



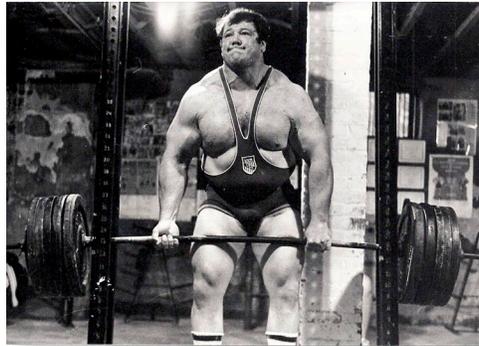
# The Valley

## Cassadaga Valley Central School District Newsletter

### Strongman Reinhoudt visits Cassadaga Valley

Written by Jordan Patterson  
Dunkirk Observer, October 31, 2019

SINCLAIRVILLE — Don Reinhoudt, known for moving ridiculously heavy objects, spoke to Cassadaga Valley students in an effort to lift their spirits. And his message was simple: Never give up. “Don’t ever, please, don’t ever sell yourself short,” said Reinhoudt, a former world’s strongest man who competed internationally in strongman competitions. “You can be anything you want in this world. It takes by going to school, listening to your teachers, your moms and dads and by not quitting on yourself.



Inside Cassadaga Valley Central School on Wednesday, Reinhoudt told stories to students, who he noted were young enough to be his grandchildren, about how he became the world’s strongest man while competing in the 1970s. A video was also screened that displayed his numerous feats of strength as he competed for the title he is most known for.

Reinhoudt, who was born in Brocton, was most recently inducted into the National Strength and Power Hall of Fame in 2018, marking the eighth hall of fame that features his name. In the same year, he was named in the Top 10 All-Time Strongman of the Century by the International Powerlifting Federation. He also served as the director of the Chautauqua County Youth Bureau for a number of years.



Even during his time competing, Reinhoudt would provide motivational presentations that used to feature him showing off his strength. A typical show some 15 years ago would consist of him splitting license plates, bending metal pipes and ripping phone books with his bare hands. Now, the 75-year-old said those days are behind him, adding that he can contribute by other means. His list of accomplishments over the years include a 2,500-pound car lift; a 1,000-pound back lift; a 20,000-pound truck pull; a 10,000-pound tram pull; a 350-pound log lift; a 300-pound barrel lift; and a 175-pound dumbbell press.

To get to this level, Reinhoudt said he would train in a gym in his basement after working an eight-hour shift at his father’s accounting firm. And despite these extraordinary feats of strength, Reinhoudt told students, when asked about his favorite accomplishment, that he cherishes being a father most of all. Many of the video clips shown Wednesday featured some of these historical record-breaking moments. In several interviews following his performances, Reinhoudt was soft-spoken and remained humble, as was evident Wednesday. “It’s just an honor to be here,” he said often.

One student in the Cassadaga Valley audience noticed this glaring characteristic of Reinhoudt. During the question portion of the presentation, students offered various inquiries about Reinhoudt’s strength, his thoughts on steroids and his work ethic. But this particular student offered a compliment instead. “I love how you have respect for everyone around you,” she said. Reinhoudt responded, “Thank you so much.”

“That’s what I’m all about,” he continued. “I try to be as honest as I can.” Reinhoudt circled back to the idea of simply not quitting. Even in Reinhoudt’s prime, he said he was laughed at when sharing his story, noting he could have quit at any given moment. And still, despite his successes and being the world’s strongest man, he said “That isn’t what I’m all about.”

“I’m a guy who struggled, who worked, who decided to make something out of his life to use it to work with other people,” he said. “That’s what I’m all about. That’s what I want you to remember Don for.”

INSIDER

## Superintendent Message

Time flies when you're having fun! We've all used that old saying before, but I was reminded of it again recently when I realized that we are already in December and the holidays are right around the corner. It feels like we just started a new school year! Along those lines, I'm often asked how the school year is going and my response is generally "Busy... but good." And that is the truth – we are very busy, but things are good!

As you are well aware, there is so much happening here at CVCS that it is often difficult to keep up with it all. Exciting events take place almost every week and one of the best ways to keep track of it all is to follow us on social media. Whether you keep up though Facebook or Twitter or by visiting our website regularly, I hope you take a moment to check in on all that is happening here in The Valley! As always, should you have questions about what is happening in your child's classroom please reach out directly to their teacher. A phone call or an email is always appropriate.

As we approach the close of 2019 and the upcoming holiday season, we want to wish you and yours all the best. We hope that you are able to enjoy family time and that you will have a peaceful start to 2020.

## Costa Rica Trip

If anyone is still interested in joining the CVCS tour of Costa Rica, there is still time! The deadline to sign up is December 25th, 2019. For additional information you can e-mail Mrs. Avila at [tavila@cvcougars.org](mailto:tavila@cvcougars.org) or go online to our tour center - [www.explorica.com/Avila-7241](http://www.explorica.com/Avila-7241)



## WNY Construction Career Days



On October 2, students in the Career and Technical Education program attended WNY Construction Career Days hosted at IUOE Local 17's hall in Lakeview NY. Cassadaga Valley students met with representatives from several area union halls to explore career options in the construction industry. Throughout the day, students were given the opportunity to operate heavy machinery, rappel in safety harnesses, lay brick and experience the construction trades in a hands on environment.

## Athletes

**Top Right:** Congratulations Meghan LeBaron Grade 12 and Noah Richner Grade 11 for being selected Fessenden, Laumer & DeAngelo Scholar Athletes of the Week.

**Bottom Left:** Athletic Director Todd Fryberger accepting the Sportsmanship Promotion Program award from Section VI Officials. This award is for exemplary effort in the Sportsmanship Promotion Program.

**Bottom Right:** CVCS Volleyball Celebrating Officials Appreciation Day on October 2, 2019



## PBIS at SES

Last school year, Sinclairville Elementary School started a new initiative (PBIS) in the Spring promoting positive behavior from our students and staff. Positive Behavioral Interventions and Supports is a collaborative (team-based), educative, proactive, and functional process to developing effective interventions for inappropriate behavior. Students in our schools come from many different backgrounds and cultures that view “behavior” differently; thus, we cannot assume that students know how to behave appropriately when at school. Furthermore, many of our students are making poor choices when confronted with a conflict. Consequently, we must teach our students how to behave at school to ensure that they do make better choices. PBIS views inappropriate behavior in the same manner that problems in reading or math are viewed...as a skill deficit. When a skill deficit exists, we must teach the appropriate skills. By doing so, a unified and positive school climate forms, informing students and staff that appropriate behavior is a priority in school.



This school year our PBIS team decided to throw monthly assemblies, focusing on specific themes. On September 20th, we had our kick-off assembly in which we focused on positive assembly behavior. Students were asked questions about how they can demonstrate positive behavior while attending the assembly. In October, we focused on bus behavior. Our PBIS team interviewed several bus drivers to explore how their students can be safe, be respectful, and be responsible while on the bus. In the future, SES will hold assemblies focusing on positive behaviors in other areas, such as hallways, cafeteria, bathrooms, and playground.

When students demonstrate positive behaviors they are rewarded with a PAWS (Positive Actions Witnessed Schoolwide) tickets which can be redeemed at our school store for tangible items or privileges. We had our first school store on October 16th for Pre-K-2nd grade and launched our new online store for our 3rd-5th grade students. Our next school store will be open on November 7th. We are extremely proud of all of our student’s hard work and efforts to stay positive throughout our building. Keep it up!!!

## Hydroponics



Students in Mr. Guzic's 4th grade class will be learning about hydroponics throughout the school year. The first harvest of butter crunch lettuce was added to student lunches on a "Taco Tuesday."

Pictured here are students bagging the next batch of lettuce to donate to the Sinclairville 76ers for an upcoming luncheon.

## Have You Joined The Fitness Center?

New equipment includes a Stairmaster, Seated Elliptical, Slam Balls, Medicine Balls, and two more sets of Kettle Bells. In addition to the new equipment the Fitness Center has Spin bikes, Recumbent Bikes, 7 Ellipticals, 2 Row Machines, 9 Treadmills, Battling rope and strength equipment. There are also programs to help beginners to assist with and instruct proper technique with kettle bells, free weights etc. Questions? Contact Vicki Martin – vmartin@cvcougars.org.

### HOURS:

**Monday - Friday**  
6-7:45 AM and 3-8:30 PM  
**Saturday**  
8-11 AM



### RATES:

#### CV Student

- No Fee

#### College Student

- \$ 30 per year  
(Valid College ID Required)

#### Faculty/Staff

- \$10 per month
- \$20 per quarter
- \$75 per year

#### Resident/Single

- \$10 per month
- \$20 per quarter
- \$75 per year

#### Resident Family

- \$15 per month
- \$30 per quarter
- \$100 per year

#### Resident 65+

- \$10 per month (single)
  - \$15 per quarter (single)
  - \$55 per year (single)
  - \$25 per quarter (family)
  - \$75 per year (family)
- (Residents age 65 and over qualify for a senior discount on a single or family membership with one qualifying family member.)

#### Visitor Pass

- \$2 per day Visitor Pass (valid 1 day only)

## Foods 1 Students

Proud Foods 1 students showing off their canned apple pie filling. The owner of Woodbury Vineyard donated the apples for CVCS students. In Ms. Reynolds class, students made applesauce, apple crisp, apple cider (with the cider press in Burn's room) and apple pie filling from the donated apples.



## 2020 Literacy Night

Sinclairville Elementary is excited to announce that the Annual Family Literacy Night will take place this year on Thursday, January 16th from 6-7:30. All students who attend will receive a free gift bag when they arrive. The annual scavenger hunt will take place throughout the evening. Students and families will be able to complete several literacy related activities such as listening to guest readers, singing around the campfire, reading crafts, reading to a therapy dog, meeting with an illustrator and more! Free snacks will be available to all who attend. Stop by and read a story in our ice castle! The Scholastic Book Fair will be open throughout the event. Our student Health and Wellness Team will be displaying ideas to stay healthy this winter! We will have several information tables set up for families and students to gather information about our community, including signing up for a library card! To conclude the night, we will have a basket raffle with several gift baskets donated from local businesses. All students will receive raffle tickets when they arrive and have the opportunity to earn even more tickets as they complete the activities throughout the evening. More information about the event will be sent home. We look forward to seeing you there!



## RIT's Portfolio Day



Sunday November 3rd, Mrs. Russo took senior and junior art students to RIT's National Portfolio Day. The students spent 4 hours having their portfolios reviewed by art teachers and professionals to prepare for submitting their portfolios to colleges this fall or next fall. Milo Dingman, Dustin Johnson and Cervonte Thomas all participated in this exciting day of critiquing and professional criticism. The students can now improve their portfolios based on this experience!

## Apple Pie in Pre-K

In the full-day Pre-K class, students have been learning about our senses. On October 2nd, the students were able to make their very own apple pie. The students cut the apples with plastic knives. They also patted out the pie dough. After patting out the dough, the teachers helped them put the dough and the apples in the tin. The students smooshed the dough around the apples. After the pies were baked, the students took them home to enjoy.

The following day, the students discussed what senses they used when making and eating their pie.



## Women in Engineering



Women in Engineering is an outreach program for 10th and 11th grade students held every year at Penn State Behrend. The primary goal is to introduce interested female students to the engineering field, what type of careers are available, and discuss the impact engineers have in society. This year, students learned how magnets are used to remove metals from the food industry and pharmaceutical industry before a product is sold. Additionally, students learned about how car seats are designed, which was followed by an egg simulation to show how an infant is protected in a car seat. Finally, students explored dome structures all over the world and then were challenged with making their own using straws and pipe cleaners. The CVCS student's dome held 7 pounds! CVCS students who participated were Courtney Huston, Sierra Swan, Hannah McChesney, Jazmine Bellardo, Margaret Sischo and Jayna Hitchcock.

## Pre-K Library Visit

In October, Sinclairville Elementary Pre-K students walked to the Sinclairville Free Library for a tour of the library and to enjoy a story! When the students arrived, they were welcomed by Librarian Miss Jessica. Miss Jessica guided the students to the Children's Room and read them the book, *How Do Dinosaurs Go To School?* By Jane Yolan. Following the story, students were shown how to find books in the Library as well as the different toys that were available for play. The students enjoyed exploring all the things the Children's Room had to offer. All the Pre-K students are looking forward to more visits to our library in the months to come.



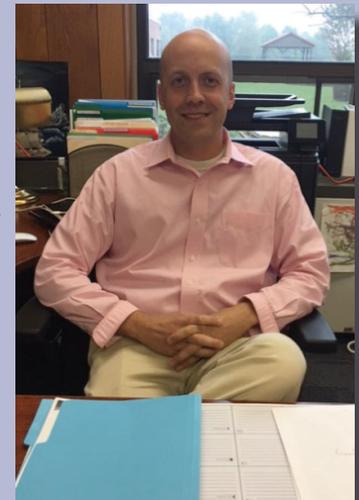
## Fire Prevention Week

In 1922, the National Fire Protection Association named the second week of October Fire Prevention Week in commemoration of the Great Chicago Fire in 1871. Today, we celebrate Fire Prevention Week and Month by raising fire safety awareness and educating families, students and communities across the United States. During this month, fire departments educate their communities, and encourage parents and loved ones to practice fire safety and whole home safety. The National Fire Protection Association's (NFPA) 2019 campaign for Fire Prevention Month is "Not Every Hero Wears A Cape. Plan and Practice Your Escape." On October 18, seven local fire departments came to Sinclairville Elementary to teach fire safety and awareness. These departments included Cassadaga, Stockton, Lily Dale, Sinclairville, Ellington, Gerry, County Fire Police and Tony Faso, Emergency Services Battalion Fire Coordinator. With the help of the local fire departments the CVPTO coordinated this annual event. The students highly enjoyed looking at the emergency vehicles, while also being educated in the importance of fire prevention safety.



## Sinclairville Elementary Principal's Message

I am excited to report that we are off to a great start at Sinclairville Elementary School. There have been a lot of great events including trips to Harvest View Farms, the Sinclairville Free Library, and the Sinclairville Historical Society. In between all of that fall fun, we have had a very productive beginning as it relates to instruction, and our most recent focus on school attendance. Since the beginning of the school year, our attendance has improved overall 10% in comparison to last year at this point. Thank you to all of our parents and students in your effort over this. Our PBIS assemblies are in full swing as students continue to show excellent behavior and are receiving many tickets towards our assemblies and prizes! If you could, please go over our four "B's" with your children that would be great. Ask them what it means to be Safe – Be Respectful – Be Responsible – and Be Here! I look forward to the upcoming months and seeing the great gains that our students will make, and the fun that we will have learning here at Sinclairville Elementary School! Thank you for all your thoughtful conversations and support to our students, this is most certainly going to be an EXCELLENT school year!!



*Cougar Pride!*

**Josh Gilevski**  
Sinclairville Elementary School

## "Amber" Service Dog

Sinclairville Elementary is excited to announce that they have the opportunity to introduce **Amber, a certified "Canine Good Citizen" dog!** Research reveals well documented evidence that the presence of a service dog positively benefits people within the following areas: social attention, social behavior, interpersonal interactions, mood, stress-related parameters such as heart rate and blood pressure, self-reported fear and anxiety, and mental and physical health overall.

Amber will be spending one day each week at the elementary school visiting classrooms, listening to children read in the library, and sitting with students during counseling sessions. Currently, Amber spends most of her days at the middle high school interacting with students and staff in a variety of different settings. Cheryl Burns, the agricultural teacher at the middle/high school is Amber's owner and she has been working with Dr. Myles and Mr. Smith at the elementary school, preparing for Amber's first day. Amber will begin visiting the elementary school during the last week of October. This should prove to be a positive experience for all K-5 students and staff!



## Assistive Technology



Assistive Technology refers to any "product, device, or equipment, whether acquired commercially, modified or customized, that is used to maintain, increase, or improve the functional capabilities of individuals with disabilities." (According to the United States Assistive Technology Act of 1998) Low-tech examples of assistive technology may include a pencil gripper to assist a student's grasp on a pencil, loop scissors for ease of cutting when a child is unable to manipulate scissors, or a slant board to hold papers during reading and writing tasks. High-tech examples of assistive technology may include augmentative communication devices to assist non-verbal student's in communication with staff and peers, FM systems to assist a student with hearing loss or difficulties, or a reading pen to assist a student with reading challenges (as pictured above). Assistive technology is a great tool that can be utilized universally to improve the learning experience for all types of learners. Pictured is a student using assistive technology, in the form of a reading pen, during a STEM activity. He is using the pen to read directions on how to construct with LEGOs.

## Harvesting Peaches

Four years ago, Forestry and Landscaping students planted an orchard four years ago on district property. This year, peaches and raspberries were abundant! RaeLe Lessinger, Rachel Nickerson and Ethan Kahle are seen here harvesting peaches from the orchard, which Miss Reynolds used to show students how to make jams and jellies.



## New Teachers



My name is Jill Abbey. I am very excited to be working in the same district that I attended as a student! I am the new 3rd Grade Teacher at Sinclairville Elementary. Many of the students are already familiar with me as I have worked in the district as a substitute for a number of years. I attended Baptist Bible College in Clarks Summit, PA to obtain degrees in Early Childhood and Childhood Education. My Graduate studies were through Walden University in the area of Reading and Literacy in Elementary Schools. Besides working as a substitute in this district for a number of years, I also spent three years teaching full time in multi-grade classrooms at two Christian schools. When I have free time I spend as much of it as I can with my nieces and nephew or with other family and friends. Another activity that I love to make time for is taking my camera out to explore the world through a photographic lens!

My name is John Cole and I am Cassadaga Valley's new Chorus and General Music Teacher, grades 6 through 12. As some of you may remember, I student taught with Mrs. Zenns in the Spring of 2017 and I am now here to stay and couldn't be more excited. I received a Bachelor of Music, Music Education Degree from SUNY Fredonia in the Spring of 2017. After graduating from Fredonia, I moved to Winchester, Virginia, where I pursued a Master of Music, Percussion Performance Degree at Shenandoah Conservatory. I graduated with my Master's Degree in the Spring of 2019, moved back to New York and was selected for this job at Cassadaga Valley. Outside of school, I enjoy playing music professionally, as both a percussionist and as a vocalist. I also enjoy fishing, hiking, skiing, golfing and most importantly, spending time with my family and chocolate Labrador.



My name is Paige Cobb and I am teaching 6th grade at Cassadaga Valley! This is my 8th year teaching and I am so happy to be part of the CVCS team! I attended St. Bonaventure University where I received my bachelors degree in Elementary and Early Childhood Education. After graduation, I moved to Phoenix and attended Arizona State University in order to get my masters degree in Educational Technology. While living in Arizona, I taught for 2 years for Gilbert Public Schools, however, I then decided to move back home in order to continue my teaching career. I taught for 5 years at Sherman Central School District prior to starting at CVCS and I couldn't be happier to now be at Cassadaga Valley! In my free time, I enjoy being with my family, camping, visiting new places, and being outside!

Hello my name is Zach Nobles and I am pleased to be teaching Technology Education in the high school at Cassadaga Valley this year. I worked in two other districts previously and am very happy to be able to come work at Cassadaga Valley. CVCS is similar to the school I attended as a student and enjoy being in a rural area. I am a graduate of Buffalo State where I majored in Technology Education with a minor in Environmental Conservation. I also have my Associates Degree in Construction Technology from Erie Community College and am a Marine Corps Veteran. In my free time, I like to spend time with my family and enjoy woodworking, biking, and skiing.



## Middle-High School Principal's Message

We at the Cassadaga Middle/High School also had a great start to the school year. This year we have a few initiatives behind our daily work. One of those initiatives is focusing on the value of the team and Cougar PRIDE with regard to educating and supporting students.

No one student is alike, they are all very different and come with different backgrounds, abilities, gifts and talents.

The We Are A Team motto and Cougar PRIDE initiative (Noted below) is a reminder as per what we as educators need to do on a daily basis to support our students. As parents, you are a member of this team. We also need your support because educating students requires all of us. It is critical that we work together to support our great school. No matter where you live in Cassadaga we are ALL Cougars and We Are A Team.

Welcome them daily  
Educate them with higher order questions

Anticipate challenges  
Respond in love  
Encourage their efforts

Always remember YOUR WORDS MATTER

Tell them that you care  
Emphasize that they ALL can do it!!!  
Allow them to talk  
Motivate them through challenging lessons

Sincerely,  
Scot Stutzman  
Middle School/High School Principal



## Cafeteria News



New York State started a Farm to School Program to connect schools with local farms and food producers to strengthen local agriculture, improve student health, and promote regional food systems awareness. As a response, Cassadaga Valley CSD is excited to share that we are now serving juice made with grapes from local farmers, NYS concord grapes, apple cider, potatoes, green peppers, tomatoes, cabbage and eggs to our students. If you are interested in providing local products to our food service department, please contact Heidi Ottaway at [hottaway@cvcougars.org](mailto:hottaway@cvcougars.org) or (716) 962-8581 ext 1507.

On Halloween, some of our elementary students found (gummy) worms in their sandwiches. It made for a yummy, silly surprise!

### MENUS

Did you know that you can check out our lunch menus on our website? On our homepage, it is the first link under quick links. There you can find both the SES and MHS breakfast and lunch menu. [www.cvcougars.org](http://www.cvcougars.org)

### CATERING

Hosting an event in our district? Our cafeteria is expanding our catering services. Please contact Heidi Ottaway at [hottaway@cvcougars.org](mailto:hottaway@cvcougars.org) (716) 962-8581 ext 1507 for a catering menu and more information.

## Community Education Courses Winter 2020

### Cassadaga Valley Central School District Community Education Courses Winter Offerings: February 24th - April 8th

The following community education courses are being offered by Cassadaga Valley School. To register, please complete the 2 forms included in this newsletter and return to Cassadaga Valley MHS, Attn: Karen Reynolds, PO Box 540, Sinclairville, NY 14782 before the first session of the class you plan to attend.

#### **Pound (Fitness Class)**

Pound is a high energy, low impact, full-body workout that combines cardio, conditioning and strength training with yoga and Pilates- inspired movements. Using Ripstex, lightly weighted drumsticks engineered specifically for exercising, Pound transforms drumming into an incredibly effective way of working out.

Designed for all fitness levels, Pound provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out. The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Please bring your own yoga mat or towel.

*Instructor: Ronnette Riforgiat*  
*Times: 3:45-4:45 or 6:00- 7:00*  
*Days: Tuesday and Thursday*  
*Room: MHS Cafeteria*  
*Minimum required: 4*  
*Maximum: 35*

#### **Hip Hop Cardio**

Hip Hop Cardio class is a high intensity hip hop cardio dance class, comparable to Zumba, using current pop music where you will burn between 400-600 calories.

*Instructor: Taylor Kozuch*  
*Times: 6:00- 7:00*  
*Days: Monday and Wednesday*  
*Room: MHS Cafeteria*  
*Minimum required: 4*  
*Maximum: 35*

#### **Community Welding Class - 5 week course on the basics of welding.**

Week #1 - Introduction, Plasma Cutting, Spot Welding  
Week #2 - Stick Welding  
Week #3 - MIG Welding  
Week #4 -TIG Welding  
Week #5 - Practice What you like best!  
Limit - 8 unless you are a husband and wife team and can share a welding booth OR have a friend that does not mind sharing a welding booth. We supply all of the equipment necessary to take the course.

*Instructor: Cheryl Burns*  
*Day and Time: Wednesdays - 5:30-6:30 p.m*  
*Room: Ag Shop*  
*Maximum: 8*

#### **Spin/Plyo Class**

This is a class designed for ANYONE wanting to feel stronger and have an improved cardio performance. We will be using bikes to warm up, take breaks from Plyometrics, and cool down. The Plyometrics portion involves total body; speed and power exercises. All exercises can be tailored to individual specific levels so don't worry about trying this!!

*Instructor: Cheryl Burns*  
*Day and Time: Wednesdays - 3:30-4:30 p.m..*  
*Room: Fitness Center*  
*Maximum: 8-12*

### **Cricut Basics:**

Do you own a Cricut? Interested in purchasing a Cricut? Have access to a Cricut, but don't know how to use it? This course is a BASIC course that will focus ONLY on the computer system that accompanies the Cricut. Learning the basics and getting to know the Design Space system. Come out and try something new!

*Instructor: Karen Reynolds*

*Times: 9:00 am – 2:00 pm*

*Dates: Saturday, March 21st*

*Room: Middle High School Room 110*

*Minimum required: 4*

### **Cricut: Beyond the basics**

This course will focus on creating projects and working with different materials, including but not limited to vinyl and cardstock. This course is NOT for beginners.

Come out and try something new!

*Instructor: Karen Reynolds*

*Times: 9:00 am – 2:00 pm*

*Dates: Saturday, March 28th*

*Room: Middle High School Room 110*

*Minimum required: 4*

### **Stop the Bleed**

“Stop the Bleed” is a nationwide campaign to empower individuals to act quickly and save lives. Our two-hour program is led by a certified professional that teach the skills so that people can help save lives. Bystanders can take simple steps to keep the injured person alive until appropriate medical care is available. Therefore, bystander intervention can be crucial to saving a life.

*Instructor: Terry Phelps ASN, RN, EMT-B*

*Times: 6:00pm- 7:30 pm*

*Dates: Thursday, March 19th (with a snow date of April 16th)*

*Room: MPR*

*Minimum required: 10*

### **Let's play ball**

Like basketball but don't have a team to play on???? Come join us for pick-up games.

*Ages 18 and up.*

*Facilitator: John Haskins*

*Times: 7:00 pm-9:00 pm*

*Day(s): Tuesday and Friday*

*Room: SES Gym*

### **Supper Club**

Please join us to meal prep a full dinner. We will then sit down together to sample our meal. Please bring gallon sized freezer ziploc bags to take home your prepped meal.

*Instructor: Sandi Askin*

*Time: Thursday March 12th, 19th, 26 and April 2nd from 6:00-8:30 pm*

*Room: Middle High School Room 110*

*Minimum required: 4*

*Maximum number: 8*

### **Little Music Makers**

*Instructor: Melissa Beichner*

Description: These classes are for infants and toddlers (birth to age 3) and their caregivers. Through folk songs, rhymes, and movement, children will begin to become Tune-ful, Beautiful, and Artful. The bond between you and your child will grow and be strengthened as you learn ways to connect with your child through making music at home.

Session 1: Music for Wigglers and Crawlers (birth to approximately 12 months - gentle activities that encourage nurturing and bonding)

*Time: Saturdays from 10:00-10:45*

*Room:*

*Minimum required: 3*

*Maximum number: 8*

Session 2: Music for Waddlers and Toddlers (approximately 12 months to 3 years - activities nurture connection, but are more energetic for busy toddlers)

*Time: Saturdays from 10:45-11:30*

*Room:*

*Minimum required: 3*

*Maximum number: 8*

Note: Please choose the class that best fits your child's developmental stage. One parent/caregiver must attend with each child. Classes involve movement, so please wear comfortable clothing.

## “Walking the Halls”

There is no pre-registration for the walking program. There will be a sign-up in the Fitness Center and each participant must sign a waiver, carry photo ID, and leave emergency contact information when walking. Walking will be: Monday-Thursday, 3:30-8 P.M., starting October 1st. Please enter through the Fitness Center entrance and leave wet footwear there. Participants must wear clean, dry footwear! Find a friend get in a work-out and have a nice walk and talk!



### Winter 2020 Community Education Registration Form

Cassadaga Valley Central School

P.O. Box 540, Sinclairville NY 14782

Attention: Karen Reynolds, Community Education

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_

Phone: (h) \_\_\_\_\_ (c) \_\_\_\_\_

Email: \_\_\_\_\_

Courses: \_\_\_\_\_

How did you learn about this class? \_\_\_\_\_

#### Follow these steps to register:

1. You must be a community resident or staff member to attend these classes, please be prepared to provide proof of residency the first class.

2. Mail the completed form and waiver form to Cassadaga Valley Central School, PO Box 540, Sinclairville, NY 14782,

Attention: Karen Reynolds or email to [Kreynolds@cvcougars.org](mailto:Kreynolds@cvcougars.org).

I would like to receive information about other family/parenting topics. (Provide email)

Some classes require Fitness Center memberships and are listed on the flier.

Note: There are no fees associated with Community Education courses. These programs are offered as part of the Foundation Aid: Community School Set-Aside.

Some courses do require participants to bring their own supplies and they are noted on the flier. Classes will not meet when school is not in session or due to inclement weather.

If you have any questions, please contact your instructor regarding cancellations. The local radio/television stations will also provide weather related closings. Please register with this form even if no payment is required.

If you are interested in teaching a course for our program, please fill out the information below and mail it to the above address:

Courses I would like to teach or see offered:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Waiver of Liability Form

Community Education Courses

Cassadaga Valley Central School District Waiver of Liability

I understand that the nature of the supervision of the Community Education classes provided by the District is general in nature, and the instructor/supervisor is not responsible for supervising or monitoring the manner or intensity of my use of equipment or participating in exercise activities.

I understand that the nature of the supervision of the Community Education classes provided by the District is general in nature, and the instructor/supervisor is not responsible for supervising or monitoring the manner or intensity of my use of equipment or participating in exercise activities.

I hereby, release the Cassadaga Valley Central School District, its Board of Education, in both their corporate and individual capacities, its employees, agents and assigns, for all claims (of any nature) relating to my use of the District's Fitness Room or any other facilities including but not limited to claims for personal injury or death, and damage to or loss of personal equipment and property.

\_\_\_\_\_  
Participant Signature Date

If user is under 18 years of age the user's parent or guardian must also sign this form as acknowledgement and acceptance of the terms and conditions set forth herein on behalf of the user.

\_\_\_\_\_  
Parent/Guardian Signature Date

Emergency contact information must be completed

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone number: \_\_\_\_\_

**Cassadaga Valley Central School District**  
PO Box 540  
Sinclairville, NY 14782-0540

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Marcus Clark	Joelle Woodward
Bob Main	<b>MS/HS Principal</b>
Jeanne Oag	Scot Stutzman
	<b>Elementary Principal</b>
	Josh Gilevski
	<b>Athletic Director</b>
	Todd Fryberger

## ECRWSS Postal Customer

### Upcoming Events

December 11 – MHS Winter Concert 6:00 p.m. and 7:30 p.m.  
December 18 – 4th and 5th Grade Music Concert 7:00 p.m.  
December 23 – January 3 – Winter Recess  
January 16 – Literacy Night at Sinclairville Elementary  
January 21 – 24 - January Regents Exams  
February 17 – 21 – February Recess



### Seussical comes to the CVCS Stage in March 2020!

Now one of the most performed shows in America, Seussical is a fantastical, magical, musical extravaganza! Tony winners, Lynn Ahrens and Stephen Flaherty (Lucky Stiff, My Favorite Year, Once on This Island, Ragtime), have lovingly brought to life all of our favorite Dr. Seuss characters, including Horton the Elephant, The Cat in the Hat, Gertrude McFuzz, lazy Mayzie and a little boy with a big imagination – Jojo. The colorful characters transport us from the Jungle of Nool to the Circus McGurkus to the invisible world of the Whos.

The Cat in the Hat tells the story of Horton, an elephant who discovers a speck of dust that contains the Whos, including Jojo, a Who child sent off to military school for thinking too many “thinks.” Horton faces a double challenge: not only must he protect the Whos from a world of naysayers and dangers, but he must guard an abandoned egg, left in his care by the irresponsible Mayzie La Bird. Although Horton faces ridicule, danger, kidnapping and a trial, the intrepid Gertrude McFuzz never loses faith in him. Ultimately, the powers of friendship, loyalty, family and community are challenged and emerge triumphant.

**Seussical is fun for the whole family! There will be a matinee performance on Saturday, March 21 and evening performances on March 20, 27, and 28. Visit the “Cassadaga Valley Music” Facebook Page for more details and ticket info.**