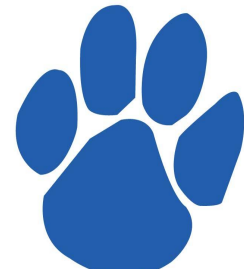


Cassadaga Valley Central School District

WELCOME BACK TO SCHOOL!!!



“Education is the most powerful tool that you can use to change the world.”

– Nelson Mandela

Summer is over, and school is back in session! Here at Cassadaga Valley, we are beyond thrilled to welcome back our students! We hope that everyone had a wonderful summer break and is as excited as we are to be back to school!

Each month, our social work department comes out with a CVCS Helps newsletter. These are focused on different social emotional topics that vary. This month we are focusing on how to prepare to come back to school.



WHO ARE KEY PEOPLE AT EACH BUILDING?

If this is your first year at CVCS, we welcome you to our district. If you are a returning student, we are so happy to see you again. As always, things are changing around our buildings. Between Sinclairville Elementary and Cassadaga Valley Middle High School, you might see some familiar

or new faces. So, who are key people that may be able to assist you if needed the first week of school?

Sinclairville Elementary:

Principal: Mrs. Kelly Sedlak

Secretaries: Mrs. Rhonda Miller, Mrs. Jennifer Runge

Social Worker: Mr. Ryan Smith

School Counselor: Mrs. Amy Raynor

School Psychologist: Dr. Amanda Myles

School Nurses: Mrs. Sam Smith

Middle/High School

Principal: Mr. Ron Tonelli

Dean of Students: Mrs. Beth Beaver

Secretaries: Mrs. Peggy Heath

Guidance Office Secretary: Mrs. Nicole Warsitz

Social Worker: Ms. Emily Pleszewski

School Counselor: Mrs. Heather Nocero (Grades 9-12), Mr. Jacob Wilcox (Grades 5-8)

School Psychologist: Mrs. Katie DeVore

School Nurses: Ms. Jenna Walker, Mrs.
Lynda DeGolier

WHAT ARE IMPORTANT WEBSITES TO KNOW?

If you are looking for our **district website**, it can be found at:

<https://www.cvcougars.org/>

SES:

<https://www.cvcougars.org/o/cvcs/page/sinclairville-elementary>

MHS:

<https://www.cvcougars.org/page/mshs>

MHS Guidance Department:

<https://sites.google.com/cvcougars.org/guidance-counseling-office/home>

SES Social Work:

<https://sites.google.com/cvcougars.org/schoolsocialworksite/home>

MHS Social Work:

<https://sites.google.com/cvcougars.org/guidance-counseling-office/social-work-services>

Powerschool for Parent/Student:

<https://powerschool.cvcougars.org/public/>

MySchoolBucks:

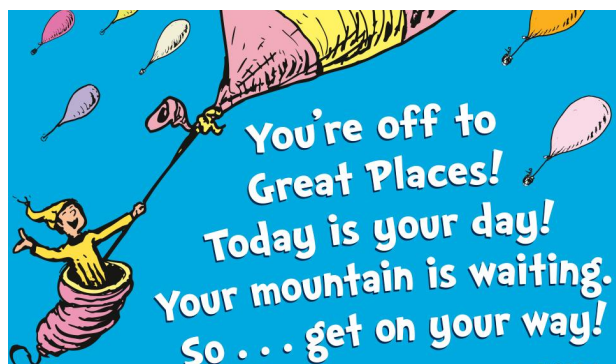
<https://www.myschoolbucks.com/ver2/getmain.action?clientKey=&requestAction=home>

WAYS TO PREPARE FOR BACK TO SCHOOL

1. **Use a calendar:** using a calendar throughout the year can help students to be reminded of

important dates, events and activities

2. **Create a routine and stick to it:** Some children thrive when there is a routine. Establishing this early in the school year can help your students succeed both before and after school.
3. **Set and deal with expectations:** Discuss with your students your expectations for them academically, the school's code of conduct. Normalize that though they might not agree with school rules, they are there for a reason.
4. **Encourage students to find a staff member that they can connect with:** Students often are scared to ask for help or when there is a problem at school. By identifying a staff member at school they are comfortable with, this could allow them to feel that they have a support during the school day
5. **Make school aware of any medical concerns:** Any medical concerns that may impact a child should be reported to the school nurse.



**“This is a new year, a new beginning,
and things will change.” - Taylor Swift**

Links & Resources

[District Website](#)

[Sinclairville Elementary Website](#)

[Mr. Smith SSW Website](#)

[Middle/High School Website](#)

[Middle/High School Guidance Department](#)

[Ms. Pleszewski’s SSW Website](#)

[Dignity for All Students Website](#)

[District Code of Conduct](#)

[District Health Services](#)

[2022-2023 School Calendar](#)

[Powerschool for Parents/Students](#)



Brought to you by:

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CASAC
School Social Worker
Cassadaga Valley Middle High School