



# ***THE BLUE & WHITE***

## ***School News and Notes***

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

**Volume 35, No. 3**

**February 2016**

### **Board of Education Blog**

Happy 2016! Recently the Board of Education spent some time reflecting on the first few months of the 2015-2016 school year and akin to years past, were so pleased with all of the exciting and wonderful happenings in our District. Below we will highlight just a few, but remember to check out our website ([www.bgcsd.org](http://www.bgcsd.org)) for an ongoing update of District news.

The annual Food Drive was again a success providing over 70 B-G families with food and supplies. The Jr.-Sr. High School brought in over 2,700 items, which resulted in a reward trip to Regal Cinemas to see the new *Star Wars* movie for the older students and a fun day of movies, board games, ice cream, and dodgeball for the younger group. Our Jazz Band treated the entire school to a concert at the end of the day. Greenlawn also collected more than 2,700 items for the Food Drive and were rewarded with a Faculty/Staff basketball game complete with a half-time dance show.

Other highlights from the Jr.-Sr. High School include the formation of a Pep Band, two phenomenal holiday performances by our music students, our girls volleyball and girls soccer teams making it to Sectionals and the Drama Club is hard at work preparing for their performance at the end of February.

At Greenlawn there has been a focus on school safety and health. They have had many building/district meetings to provide a collaborate effort to promote safety for the entire Greenlawn community. Further, the 4th grade is implementing the use of *standing desks* and the 3rd graders will soon receive free dental exams. Yearbook is also off to a great start. The children have chosen portrait outlines, divided pages and are heading to Guilford to take pictures.

Guilford also had a great start to the year. One exciting change has been the addition of the Imaginative Playroom, which has aided staff to provide daily free play and recess for students to engage in active play with peers. This has made a huge positive impact on the educational process. The children have also been busy planting bulbs while learning about being *global citizens*, participating in a

school-wide holiday sing-along, attending a puppet show on the topic of bully prevention and enjoying Sylvia Farnen's bird watching/feeding program.

The Board has been mainly occupied with our Superintendent search and planning for our anticipated Capital Project. If our timeline continues as planned, we should be selecting a candidate for the Superintendent role in either February or March. As for the Capital Project, we have had several presentations from Fiscal Advisors and our selected Engineering/Architect firm, SWBR, in order to fully develop the size, scope and cost of the project. We anticipate holding multiple public forums concerning the project. Keep checking the *Blue & White* along with our website for the latest updates and details.

If one thing is true for all Board members, it is our absolute belief that B-G is an extraordinary place. Generating the list of District highlights which ultimately formed this article was a surprisingly simply task, as the accomplishments at B-G are numerous. From academics to extracurricular activities, community/school events and the arrival of new and talented staff, it was clear that B-G is thriving in so many areas.

### **Save the Date**

**DINNER, DESSERT AND A DIRECT  
TALK ABOUT HEROIN  
WEDNESDAY, MARCH 9 AT 5:30 P.M.**

The Bainbridge-Guilford and Afton *Yes!* Leaders are hosting a Heroin Awareness night to inform parents and the community about tips and tools to keep your kids safe. No one is immune from the effects of heroin.

On Wednesday, March 9 a free dinner will be offered prior to the presentation. Dinner will be served at 5:30 p.m. in the B-G High School Cafeteria. The presentation will begin promptly at 6:00 p.m. in the B-G High School Auditorium. More information will be coming soon.

Mark the date, Wednesday, March 9. It takes a community to raise our children and keep them safe.

## Updated District Communication Guidelines

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

For questions about:	1 <sup>st</sup> Contact	2 <sup>nd</sup> Contact	3 <sup>rd</sup> Contact	4 <sup>th</sup> Contact
<b>Academics</b>	Teacher	Guidance Counselor	Building Principal	Superintendent
<b>Athletics</b>	Coach	Athletic Coordinator	Jr-Sr HS Principal	Superintendent
<b>Behavior</b>	Teacher	Dean or Building Principal	Superintendent	
<b>Behavior-Bus</b>	Building Principal	Superintendent		
<b>BOE Policies</b>	District Clerk	Superintendent	Board of Education	
<b>Budget</b>	Business Administrator	Superintendent		
<b>Building Use</b>	Building Secretary	Building Principal	Superintendent	
<b>Cafeteria</b>	Building Cook Mngr.	Food Service Mngr.	Bus. Administrator	Superintendent
<b>Classroom Procedures</b>	Teacher	Building Principal	Superintendent	
<b>Co-Curricular</b>	Advisor	Building Principal	Superintendent	
<b>Facilities</b>	Superintendent of Building & Grounds	Superintendent		
<b>Health Office</b>	Building Nurse Office	Building Principal	Superintendent	
<b>Scheduling</b>	Guidance Office	Jr-Sr HS Principal	Superintendent	
<b>Special Education</b>	Teacher	Building Principal	CPSE/CSE Chairperson	Superintendent
<b>Transportation</b>	Supervisor Transportation	Superintendent		

### BAINBRIDGE-GUILFORD CENTRAL SCHOOL DIRECTORY

**Main Switchboard**..... 607-967-6300

**District Office** ..... 607-967-6321

Board of Education

Dr. Donald Wheeler, Superintendent

Sue Weibel, District Secretary and District Clerk

**Business Office**..... 607-967-6335

Janice Rideout, School Business Manager/District Treasurer

Jodie Ives, Accounts Payable

Cadi Barber, Clerk

**Guilford Elementary**..... 607-895-6700

Linda Maynard, Principal & CIO

Kathy Ives, Typist

Kelly Hromada-Johnson, School Social Worker

**Greenlawn Elementary**..... 607-967-6301

Jennifer Henderson, Principal & CSE Administrator

Jeanne Howard, Secretary/Typist

Keren Seiler & Phylcia Dunham, Guidance Counselors

**Jr.-Sr. High School** ..... 607-967-6323

Bill Zakrajsek, Principal

Julie Fuller, Secretary/Typist

**Jr.-Sr. Guidance Office**..... 607-967-6320

Shannon Phillips, Counselor

Nanci Miller, Counselor

Joanne Moxley, School Social Worker

Teresa Burnett, Office Aide

**Dean of Students** ..... 607-967-6300

Scott Graham

Teresa Hager, Secretary/Typist

**Athletic Coordinator**..... 607-967-6300

Greg Warren

**Special Education**

Jennifer Henderson, CSE Administrator ..... 607-967-6327

Nancy Peck, Secretary/Typist ..... 607-967-6333

**Transportation**..... 607-967-6324

Ken Starr, Transportation Supervisor

**Building & Grounds** ..... 607-967-6322

Howard Thompson, Director of Facilities II

**Food Service** ..... 607-967-6331

Food Service Manager and Building Cook Managers

**Health Offices/Attendance Officer:**

Greenlawn Nurse/Attendance ..... 607-967-6330

Guilford Nurse/Attendance ..... 607-895-6703

Jr.-Sr. HS Attendance Officer ..... 607-967-6368

Jr.-Sr. HS Nurse..... 607-967-6313

**FOR ADDITIONAL CONTACT  
INFORMATION CHECK OUR  
WEBSITE AT [www.bgcsd.org](http://www.bgcsd.org)**

## Adult Walker Program

Residents wishing to escape the inclement winter weather are welcome to walk the hallways of the Guilford Elementary School or the High School Building on weekdays when school is in session (Monday through Friday) from 6:15-7:00 a.m. Interested walkers should be at the Walnut Street side door at the Jr-Sr High School or at the parking lot door in Guilford between 6:15-6:20 a.m. for admittance into the building. All walkers are required to sign up in the building main office with days that they are expecting to walk.

The building will not be open on weekends, holidays, during Christmas vacation, or on days when school is closed due to inclement weather.

This program is open to all adult district residents who wish to participate and fill out an Adult Walker Agreement Form. Please return all completed forms to the High School Main Office.

### ADULT WALKER AGREEMENT

I, \_\_\_\_\_ planto participate in the Adult Walker Program at Bainbridge-Guilford Central School in the \_\_\_\_\_ Building. I understand that the established hours for this program are 6:15-7:00 a.m. when school is in session. I understand that I am to wear rubber-soled shoes. I hereby agree that I will take responsibility for my own actions and will not, in any manner, hold the Bainbridge-Guilford Central School District responsible for any accident or injury incurred while on the school district property.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Please help us save lives

### Red Cross Blood Drive

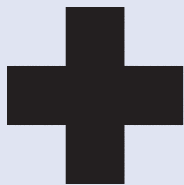
Sponsored by B-G Senior National Honor Society

**Tuesday, March 1**

**B-G MPR/Gym**

**8:00 a.m.– 2:00 p.m.**

call 967-6300 to make an appointment  
or email [kmertz@bgcsd.org](mailto:kmertz@bgcsd.org)



**American  
Red Cross**

*Together we can save a life.*

## School Cancellation/Early Dismissal

Prior to the beginning of the school day, in instances of school cancellation, parents and students will be notified by local radio and television stations, and the automated notification system. These same media sources will be used in situations where school will be dismissed early. Since phone lines must be kept open during emergencies, parents of elementary students should expect their child to follow their family emergency plan. If no one is available at the intended destination, the student will be returned to either Guilford or Greenlawn.

### Family Emergency Plans

At the beginning of the school year, parents will be asked to notify the school where their child should go in the event that a decision to close school early is made. It is suggested that parents stay tuned to any of the above radio stations during severe weather.

### Local Media Broadcasting Emergency Closing Information

#### Radio

Sidney	WCDO	FM 101
	WCDO	AM 1490
Norwich and Oneonta <i>Central Radio Group</i>	WKXZ	FM 94
	WCHN	AM 97
	WBKT	FM 95.3
	WZOZ	FM 103.1
	WSRK	FM 103.9
Binghamton WNBF Affiliates	WDOS	AM 730
	WAAL	FM 99
	WKOP	AM 1360
	WHWK	FM 98
	WNBF	AM 1290

#### TV

Binghamton	WBNG—CBS	<i>See your provider for channel specifications</i>
	WICZ—FOX	
	WBGH—NBC	
	YNN News—TW	

#### Internet

<a href="http://www.wicz.com">www.wicz.com</a>	Closings and Delays
<a href="http://www.wbng.com">www.wbng.com</a>	Closings and Delays
<a href="http://www.bgcsd.org">www.bgcsd.org</a>	Closings and Delays

#### School

Automated phone	Closing, Delays and Announcements
Messenger and email system	

## Board Notes

### TWO SCHOOL BOARD TERMS EXPIRING JUNE 30, 2016

There are two 3-year-term Board of Education seats ending on June 30, 2016.

Petitions nominating candidates for the office of member of the Board of Education must be filed with the Clerk of the District not later than April 18, 2016 at 5:00 p.m. More information and petitions are available in the District Office or by calling 967-6321.

### BOARD OF EDUCATION MEETINGS

#### 2015-2016 School Year

6:30 p.m.

Thursday	2/18/16	High School
Thursday	3/03/16	Guilford
Thursday	3/17/16	Guilford
Thursday	4/07/16	High School
Wednesday	4/27/16	High School BOCES Board Election
Thursday	5/05/16	Guilford
<b>Tuesday</b>	<b>5/10/16</b>	<b>High School</b> <b>Public Hearing—Budget</b>
<b>Tuesday</b>	<b>5/17/16</b>	<b>VOTE</b>

### SCHOOL BUDGET AND BOARD ELECTIONS

2nd meeting	TBD if needed	
Thursday	6/02/16	High School
Thursday	6/16/16	High School
Thursday	7/7/16	Guilford Re-Organizational Meeting

## Important Notices for Home School Parents

Transportation requests for students attending nonpublic schools (e.g., Holy Family, Valley Heights Christian Academy, etc.) must be received by the District Office no later than April 15 preceding the beginning of the next school year. The Board of Education will take official action on the requests at the May Board of Education meeting.

Requests for special education services for home schooled students must be received by the District Office no later than June 1 preceding the beginning of the next school year. The Board of Education will take official action on the requests at the first Board of Education meeting in June.

Please submit your letter of intent to home school no later than August 15.

Please call Sue Weibel in the District Office at 967-6321 if you have any questions.

## Athletic Award Donations

Each year, the annual B-G Athletic Awards Assembly is held in the first week of June. We are able to honor our student athletes through the gracious donation of community members, alumni, and other supporters. If you would like to sponsor an award, please contact Mr. Greg Warren at 607-967-6338 or [gwarren@bgcsd.org](mailto:gwarren@bgcsd.org).

The standard donation amount for one award is \$12.50. We appreciate your support in helping to recognize and honor our student athletes!

## Booster Club News

### PLEASE CONSIDER BECOMING A MEMBER OF THE B-G BOOSTER CLUB

The B-G Booster Club meets the 3rd Monday of every month. New members are always welcome and encouraged to attend any meeting. Without new members of children coming up through our school, the B-G Booster Club will not be able to continue to provide all of the support that we do. As children graduate, our members eventually move on which means *new* members are always needed to keep this Club strong and active. Please consider attending an upcoming meeting and becoming a member.

Also, please visit [www.bgcsd.com](http://www.bgcsd.com) to purchase your B-G merchandise. Once on the site, click on the *athletics* tab then *booster club*—you will see the Order Forms on the right. The order forms include stock B-G Bobcats apparel and other miscellaneous items along with an order form for custom B-G Sports Jackets. 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 and the Student Athletes appreciate your support!

## Kindergarten Parent Information Night

Guilford Elementary School will be holding Kindergarten Parent Information Night on Wednesday, March 23 at 6:30 p.m. in the Guilford cafeteria. The purpose of this session is to begin the registration process and to inform parents about our Kindergarten program and the Kindergarten screening process.

You will be able to sign your child up for a screening time slot at that time. If we do not have a copy of your child's birth certificate, immunizations or proof of residency on file please bring those items for us to copy at that time.

Please call 895-6700 if you have any questions.

## Senior National Honor Society News

The members of the B-G Senior National Honor Society are chosen based on their superior academic record, their service to school and community, their leadership qualities and their upstanding character. Once a member of this organization, the students are urged to continue to serve as good leaders and to encourage others to do the same.

New members will be inducted into the B-G Senior National Honor Society in March 31, 2016. To be eligible for induction the following criteria applies:

1. Juniors and seniors with a cumulative average of 90.00 or higher are eligible. The average must be a "pure" 90, not a rounded 90. Students must have passed, unless legally exempted, the following courses and their accompanying Regents exams:
  - English 9 and 10
  - Global Studies
  - French 1 and 2 or Spanish 1 and 2
  - 2 Regents Sciences
  - 1 Regents Math plus one additional math course
2. Honor Society induction is held once a year in the spring after 1st semester grades are finalized.
3. Eligible students are asked to fill out and return by a specified date a Student Activities Information Form (SAIF) detailing their extracurricular school and community activities. This documentation will provide the faculty and selection committee with information to assess the Service, Leadership and Character criteria for Honor Society membership. If there are any extenuating circumstances that impact a student's participation in such activities, these should be noted on this sheet. The SAIF forms will be returned to the Honor Society Advisor. Failure to return the SAIF will indicate that the student does not wish to be considered for induction.
4. Brief interviews are then scheduled (generally 11th period, lunch or immediately after school) so that each eligible student has a chance to meet with the Faculty Selection Committee to summarize and discuss his or her activity sheet in light of the four criteria for Honor Society induction. Failure to meet with the committee will indicate that the student does not want to be considered for induction.
5. Summaries of the activity sheets will be presented by the Honor Society Advisor to the high school teachers, after which the faculty will rate each student on a scale of 1-5 in the categories of Leadership, Service, and Character. The faculty ratings will be collected and tabulated as input for the Honor Society Committee.

6. The Honor Society Faculty Selection Committee will average the ratings for each student in each category, after dropping one lowest score and one highest score in each category. Each average will be rounded to two places (example: 3.95). These ratings provide input to the Faculty Committee in its deliberations.
7. At this point the Faculty Committee votes on the student's selection. A student needs an average of 4.00 in each category to be voted on by the faculty committee. The only exception is if a student falls below the necessary average in any one category but his or her overall average still meets the required 4.00 level, a candidate may still be voted upon after discussion and with assent of the Faculty Committee. For this to occur, however, the candidate's *overall* average of the three categories *must still meet the required 4.00*.
8. All candidates under consideration will be notified in person by a member of the Faculty Selection Committee regarding that committee's final decision.
9. After induction, members are expected to maintain a 90 average or higher. A member whose cumulative average has fallen below 90 after a ten-week marking period will be notified by the Faculty Selection Committee and will be requested to meet with them to determine ramifications.
10. After induction, all members are expected to remain true to the NHS ideals of Scholarship, Leadership, Service and Character.

This year's Senior National Honor Society has been busy trying to live up to these ideals. A Red Cross Blood Drive was held in November where 42 pints of blood were collected. This amount will help more than 120 patients. Another blood drive will be held on Tuesday, March 1. In December they sponsored a Hat Day with the proceeds going to buy boxes of stuffing and containers for cookies to be put in the holiday baskets that were delivered to area families by the Student Council.

Senior Honor Society members, with much appreciated help from Home and Careers classes and faculty and staff members, baked over 80 dozen cookies to add a little homemade holiday cheer. Additional activities are being planned for the remainder of the school year.

## Larry Laing Scholarship

The Class of 1981 has established a scholarship fund in memory of fellow classmate, Larry Laing.

If you would like to make a tax deductible donation to the Larry Laing Memorial Scholarship Fund, please send checks payable to Bainbridge-Guilford CSD, indicating in the memo line *Larry Laing Scholarship* and send it to:

District Business Office  
BGCS  
18 Juliand St  
Bainbridge NY 13733

## Attention 8th Grade Students and Parents

Time is quickly approaching when your child will be entering 9th grade and taking high school credit-bearing courses. Several activities will be taking place to help you and your child prepare to make important decisions about high school course selection and planning after high school.

On Wednesday, March 2, the Guidance Office will host an 8th grade parent information night at 6:30 p.m. in the High School Auditorium. At this meeting we will discuss requirements for graduation and what options your child has regarding selection of high school courses.

Students will be touring BOCES Harrold Campus in March. The purpose of the field trip is for students to tour the Harrold Technical Education Center and learn about the variety of technical educational programs offered. This visit is helpful for students when considering options for their high school four-year plan. BOCES technical educational programs are available to students during their junior and senior years of high school.

In mid-March a letter with specific dates and times that guidance counselors will be available to meet with you and your child to develop a four-year plan for high school will be sent home. Guidance staff would like to meet with each student and a parent/guardian individually to develop a four-year plan. The purpose of this plan is to map out what courses your child will take in grades 9-12. The four-year plan is the first step in helping your child make a decision about their plans after high school.

Parental/guardian input and support is essential in helping your child realize their goals. There will be day and evening appointments available. Individual meetings usually last approximately one half hour.

Please contact Joanne Moxley at 967-6320 with any questions.

## Visitors—Please Sign In!

You are welcome in our school at any time. To better assist you and allow classes to progress without disruption and to ensure that only authorized persons have contact with our pupils, please report to the building main office, sign in and receive a visitor's badge. Thank you for helping us to keep our children secure!

## VOTE: May 17, 2016

On the School Budget and the election of Board of Education Candidates.

Your vote does make a difference!

### VOTER QUALIFICATIONS

A person shall be entitled to vote on the appointed date for the election of school district officials, and upon all other matters which may be in the form of a referendum, who is:

- A citizen of the United States.
- Eighteen years of age.
- A resident within the District for a period of thirty (30) days next preceding the meeting at which he/she offers to vote.
- No person shall be determined ineligible to vote by reason of race, creed, color or sex, who has other qualifications in this section.

### VOTER REGISTRATION

Personal registration of Voters is required for the annual vote. Registration will be held on May 10, 2016 from 2:00-7:00 p.m. at the Bainbridge Town Hall and the Guilford Town Hall. Voters may also register with the District Clerk until May 13, 2016.

### ABSENTEE BALLOTS

Applications for absentee ballots are available at the District Office. Applicants must submit application to the District Clerk seven days before the election date if the ballot is to be mailed. Absentee ballots must be received by 5:00 p.m. on the day of the vote.

The District Office is located in the Jr.-Sr. High School building. Office hours are 7:30 a.m. to 3:30 p.m.



Your  
Vote  
Counts!

## 2015 B-G Food Drive

The Bainbridge-Guilford High School had the privilege of seeing the anxiously awaited *Star Wars: The Force Awakens* movie on the last day before holiday recess. This event was a reward for the overwhelming success of the annual food drive, organized by the senior high Student Council.

Before the drive began, the Council presented a challenge to the student body. If 2,000 cans were collected, the Student Council would take the entire high school to the movies. This really helped spark the food drive to success as the goal was reached and surpassed. A breathtaking number of cans were collected—2,401—and delivered to numerous families in the community. It was amazing to witness the packing of the totes that carried the food and to see the struggle of sealing those totes due to the large number of cans.

In my years at B-G, I have never experienced such support from the school community in this cause than I did this year. It proves that as a student body, we are heading in the right direction and recognizing the ways we can give back to the community.

The fun-packed day at the theater was the perfect reward for students and staff who helped make the drive so successful. The Council is extremely appreciative for everyone, including school groups and community members, who contributed. We also are grateful to Regal Theater in Binghamton for their hospitality. We look forward to next year's drive.

—Emma McFee



*Elementary, junior high and senior high Student Council members pack food baskets*



*Student Council members with packed food baskets*



*High school students at the movie theater*

**Thank You Everyone!**



*Morgan Dean, Brianna Gray, Tehya Gonzalez, Dezaray Ives, and Colin Hotaling*

## Odyssey Teams Prepare for Regional Competition

B-G's Odyssey Teams have been working hard all year in preparation for the Regional Competition, which will take place on Saturday, February 13 at DCMO BOCES Harrold Campus in Trout Creek. As this competition date draws nearer, the teams are putting it in high gear to be sure their solutions are ready for the big day.

To help the teams prepare for the spontaneous phase of the competition, a Mini Spontaneous Event was held at Greenlawn on January 22. This event gave the teams an opportunity to try a variety of spontaneous problems in a competition like atmosphere. This year each team was challenged with four hands-on problems and four verbal problems. The success of the event was made possible thanks to a number of people who volunteer their time to serve as judges for each problem. Their help with this event was greatly appreciated.

Best of luck to all the teams as they head to the Regional Competition! Specific competition times for each team should be available soon. Mrs. Porter will post this information on the district website when it becomes available should you be interested in coming to support our teams!

### Get Moving!

Ms. Cifone's fitness class recently participated in the New York State Association for Health, Physical Education, Recreation, and Dance (NYS AHPERD) What Do You Do To "Get Moving" Contest. The video that the class entered finished in second place in the Central South Zone. The class provided footage of one of their sessions when they participated in tabata to get their heart rates moving. They will be rewarded with \$300 in new fitness equipment to be used in class. The class would like to thank everyone who went online and voted for them. Congratulations on a job well done!



**Front:** Cameron Luca; **first row (l.-r.):** Rebecca Wlasiuk, Jordan Olcott, Tehya Gonzalez, Kassidy Davy, Katelyn Porter; **second row:** Ben Bivar, Austin Capolupo, Alan Stevens, Taylor Gonzalez, Alexis Carr, Emily Palmer, Brianna Gray, Nicole Brooker



# 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](http://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](http://www.ChooseMyPlate.gov) for more information.

Center for Nutrition Policy and Promotion



## Congratulations!

**Bethany Shaw**, B-G Class of 2015, submitted a project idea to the Clinton Global Initiative University and found out Monday night that she had been accepted to attend the conference! She'll be traveling to UC Berkeley in April to attend a conference with 1,000 students from around the world to learn how to go about implementing her project, which is to use goats to *mow* highway medians as a way to reduce fossil fuel use and carbon dioxide emissions.

The Music Department was awarded a \$500 grant from the Chenango County Council of the Arts. We will be using this money to have the members of the Susquehanna String Band come in and work with our music students this Spring. Thanks to Jen White for completing the application on behalf of the Music Department!

## DCMO BOCES to Administer School Equivalency Exam

The New York State Education Department awarded a grant to DCMO BOCES to administer the high school equivalency exam. The Test Assessing Secondary Completion (TASC™) exam, was previously administered by the Norwich City School District and most recently at the Norwich High School. Testing at the DCMO BOCES Chenango Campus will start in April of 2016.

The 2016 general test schedule is as follows: April 4-5, June 6-7, July 11-12, October 3-4, and December 12-13. Individuals interested in testing can apply for the exam by calling 607-335-1381. Eligibility requirements, application form, and more information are also available on the [www.learnatboces.com](http://www.learnatboces.com) home page and the New York State Adult Education website, [www.acces.nysed.gov/hse](http://www.acces.nysed.gov/hse).

Adult and Continuing Education Director Audrey Benkenstein commented, "we are very excited to add the TASC™ administration to the menu of services already offered by DCMO BOCES. We are equally pleased that the high school equivalency exam will continue to be given locally." Benkenstein also commented that the local test initiative hopes to encourage individuals lacking a high school diploma or equivalent to enroll in a preparation program and begin working toward their credential.

Completed applications can be mailed or dropped at the main office of the DCMO BOCES Chenango Campus, Office of Adult & Continuing Education, located at 6678 County Road 32, Norwich NY 13815. For more information about preparation programs and resources contact the DCMO BOCES Adult & Continuing Education office at 607-335-1210.

## Save the Date! B-G Drama Club Presents *Is He Dead?*

B-G Drama Club presents *Is He Dead?* a comedy written by Mark Twain and adapted by David Ives. Play dates are February 26 and 27 at 7:00 p.m. at BG high school.

Drama club students are hard at work rehearsing for the upcoming production. The play is a farce and is set in 1846 at Barbizon, near Paris, France. The plot unfolds as famous French artist, Jean Francois Millet, who—due to a vast talent which is largely unappreciated by the buying public—is about to go to debtor's prison. Poor Millet is in debt to an art dealer who has a personal grudge against him and intends to ruin him.

When Millet and his friends are told that his work would be worth more if he were dead than alive, saying, "An artist is worth so much more when he is dead, you know," his friends come up with a grand scheme to fake his death and have him impersonate his widowed sister in order to benefit from his own death. What ensues is a fun farcical romp, with mistaken identity, lost and found love, detectives, villains and lots of laughs!

The play features **Alan Stevens, Victor Fisher III, Griffin Fisher, Elijah Summers, Olivia Hawkins, Gwen Germond, Camille Leleux, Brandon Scherhauser, Will Nowak, Eric Nowak, Nate Henry, Josephine Porter, Danny Wade, Lisa Gow and Madison Fairchild** and is directed by Beatrice Summers and Deb Johnson.

Please save the date and come support the B-G Drama Club—you will be in for a night of fun!

## B-G Accepting Pre-K Applications

The Bainbridge-Guilford Central School District is accepting applications for its Pre-Kindergarten program. Only parents who are district residents with an age-eligible child may apply. To be eligible a child must be four years old on or before December 1, 2016 and cannot be five years old before that date. Applications must be received by April 29, 2016 to be considered for selection.

Per New York State Regulations, selection for Pre-Kindergarten slots for the 2016-17 school year will be done randomly after all applications have been received by the deadline. Assuming that State funding will be held at the same level for next year as this year, we will only be able to accept a total of 36 students.

Similar to this year, our program will include two full-day classes.

Both classes are housed in the Guilford Elementary School. Our program will run Monday through Friday from 8:25 a.m. to 2:30 p.m.

**The deadline for all Pre-K applications is April 29, 2016.** Selection of applicants for the available slots will be determined soon after this date. **Applications must be received at the main office of the Guilford Elementary School on or before this date.** Applications can be picked up at Guilford Elementary. For further information contact the Guilford Elementary School at 895-6700.

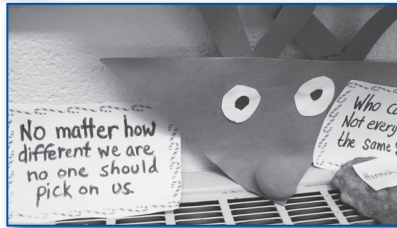
# Greenlawn's Bobcat School Counseling Program Updates

## WHAT WOULD RUDOLPH SAY?



While Greenlawn was very busy gathering food for the Student Advisory Council food drive, students answered the question, "What would Rudolph say?" after deciding that Rudolph did not like to be teased. Some of the responses

were, "Who cares? Not everyone is the same. I don't care what you think, I like my nose!"



Mrs. Morris-Schinn's Multi-age class

## GIVING, GIVING, GIVING!

In addition to the food collections, a huge *shout out* goes to Deb Erickson of Nana's Keepsakes for partnering up with the B-G Elementary Schools to help coordinate the Bainbridge Community Angel Tree this year. We thank Tracy Champlin of the Hometown Hardware store who graciously served as a partner for over 20 years.

Tracy, you will be missed!

## THANK YOU!

A special *thank you!* to all families and businesses who gave generously to the Bainbridge Community Angel Tree, School Counselor Keren Seiler, Nana's Keepsakes' coordinator Deb Erickson and all the anonymous *angels* who work behind the scenes to create a holiday boost for many struggling families!

The B-G school and the Bainbridge Community served a record 100 children this season.



## THINK BEFORE YOU SPEAK WEEK

JANUARY 19-22

A flip on No Name-Calling Week. Counselors provided lesson plans/activities to support *The Sneetches* theme by Dr. Seuss.

School-wide activities included classroom discussions, and student-created newsletters—keep your eyes out!

Students' dress schedule for the week included "Put a cap on name-calling!" and "Sneetch dress-up day."

Pawsitively yours,  
Keren Seiler and Phylcia Dunham,  
School Counselors

## It's Time to Take a Stand

After returning in January, students in Mrs. Mayo's Fourth Grade Math Class were met with a new look to the classroom. Based on recent studies regarding student health and attention span, we will be using standing desks during math time. Various school districts across the country, and even in New York State, have been transitioning to using standing desks in their classrooms. The goal is to help students keep their focus in class and actually have more energy because they are moving more. We will still have time where students can choose to use cushions to work around the room, and if students are unable to stand for an extended period of time there are still tables with chairs available. However, for the majority of their math time, students will be standing at their tables as they learn.

I am excited for the opportunity to be able to offer this to our students, as sitting for such an extended period of time can be very difficult. My hope is that students will see the benefits in how they feel as well as their work!



Cohn Foster, Johnna Henderson,  
Gabriella Cuozzo, Ethne Degan

## NYSPHSAA Scholar Athletes

### BOYS' SOCCER (96.539)



*Daniel Norris, Kyle Rideout, Brandon Scherhauser, Griffin Fisher, Aidan Nolan, Collin Puerile, Elijah Summers, Nevada Heaney, Xavier Cherniak, Konnor Bookhout, Hunter Richter, Daniel Spencer; Camera Shy—Brandon Scherhauser, Elijah Summers, Konnor Bookhout, Daniel Spencer*

### GIRLS' VOLLEYBALL (95.775)



*Camille Hawkins, Abigail Selfridge, Lindsey Castle, Miranda Anderson, Montessa Warner, Zamira Caldwell, Rebecca Reyes, Erica Selfridge*

### BOYS' GOLF (92.826)



*Tristan Watford, Tristan Wilson, Brenton Rideout, Cole Nutter, Nate Henry, Alexis Haynes, Nate Hager; Camera Shy—Brenton Rideout, Cole Nutter, Alexis Haynes, Nathaniel Hager*

### FOOTBALL (95.844)



*Jon Castle, Victor Fisher, Matt Warner, Wyatt Mosher, Patrick DeMichele, Spenser Stevens, Bailey Hotaling, Dylan Mondore, Travis Terzo, Austin Carr, Corey Oliver, Tyler Hart; Camera Shy—Austin Carr,*

### GIRLS' SOCCER (95.737)



*Bernadina Cordes, Cassidy Graham, Alli Miller, Abbi Miller, Olivia Garror, Molly O'Hara, Emma McFee, Katie Porter, Riley Smith, Dani Johnson, Megan Palmatier, Kori Thornton, Shayla Baldwin, Jillian Cannistra, Kaia Fuller; Camera Shy—Olivia Garror*

## MAC Scholar Athletes



*Rebecca Wlasiuk—Cheerleading, Jon Castle—Football, Tristan Watford—Golf, Daniel Norris—Boys' Soccer, Abbi Miller—Girls' Soccer, Abigail Selfridge—Volleyball*

# First Quarter Honor Roll

## PRINCIPAL'S HONOR ROLL

### 12TH GRADE

Lindsey Castle  
Victor Fisher IV  
Cassidy Graham  
Carline Higgs  
Samantha Johnson  
Emma McFee  
Wyatt Mosher  
Daniel Norris  
Riley Smith  
Alan Stevens  
Katlynn Vredenburgh

### 11TH GRADE

Griffin Fisher  
Olivia Garror  
Camille Leleux  
Abbi Miller  
Aidan Nolan  
Kyle Rideout  
Brandon Scherhauser  
Katherine Tiley  
Erin Wallace

### 10TH GRADE

Miranda Anderson  
Amaya Carlin  
Jonathan Castle  
Kennra Ceresna  
Maya Cliffe  
Bernardina Cordes  
Courtney Delello  
Patrick DeMichele IV  
Samara Greene  
Mara Hartwell  
Molly O'Hara  
Megan Palmatier  
Collin Puerile  
Brenton Rideout  
Matthew Warner  
Tristan Watford

### 9TH GRADE

Zamira Caldwell  
Dadeon Canfield  
Tannar Cliffe  
Ryan Cooper  
Helaina Curtin  
Haley French  
Jacob Hotchkin  
Alexis Matthews  
Jared Pruskowski  
Abigail Selfridge

### 8TH GRADE

Samantha Ceresna  
Colby Hotaling  
Alli Miller  
Lauren Womelsdorf

### 7TH GRADE

Abigail Minturn  
Taylor Parsons  
Ryan Porter  
Erica Selfridge

## HIGH HONOR ROLL

### 12TH GRADE

Alan Cordner  
Amanda Decker  
Katey Frye  
Autumn Lester  
Joshua Lindsey  
Nicole Patak  
Kailey Sisson  
Rachael Smith  
Spenser Stevens  
Elijah Summers  
Cory Viele

Rebecca Wlasiuk

### 11TH GRADE

Eric Avery  
Konnor Bookhout  
Austin Bronson  
Austin Carr  
Caitlyn Diamond  
Devyn Gaudreau  
Eva Gray

Bailey Hotaling  
Nathan Searles  
Klara Vitkova

### 10TH GRADE

Xavier Cherniak  
Jillian Davis  
Kyla DeForest  
Edward Fuller  
Kollin Hackett  
Dani Johnson  
Jordan Olcott  
Travis Terzo

### 9TH GRADE

Damien Borowski  
Mason Brown  
McKeyli Decker  
Madalyn Erceg  
Gavin Farrell  
Aubrey Fox  
Erica Frost

Alexis Gombach  
Leah Gregory  
Matraca Harmon  
Kaylee Miller  
Brandon Palmatier  
Thomas Palmatier  
Kyleigh Pedersen  
Nickolas Petrutoni  
Katelyn Porter  
Brendan Roefs  
Alan Terzo

Alexander Tranvaag  
Gabriel Watson

### 8TH GRADE

Jake Buchman  
Brienna Collingwood  
Cierra French  
Courtney Gilbert  
Daniel Hager  
Shelby Haynes  
Macie Leizear

Zoe Meyer

Tracy O'Connor  
Jadyn Olcott  
Mariah Olcott  
Kaitlyn Parry  
Gabriel Sherman  
Shelby Smith  
Luke Storman  
Ivy Sullivan

### 7TH GRADE

Bree Barber  
Alexis Brown  
Cody Buchman  
Haiden Burns  
Sara Cannistra  
Makenna Clark  
Abbey Delello  
Tanner Eckert  
Damien Farberman  
Parker Finch  
Lisa Gao  
Garrett Ives  
Sasha Lamoree  
Joseph Lindsey  
Peyton Mosher  
Eric Nowak  
Josephine Porter  
Caleb Presley  
Katrien Roefs  
John Scheuerman  
Emmalynne Sherman  
Nicholas Williams

## First Quarter Honor Roll

### HONOR ROLL

#### 12TH GRADE

Laura Auer  
Shayla Baldwin  
Kalieb Deshaw  
Christie Droz-Cintron  
Benjamin Gabriel Gonzalez  
Nathaniel Hager  
Tyler Hart  
Ashley Higbie  
Collin Hotaling  
Dezaray Ives  
Justin McCarthy  
Corey Oliver  
Emily Palmer  
Raymond Zukowski

#### 11TH GRADE

Rose Bochicchio  
Alec Burdick  
Cole Clendening  
Zoe DePew  
Akelyah Hall  
Kailey Harris  
Holly Hurlburt  
Sean Jones  
Levi Knapp  
Daria Kozak  
Kristen Lester  
Katlyn Mullin  
Devin Neidig  
Ashley Parsons  
Alondra Ramirez  
Rebecca Reyes  
Hunter Richter  
Austin Rowe

#### 10TH GRADE

Jillian Cannistra  
Drewcylla DuMond  
Kaia Fuller  
Dakota Hall  
Adam Ives  
Lacie Lord  
Kiera Martinez  
Morgan McCall  
Sean Menzel  
Cole Nutter  
Cody Shackelton  
Daniel Spencer  
Austin Williams  
Triston Wilson

#### 9TH GRADE

Daniel Bartle  
Hailey Cappiello  
Alexis Carr  
Kristen Chambers  
Marissa Cuozzo  
Makenzie Drown  
Abbigail Hacker  
Gina Haddad  
Olivia Hawkins  
Alexis Haynes  
Damian Knapp  
Michael McWeeney  
Andrew Miller  
Marissa Moffitt  
Morgan Neidig  
Ashley Oliver  
Travis Parker  
Montana Pikul  
Devon Scherhauser  
Evan Seymour  
Jezrah Sherman  
Kyle Simpkin  
Emily Drew Thomas  
Kori Thornton

#### 8TH GRADE

Justin Butts  
Isabelle Decker  
Brock DeForest  
Elizabeth Dumond  
McKenna Edwards  
Eian Hall  
Nathaniel Henry  
Victoria Henry  
Zachary Ladd  
Samantha Sherman  
Nathaniel Simpkin  
Alexis Wright

#### 7TH GRADE

Kyla Boecke  
Jaron Butts  
Dustin Collier  
JonMarick Crawford  
Justin Dibble  
Jonathan England  
Madison Fairchild  
Kolby Furgason  
Hannah Goldswor  
Jakob Heath  
Dalani Johnson  
Kasey Katalinas

Thomas Lord  
Brandon Loucks  
Ashley Matthews  
Tamera Miller  
Ashley Page  
Carlene Palmer  
Trevor Ross  
Matthew Simpkin  
Trent Thornton  
Kisten VanDermark  
Owen Walley  
Daniel Warner

Congratulations!  
Great Job!

# Everyday Preventive Actions That Can Help Fight Germs, Like Flu

CDC recommends a three-step approach to fighting the flu.

CDC recommends a three-step approach to fighting influenza (flu). The first and most important step is to get a flu vaccination each year. But if you get the flu, there are prescription antiviral drugs that can treat your illness. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women. Finally, everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. This flyer contains information about everyday preventive actions.



## How does the flu spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose. Many other viruses spread these ways too.

People infected with flu may be able to infect others beginning 1 day **before** symptoms develop and up to 5-7 days **after** becoming sick. That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

## What are everyday preventive actions?

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.



**Centers for Disease Control and Prevention**  
National Center for Immunization and Respiratory Diseases

**What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?**

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.



**What additional preventive actions can I take to protect my child from germs that can cause respiratory illness, like flu?**

- Find out about plans your child's school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child's school, child care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home.



**Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against the flu.**

For more information, visit [www.cdc.gov](http://www.cdc.gov), or call 1-800-CDC-INFO.

05/21/2013

Current Resident or

ECRWSS  
Postal Customer

## Jr.-Sr. High School Students of the Month

### NOVEMBER



*Sr. High: Kailey Sisson, 12th Grade; Hunter Richter, 11th Grade; Tristan Wilson, 10th Grade*

### DECEMBER



*Sr. High: Kenndra Ceresna, 10th Grade; Rose Bochicchio, 11th Grade; Devin Knapp, 12th Grade*



*Jr. High: Leah Gregory, 9th Grade; Cierra French, 8th Grade; Alexis Brown, 7th Grade*



*Jr. High: Josephine Porter, 7th Grade; Jake Buchman, 8th Grade; Alan Terzo, 9th Grade*

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