

THE BLUE & WHITE

School News and Notes

Bainbridge-Guilford Central School District
18 JULIAND STREET — BAINBRIDGE, NEW YORK 13733-1097
607-967-6300

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October 2013

Superintendent's Message

As we start the 2013-2014 school year, it is with much pride and appreciation that I serve as the Superintendent of the Bainbridge-Guilford Central School District. Over the past two years we have had several opportunities to review and evaluate what we value in our schools. With our continued focus and resolve to maintain Bainbridge-Guilford as a top-tier regional school we will ensure our students the best educational experiences our community can afford.

This summer our teachers once again took the lead in regional professional development as well as working to develop the mandated tests as part of the new Regents Reform Agenda. While many across the state and within our community disagree with the testing process there is a little we can do to affect change at the state level. Through this lens, our District is committed to the use of local teachers to design and develop our tests and our curriculum. We are working hard to avoid the outsourcing of our children's education to private publishing companies and for that we should all be proud. We appreciate your confidence and your support of our work with your children and with the community.

In an effort to enhance student safety we have implemented new traffic patterns for student drop off and pick-up at Greenlawn Elementary and the Junior-Senior High School. An ancillary benefit of this change has been improved visitor parking at the Junior-Senior High School on Juliand Street and reports of decreased congestion at both buildings. We appreciate your support and understanding of this change and greatly welcome the positive feedback we have received from many of our community members.

The start of the school year provides an opportunity to ask ourselves why we commit our lives and our futures to public education. Our commitment to providing learning environments that promote student growth and opportunity will remain our focus.

Please remember to check our website, www.bgcsd.org for information regarding our schools and programs. Once again, thank you for your support of our schools.

—Donald Wheeler, Superintendent

School Board Recognition Week

Governor Andrew Cuomo has designated School Board Recognition Week for the week of October 28, 2012. This event is observed by more than 700 school boards and school districts throughout New York State.

New York State recognizes the following attributes of those who serve on the School Board of Education:

- The men and women serving as members of school boards are dedicated to children, learning and community, and devote many hours of service to elementary and secondary public education as they continually strive for improvement, excellence and progress in education.
- The members of New York's local school boards are community leaders who provide an invaluable resource as local decision makers, responding not only to the respective educational needs of their communities, but also serving in the interests of schoolchildren and their future.
- During the week of October 28, it is fitting to join in acknowledging the commitment and contributions of members of the local school boards. Please join us in thanking our school board members for their service to our District during this week.

2013-14 B-G SCHOOL BOARD MEMBERS



Jeanne Shields, Julee Hartwell, Charles Blincoe, Patrick McElligott, Jason Fleming (President) and Emily Hall.
Absent: Brenda Parsons (Vice President)

The B-G Board “Blog”

The 2012-13 school year proved very eventful for the Bainbridge-Guilford School District. Some of those events were routine; a new group of youngsters entered the school system in September, another group of students graduated in June, and a heck of a lot of both expected and unexpected things took place in the months in between.

The B-G administration and Board of Education held a number of public meetings in an effort to create the best budget possible, under less than ideal circumstances. It was difficult, to say the least, balancing the local needs created by a poor economy while addressing the financial realities coming out of Albany. We believe those meetings helped us to find that balance and were beneficial to both the board and the community.

After the budget vote, community members had the opportunity to participate in a survey. We genuinely appreciated all of the suggestions and feedback. In the last few months we have spent a good deal of time going over the survey results and, in an effort to cultivate open lines of communication with the B-G community, have decided to address some of the most frequently asked questions here in the *Blue & White*.

The most asked about item we found in the survey was the cost of transportation, so that is the issue we intend to tackle first.

As a school board, we rely on the research and the know-how of two experts in this area: Ken Starr, Transportation Supervisor and Ken Wilcox, Assistant Superintendent for Business. At a recent Board meeting, Mr. Starr gave a presentation that detailed our District’s options for buying buses. While we will not attempt to reproduce all of that information here, we will highlight the main points of Mr. Starr’s presentation.

MR. STARR’S PROPOSED FIVE-YEAR PURCHASE PLAN INCLUDED

- The price of a new bus
- The net state aid (89.5%)
- The cost to the District (10.5%)
- The average maintenance costs for five years
- The current trade in value of the 5-year old bus
- The estimated savings for B-G per bus

While some factors may change between now and 2018, the board is confident that the plan Mr. Starr recommended is our best option.

The reality of a rural, merged district is that our students spend a great deal of time on buses. Our primary concern, of course, is that our students are on the safest buses possible while they are being transported. As a bonus, Mr. Starr and Mr. Wilcox were able to create a plan, literally to the penny, that will actually be generating revenue for the District through the process of selling 5-year old buses as we replace them with new ones.

Community members who are interested in seeing the complete 20-page proposal are welcome to request a copy by contacting the District Office or visiting the District Website. A significant amount of time was invested in researching this plan and we are confident that even the most skeptical among us will be favorably impressed.

We will continue to submit articles to this newsletter as part of our effort to improve communications between the board and the community. As school curriculums change raising new challenges for teachers, students and the community alike, we believe the more correspondence the better.

B-G’s motto is *a tradition of excellence* and we maintain that as our goal. We want B-G to reach its very best potential and believe that is only possible with an informed public and their participation.

Thank you for your interest.

—B-G Board of Education Members

Adult and Continuing Education Program

Classes are self-paced and *free*. Sites are handicap accessible and non-smoking. Many adult ed classes offer basic computer instruction and if applicable instruction on how to *surf the web*. Classes are held at Afton Central School, CDO Workforce Center in Norwich, CDO Workforce Center in Oneonta, Oxford Memorial Library, Sidney Civic Center, and Walton Elementary School. Please contact 607-639-2811 or 1-800-792-2145 for a complete schedule and information.

GED TESTS ARE CHANGING!

The GED test is changing soon! On January 1, 2014, the new exam will be called TASC (Test Accessing Secondary Completion). All old scores will expire the end of 2013. Go back to class now or re-enroll in the home study program before the change.

Contact Afton Central School’s Adult and Continuing Education program at 607-639-2811 or 1-800-792-2145 to begin preparing for the current GED exam before it expires!

NEED A HIGH SCHOOL EQUIVALENCY DIPLOMA?

Call Afton Central School’s Adult and Continuing Education Program at 607-639-2811 or 1-800-792-2145 for a *free* home study program. GRASP (Giving Ready Adults a Study Program) is available for people 21 years of age or older who cannot attend an adult continuing education class and who possess good reading skills. Students are tested to assess reading and math levels. Appropriate materials are sent to the student’s home. The students work in the review books on their own, at their own pace and return completed assignments to the program every two weeks. Students must be motivated and able to work independently.

New BOCES Board Of Education President Elected



At the Reorganization Meeting of the Delaware-Chenango-Madison-Otsego BOCES (DCMO BOCES) Board of Education held Thursday, July 11, 2013 at the Support Services Center, Chenango Campus in Norwich, Margery Secrest was unanimously elected President. Margery Secrest was recently elected to a new three-year term as a member of the BOCES Board

of Education and was first elected to the Board in 2001.

A resident of Afton, Marge has been involved in education for many years, first as a teacher for 33 years teaching social studies and then English. She was an active participant in the Teachers' Association, retiring in 1983. In 1985, she began her board service as a member of the Afton Board of Education. Marge has served on the Afton Board since that time and has held the office of President since 1995. Marge has devoted her time to community efforts such as the Afton Planning Board spanning over three decades, the Indian Hills Girls Scout Council, the Chenango County Farm Bureau, serving as its Vice President since 2003, the church choir and other organizations.

Marge was selected as Outstanding School Board Member of the Year by the Chenango County School Boards Association in 1996, and presently serves as the BOCES representative on the Executive Board for the Association. In the Fall of 2009 Margery was honored as the Fifth recipient of the Marshman-Hall Commitment to Education Award.

NEW—NYS STAR Property Tax Relief

All New York homeowners receiving a BASIC STAR property tax exemption must register with the NYS Tax Department in order to receive the STAR exemption in 2014 and subsequent years. All BASIC Star recipients should receive registration instructions by mail. Visit the NYS tax website at www.tax.ny.gov to register. The registration deadline is December 31, 2013.

Senior citizens receiving ENHANCED STAR benefits are not affected by the new registration requirement. In order to continue to receive ENHANCED STAR, Seniors must continue to apply annually or participate in the Income Verification Program.

If you have questions call NYS Department of Taxation and Finance at 518-457-2036.

Jr.-Sr. HS Attendance Procedure

ATTENTION PARENTS/GUARDIANS OF JR.-SR. HIGH SCHOOLERS:

PLEASE POST THIS NUMBER: 967-6368

- This number should be called as early in the morning as possible on the day your child will be absent or tardy. It should be called each and every day that your child will be absent or tardy. Policy states it is the parent/guardian responsibility to make the calls. There is an answering machine, so you may call at any time, day or night. If the parent/guardian does not call in for the student, an attempt will be made to contact the parent/guardian.
- Parents/guardians are arriving unannounced at the Jr.-Sr. High School to pick up their child(ren). Policy states that students should present a note to the Main Office first thing on the morning of the day that they will be leaving. It is very difficult to have your child ready for pick-up without knowing ahead of time. If you find you need to take your child for a last minute appointment, you should call the number listed above and come in to sign your child out for the appointment.
- Notes to be excused during the school day should be presented to the Attendance Office in the High School Main Office in the morning when the student first enters the building. Notes not received first thing in the morning will be subject to verification. Students needing to be excused during the day but who have not brought in a note should have the parent/guardian call the Attendance Office at 967-6368. The parent/guardian will need to either fax a note or personally come in to pick up the student.
- A student who will be going on an extended absence—whether it be excused or unexcused—should complete an Extended Absence Form available in the Attendance Office. Some examples would be: horse shows, family vacation, 4H conference.
- The nurse will continue to assess ill students and call the parent/guardian if the student needs to go home. The parent/guardian will either come for the student or designate a person to pick up the student. Parents should discourage their children from calling to leave school without first seeing the nurse for assessment.



Request for Pesticide Application Notice

October 2013

Dear Parent, Guardian, and School Staff,

New York State Education Law Section 409-H, effective July 1, 2001, requires all public and nonpublic elementary and secondary schools to provide written notification to all persons in parental relation, faculty, and staff regarding the potential use of pesticides periodically throughout the school year.

The Bainbridge-Guilford Central School District is required to maintain a list of persons in parental relation, faculty and staff who wish to receive 48-hour prior written notification of certain pesticide applications. The following pesticide applications are not subject to prior notification requirements:

- ◆ A school remains unoccupied for a continuous 72-hour following an application;
- ◆ Anti-microbial products;
- ◆ Nonvolatile rodenticides in tamper resistant bait stations in areas inaccessible to children;
- ◆ Silica gels and other nonvolatile ready-to-use pastes, foams, or gels in areas inaccessible to children;
- ◆ Boric acid and disodium octaborate tetrahydrate;
- ◆ The application of EPA designated biopesticides;
- ◆ The application of EPA designated exempt materials under 40CFR152.25;
- ◆ The use of aerosol products with a directed spray in containers of 18 fluid ounces or less when used to protect individuals from an imminent threat from stinging and biting insects including venomous spiders, bees, wasps, and hornets.

The Bainbridge-Guilford Central School will not allow the use of any pesticides that require notification unless an emergency exists. In the event of an emergency application necessary to protect against an imminent threat to human health, a good faith effort will be made to supply written notification to those on the 48-hour prior notification list.

If you would like to receive 48-hour prior notification of pesticide applications that are scheduled to occur in your school, please complete the form below and return it to the school. For further information on these requirements the school pesticide representative is Howard Thompson who may be reached at 967-6322 or the District Office, 18 Juliand St., Bainbridge, NY 13733.

**Bainbridge-Guilford Central School District
Request for Pesticide Application Notification**

_____ School Building

Name: _____ Address: _____

Day Phone: _____ Evening Phone: _____ E-Mail Address: _____

Please return to Howard Thompson, 18 Juliand St., Bainbridge, NY 13733

BOCES Conservation Students Compete at SUNY Cobleskill

Twelve members of the DCMO BOCES Harrold Campus Conservation and Equipment Technology Program competed in the 2013 New York State Conservation Competitions held at SUNY Cobleskill on May 16, 2013. The contest was split into morning and afternoon events. Morning events consisted of equipment contests and afternoon consisted of woodsmen's competitions. All of the students competed to the best of their abilities and several received top ten awards.

The class finished with a total of seven top ten finishers, three top five finishers and one 1st place award earned by Hancock Central School student **Scott Vernooy** in the bulldozer backfill competition. Other award recipient's included **Kyle Gardner**, Franklin Central School earning tenth place in axe throw, **Joe Hanstine**, Hancock Central School earning a ninth place finish in bulldozer trenching, **Jamie Griswold**, Bainbridge-Guilford Central School earning a ninth place finish in chainsaw speed cut, **Ryan Garcia**, Delaware Academy at Delhi Central School earning an eighth place finish in one man pulp throw, **Adam Banker**, Downsville Central School earning a fourth place finish in bulldozer log roll and **Tim Lacey**, Downsville Central School and **Ryan Garcia**, Delaware Academy at Delhi Central School earning a second place finish in team peavey log roll. The conservation instructors are extremely proud of these individuals and the hard work that they put into the program on a daily basis.

If you would like additional information about the DCMO BOCES Conservation and Equipment Technology Program or any of the Career and Technical Education programs offered at the DCMO BOCES, please contact Peg Dienhoffer, Director of Career and Technical Education at 335-1213.



Back l-r: Instructors Roger Harkness and Zach Whittaker.; front: Jamie Griswold (Bainbridge-Guilford), Austin McCall (Franklin), Justin McAdams (Walton), Tim Lacey (Downsville), Ryan Garcia (Delaware Academy at Delhi), Kyle Gardner (Franklin), Wyatt Cogshall (Unatego), Adam Banker (Downsville), Joe Hanstine (Hancock), Scott Vernooy (Hancock), Zach Bertholf (Downsville), Absent from photo: Brady Bean (Unatego)



Award Winners l-r: Jamie Griswold (Bainbridge-Guilford), Kyle Gardner (Franklin), Adam Banker (Downsville), Scott Vernooy (Hancock), Joe Hanstine (Hancock), Tim Lacey (Downsville), Ryan Garcia (Delaware Academy at Delhi)

CONGRATULATIONS

B-G Renton Scholarship Winners

Each year, Mr. Joseph and the Rev. Dr. Barbara Renton graciously award scholarship money to promising Bainbridge-Guilford High School music students for the purpose of private study with a professional music instructor.

To qualify for the award, interested students must define their musical goals in a brief essay. Final selection of the recipients is based on their statements of intent for the use of the money and overall interest in improving the quality of their participation in the B-G music program.

The Scholarship recipients will continue their private musical instruction throughout the school year, culminating with a performance at the end of the school year.

The B-G recipients this year are **Ashlee Ocasio**, voice and **Jolynn Wlasiuk**, flute. Congratulations to both and best of luck and hard work in your studies!



Renton Scholarship winners Ashlee Ocasio and Jolynn Wlasiuk

Contacting Your Teacher

The teachers at B-G Jr.-Sr. High School were canvassed regarding the best times to be contacted by parents. Listed here is a B-G time schedule and a listing of teacher availability. Please feel free to call to discuss problems, to get information or just chat.

Dean's Office 967-6300* *Main Office 967-6323

Teacher	Period Preference	7:30–7:55	3:05–3:15	At Home
Anderson	6	X	X	967-7230
Blackman	1, 3, 11	X		341-2723
Bunting-Cliffe			X	967-2207
Cifone	6	X		
Cirigliano	2			
Degan			X	
Feltham	1, 2			639-3057
Filor	2, 9		X	
Frazier	3, 8		X	
Grigoli	1, 9, 10, 11	X	X	
Hardy	1		X	
Hosier	9, 10		X	
Lamb	2, 4, 7		X	
Lanfeear	6	X	X	
Mattingly	5 & 8			
McCandless	6	X	X	
McFee	2, 4, 7, 9	X	X	
Mertz	1, 6		X	
Miller, L.	2, 6		X	
Mitchell	1			
Northrup	1, 4, 5, 11	X	X	437-4937
Rhodes	3, 4			
Scherhauer	8		X	
Scott-Treacy	4, 5	X	X	432-7262
Shackelton	3, 8			
Slack	4, 5		X	
Stafford	2, 6, 8	X	X	
Smith	11		X	624-2539
Tompkins	6, 10			227-8286
Waymire	3, 7, 8	X		

BAINBRIDGE-GUILFORD JR.-SR. HIGH SCHOOL TIME SCHEDULE

Period	Time
1	7:55 - 8:35
2	8:38 - 9:15
3	9:18 - 9:56
4	9:59 - 10:36
5	10:39 - 11:17
6	11:20 - 11:50
7	11:53 - 12:30
8	12:33 - 1:11
9	1:41 - 1:51
10	1:54 - 2:32
11	2:35 - 3:05

Booster Club News



With school back in full swing, the B-G Booster Club has geared up with *new* merchandise and a *new* design for this year! Along with the new merchandise, we are also fully stocked with popular favorites like umbrellas and our fleece waterproof blankets. Pictured are

Alli Miller and Kori Thornton outfitted from head to toe in B-G merchandise.

Please visit www.bgbobcats.com and click on the *boosters* tab then *files* to order your B-G Bobcats apparel and other miscellaneous items. The proceeds from the sale of our merchandise along with the proceeds from our bottle bins in Bainbridge and Guilford is used to help support our teams and athletes in various ways such as helping to fund equipment purchases and to help fund participation at athletic camps and clinics.

The B-G Booster Club meets the 3rd Monday of every month. New members are always welcome and encouraged to attend. Meetings are held in the conference room just down the hall from the auditorium.

The B-G Booster Club and the Student Athletes appreciate your support!

New Staff at Bainbridge-Guilford

Cierra Stafford—Math



Hi, my name is Cierra Stafford. I am the new 8th grade math and Algebra teacher for the 2013-2014 school year. I am a former student and graduate of B-G. After high school, I attended Marist College in Poughkeepsie for 3 semesters and SUNY Oneonta for the remainder

of my undergraduate career where I earned my Bachelor of Science Degree in Mathematics Education. Currently, I am attending SUNY Oneonta where I am working towards my Master of Science Degree in Special Education.

I love playing with my puppy, Daisy Duke; I love music and going to country concerts; I love the Red Sox and of course *math!*

I am looking forward to having a great year here at B-G! Thank you for allowing me to be a part of this wonderful community!

George Hinkley

I graduated from Cornell University with a Bachelor of Science. I also earned a teaching certificate for High School Agriculture. I have worked as a substitute teacher for the Bainbridge-Guilford School District for over 14 years working in all grade levels and in most all of the classes.

I have also held the position of substitute bus driver for the past year and a half and am looking forward to working with the students on a regular bus run.

Amy Lamb—Spanish Teacher



Hi, my name is Amy Lamb and I am the new Spanish teacher at Bainbridge-Guilford Jr.-Sr. High School. I will be teaching 7th and 8th grade Spanish, as well as Spanish 1A. I attended high school in the Finger Lakes region of New York, at Hammondsport Central

School. After high school, I attended Daemen College in Amherst, NY where I received my Bachelor of Arts degree in Spanish Adolescent Education. During my undergraduate career, I spent six months living in Mexico and studying at the University of Guanajuato. I am currently attending grad school via a long-distance program with New Mexico State University, where I will receive my Master of Arts in Spanish Linguistics.

Before I came to B-G, I taught Spanish at Oneonta Middle School for three years. I love teaching Spanish at the middle school level because I enjoy seeing students excited about learning something new. My hobbies include traveling, reading, baking and spending time with my family and friends. I am recently married and my husband and I live in Sidney. I am very excited about the opportunity to work for the Bainbridge-Guilford School District. My experience so far has been nothing but positive! I have quickly started to feel at home here and look forward to continuing my career at B-G!

Daisy Brewer—Teacher Aide



Daisy is returning to B-G this year as a full time aide. Daisy has a Bachelors of Science in Health Education from SUNY Cortland and a Masters in Instructional Technology from NYIT. She taught health for seven years in Sullivan County before she decided to return to the area to raise her family. Daisy and her husband of 11 years are raising their two boys here in Chenango County and they are glad to be back in the area!

WELCOME ALSO TO STAFF APPOINTED DURING THE 2012-13 SCHOOL YEAR!

Heather Amatuccio
Tracey Dematteo
Ruth Curtis
Joy Wood
Portia Caffery
Rebecca Palmer
Kyle Fuller
Lori Shafer

WELCOME TO B-G!



Jr.-Sr. High School Open House Wednesday, October 9

Open House for the Bainbridge-Guilford Jr.-Sr. High School will be on October 9, from 6:30-8:00 p.m. Open house will begin in the Auditorium at 6:30 p.m. with a welcome from School Principal Mr. Zakrajsek and an introduction of the faculty.

Eighth grade Core (English, Math, Science, Social Studies and Reading) teachers will be available to meet parents starting at 7:15 p.m. following the conclusion of the Spaghetti Dinner.

All teachers are looking forward to meeting their students' parents and sharing information and expectations regarding their courses. Mr. Zakrajsek and our entire staff enthusiastically encourage all parents to attend Open House to learn about and support your children's education.

We are looking forward to seeing you!

Guilford Open House Thursday, October 10 6:30-8:00 p.m.

The annual Guilford Open House will be held on Thursday, October 10. Open House will start at 6:30 p.m. and end at 8:00 p.m. Your child will be looking forward to showing you his or her classroom. At our Open House teachers will be asking you to sign up for a time for parent teacher conferences. You may sign up for an afternoon or evening appointment on either Nov. 6 or Nov. 20. Both of these days will be half days for Guilford children. Dismissal will be at 11:10 a.m.

We will also be sponsoring an informational night and book fair during Open House. Please make sure you stop in at the gym to visit our community informational tables and book fair. Our cafeteria will also provide samples of our school lunches for you to taste. We look forward to seeing you!

Greenlawn Open House Thursday October 24 6:00-7:00 p.m.

The Greenlawn Staff and students would like to invite you to our annual Open House on Thursday October 24 from 6:00-7:00 p.m. Come see our school and all of the great learning activities that have been happening as we start the new school year. The PTO will be on hand with the Scholastic Book Fair and they will be selling Yankee Candles to benefit the playground fund. Also the BG Booster Club will be selling BG apparel and several community organizations will have table displays and information.

Jr.-Sr. High School Students of the Month for June

Bainbridge-Guilford Jr/Sr High School is proud to announce our students of the month.

9TH, 8TH AND 7TH GRADE



Alan Stevens, Shawna Simpkin, Megan Palmatier

12TH, 10TH AND 11TH GRADE



Timmy Parsons, Katie Hotchkin, Casey Davis

Students of the month will receive a gift card from Rosa's Pizzeria for a slice of pizza and a small soda!

To be eligible for this honor, students must be passing all subjects, demonstrate consistent kindness to others, be actively involved in school or community activities, show pride in the school and community and be an upstanding student in all aspects. We would like to congratulate these students for their hard work and effort to be both good students and good citizens!

Bobkitten Corner

PRE-K

- Sing the ABC's and practice counting to 20 when riding in the car.

KINDERGARTEN

- Find letters of the alphabet around your world.

FIRST GRADE

- Have your child practice printing their first name. Remember, capital at the beginning and the rest of the letters are lowercase.

Have fun learning with your child!

B-G Receives Donation for New Bugles



Last spring, the B-G School District was very fortunate to receive a generous donation from the Cherniak family for the purpose of purchasing some new musical instruments, in memory of Teddy Cherniak. It was decided that the purchase of two bugles would be a very fitting tribute to Teddy, who played trumpet in the Greenlawn

Elementary Band.

The two beautiful silver-plated bugles made their debut at the Memorial Day services in Guilford and Bainbridge last May. One of the bugles was also played at a military funeral the following month. Our District is very grateful for the donation and the purchase of these beautiful instruments and we know that they will serve the District for many years to come.

Lunch With Music At Greenlawn

On Monday, October 7 Greenlawn Elementary School will be implementing a *Silent Lunch* program. On the first Monday of each month, a musician or group of musicians will be playing their instrument(s) for our students during their lunch period. The idea is to take this opportunity to introduce them to many different instruments and music styles.

A lunchroom can be a very noisy place. Some studies have shown that the decibel level can reach the same level as a lawnmower. This Silent Lunch program creates an opportunity for our students to turn off their voices and open their ears and minds through musical performances. The students are expected to be silent during the performance. The musicians will play for the children while they eat their lunches.

Many students don't get the opportunity to see live musical performances, so we will bring the performers to the students. We will host performances from Bainbridge-Guilford faculty and staff as well as high school students and local musicians willing to donate an hour and fifteen minutes of their time to broaden the minds and spirits of our students.

—Michelle Gray



Choose MyPlate

10 tips
Nutrition
Education Series

10 tips to a great plate

Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to balance your calories, to choose foods to eat more often, and to cut back on foods to eat less often.

- 1 balance calories**
Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.
- 2 enjoy your food, but eat less**
Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.
- 3 avoid oversized portions**
Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.
- 4 foods to eat more often**
Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.
- 5 make half your plate fruits and vegetables**
Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.
- 6 switch to fat-free or low-fat (1%) milk**
They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.
- 7 make half your grains whole grains**
To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.
- 8 foods to eat less often**
Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.
- 9 compare sodium in foods**
Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."
- 10 drink water instead of sugary drinks**
Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



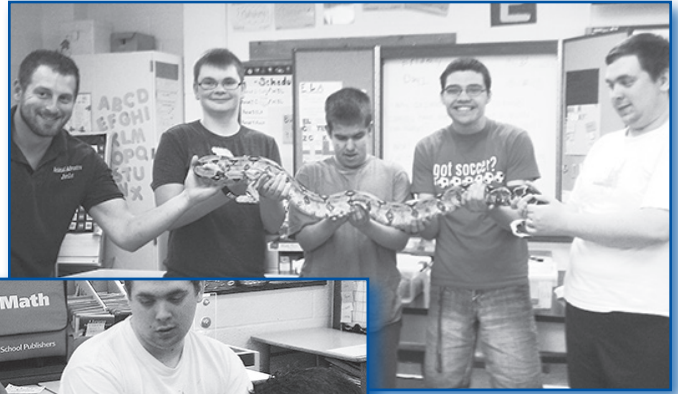
Go to www.ChooseMyPlate.gov for more information.

Center for Nutrition Policy and Promotion

Animal Adventure at B-G

Thank you to Animal Adventures for coming to our classroom! We learned so much about snakes, lizards, tarantulas, hairless rats, cockroaches, alligators, and hedgehogs! Each student was able to individually interact with each animal by touching and holding them, and by learning a variety of information about each animal.

Thank you so much Jordan and Animal Adventures for the wonderful learning experience you gave to us!



THANKS!



AGENCIES AND THE COMMUNITY WORKING



October 9 *
OPEN HOUSE

Bainbridge Guilford High School

AGENCY NIGHT

FROM 6:30-8PM in ROOM 116

PARENTS HAVE THE OPPORTUNITY TO TALK TO AGENCIES FROM BROOME AND CHENANGO COUNTIES ABOUT SERVICES AND INFORMATION THEY COULD BE ELIDGIBLE TO RECEIVE FOR THEIR CHILD WITH DISABILITIES. FOOD AND REFRESHMENTS WILL BE PROVIDED.

Bainbridge-Guilford Central School
Bainbridge, New York 13733

Non-Profit
Organization
U.S. POSTAGE
PAID
Bainbridge, NY
13733
Permit No. 1

DCMO BOCES Printing Service

Current Resident or

ECRWSS
Postal Customer

Annual 9th Grade Spaghetti Dinner Wednesday, October 9

*No Time for Dinner on Open House Night?
No Problem!*

The 8th grade class will be hosting a spaghetti dinner featuring gourmet sauce. Dinner will be served from 5:00-7:00 p.m.

If you would like to purchase advance tickets, see any 8th grade student. The cost is \$7 per person.

Emergency Early Dismissal Exercise

There will be a District-wide early dismissal drill required annually by New York State on Friday, October 18. This drill must be held at the end of the school day and cannot be earlier than 15 minutes before normal dismissal.

On Friday, Guilford will begin dismissal at 2:10 p.m.; Greenlawn will begin dismissal at 2:35 p.m.; and the Jr.-Sr. High School will dismiss at 2:50 p.m. 15 minutes earlier than normal.

Fundraisers 2013-14

September 30-October 7

Grade 7.....Magazine/cookie dough

October 1-12

Grade 12.....Cheesecake

November 4-16

Varsity Softball/Soccer.....Spirit Sale

November 11-22

PTO.....Yankee Candles

November 25-December 6

Grade 11.....BG Christmas Gear

January 29-February 8

Grade 12.....Cookie Dough

February 11-28

Grade 12.....Galaxy Bowl Pizza

February 24-March 7

Grade 9.....Gertrude Hawk Candy

PLEASE HELP US SAVE LIVES

Red Cross Blood Drive

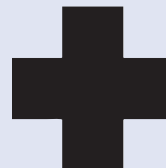
Sponsored by B-G Senior National Honor Society

Tuesday, November 5

B-G Jr.-Sr. School Gym

8:00 a.m.-2:00 p.m.

Call 967-6300 to make an appointment
or email kmertz@bgcsd.org



**American
Red Cross**

**YOUR DONATION
IS NEEDED!**