



States, Continents, Oceans: Students Show Off Their Geography Smarts

Thomas Che emerged as the Cayuga Heights Elementary fifth-grade geography bee winner during school-level competition.



Ten students earned the right to compete and showed their geography know-how during many rounds of difficult questioning. In addition to Che, competing were Mea Getzoni, Hailey Gunnells, Will Kelm, Nathan Pawlik, Tricia Richards, Alexis Sywak, Nate Wiatrowski, Espyn Wisniewski and Elly Zelaski.

Coordinated by teachers Cheryl Pulaski and Maria Garrett, the bee lasted eight rounds. Contestants coasted through rounds one and two with no one facing elimination. Round three was called Ocean Wonders and five students missed a question. After round four, five students missed their second question and were eliminated. Another was eliminated in round six and two more in round seven.

Battling in the championship round were Che and Will Kelm. During this round, whoever had the most correct answers would win. After several sets of questions with both students answering incorrectly, Che finally emerged with the correct answer.

He will try to become eligible for the state competition by taking an online test.

The Sun Will Come Out on Stage with “Annie” in March Performances

A little curly haired orphan and her dog will grace the stage during the Depew High School production of “Annie”. The production features a talented cast who will bring the familiar story to life during three performances in March.

The cast includes Elizabeth Maroshick as Annie; Benjamin Yelich as Warbucks; Shannon O’Rawe as Grace Farrell; Kirsten Brady as Miss Hannigan; Mitchell Vannelli as Rooster; Mercedes Jackson as Lily St. Regis; Thomas Sieracki as Bert Healy and Riley Dungan as FDR. The troupe of orphans includes three middle school students, Annabella Hopkins, Lindsey Parini and Rhegan Zubler, as well as high schoolers Marcianna Cardona, Samantha Maroshick, Kelsey Sikora, Katelyn Szeffler and Riley Williams.

Performances are Friday, March 17 at 7:30 p.m. and Saturday, March 18 at 2 p.m. and 7:30 p.m.

Evening performance tickets are \$10 each. For the Saturday matinee, children under 12 and senior citizen tickets are \$6 each. All other matinee tickets are \$8 each. Call 686-5064 for tickets.

District Literacy Night will take Parents through “A World Yet to be Imagined”

The 2016-17 school year has provided a great opportunity for our District to enhance learning opportunities for all students due to our one-to-one technology roll out. In particular, we have focused on creating learning environments that embrace 21st century skills.

Every day in classrooms at Depew Schools, kindergarten to high school students are using technology and digital apps like Quizlet, Nearpod, Kahoot and Zearn to enhance and reinforce instruction. These digital apps are adding a dimension that makes learning memorable and encourages them to develop the 4 C’s; communication, collaboration, critical thinking, and creativity.

Parents can see these applications demonstrated and experience them during the district’s fourth annual Literacy Night on March 23 from 6-8 p.m. at the high school.

The evening opens at 6 p.m. in the high school auditorium with a video highlighting various technology applications for each grade level. Students will take the podium to introduce their grade level video segment and later be involved in the student demonstrations and the teen panel session. Throughout the evening, other activities, exhibits, and student panels will focus on how students use technology to prepare them for a world yet to be imagined.

Literacy Night Logo was designed by Depew sophomore, Kelsey Sikora

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Literacy Night Message from the Assistant Superintendent

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Please check our District website for a full schedule of events for the evening. Refreshments will be served, raffles will occur with exciting giveaways, all students will receive a free book of their choice, and Clifford the Big Red Dog will be present for photos with anyone interested!



We are so proud of our students, teachers and administrators for their full support of this new learning and the possibilities it has created. We know you will be amazed as well! I look forward to seeing you at this exciting showcase of our digital literacy on March 23.

Sincerely,

Susan B. Frey
Assistant Superintendent

WHAT ARE 21ST CENTURY SKILLS? THESE 4 C'S:

<p>C</p> <p>COMMUNICATION</p> <p>Sharing thoughts, questions, ideas & solutions</p>	<p>C</p> <p>COLLABORATION</p> <p>Working together to reach a goal. Putting talent, expertise, and smarts to work</p>
<p>C</p> <p>CRITICAL THINKING</p> <p>Looking at problems in a new way and linking learning across subjects & disciplines</p>	<p>C</p> <p>CREATIVITY</p> <p>Trying new approaches to get things done equals innovation & invention</p>

Fitness Centers are Part of PEP Grant Funding

Students in all three buildings will have new state-of-the-art fitness and wellness centers to use in their physical education classes as part of the \$1.1 million Carole M. White Physical Education Program (PEP) grant and the district's "Wellcats for Life" campaign.

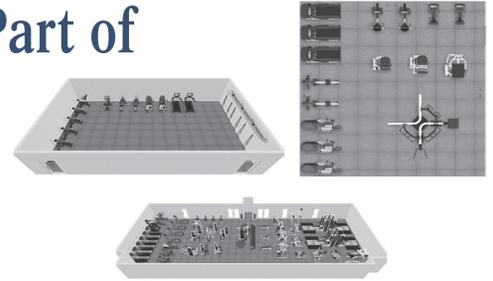
In September, the Depew Union Free School District was one of 16 school districts across the nation to receive the (PEP) grant. This grant allows districts initiate, expand, or enhance physical education programs including before school, after school, and in summer programs for students K-12. Grant recipients must implement programs that help students make progress toward meeting their state's standards for physical education.

The fitness facilities, as well as new physical education and health curriculums and partnerships with community agencies, will focus on improving the overall health and fitness of students from kindergarten through grade 12 by increasing the amount of fruits and vegetables students consume and increasing the number of minutes that students engage in physical activity to 60 minutes daily

To ensure that Depew UFSD is following PEP guidelines, the Department of Education has developed three performance measures for all grantees:

- Measure 1.1 - The percentage of students served by the grant who engage in 60 minutes of physical activity
- Measure 1.2 - The percentage of students served by the grant who meet the standard of a healthy fitness zone as established by the assessment of the Presidential Youth Fitness Program (PYFP) in at least 5 out of 6 fitness areas
- Measure 1.3 - The percentage of students served by the grant who consume fruit two or more times per day and vegetables three or more times per day

This data will be obtained during specific data collection periods at each grade level over the next three years. For each data collection period, students will be asked



to complete an electronic nutrition survey and Fitnessgram testing during physical education class. In addition, students will be required to wear a Polar Active activity monitor. Students in grades K-5, will wear the monitors for four consecutive days, while students in grades 6-12, will wear the monitors for seven consecutive days. The monitors will measure daily activity, track movement, give instant feedback with an animated figure, show target and achieved time in moderate to vigorous activity zones, and display steps and calories.

Stacy Ribbeck, a Depew Physical and Health Education teacher, has been appointed as the Carol White PEP Grant Coordinator. Mrs. Ribbeck will work with all district physical education/health staff, administration, athletics and community partners to facilitate all the goals and objectives of the grant.

The fitness and wellness centers will be used during physical education classes as well as before and after school. The centers will be outfitted with state-of-the-art treadmills, exercise bicycles, heart rate monitoring systems, upgraded weight training equipment and gaming consoles of adventure and fitness/dance games. Other instructional supplies that the grant will purchase include cross country skis, BOSU packs, snowshoes, updated health and physical education curriculum materials as well as ongoing training for staff to attend national, state and local conferences.

The school district has entered into several community partnerships for this PEP grant, as a collaborative approach to achieve the overall goals of the grant. Depew's partners include the Village of Depew, YMCA of Buffalo and Niagara, Erie County Department of Health, Lancaster/Depew Boys and Girls Club, United Way of Buffalo and Niagara County and Independent Health.

Message from the Superintendent Community Connections

The Depew School-Community has many things to be proud of, especially its connection with the community. Let me share some recent examples within our district where the generosity and sense of responsibility to our community have achieved successful partnerships.

The holiday season brought forth many examples from our students and staff. In fact, our students shared their musical talents all across the community; at the Buffalo-Niagara Airport for returning Service Personnel, in our area's nursing homes and in our supermarkets, by singing and performing holiday classics.

For the second consecutive year, our business, technology and art students collected food to "Stuff the Bus" for the Tri-Community Food Pantry in Depew. The Basil Automotive Group, Caboodle Printing, Bank of Akron, the Lancaster-Depew Federal Credit Union and Key Bank supplied the funding for the campaign and we thank those agencies. Over 4,000 items were dropped off during a 12-hour collection in the front parking lot on a very cold day in December.

The Depew Middle School student council, partnering with the Eagles Club of Depew, collected over 1,000 canned goods and non-perishable food items for its annual holiday food drive. This combined effort on this worthwhile project is eagerly anticipated each year by both the Eagles Club and the students, staff and families at the middle school.

Recently, the Depew Schools became the recipient of a \$1.1 million U.S. Department of Education Carol M. White Physical Education (PEP) grant. A key component of this three-year program which the district is calling "Wellcats for Life" is developing strong partnerships with community agencies. The program is being designed to reflect best practices and research for improving children's and adolescents' health and fitness. The overall goal is to encourage physical activity, healthy eating and to meet the state standards for physical education. Throughout the life of this grant, we look forward to working with our partners including the Village of Depew, YMCA of Buffalo and Niagara, Erie County Department of Health, Lancaster/Depew Boys and Girls Club, United Way of Buffalo and Niagara County and Independent Health.

The community supported the Dec. 20 Capital Project and Vehicle Reserve with voter results demonstrating a 73% approval rate. With these positive results and solid support for the Board of Education's direction, the District will move forward with its \$9.2 million plan for facility repairs and upgrades and \$6.4 million plan in High School Auditorium and Athletic Field upgrades, coupled with re-establishing our ever effective Vehicle and Equipment reserve.

Finally, I thank the community for its support on all these initiatives and think you would agree that we have many things to be proud of in the Depew-School Community.

Sincerely,

Jeffrey R. Rabey, Ph.D.
Superintendent



Board of Education Openings

There will be two three-year terms expiring on the Depew Board of Education. Petitions will be available March 1 at the Depew School District office, 5201 Transit Road between the hours of 8 a.m. to 4 p.m. Petitions must be signed by at least 25 qualified voters of the District. Each petition must be filed in the office of the District Clerk by 5 p.m. on Monday, April 17, 2017. The two candidates who receive the highest number of votes at the May 16, 2017 budget vote and election will fill the expired terms and will serve on the Board of Education for three-year terms to commence on July 1, 2017 and expire June 30, 2020.

2017 Alumni Wall of Fame Nominations Open

Nominations have opened for the sixth annual Depew Schools Alumni Wall of Fame program. Over the past five years, 91 alumni have been recognized for their contributions to the community through their hard work, talents and leadership. Nominees must be a graduate of Depew High School at least 15 years and can be nominated in the following categories: Decade, Athletics, Scholar, Community Service, The Arts and Friend of the Alumni. Nomination forms, due April 7, are online at www.depewschools.org.

Nominee application forms are reviewed by a district committee for possible induction. Individuals who are selected have their name engraved on a glass plaque displayed in the high school cafeteria.

Get the Depew Schools App

The Depew Union Free School District mobile app, available free through the Google Play and Apple App stores, puts the news and information from our schools right at your fingertips. The app brings the Live Feed, news, events, cafeteria menus, staff directory, documents, and notifications from each building's website directly to your mobile device. Search in the app stores under Depew Union Free School District.

Through the app, parents can register for notifications by subscribing to specific buildings, as well as the district. The mobile app makes it easy to navigate without using the "pinch and pull" method to enlarge type or photos.

For a how-to video on the app, visit the website tutorials page, <http://www.depewschools.org/website-tutorials>

Creating Opportunities for Students to Lead

DHS: Vision and Goal Planning

“What kind of school do you want to attend and how do we get there?”

Sixty high schoolers spent the night at school (supervised) to answer that question by developing goals and vision plans for their building. Some of the ideas that resulted from the January session were a need for classbuilding activities, beautification projects and building-wide activities. Students from each grade level were invited and teams worked for more than two hours to develop goal statements. They took to the hallways to paint inspirational quotes throughout the building. The entire session was planned by three students; sophomores Zoe Simon and Kayla Bulas and junior Will Foley.



DMS: Win-Win, Seeking to Understand

All middle school students spent a day focusing on two habits within the Stephen Covey leadership framework of effective teens - Habit 4 “Think Win Win” and Habit 5 “Seek First to Understand, then to be Understood.” A series of activities and teamwork put the students into situations to actively interpret the habits.



at Every Grade Level in our District

CHE: Painting a Picture of Leadership

Throughout the building, one only has to look in the hallways to see what students are taught about leadership and the 7 Habits of Highly Effective People. Student art leaders worked with Lisa Pawlikowski to paint a seven habits mural in the front foyer. Bulletin boards display photos of the leadership helpers. Outside certain classroom are golden spoons which is a visual reward for that class for following the cafeteria rules of eat your lunch, stay in your seat and no garbage on the floor. The “Spotlight on Leadership” award goes to students who are caught demonstrating leadership. Kindergartener Hunter Marzec got the award for picking up a poster that fell off the wall and putting it back into place.



DHS AOF: Mock Interviews, Jr. Achievement Stock Market

Suits, ties, dresses and heels were the wardrobe for Depew Academy of Finance students who “mock” interviewed with Superintendent Dr. Jeffrey Rabey. The practice sessions made students aware of what they could be asked during interviews and to get feedback on how to better answer questions. Pictured is sophomore Zac Buck with Dr. Rabey.

Seven teams of AOF students competed in the Junior Achievement Stock Market Challenge against 116 teams from across WNY. The Mad Hatters Team, which consisted of sophomores Heather Gerken, Toni Miranda, Rachel Pitrelli, Cora Stoddard, and Samantha Wroblewski, topped out at a second place. Their hard work was rewarded with each team member gaining a brand new Amazon Kindle Fire. Team AOF AF included sophomores Brookelyn Brucz, Zac Buck, Grace Krasteva, and Anna Lucci, who placed third; all received a \$50 gift card to Tops. Our top Depew teams rounded out the high achievements taking 4th, 5th and 14th place.



Students and Staff Give Back to the Community

Cayuga Heights Kindness Counts Club

Sixty-four second and third graders who want to demonstrate kindness through their actions meet monthly with teacher Nicole Valint. Students brainstorm ways to practice and show kindness. Pictured is the kindness tunnel to welcome all the students as they enter the school with a smile and a wave.



DHS Stuffs the Bus - AGAIN!

The second annual Stuff the Bus campaign, conceived last year by Depew High School students in the introduction to business class, collected nearly 4,000 food items on Dec. 20. In front parking lot of the high school over a 12-hour period, students, staff and the superintendent rotated in shifts outside to accept food donations for local families in need. All donations were taken to the Tri-Community Food Pantry in Depew.



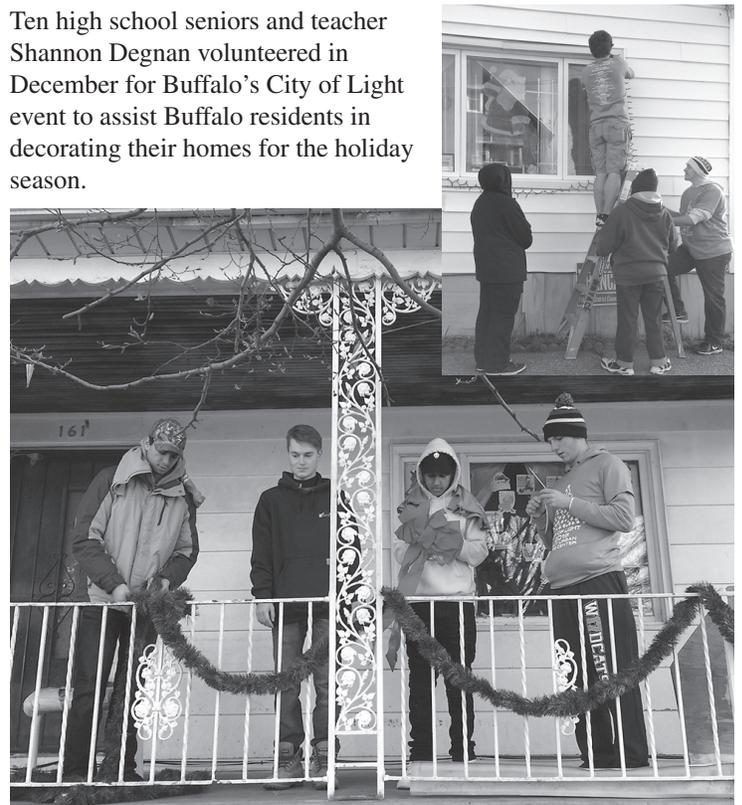
1,000 Items Collected for Food Drive

Over 1,000 canned goods and non-perishable food items were collected during the three-week Depew Middle School student council holiday food drive. This annual student council event combines its efforts with the Eagles Club of Depew food drive. The donations, baskets of foods and gift cards are delivered to families in the community. This year, the Eagles Club donated \$250 to the student council in thanks for its yearly collaboration on the holiday food drive. Pictured are the Honorable Members of the Eagles Club of Depew with the student council officers, Salvatrice Arricale, president; Joe Weiglein, secretary; Hollie Lageman, treasurer; Kaitlin Whalen, vice president and co-advisors Dawn Thurnherr and Sal Carlino.



Illuminating Holiday Homes

Ten high school seniors and teacher Shannon Degan volunteered in December for Buffalo's City of Light event to assist Buffalo residents in decorating their homes for the holiday season.



Grade 7 Project Lead the Way is a Gateway to Technology

All Depew Middle School seventh-graders are using a new technology curriculum called Project Lead the Way Gateway to Technology that will have them using 3D printers and building VEX robots during two units of study this year.

In the automation and robotics unit, Raymond Cooper's students participated in 2017 Code.org as an umbrella lesson before using the new VEX Robotics Design System to construct a robot. Other lessons included coding for robotics movement. Cooper uses Schoology as his learning management system for his assignments and all of the coding "papers," heading toward a paperless classroom. His classroom is filled with an amazing investment of VEX building materials that all come together to allow students to design, create and innovate. Pictured building a VEX robot are Cameron Bunk, Haylie Petyk, Nathan Pyc and Elias O'Donnell.

Aaron Nolan's classes in the design and modeling unit has students in the computer lab using a 3D modeling CAD program, Autodesk Inventor, to design three dimensional parts and are able to print actual physical models of their designs with the 3D printer.

"I really enjoy using technology to design. I would like to be an aerospace engineer when I grow up," said Landin Piniewski, pictured watching a project emerge from the 3D printer. Also pictured are students Kendra Marsch and Tyler Jankowski.

This year, students take both the VEX and design and modeling units, in addition to an introduction to technology unit. The technology teachers are looking into expanding the PLTW Gateway curriculum for next year with two units called Flight and Space and Science of Technology.



Rolling Out iPads, Chromebooks, Schoology

By Joseph D'Amato
Director of Pupil Services and Instructional Technology

In just a few short months, our expectations for the district's one-to-one technology rollout have been exceeded. The teachers in our schools have embraced completely the iPads and Chromebooks, as well as our new learning management system Schoology. As predicted, the students at Depew have taken to the new technology like the digital natives they are.

So many shifts have taken place in our classrooms that it is impossible to go into great detail. Below are just a few examples of the amazing things that are happening in our classrooms:

- All of our seventh-grade students and next year both seventh- and eighth-grade will be taking Gateway to Technology which is a precursor to our Project Lead the Way high school program. These students work in 3D imagery, use a 3D printer and work with robotics.
- At the middle and high school levels, teachers are able to

take video clips from the internet to help students better understand complex topics and to develop the background knowledge. These clips come from resources students are very familiar with such as YouTube, plus other academic sources.

- At Cayuga Heights Elementary, students use technology to assist them with learning math through programs such as Zearn and Propel.
- Yet another great example of how technology has transformed instruction is when a teacher is absent. Teachers are able to use Schoology to post video of themselves giving instruction, worksheets and other resources, as well as assignments. Students can then access Schoology and continue to learn from their regular teacher, with the support of a substitute teacher.

All of these amazing instructional shifts and many more are possible because of our newest technology. We are well on our way to preparing our students for a world yet to be imagined.

Call Cayuga Heights Today for Kindergarten Registration

Kindergarten registration for the 2017-2018 school year for Cayuga Heights Elementary School is scheduled to take place between March 20 - 23, 2017, from 9 a.m. - 2 p.m.

To be eligible for kindergarten, a child must be five years old on or before Dec. 1, 2017. The following documents must be provided at the time of registration:

- Immunization Records
- Birth Certificate
- Two (2) Proofs of Residency (i.e. - utility bill, rental agreement, notarized letter stating residency, payroll stub, bank statement, car registration)
- Identification Documentation (i.e. - Driver's license, Passport)

Call Cayuga Heights Elementary School at 686-5003 today for more information and to place your child on the registration list.

Wellcats for Life Free Summer Day Camp

Depew Schools, in partnership with Depew Recreation, will offer a brand new summer 2017 program. Wellcats for Life is a 4-week summer day camp free and open to all current Depew UFSD students entering grades 1-8 in September 2017. Transportation is available in the morning and afternoon at various pre-determined locations. Camp runs July 10-Aug. 4 from 9 a.m.-3 p.m. in Fireman's Park. All information is on the district website depewschools.org.

Fifth Graders Write About Gratitude

A group of fifth-grade students in Kelly Thompson's and Alyssa Quintilone's classes wrote and drew about gratitude for the Thanksgiving Day Creative Celebration, sponsored by state Sen. Timothy Kennedy. Students submitted written and artistic entries that showed their gratitude and respect for family, friends, and health among other things. Fifteen students from Cayuga Heights were recognized for their entries on Sen. Kennedy's website: Rian Alberti, Paige Bemish, Jenna Fiorello, Ariel Francis, Olivia Guggemos, Gabrielle LaBruna, Michael Merriman, Amber Milewski, Julia Ostrander, Tyler Pagano, Kathryn Piatkowski, Branden Purpura, Alexis Sywak, Ryan Vargo, and Anthony Weber.



Harry Potter Wins School-Wide Election

The students in Cheryl Pulaski's fourth-grade ELA enrichment class completed a project to coincide with this year's presidential elections. After completing several lessons on character traits, students chose a favorite character from a novel or picture book that they felt had the best traits to be a successful president. The characters chosen included Matilda, The Cat in the Hat, Snow White, Belle, Nate the Great, Harry Potter, Hermione Granger, Red Riding Hood, The BFG, and Captain Underpants. Posters were created showcasing the characters with campaign t-shirt designs, slogans, and portraits. Each student also wrote an Oath of Office speech to read at the conclusion of the election. They created a catchy slogan and designed campaign posters that were displayed in the hallways. The students wanted to find a way to get the whole school involved, so they invited the other classes to view their posters, vote for a character, and place their ballots in student-made ballot boxes. When the voting ended, students counted up the ballots and Harry Potter was the winner! The kids really enjoyed this project and learned a lot about presidential campaigns and the election process.



Fifth-Graders Shine as Darwin Martin House Junior Docents

Turning 36 Cayuga Heights Elementary school fifth-graders into subject matter experts on the topic of Frank Lloyd Wright and tour guides of the Darwin Martin House was an outcome of the junior docent program offered by the Martin House complex.

The program, coordinated by Traci Kanick, a teacher on special assignment for the District, began in November with docents from the Darwin Martin House teaching students about art, architecture and the work of Frank Lloyd Wright.

As they started to gather information, fifth-grade students were given a tour of the Martin House to learn more about the Martin family, the history of the complex and the work of Frank Lloyd Wright. Students took notes and asked questions throughout the tour to conduct research for their presentations.

Over the next two months, students worked closely with Mrs. Kanick and the docents from the Darwin Martin House to prepare their individual scripts. Students revised scripts and rehearsed with their peers in order to prepare the best possible presentations.

Throughout this program, students were able to explore the correlation between the architecture of Frank Lloyd Wright, the Common Core Learning Standards and the state's Social Studies framework.

In January, the students conducted the tours of the Darwin Martin House to share their knowledge and expertise with more than 70 parents and guests. They led guests through the property and shared the information that they had gleaned since they began digging into the topic in November. Using their own research for the facts-based scripts, they pulled in historical facts about the house, the Darwin Martin family who lived there and architecture of Frank Lloyd Wright.

“Not only did students learn about the architecture of Frank Lloyd Wright, they learned about art and architecture throughout history and from around the world,” said Mrs. Kanick. “Students worked diligently to refine their public speaking skills and during their presentations, they were poised and informative. I am so proud of their efforts.”



A Preview of What You'll See at District Literacy Night on March 23



Motivating Students to Follow Their Dreams

By Zoe Kaminski, DHS Class of 2019

Passion is defined as an intense desire or enthusiasm for something. In January, nationally recognized youth motivational speaker and school culture expert Lamarr Womble brought just that to students in the middle and high school. Lamarr travels the country with this company Passion for Leadership to inspire passions, dreams and positivity in school cultures. At Depew, he motivated students about passion and people. He discussed how “students can create, develop and maintain positive relationships with everyone they interact with in their lives. The ideas taught were tangible and could be utilized immediately to “build better relationships with friends, foes, acquaintances, family, teachers, coaches and even complete strangers.” Lamarr inspired students to be better people and to try to make their relationships with others better.

The most impactful part of the assembly was when he asked students to send a text message to someone who inspired and loved them. Some shared the text they sent and the response they received back. This exercise showed how hard, yet necessary, it can be to share our feelings with loved ones.

“Lamarr was really inspiring and really opened my eyes that you can do anything that you set your mind to,” said sophomore Annie DiPirro. “The one thing that we, as high school students, need to focus on is the journey to our dreams.”

This amazing presentation sponsored by the DMS PTO and the DHS PTSO, left students feeling inspired and ready to take action in making our schools a better place to learn, live and grow.



Club Tour

Depew High School Donate Life Club went on a tour of the Untys organ, eye, tissue and blood donation lab. The primary goal of this tour was to provide students with information about the lifesaving benefits of donation, to motivate students to initiate a family discussion about organ and tissue donation, and to answer questions and counter common misconceptions about donation.

Depew Plays Host to Hundreds of Erie County Student Musicians

Over 80 middle and high school students at Depew helped host 1,500 student musicians during the Erie County Music Educators Association all county music competition. For the past 21 years, Depew Union Free School District has hosted the Elementary Instrumental, Jr. High Vocal and Sr. High Jazz Festival competitions.

While Depew has students participate as soloists, the majority of students are working the festival as greeters, room chairs, food service providers, sheet runners and score posters. Many students have been working this festival for six years, starting in sixth grade and continuing through their senior year. Often alumni come back to help. It shows the dedication of students who help year after year, with just the incentive of a free lunch!

Depew's students helped ease the stress and worries of the soloists and parents with their friendliness in the hallways and cafeteria, and warm welcome at each solo room.

Pictured are sixth-grade sax player Jacob Fatta; fifth-graders on flutes and clarinet Ashley Beresniewicz, Aubrey Corbett, Hailey Gunnells, Makayla Seawood; sixth-graders on oboe and flutes Jordan Kanick, Abby Gammel, Emily Reed.



Golden Gloves Boxer Talks to MS Students about Not Bullying Others

When Kristen McMurtree, the 2015 Women's National Golden Gloves winner, was a senior in high school she was bullied to the point where she eventually quit the things she loved; track, student council and honor society. She turned to boxing, spending hours in the gym, and it changed her life.

McMurtree, 21, spoke to students in John Kling's health classes at Depew Middle School to motivate students to think about what they say and do in school and online.

"I remember all the names I was called," she said, telling them to remember that words are very powerful.

She talked to them about the reasons someone would bully such as jealousy and superficial things like clothing. She suggested that instead of gossip or criticism, they could compliment their classmates and say hello to each other in the halls, even if they don't know the other student well.

Her visit was coordinated by Joseph Chudoba, an Erie County Sheriff in the Domestic Violence Unit, and he spoke to students about the effects cyberbullying has had on some cases he's worked and read about.

McMurtree, who competes in the flyweight class, is training for the 2020 Olympics. She is a senior at D'Youville College in the exercise and sports studies program, and is also the coach of the University at Buffalo boxing club. She's been featured on Ch. 2 for her starring role in the Goo Goo Dolls "So Alive" music video taped at Buffalo's Central Terminal.

She urged students to be careful about who influenced them. She also reminded them to be careful about what they post online and that what they post may influence their first. She, like many employers, check out social media accounts and said if a potential boxer has posts that bully, there's no place for that person in her gym.





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Superintendent of Schools

www.depewschools.org



James Helms, a middle/high school science teacher, will use the \$300 technology grant he won from Fresh Films, Best Buy and Subway to purchase a digital microscope that can project an image to students' Chromebooks.



Spooky stories night at Cayuga Heights Elementary always set the mood for trick or treating.



Recognizing 12 Depew High School alumni at the 2016 Wall of Fame ceremony who have made an impact in their communities and reached personal and career success. Nominations are open for the 2017 Wall of Fame. Nomination form is online at www.depewschools.org



Freshman students Dylan Rosier, Maggie Bielefeld and Elizabeth Sounevongsa operate the Freshman Class Fundraising Coffee Cart for "customer" Raymond Cooper, technology teacher.