NY 14760
ECRWSS

Or Current Resident

POSTAL PATRON

why wrestle? students thrive at summer wrestling camp

By: Jarrett Vosburg, Wrestling Coach

On July 31st, nineteen students in third through eighth grade wrapped up our third annual summer wrestling camp. The eight-session event provided an opportunity for those who have never experienced wrestling to get their feet wet and learn the basics while simultaneously facilitating growth in those more experienced with the nuances of the sport. Throughout the month of July, wrestlers learned and practiced a variety of take-downs, breakdowns, pinning combinations, and escapes. As I reflected on my time spent coaching the next generation of Fillmore wrestlers this past month, I found myself pondering the many benefits of wrestling. For those unfamiliar with the sport, or even those that have been around it for decades, I share my thoughts on the question: *Why do we wrestle?*

- 1. Wrestling is fun.** There is just something about hanging out with your friends and pushing each other to be the best you can possibly be physically, mentally, and tactically. Wrestling first became an Olympic Sport in 708 B.C., surviving the test of time as one of the purest indicators of physical dominance over an opponent.
- 2. Wrestling promotes great sportsmanship.** There is a reason every wrestling match starts and ends with a handshake. Wrestlers learn to be humble in victory and resilient in defeat.
- 3. Wrestling builds physical fitness.** Want to get in great shape? Sign up for wrestling. The sport uses a wide variety of muscle groups, requires great cardiovascular fitness, and improves flexibility. Our Modified and Varsity wrestlers leave wrestling season in the best shape of their lives.

- 4. Wrestling teaches accountability.** There is no one to turn to but yourself in a wrestling match and no bench to hide on in the center of the mat. When you fall short, you learn how to self-evaluate your mistakes rather than making excuses or blaming others.
- 5. Wrestling is a microcosm of life.** Life gets hard for everyone. By battling through adversity and overcoming the challenges a wrestling season throws at you, you are more likely to succeed when life throws up roadblocks, and more likely to appreciate the simple things life throws your way.

I would like to lend a special thank you Mike Witkowski, Mike Uveino, Gary Nageldinger, Ryan Marriott, and Cody Marriott for coaching this summer. Thank you to the Sports Boosters and Varsity Club for enabling us to host the camp, and to all of the parents for allowing us to work

with your sons and daughters this summer. Most importantly, thank you to each wrestler for helping us answer the question: *Why wrestle?*

