



Echoes from the Valley

MISSION STATEMENT: The Otselic Valley Central School community will encourage decisions that give all students the opportunity to achieve their highest level of learning in preparation for a challenging tomorrow.

Superintendent's Letter

For school districts, summer is often a time of transition. This is definitely the case for our School District with numerous changes over the past couple of months.

The most significant of these changes involve those that work with our students on a daily basis. Our thoughts turn to those who have left the District either through retirement, new opportunities or due to the financial issues facing all school districts. The retirees from Otselic Valley take with them countless years of experience and memories. Each of them has no doubt touched our lives and the lives of our students. They will be missed, but definitely not forgotten. Those who have left were vital contributors in making our school and students successful. We wish them all the best in their future endeavors.

The second phase of transition includes the addition of new staff and faculty. Our new Vikings have large shoes to fill but I am sure they are up to the challenge. Since this is my first letter to the OV community, I would like to take this opportunity to thank you all for the warm welcome. Throughout the interview process and during my first few weeks on the job, I have been pleasantly surprised by the genuine kindness extended from those that I have already met. When I applied to be your superintendent, I had heard about the closeness amongst those who call the valley home. It is one of the main reasons why I consider myself privileged and honored to represent the School District and community. My family and I are excited to be Vikings.

In the months ahead, please feel free to introduce yourself, whether it is at a school event or out and about in the community. In the District Calendar, there are scheduled coffee hours at each campus. If you have a concern but cannot attend, please call the Main

Office to schedule a mutually convenient time to meet and chat. Over the next few months, I look forward to listening to each of you in order to better understand the community and School District. This will help us as a District set goals for the continued success of the Otselic Valley Central School District and its students.

I hope you all have had an enjoyable summer and we look forward to a terrific new school year.

—Richard J. Hughes, Superintendent

Thank You Retirees



Otselic Valley lost several staff members due to retirement this year. Ms. Deborah Jeanblanc, Mrs. Kai Loomis, Mrs. Christine Williams Neal and Mrs. Suzi Phillips retired on June 30. Mrs. Jan Wentworth retired on July 23. Mrs. Nancy Gallaher and Mrs. Betty Howe are retiring on August 31. We wish them well in their retirement and will certainly miss seeing them everyday in our buildings.

Best Wishes!

Notification of Rights under the Family Educational Rights and Privacy Act

To Parent(s)/Guardian(s)/Eligible Students:

This section is intended to advise you of your rights with respect to the school records relating to (your son) (your daughter) (you) pursuant to the Federal "Family Educational Rights and Privacy Act of 1974."

Parents of a student under 18, or a student 18 or older, have a right to inspect and review any and all official records, files, and data directly related to their children or themselves, including all material that is incorporated into each student's cumulative record folder, and intended for school use or to be available to parties outside the school or school system, and specifically including, but not necessarily limited to, identifying data, academic work completed, level of achievement (grades, standardized achievement test scores), attendance data, scores on standardized intelligence, aptitude, and psychological tests, interest inventory results, health data, family background information, teacher or counselor ratings and observations, and verified reports of serious or recurrent behavior patterns.

A parent of a student under 18 years of age or a student 18 years of age or older shall make a request for access to that student's school records, in writing, to the Superintendent of Schools, Guidance Counselor or Principal. Upon receipt of such request, arrange-

ments shall be made to provide access to such records within a reasonable period of time, but in any case, not more than forty-five (45) days after the request has been received.

Parents and students are also entitled to an opportunity for a hearing to challenge the content of such records, to insure that they are not inaccurate, misleading, or otherwise in violation of the privacy or other rights of students, and to provide an opportunity for the correction or deletion of any such inaccurate misleading, or inappropriate data contained therein. Any questions concerning the procedure to be followed in requesting such a hearing should be directed to the Superintendent.

Student records and any material contained therein which is personally identifiable, are confidential and may not be released or made available to persons other than parents or students without the written consent of such parents or student. There are a number of exceptions to this rule, such as other school employees and officials, and certain state and federal officials, who have a legitimate educational need for access to such records in the course of their employment.

Students with disabilities shall have the option of deciding whether to disclose the existence of their disability on their high school transcripts.

Equal Opportunity/Anti-Discrimination Policy #8130

(Summary of Equal Rights)

The Board of Education, its officers, and employees shall not discriminate against any employee or applicant for employment on the basis of race, color, national origin, creed or religion, marital status, sex, age, or disability.

The Board believes it to be in the interest of both students and the public to have a staff which is highly qualified and effective in performing the duties assigned to them, and which contains a health diversity of personal backgrounds.

The Superintendent of Schools shall ensure that applicants for open positions in either the administrative, instructional or support staff of the district, are actively sought from members of any minority group which is under represented in that staff.

Candidates for open positions, as well as for promotion and transfer, will be evaluated on the basis of education, experience and ability, to determine fitness to perform the duties of the position.

At no time will any candidate employment, current employee or former employee suffer any adverse action, or be granted any benefit, for any reason other than personal merit or conduct, or in violation of any law or regulation.

Any person noting or suspecting a violation of this policy is encouraged to bring the matter to the attention of the Superintendent or the Board of Education.

Sexual Harassment of Students—Policy #7551

(Summary of Equal Rights)

It is the policy of the board that all students have a right to work or study in an environment free of discrimination, which encompasses freedom from sexual harassment—verbal or physical conduct of a sexual nature, imposed on the basis of sex, by an employee or student, which is unwelcome, hostile, or intimidating. The Board strongly disapproves of sexual harassment of its students in any form, and states that students and all employees at all levels must avoid offensive or inappropriate sexual or sexually harassing behavior at school, on school grounds, school functions, and on school transportation. All are held responsible for ensuring that the school environment is free from sexual harassment.

Prohibited

Specifically, the following are prohibited as well as conduct which can be interpreted as harassing which are sufficiently severe or pervasive to impair the educational benefits offered by the District.

- Unwelcome sexual advances.
- Requests for sexual favors, whether or not accompanied by promises or threats with regard to the student-teacher, student-staff, or student-student relationship.
- Other verbal or physical conduct of a sexual nature made to any student that may threaten or insinuate either explicitly or implicitly that any person’s submission to or rejection of sexual advances will in any way influence any decision regarding academic performance or any other condition of academic or career development.

- Any verbal or physical conduct that has the purpose or effect of creating an intimidating, hostile or offensive working or educational environment.

This behavior includes but is not limited to, sexually degrading words to describe an individual, offensive comments, off-color language or jokes, innuendoes, and display of offensive materials.

Such conduct by student may result in disciplinary action up to and including permanent suspension.

Procedure

Students who have complaints of sexual harassment by anyone in the school environment are urged to report such conduct to the Superintendent or a person appointed by the Superintendent to handle the complaint.

The District shall investigate all complaints as quickly and as professionally as possible. Where investigation confirms the complaint, appropriate, timely corrective action will be taken.

The District shall maintain the information provided within the investigation process as confidentially as possible, consistent with law and any applicable collective negotiations agreement.

There will be no retaliation for students for reporting sexual harassment or assisting in the investigation of a complaint. However, if after investigating a complaint the District learns that the complaint is not in good faith or that an employee or student has provided false information regarding a complaint, disciplinary action may be taken against the individual who provided the false information.

The procedure to investigate any complaint shall be consistent with the Equal Opportunity Policy Section 0100.

<h3 style="margin: 0;">Otselic Valley Central School</h3> <h3 style="margin: 0;">Approved Prices for 2010-2011</h3> <p style="margin: 0;"><i>Prices Below are Correct. The prices listed on the Free and Reduced Price School Meals Application are Incorrect</i></p>							
High School				Elementary School			
Student Breakfast Category				Student Breakfast Category			
Free	Reduced	Paid	Adult	Free	Reduced	Paid	Adult
\$0.00	\$0.25	\$1.25	\$2.00	\$0.00	\$0.25	\$1.15	\$2.00
Student Lunch Category				Student Lunch Category			
Free	Reduced	Paid	Adult	Free	Reduced	Paid	Adult
\$0.00	\$0.25	\$1.75	\$3.50	\$0.00	\$0.25	\$1.65	\$3.50

2010-2011 TRANSPORTATION ROUTES**Route 1AM, Bus #13****(Red Balloons)**

1. Elementary School
2. Rt. 26 N.
3. Briesville Road
4. Torpy Pond Road
5. Sanderson Road
6. Rte. 26 N.
7. Hatch Lake Road*
8. Rte. 26 S.
9. Vrolyk Road*
10. Rt. 26 S. Elementary School

Route 1PM, Bus #13**(Red Balloons)**

1. Rt. 80 W. to Fire Tower Road*
2. Rt. 80 E to Marrow Road
3. Marrow Road - Nelson-Briesville Road
4. Torpy Pond Road - Sanderson Road
5. Hatch Lake Road - Rt. 26 North - Hatch Lake*
6. Rt. 26 S. to Elementary School

Route 2, Bus #7**(Green Airplane)**

1. High School to Rt. 26 N.
2. Rt. 80 W.
3. Jones Road*
4. Fire Tower Road
5. Nelson-Briesville Road
6. Marrow Road
7. Rt. 80 E. to Elementary School
8. Elementary School - Rt. 26 S.
9. Rt. 26 S. to Valley View Road
10. Valley View Road to High School
11. High School to Elementary School
12. PM Rt. 26 S., High School
13. High School to Valley View Road
14. Rt. 26 N. to Elementary School
15. Rt. 80 W. to Jones Road*
16. Rt. 80 E. to Fire Tower Rd.
17. Nelson-Briesville Rd. to Marrow Road
18. Rt. 80 E. to Rt. 26 S. to High School

Route 3, Bus #4AM**(Red Apple)**

1. Elementary School to Route 26 S.
2. Rt. 26 S. to Rt. 80 E.
3. North Road - Upham Road
4. East Hill - Niles Road
5. Georgetown-Lebanon Rd. to Lebanon*
6. Rt. 26 S. to Elem. School
7. Rt. 26 S. - Mill Road - North Rd.
8. North Road to Rt. 80 W.
9. Rt. 26 S. to High School
10. Rt. 26 N. to Elementary School

Route 3A PM, Bus #5**(Purple House)**

1. Elementary School, Rt. 26 N
2. Lebanon Road to Niles Road
3. Niles Road to Upham Road
4. Upham Road to East Hill Road to Elementary School
5. Repeat steps 2-5 with H.S. students

Route 5, Bus #12**(Red Train)**

1. High School to Rt. 26 N.
2. Mill Road to North Road
3. Rt. 80 E.*
4. Rt. 26 S. to County Rt. 16*
5. Meet Rt. #6 in Beaver Meadow to exchange HS and Elementary students
6. Rt. 26 N to Elementary School

Route 5 PM, Bus #12**(Red Train)**

1. High School to Rt. 26 N.
2. Mill Road to North Road
3. Rt. 80 E.*
4. Rt. 26 S. to County Rt. 16*
5. Co. Rt. 16 to Gray Rd.*
6. County Rt. 16.*
7. Rt. 26 S. to High School

Route 6, Bus #17**(Purple Boat)**

1. High School to Rt. 26 N.
2. Crumb Hill Road*
3. County Rt. 16 to Old Beaver Meadow Road
4. Meet Rt #5 to exchange HS and Elem students in Beaver Meadow
5. Rt. 16 to Rt. 26 S. to Warner Road*
6. Rt. 26 S. to High School
7. PM Rt. 26 N to Warner Road
8. Rt. 26 N. to Elementary School
9. Rt. 26 S. to Co. Rt. 16 to Beaver Meadow* Return to High School

Route 7, Bus #15**(Green Bicycle)**

1. High School to Rt. 26 S.
2. Joe Road to Neal Road
3. Marjorie Rd. to Millers Corner Rd.
4. Lincklaen Center Road
5. Marjorie Road to High School
6. Rt. 26 N. to Elem. School

Route 8, Bus #9**(Orange Fish)**

1. High School to Rt. 26 S.
2. County Rte. 42 to Rt. 23 E.
3. Center Road, Pidgeon Hill Rd.*
4. Rt. 23 W. to One Bye St.
5. Rt. 23 W. to Co. Rt. 42
6. Center Road, Tefft Road
7. County Rt. 42 W.
8. Rt. 26 N. to High School

* - Indicates turn around points

2010-2011 TRANSPORTATION ROUTES

Route 9, Bus #11 AM

(Blue Elephant)

1. High School, Rt. 26 S.
2. Rt. 26 S. to Foulds Rd.
3. Cook Road to Baumann Rd.
4. Rt. 26 N. to Billy Brown Rd.
5. Rt. 26 N. to High School
8. Miner Hill Road, Katville Road
9. Miner Hill Rd. to High School

Route 9 PM, Bus #11

(Red Apple)

1. Elem. School – Rt. 26 S. to HS
2. High School to Rt. 26 S. to Foulds Rd., to Cook Rd to Baumann Rd.
3. Rt. 26 N. to Stage Road*
4. Rt. 26 S to High School

Route 10, Bus #16

(Yellow Smiley Face)

1. High School – Rt. 26 S. to North Pitcher*
2. Rt. 26 N. to the High School
3. High School – Rt. 26 N. – Stage Road
4. Cty. Rt. 16 – Beaver Meadow
5. To Hiny Family in Norwich
6. To Guilford Elementary School
7. To Bainbridge Guilford Middle School
8. Return to High School

Route 14, Bus #95 AM

Bus #6 PM (Blue Penguin)

1. High School, Rt. 26 N. to Co.Rt 16
2. Gray Road, Graham Road
3. Reit Road to Rt. 80 W.
4. Mill Road, Upham Road
5. East Hill Road to Elementary School
6. Rt 26 S to Co. Rt. 16
7. Stage Road to Rt. 26 S.
8. Rt. 26 S to High School

Route 14 PM, Bus #14

1. High School to Miner Hill Road
2. Miner Hill Road to Katville Road
3. Miner Hill Rd. to Cramb Hill Road
4. Cramb Hill Road to Rt. 26 N.
5. Rt. 26 N. to Rt. 80 E.
6. Rt. 80 E to Reit Road
7. Reit Road to Graham Road*
8. Rt. 80 W to North Road
9. North Road to Upham Road
10. Upham Road to East Hill Road
11. East Hill to Rt. 26 S. to High School



**School Starts
September 8
Please Drive
Safely!**

School Incentive News

During the 2009-2010 school year the Otselic Valley Jr./Sr. High School selected students on a monthly basis to receive the Otselic Valley Citizen of the Month Award. This award honors students who have met the following criteria:

- a. positive interaction with teachers;
- b. positive interaction with peers;
- c. satisfactory academic performance; and
- d. following the rules.

June 2010 Otselic Valley Citizens of the Month

Grade 7

JulieAnn Elwood, daughter of Mr. and Mrs. Guy Elwood

Grade 8

Elyse Petersen, daughter of Mr. and Mrs. David Petersen

Grade 9

Dalton Stone, son of Ms. Martina Donnelly

Grade 10

Kayla Thorp, daughter of Mr. and Mrs. Thomas Thorp

Grade 11

Nathan Stark, son of Mr. and Mrs. Carlton Stark

Grade 12

Christian McAuley, daughter of Ms. Tammy Smith



Congratulations!

Eighth Marking Period Honor Roll

7th Grade

High Honor

Crystal Hayner
Cashmire Jenkins
Jordan Lidell
Matthew Neal
Jessica Ossont
Jennifer Rhoades

Honor

Aspen Allen
Matthew Collins
JulieAnne Elwood
Thomas Foster
Angel Horvath
Jonathan Liuzzo
Justine Neal
Madeleine Plummer
Joseph Puccio
Samantha Selinsky
Brandon Thornton

Merit

Miranda Elwood
Dakota Kelly
Jason Olin
Connor Smith
Tyler Stone
Colby VanVoorhis

8th Grade

High Honor

Lauren Harris
Amanda Korb

Honor

Tyler Armstrong
Keshia DeLee
Tyler Garey
Susan Graham
Jonathan Lyon
Dakota Marshall
Elizabeth Morse
Briana Parshall
Elyse Petersen
Carly Stone

Merit

Benjamin Brown
Madeline Davies
Nicholas DeRochie
Dustin Marshall
Alexis Pierson
Gaven Plummer

9th Grade

High Honor

Kaitlyne Davis
Sydni Hamlin
Rachael Harris
Esther Lyon
Kayleena Manwarren
Trevor Marston
Amber Monroe
Aletha Mott
Ashley Pitts

Honor

Allyzza Agren
Lindsey Bard
Cynthia Cummings
Kayla DeLee
Kenneth Elwood
Kelsea Graves
Brandon Huntley
Karalee Mikula
Zackary Muller
Nikole Olin
Brenton Rasmussen
Hope Reynolds
Emily Scanlon
Dalton Stone
Eva Stone
Howard Straight

Merit

Dillon Clapp
Gregory DeRochie
Brandon Fowler
Krystal Hughes
Brandon Hutchins
Andrew Loomis
Carmine Saladino
Travis Sheldon

10th Grade

High Honor

Charles Bishop
Marina Brown
Logan Carsten
Angela Graves
Michael Larkin
Jessica Loomis
Gabrielle Lyon
Elisabeth Reichard
Nicole Sawyer

Honor

Crystal Hillman
Alan Lewis
Desiree Mesko
Bradley Moyer
Elyse Roalef
Corey Stone
Leah Strong
Kayla Thorp

Merit

Shelby Hillman
Amanda Jaycox
Adam Monroe
Cody Morgan
Austin Parker
Kara Quick
Autumn Sergent

11th Grade

High Honor

Dustin Davis
Douglas Day
Jacob DeRochie
Kimberly DeVinne
Karl Graham
Bianca Kelly
Bethany Lewis
Jenna Wood

Honor

Stephen Beesmer
Jessica Bencke
Coleman Ellis
Dalton Marshall
Nathan Stark

Merit

Benjamin Davis
Zachary Forrest
Robert Kelly
Zachary Rowland

12th Grade

High Honor

Daniel Larkin
Taylor Monroe
Christopher Neal
Naomi Reichard

Honor

Michael Sawyer

Merit

Brandon Coye
Travis Littler
Brian ManWarren
Chase Marston
Ryan Mason
Weylin Schloth
Robert Swayze
Nathan Thorp
Matthew Williams



Third Marking Period 2009-2010

Grade 3

High Honor

Andy Collins
McKenzie Kampe
Brynley Smith
Curtis Walrod

Honor

Dakota Adams
Shane Bowers
Garrett Brown
Dawson Carson
Jessica Comfort
Gabrielle Fitch
Jasmine Holmes
Dale Jones
Jenifer Kenyon
Jacob Laride
Matthew Loomis
Ethan MacLaury
Alyssa Ramsay
Elijah Rawson
Bryce Schutt
Summer Sergent
Stephanie Smith
Victoria Smith
Daniel Wescott

Merit

Desirae Bard
Levi Brown

Grade 4

High Honor

Samuel Campbell
Whitney Hamlin
Amber Meigs
MaKenna Pierce
Elizabeth Thiel
Lacy J. Wood

Honor

Dennis Agren
Curtis Bush
Tanner Costa
Kaylie Cross
Garrett Forrest
Chas Frink
Patrick Gillette
Sara Kenyon
Kara MacLaury
Katie Madorel
Delphine Marshall
Clayton O'Hara
James Ossont
Solomon Plummer
Victoria Roalef
Justin Rodda
Tyler Schaap
Jonathan Selinsky
Roseann Sinesi
Nicholas Smith
Devin Stone
Corbin Wilkins-Learned

Merit

Tyler Bard
Kyle Haitian

Grade 5

High Honor

Larry Hackett

Honor

Chelsea Amos
Jennifer Centner
Mersades Cruikshank
Dawson Fink
Destiney Garey
Lauren Kenyon
Dakota Lolar
Nathaniel Morse
Ashley Scanlon
Emma Stone
Jillian Waltz
Dakota Lolar
Nathaniel Morse
Ashley Scanlon
Emma Stone
Jillian Waltz

Merit

Travis Altieri
Jordan Baerga
Kenneth Button
Dyrick Clemens
Jade DeLee
Hayley Donnelly
Jesse Ramsay
Shelby Stone

Grade 6

High Honor

Emily Comfort
Ella J. Costa
Francesca Cortez
Robert Davies III
Kent Stark
Amber Thornton

Honor

Sabrina Bard
Emily Boyce
Mariah Button
Ella Costa
Matthew Garey
Mikayla Gillette
Lucas Heintz
Megan Hotaling
Marianne Jones
McKenzie Lidell
Grace Lowry
Dominick MacLaury
Cora ManWarren
Hunter Mills
Coleman O'Hara
Bethany Prince-Rood
Sierra Puccio
Macey Rawson
Patience Smith
Kurt Stark
Johnathan Witt

Merit

Keachia Holmes
Dylan Howe
Jansen Waltz



Keep Up the Good Work!



Boys' Varsity Soccer 2010**September**

10vs. Stockbridge Valley.....	4:30
13vs. DeRuyter.....	4:30
15@ Brookfield.....	4:30
18vs. Cincinnatus.....	3:00
20vs. Tyburn Academy.....	4:30
22@ Madison.....	4:30
27@ Tyburn Academy.....	4:30
29@ McGraw.....	4:30

October

1@ DeRuyter.....	5:30
3@ George Jr. Republic.....	4:00
6@ Stockbridge Valley.....	4:30
8vs. Brookfield.....	4:30
13@ Cincinnatus.....	4:30
18vs. George Jr. Republic.....	4:00
19vs. Madison.....	4:30
22vs. McGraw.....	4:30

Girls' Varsity Soccer 2010**September**

7vs. DeRuyter.....	4:30
9@ Tyburn Academy.....	4:30
16vs. Brookfield.....	4:30
18vs. Cincinnatus.....	1:00
21@ McGraw.....	4:30
23vs. Stockbridge Valley.....	4:30
25vs. Morrisville-Eaton.....	11:00
28@ Madison.....	4:30

October

1@ DeRuyter.....	7:30
5vs. Tyburn Academy.....	4:30
7@ Cincinnatus.....	4:30
12@ Brookfield.....	4:30
14vs. McGraw.....	4:30
19@ Stockbridge Valley.....	4:30
21vs. Madison.....	4:30
22@ Morrisville-Eaton.....	6:30

Boys' Modified Soccer 2010**September**

18vs. Cincinnatus.....	3:00
22@ Madison.....	4:30
27vs. DeRuyter.....	4:30
29@ McGraw.....	4:30

October

1@ DeRuyter.....	4:00
6@ Stockbridge Valley.....	4:30
8vs. Brookfield.....	4:30
12vs. Stockbridge Valley.....	4:30
13@ Cincinnatus.....	4:30
15vs. Madison.....	4:30
18@ Brookfield.....	4:30
22vs. McGraw.....	4:30

Girls' Modified Soccer 2010**September**

18vs. Cincinnatus.....	1:00
21@ McGraw.....	4:30
23vs. Stockbridge Valley.....	4:30
27vs. DeRuyter.....	4:30
28@ Madison.....	4:30

October

1@ DeRuyter.....	4:00
4vs. Brookfield.....	4:30
7@ Cincinnatus.....	4:30
12@ Brookfield.....	4:30
14vs. McGraw.....	4:30
19@ Stockbridge Valley.....	4:30
21vs. Madison.....	4:30



Good Luck Teams!



Name: _____ Phone: _____
 Email Address: _____



SCHLASEC SPORTS SALES LTD
 255 CAZENOVA BL.
 BAIN BRG, NY 13824
 "The Leading Team Dealer in Upstate NY since 1984"



ALL ORDERS GO
 TOWARDS SUPPORTING
 OTSELIC VALLEY
 ATHLETICS!

PLEASE SUBMIT ALL ORDERS TO THE SCHOOL ADMIN OFFICE BETWEEN THE FOLLOWING DATES: 9/2/10-9/24/10
 ABSOLUTELY NO ORDERS WILL BE ACCEPTED BEFORE OR AFTER THE DATES SHOWN ABOVE.
 PLEASE MAKE SURE TO ORDER PROPER SIZES AS THEY CANNOT BE EXCHANGED.
 ORDERS WILL BE DELIVERED TO THE HIGH SCHOOL ADMIN OFFICE "JO KILLIE MSHOP" THE WEEK OF: 10/18/10
MAKE CHECKS PAYABLE TO OTSELIC VALLEY BOOSTER CLUB

ITEM #	DESCRIPTION	YOUTH			ADULT				TOTAL PRICE	PRICE	GRAND TOTAL	
		S	M	L	S	M	L	XL				XXL
52406	Black Full Zip Hoodie w/ Embroidered Logo										\$38.00	
4104	Black Performance Longsleeve w/ 1-Color Burned Logo										\$28.00	
6240	Black Cotton Longsleeve w/ 1-Color Burned Logo										\$15.00	
4109	Black Mens Performance 3" Short w/ 1-Color Burned Logo										\$18.00	
4116	Black Womens Performance 3" Short w/ 1-Color Burned Logo										\$18.00	
NAME	Burned Name On Back Of Sweatshirt	Name:								\$5.00		
NUMBER	Burned Number On Back Of Sweatshirt	Number:								\$3.00		
DISCOUNTS: ADD \$1.00 FOR EACH XXL ITEM										GRAND TOTAL	\$	

HOW TO DEAL WITH A BULLY

News flash

Bullies aren't all big and muscle-y. Bullies come in all shapes and sizes — and it's not like you can tell who they are by what they look like. You can only tell a bully by their actions — they make themselves feel powerful by threatening, embarrassing or hurting others. If you have ever been around a bully or been picked on by a bully you know how hurtful they can be. But, there are things you can do to stay out of a bully's way.



GUIDELINES YOU SHOULD HAVE IN MIND WHEN TALKING TO ADULT ABOUT THE PROBLEM:

- WHAT HAPPENED TO YOU & WHAT YOU DID.
- WHO BULLIED YOU AND WHO SAW IT.
- WHERE AND HOW OFTEN IT HAPPENED.
- WRITE EVERYTHING DOWN IN A JOURNAL.

1 *Make friends and lots of them — there's safety in numbers. A bully is less likely to approach you if you're surrounded by pals. Try to be friendly and respectful to everyone — smile at someone if you make eye contact in the hallways, and if you really like someone's cool new shoes, tell them.*

2 *If a bully is talking smack about you, keep in mind all the good stuff you know about yourself. Do things that you are good at. Can you spell like a dictionary? Enter a spelling bee. Run like the wind? Join the track team. Sing like an angel? Choir is calling your name. Try something new; you may discover a talent you never knew you had. Take tennis lessons or audition for the school play. Bonus: you'll meet new people!*

3 *Stand up for yourself! Practice what you might say if someone starts picking on you. Saying the words a couple of times will make you feel sure of yourself. One word to the wise: Never start a discussion or argue with a bully, even if you've got a zinger that's begging to be zung. You just want to get them off your back, not make them angry.*

4 *Check out the way you act and be aware of your body language. How you carry yourself can bring on a bully. Slouching, looking at the ground or feet, and fidgeting make people think that you are afraid or nervous. Try to walk with your head up, make eye contact, and smile. A bully is less likely to single you out if you are the picture of self-confidence.*

5 *Ignore insults or name-calling. It'll be hard, but stay calm and don't let them see you sweat. Take a deep breath and try not to show that you are upset or angry. Above all, don't believe for one second what they're saying. Bullies feed on attention and are just trying to get a reaction from you. It's easier to give them the brush off if you don't let them get under your skin. They'll get bored and move on.*

6 *Avoid getting sucked into a scuffle, even if it means losing your stuff — your safety is way more important than your shoes! The only time you should ever fight back is when you need to defend yourself. Even then, keep eyes open for an escape route. Chances are, if someone wants to fight, they know they have a good chance of winning.*

7 *Don't be afraid to tell an adult if you're being bullied. You are NOT a snitch if you tell an adult you know that someone is hurting you. If you have to stop someone from bothering you and it's not working, get someone you trust involved to help you. And if you see someone else in the same boat, find an adult to help. Get the problem out in the open. Once people know about it, the bully is no longer in control. Not telling anyone — especially because the bully told you not to — is just making him or her feel more powerful.*

8 *Have a few one-liners in your pocket to pull out if you need them. Things like "That's funny, but enough already okay?" or "I don't do this to you. You should really think about that" can help defuse a tense situation and keep you out of harm's way. While your coming up with your witty one-liners, keep in mind that you're trying to take the wind out of the bully's sails, not add fuel to the fire with a major burn. Embarrassing the bully in front of everyone won't make your life any easier.*

September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat																																																																																											
			1	2	3	4																																																																																											
5	6	7	8 Taco Salad w/Seasoned meat Lettuce, tomato, Onion, cheese Salsa, Cornbread Fruit/Milk	9 Chicken Tenders Mashed Potato Green Beans Rolls Fruit/Milk	10 Veggie or Cheese Pizza Tossed salad Fresh Fruit Milk	11																																																																																											
12	13 Hamburger or Cheeseburger on Bun Lettuce, tomato, onion, pickles Veggie Beans Fruit/Milk	14 Cheesy Bread Sticks Tossed salad Dip sauce Fruit/Milk	15 Mixed Subs Lettuce, tomato, onion Carrot & celery sticks Pretzel goldfish Fruit/milk	16 Rotini w/meatsauce Tossed Salad Bred Fruit/Milk	17 Veggie or Cheese Pizza Pasta salad Fresh fruit Milk	18																																																																																											
19	20 Baked Potato w/Broccoli & cheese Bacon bits Roll OR Cheese Ravioli Fruit/Milk	21 Popcorn Style Chicken Mashed potato Gravy Corn Fruit/Milk	22 Stuffed Shells Tossed Salad Italian Bread Fruit/Milk	23 Hot Ham & Cheese Sandwich Sweet potato fries Broccoli Fruit/Milk	24 Fish or BBQ Rib on Bun Cheesy noodles Green beans Fruit/Milk	25																																																																																											
26	27 Chicken Stir Fry w/Rice OR Beef Ravioli w/bread Fruit/Milk	28 Hard or Soft Taco w/seasoned meat Lettuce, tomato, onion, cheese Salsa Cornbread	29 Hot Dog on Bun Macaroni & Cheese Peas Fruit/Milk	30 Spaghetti Tossed salad Bread Fruit/Milk																																																																																													
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OTSELIC VALLEY CENTRAL SCHOOL
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South Otselic, New York 13155

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"The Otselic Valley Central School District does not discriminate on the basis of race, color, religion, gender, sexual orientation, national origin, age, disabilities, marital or veteran status."

Contact person:

Richard J. Hughes, P.O. Box 161, 125 County Road 13A, South Otselic, NY 13155 (315) 653-7218.

Parents of Incoming 6th Graders

This notice is to remind you of the updated information from the New York State Immunization Department for school attendance and entrance in the 2010-2011 school year. New York State is requiring all children whose birthday is on or after January 1, 1994 and who are entering grade 6 to show proof of a Tdap and a varicella immunization.

Proof of immunity against Tdap is a vaccination. Please note that Tdap is different than Dtap. If your child has had a tetanus booster in the past 2 years, he/she will not be able to have Tdap at this time. They will however be required to receive the Tdap vaccine 2 years from their last tetanus booster.

Proof of immunity against varicella means:

1. Record of 1 dose of varicella vaccine if your child is under 13 years of age and 2 doses of varicella vaccine if your child is 13 years of age and older, or
2. Blood testing record that shows serologic evidence of immunity, or
3. Medical record to document chicken pox infection from the licensed provider.

Parental note is not accepted as proof of immunity.

Proof of immunity needs to be sent to the elementary nurse's office before the 2010-2011 school year. Your child's provider may fax the information to the school. Our fax number is 315-837-4775. Failure to show proof of immunity will result in your child not being allowed to attend school. This is a public health law. If you have questions, you may call the school nurse at 315-837-4407 or your local public health department.

Chorus News

On May 21, the Otselic Valley Middle School and High School Choruses traveled to Darien Lake Amusement Park for a music festival competition and day of year-end fun. Both chorus' earned the rating of *superior* which is a score of 95 or better from the two judges.

The High School Chorus placed sixth in their division and the Middle School Chorus placed first in their division.

Congratulations to all chorus members and thank you for a wonderful musical year!

From Nancy Gallaher

As the new school year begins, I am ending an eleven year tenure as the elementary principal of Otselic Valley Elementary School. Leaving a place where you have spent a significant amount of time is always bittersweet. I am excited about the possibility of traveling whenever I want to and not just on school vacations, and to be able to spend more time with family, especially my three grandsons.

However, I am sad to leave staff and students. The best things about Otselic Valley are your children, their teachers and the paraprofessionals. We have done good work together that I am proud of and I will miss them all. There is no better way to start your day than with a hug from a child, so thank you for all the hugs.

Best Wishes,
Nancy Gallaher