



## Class of 2017 Walks Down Memory Lane

Seniors donned their white and blue graduation caps and gowns a little early this year and revisited their middle and elementary school during the Senior Walk.

In a single line that snaked quite a distance, the seniors walked the halls of Depew Middle School high-fiving students and waving hello to former teachers. At Cayuga Heights Elementary, former teachers had hugs ready for students they had not seen in years. Former kindergarten teachers Mrs. Wise and Mrs. Schintzius were in the hallway with a sign congratulating the Class of 2017 and holding a t-shirt with a picture of kindergarteners from the graduating class. Elementary students waved and held signs they had made for the graduates.

## A Digital Focus on District Literacy

Students were the technology experts at the fourth annual literacy night as they showcased how technology and digital apps like Quizlet, Nearpod, Kahoot, Schoology, Plicker and Zearn are used daily to enhance and reinforce instruction.

From our youngest kindergarteners to seniors getting ready for life after high school, students demonstrated how digital apps add a dimension that makes learning memorable and encourages them to develop the 4 C's of communication, collaboration, critical thinking, and creativity. A student from each grade opened the evening with a presentation of apps used by their grade level.

Throughout the high school, parents and students could visit various sessions to learn about Schoology, Leader in Me program, Science Olympiad, Career Exploration, robotics, and the district website and mobile app.



## Message from the Assistant Superintendent

As we wind down the school year there is so much to reflect on and be proud of. This has been a year of incredible growth for our staff and students. We have fully embraced the implementation of our one-to-one technology and have witnessed how classroom instruction is being transformed. Our teachers are helping to develop students who are deep, powerful, curious and agile learners. We are using technology to enhance learning, helping students to create, make, connect, communicate, collaborate and problem solve. These are key skills that will prepare them for life beyond high school.

Our Comprehensive District Education Planning (CDEP) Team worked with key stakeholders this year to revise our District Improvement Goals. Each building has created specific action plans to accomplish these goals.

- Prepare students to be college and career ready by improving student achievement at all levels
- To offer an innovative educational environment, infusing technology at all levels to prepare our students for a world yet to be imagined
- To provide a safe and inviting school culture for students, staff, parents and the community.

While the current school year comes to a close with students, our work with teachers and administrators goes into high gear. We have 61 individual training sessions planned over the summer to help staff learn and/or upgrade instructional strategies as well as continued work on technology implementation resources. The best part of this training is that all workshops are being facilitated by in-house teacher leaders. Over 70% of our staff have currently signed up for various sessions.

We are grateful for the continued trust and support our community gives us as we strive to provide the best possible education for all our students. We look forward to our new school year in 2017-18, and wish you a happy, healthy, safe and relaxing summer.

Sincerely,  
Susan B. Frey  
Assistant Superintendent



## Message from the Superintendent

On behalf of the students, parents, teachers, administrators and Board of Education we would like to thank the Depew School-Community for supporting the 2017 – 2018 fiscal plan with an approval rate of 76%. Once again, your vote of confidence indicates to us that you are in support of our goals and the direction that we have set for the Depew Union Free School District.

Furthermore, it is important to share with you that as a District we have continued our efforts this past school year to identify strengths and areas of focus within our programming. It is critical to understand that our persistent mission is to monitor specific goals for improvement and thus design our resources around achieving those goals. Over the past several years, key themes have emerged as priorities and those priorities have been realized through victories, such as:

- A 94% graduation rate with over 85% of Depew High School graduates attending post-secondary institutions;
- Other successes in commencement assessments with increased passing rates, as well as increases in mastery levels;
- A district-wide 1:1 computing initiative where each student has access to an iPad or a Chromebook to access digital textbooks and course materials;
- Financing public education in Depew, particularly related to insufficient state aid, coupled with a property tax cap and the maintenance of the instructional program;
- Bolstering relationships with parents in the education of their children;
- Maintaining the beautiful facilities that we have over the long term with the support of a Capital Project set to begin in the Summer of 2018;
- And, fostering partnerships with the municipalities and neighboring school districts.

I can assure you that as we enter into the 2017-2018 school year, the leadership team of the District will take every opportunity to continue to address these emerging issues in order to continue to achieve our District's mission, which is, "To challenge and inspire students to achieve at the highest level and become responsible citizens". With your continued support we will be able to celebrate our successes, zero in on the issues affecting education and ultimately continue our work in becoming a school district of excellence.

Enjoy a safe and relaxing summer season with your families and I look forward to seeing you in the fall.

Sincerely,

Jeffrey R. Rabey, Ph.D.  
Superintendent



## Five Students Honored at Lancaster Youth Bureau Hall of Fame

At the annual Hall of Fame ceremony conducted by the Lancaster Youth Bureau Hall of Fame, five Depew High School students were honored.

John Mietus will attend SUNY Oswego to study business administration. In addition to earning a spot on the Hall of Fame, he was honored for an essay he wrote about his sister, Desiree. John has volunteered for Moving Miracles, a dance studio for students with special needs. He is a member of the Depew High School Academy of Finance, vice president of the French club and very involved with the Leo Club collecting for the Tri-Community Food Pantry. He has been involved with DECA and coached winter and summer basketball camps. He was captain of the lacrosse team and volunteers with the Depew Lacrosse Club.

Brittany Bobeck will attend Daemen College for nursing. She has been a peer facilitator with the Youth Bureau's health and wellness program for middle school students for the past two years. She volunteers weekdays in the summer at the North Buffalo Community Center as a camp counselor. She also volunteers for the Salvation Army as well as the kitchen at Resurrection Church for bingo nights. A member of the National Honor Society, she has been a class officer for four years and a member of HELP, SADD, Varsity D Club and a Link Crew Leader.

Aaron Schaefer, a junior at Depew High School, would like to study criminal justice in college. He is a member of the Erie County Sheriff Explorer Post 505 and has been a member of the Lancaster Fire Department Explorer Post 333 serving as vice president. He volunteers at Response to Love Center and at St. Mary of the Assumption Church. At Depew High School, he is lead attorney

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## WNYASBO Scholarship

Jessica Butler, a senior at Depew High School, was the recipient of the WNYASBO President's Scholarship. She will use the \$1,000 scholarship award to further her studies at college.

## Planting a Healthy Garden of Veggies

Sunny skies were warming up the garden area at Cayuga Heights Elementary on planting day as students from all grades dug in to plant vegetables and herbs in the school's Healthy Garden. Each grade level planted carrots, peppers, tomatoes, squash, eggplant, cucumbers and parsley in their grade-level garden box.

The Healthy Garden is funded by Wegman's and sponsored by the American Heart Association. For two years the garden has provided an outdoor teaching area for students to learn about plants, the growing process and most importantly, the health benefits of eating vegetables. The plants will be watered, weeded and harvested over the summer by a garden committee of student and family volunteers.

The vegetables and herbs will be used in the kitchens of Cayuga Heights students and lessons on healthy nutrition will be presented in classrooms.

Helping the second-graders plant their vegetables and herbs was Jesse Ladoue, community relations director for the American Heart Association.



## 91 Students in Cast for Cayuga Heights Broadway Jr. Production of "The Musical Adventures of Flat Stanley Jr."

The literary character Flat Stanley came alive during the Cayuga Heights Elementary School production of "The Musical Adventures of Flat Stanley Jr." This ambitious production was led by Cayuga Heights music teacher Jason Miller with lots of help from teachers at the school. He answers some questions about the production.

### Was it unusual for an elementary school to do a play of this level?

Yes, it is fairly unusual to do a Broadway Jr. at the elementary level. We felt this was a logical step for us, however, as we have been steadily increasing the difficulty and complexity of our shows with each new production at Cayuga Heights. This was our fifth show since I began producing elementary musicals at Cayuga and the sheer size of the production definitely proved to be a challenge both for the production staff and for the students. Everyone stepped up to the plate.



### What grades were involved?

This was our first year as a combined fourth- and fifth-grade chorus. The ensemble was quite large, totaling 91 students.

### Why did you choose this production?

I have always gotten a kick out of the story of Flat Stanley. Students throughout our school have read and enjoyed the many hilarious adventures of this delightful and whimsical character. Since we wanted to do a Broadway Jr. show this year, we were delighted with the idea of a literary connection that really resonated with elementary students. It seemed like the perfect show for our school.

### What types of roles were there for students?

There were solos, chorus numbers, and a range of dances. Our two choreographers, teachers Erin Smith and Rebecca Fatta did a marvelous job of working with the dancers and the whole cast did well with the vocal parts despite how difficult they were. The elementary students in Lisa Pawlikowski's art leaders groups painted the set. We had a whole range of parents come in to help with the set building and costume development.



The stage crew were students from the high school and some volunteered to work on the set with Mrs. Pawlikowski and Khrista Tabak. A production of this magnitude required a huge team effort and we were fortunate to have so many willing to help.

### What other teachers are involved?

Laura Jasinski worked tirelessly as my assistant director. Mrs. Smith and Mrs. Fatta as choreographers. Mrs. Pawlikowski and Mrs. Tabak designed and created the scenery. Teachers Patrick Uhteg and Sheri Barsottelli served as stage and prop managers. The number of teachers at Cayuga who volunteered to help out with the show is absolutely massive. I am grateful to the entire faculty of Cayuga Heights for their generous support of the show!

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## Leading the Way at Cayuga Heights

The elementary students at Cayuga Heights were the shining stars of the building's annual Leadership Day as they led a program and building tours for their parents, grandparents, teachers from around the area and state and local government officials. The third annual event showcased what the students from kindergarten to fifth-grade have learned about Steven Covey's 7 Habits of Highly Effective People.

Kindergarten and first-graders greeted guests as they arrived and gave each a folder with hand-drawn pictures and information about the day. Student leaders opened the program by discussing the many activities they are involved in such as helping kindergarten kids with breakfast, the Kindness Club and many others. Some of those roles include second-grade attendance leaders, third-grade fire drill leaders, fourth-grade computer leaders, fifth-grade caring leaders. Spotlight on Leadership is a program where teachers nominate students showing leadership on a daily basis; all students have their pictures displayed on Leadership Lane.

The audience was led by first-graders through a sing-along. Music enrichment students performed a Dalcroze music performance. Fourth-grade tour leaders took small groups through the building, stopping at various displays to hear from display leaders who detailed various leadership activities and roles. The day ended with a question and answer session on leadership with fifth-graders.



## Knowing How to Spell Annoying Wins Bee for Jayson Tanney

Words were all abuzz this year at the fourth-grade spelling bee at Cayuga Heights Elementary. Three students from each fourth-grade class participated in the annual event. The students had a list of words to study and then took the stage at the high school auditorium to show off their spelling artistry to family members, teachers and fellow students. The elimination round, with the winning word "annoying", pitted two of Corrie Schebell's students against each other. Matthew Thorne was the runner-up and Jayson Tanney was the 2017 Spelling Bee champion.





## Taking Leadership to the Extreme

At Depew Middle School there are a small group of students who have had large accomplishments this year. They are sixth-graders called “Extreme Leaders.” These young boys and girls have volunteered their time, energy, and ideas to help make the middle school a better place. They have worked with the counseling center by assisting new students, participating in groups and offering assistance with Red Ribbon and Tolerance Week activities. Other projects were holiday door decorating, collecting supplies for our local SPCA, writing lunch lady poems, decorating for teacher appreciation day, and painting a beautiful 7 Habits Tree in front of our gymnasium. Pictured are Principal Jay Lupini, Emily Reed, Stefanie Kowalczyk, Jacob Fatta, Natalie Witt, Melody Edwards, Claudia Jackman, Tyler Karnyski, Jarred Cole and counselor Belinda Westfield. Not pictured are leadership teacher Kelly Jeffords and students Pamela McCarty and Lauren Jaskier.

## Career Exploration Field Trip

Several Depew Middle School students learned more about how school success directly relates to career success through an inspiring field trip at The Microsoft Store in the Galleria Mall. Belinda Westfield, school counselor, and Erica Gregoire, school psychologist, took the classes of Adrienne Battaglia, Natasha Fatta and Susan Pawlak to gain first-hand experience with the fields of technology, marketing and business. The Microsoft employees gave students a “behind the scenes” tour of the store, let them use some of the new products, and most importantly taught them about different positions and duties within the company. One student commented he enjoyed this trip mostly because he learned more about obtaining an entry-level job and having the opportunity to move up within a company. The group was appreciative of the Microsoft Store for being willing to open their doors to our students and for taking time out of their busy day for us.



Thanks to Bravo’s Restaurant at the Galleria Mall for hosting students and staff for a fine dining lunch experience and surprising us by covering the entire bill! We were very thankful for their generosity and kindness.

Pictured are Cameron Chrostowski, Zachary Hupkowicz, Randy Lorimor and Nick Jones. Also pictured are Marissa Best, Savanna Zdonczyk, Audrey Zielinski, Microsoft employee, Nettie Jordan and Madison Morley.

## Depew Middle Spelling Bee

Thirty Depew Middle School students put their spelling prowess to the test during the building’s annual spelling bee contest. Eighth-grader Tarek Karzoun emerged as the champion and runner up was sixth-grader Matthew Mirabella.



## Books Donated to the Depew-Lancaster Boys and Girls Club

The Depew Middle School student council coordinated a drop off of eight boxes of fiction, non-fiction and reference books to continue their support of the Depew-Lancaster Boys and Girls Club.

The donation of new books, as well as used books that had been identified by the school librarian as excess due to their publication date or condition, were part of this year's Digital Literacy Night free book giveaway. Student council members suggested the books be donated to a worthy cause.

Student Council advisors Sal Carlino and Dawn Thurnherr agreed and the idea emerged to give them to the boys and girls club to replenish what was lost during the fire a few years ago. The DMS student body raised money initially right after the fire that was donated to the Boys and Girls Club.

"Donating these books is yet one more small way they hope to make a difference because the club is such an integral part of their lives," said advisor Dawn Thurnherr.

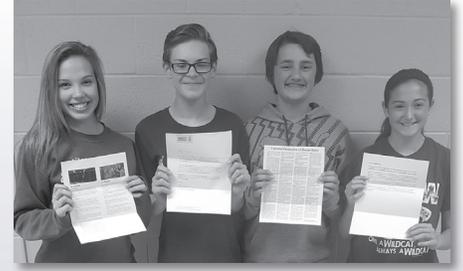
Carlino contacted the club's director, Jeff Kupka, who was overwhelmed with the generosity of the district with the latest donation.

"Being a former club kid, I know the important role the club plays in the lives of kids in the district," said Carlino. "I often went there for afterschool help or just to hang out and play hockey and basketball."

"This donation helps extend literacy opportunities to youth through the boys and girls club," said Susan Frey, assistant superintendent.



*Pictured in front row (l to r) Salvatrice Arricale, Joseph Weiglein, Hollie Lageman. Back row, Dawn Thurnherr, Kaitlin Whalen, Susan Frey, Jeff Kupka, Sal Carlino.*



## Supporting a Cause in Writer's Workshop

Students in Melissa Pilon's eighth-grade ELA classes worked through a Writer's Workshop unit on argument writing. In this unit, students had to write a position paper, which they later turned into letters, about child soldiers and whether they should receive amnesty for their crimes. Students researched by reading articles, scouring websites and watching videos about the topic. Once they decided which side they wanted to argue, they gathered evidence and wrote their papers. After going through multiple drafts, students selected an organization to send their letters to including Amnesty International, Invisible Children, UNICEF, the United Nations or the U.S. Department of Defense. Four of the students received a response from Amnesty International. The excitement they shared showed how much having a real audience makes a difference when writing. Pictured are Briana Lelonek, Tanner Monnin, Chris Burgio and Alyssa Amirato.

## Freedom in America Contest Winners

Eighth-grader Tarek Karzoun and seventh-grader Samantha Treadway received first place in the Depew Middle School Freedom in America essay and poster contest. Tarek read his essay, which talked about his family's background and what freedom means, before an audience of all middle school students and a panel of judges. Samantha's poster shows an eagle flying and a flag image wrapped inside the word, Freedom. This contest, now in its 45th year, is coordinated by social studies teacher Sal Carlino and art teacher Joseph Pagano. Students use the theme, Freedom in America, to create original pieces of writing or art to express their take on the topic.

Second place in the poster contest was Haylie Petyk; runners up were Kaitlin Whalen, Theresa Kaus and Hannah Stocklosa. They are all in seventh-grade.

Second place in the essay contest was Theresa Kaus; runners up were seventh-grader Brooke Canetti and eighth-graders Moriel Addesa and Logan Schwartz.



## Powering up the Turbine Challenge

The principles of engineering class, taught by Raymond Cooper, ended the year with a Turbine Challenge. Students were tasked with the problem of using an alternative energy source to create power. These wind turbines created enough power to successfully charge a phone. Concepts from the entire year were incorporated into the production of these turbines that included statics, mechanical advantage, fluid power, energy sources and material properties. With the help of teacher Craig Uhrich students collected all of the data points during their test and could then calculate actual power produced. Great work this year to all our future engineers.



## PLTW Students Tour Local Manufacturing Plant

Depew High School students in the Project Lead the Way computer integrated manufacturing class toured QMC Technologies, a local technology-driven plant that uses the latest advancements in tooling and machinery for prototype to large volume runs. This was a great opportunity for many students that have a career interest in advanced manufacturing to see what the workplace looks like. Technicians at the company discussed the current skills gap that has left thousands of unfilled jobs in advanced manufacturing and the STEM skills that are needed in the manufacturing sector.



## Students Pitch Business Ideas; Win Scholarships

Depew High School senior Mercedes Jackson took top honors for her business idea, “Afro-Sooth” to earn a \$2,500 scholarship at the Junior Achievement Business Plan Challenge. The ninth annual competition brought 15 teams together at Bryant & Stratton College in Orchard Park. Seniors Mitch Becker and Josh Olewniczak took third place overall with their business, “UNDEAD,” a solution to “rage quitting.” Mitch and Josh each received a \$500 scholarship for their efforts. The students, who are enrolled in the DHS Business Department entrepreneurship class, worked all year to create and develop a detailed business plan, which included a marketing analysis, a SWOT analysis, financial forecast, insurance information, and much more. They also conducted market research, created business cards, website, and a “Shark Tank”-like sales pitch, which they used to present to the judges panel of local businessmen and women.



*Pictured (l to r) are Josh Olewniczak, Mitch Becker, Mercedes Jackson and DHS Business Teacher Eileen Cartonia.*

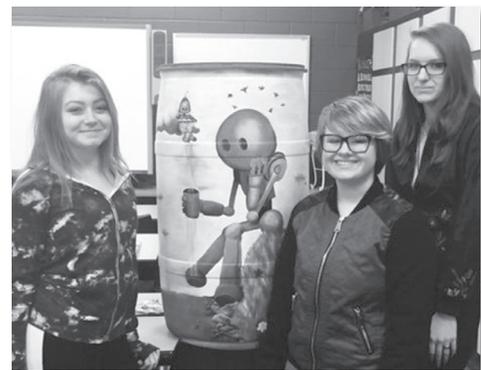
## Rain Barrel Project Earns Second Place

Three Depew High School artists earned a second place award for their rain barrel entry in the Erie County Department of Environment and Planning’s contest.

In a project that fits within the STEAM framework to link arts and sciences, freshman Riley Williams and juniors Faith Nunz and Taylor Hale created a design that fit perfectly with the contest’s theme of “Harvest a Resource, Recycle the Rain!” If humans destroy the world, could robots do a better a job conserving our natural resources? The art students put that idea into their design.

The three artists put robots into various scenes where they are conserving, planting, watering, and monitoring the Earth’s water supply. In one scene, a tiny robot is squeezing water from a cloud through a cup held by a large giant and back into the ocean. In another scene a robot sprinkles seeds from the clouds and flower sprout on the ground. In another, a robot riding a drone monitors the waterways.

High School art teacher Lori Bogdan oversaw the project. The barrel was painted with acrylic paints.



*Pictured (l to r) Taylor Hale, Riley Williams and Faith Nunz.*

The Erie County Dept. of Environment & Planning sponsors the contest since rain water is a resource that benefits everyone. A rain barrel collects and stores rain water from roofs that would otherwise flow across lawns, driveways, roads and parking lots, picking up dirt, oil, fertilizers and other chemicals. Contaminated stormwater runoff is the number one cause of pollution in local waterways. The 35-gallon syrup barrel which was retrofitted for use as a rain barrel was donated by Coca-Cola Bottling Company of Buffalo.



## Congratulations to the Top 14 of the Senior Class 2017

Using grade point averages from seven semesters, we are happy to announce the Top 14 of the Class of 2017. We wish all our graduates much success as they start on their path of lifelong learning. Congratulations on your achievements during your time at Depew Schools.

### Valedictorian



#### Madison M. Addesa

University at Buffalo Honors College  
Biomedical Engineering

### Salutatorian



#### Abigail N. Grabowski

University at Buffalo Honors College  
Biomedical Engineering



#### Emily A. Scibetta

The College at Brockport Honors College  
Nursing



#### Colin M. Benzin

University at Buffalo  
Biomedical Sciences (Pre-Med)



#### Andrew M. Nietopski

Rochester Institute of Technology  
Physics



#### Morgan L. Fowler

Daemen College  
Physician Assistant



#### Briana M. Dotterweich

D'Youville College  
Pre-Pharmacy



#### Jonathan R. Wolf

Erie Community College  
Exercise & Health Sciences



#### Mikayla M. Hyman

St. Bonaventure University Honors Program  
Mass Communications & Psychology



#### Mercedes D. Jackson

Canisius College All-College Honors Program  
Business Management



#### Samantha C. Spinella

University at Buffalo  
Biomedical Sciences (Pre-Med)



#### Rae F. Betzig

St. John Fisher College  
Nursing



#### Samantha L. Szykowny

Mercyhurst University  
Art Education/Graphic Design



#### Matthew A. Kuhlmeier

University at Buffalo  
Pre-Pharmacy

## Cooper Named to Master Teacher Program



Depew Middle/High School science and technology teacher Raymond Cooper has received master teacher designation and will participate in the master teacher program for the next four years through SUNY Buffalo State. The New York State Master Teacher Program network now includes over 800 outstanding teachers recognized for their dedication to providing the most innovative STEM education to their students, collaboration with peers in their districts.

Cooper applied online to the master teacher program by submitting various documents including references, resume, a professional statement, copies of observations, transcripts and letters of recommendations from administrators, peers and students which led to an interview.

His responsibility as a master teacher fellow will be to engage in peer mentoring and intensive content-oriented professional development opportunities throughout the academic year. He will also work closely with pre-service and early career fellows to foster a supportive environment for the next generation of STEM (science, technology, engineering, math) teachers. The role of a master teacher as professional mentors and content experts is key to retaining existing science and math teachers as well as developing skilled future teachers.

He joins Depew's existing master teachers; Charles Bonda, Paul Caban, Jaime Garver, Paul Parrinello, Robert Parry and Craig Uhrich.

## Frey Earns Award for Excellence in Administration from WNYESC

Susan Frey, assistant superintendent for Depew Schools, was selected by the Western New York Educational Service Council (WNYESC) to receive its 2017 Award for Excellence in the category of Administration. She received an individual tribute in the presence of her family, friends, educational community colleagues and Depew family at the Awards for Excellence Banquet in April.

Mrs. Frey is a well deserving recipient of this honor, as she has been an administrator for over 20 years in various capacities. She currently oversees curriculum and instruction, personnel and health and physical education for Depew Schools. Each of her roles as assistant principal, high school principal and now assistant superintendent have contributed to her deep understanding for the educational changes in curriculum and instruction that truly impact academic achievement and prepare students to be "college and career ready". Most important, she has demonstrated that she is skilled at supporting, facilitating and motivating teachers and administrators to work and collaborate together to accomplish a number of exciting initiatives in our district.

## Lancaster Youth Bureau Hall of Fame

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for the Mock Trial team. During his senior year, he will attend Erie 1 BOCES New Visions Legal Academy. He is a member of the production team at DHS operating the lighting and sound control panel. He plays percussion in the school band.

Timothy Steiner, a junior, would like to attend Alfred State College to study automotive mechanics. He is actively involved in the youth organization at Sacred Heart of Jesus Catholic Church, also serving as its treasurer. He is a member of the Aetna Hose Fire Company. At high school, he was president of the junior class and a member of the Spanish club, Varsity D and stage crew. He was on the football and indoor/outdoor track team. He volunteered with the Sacred Heart of Jesus Parish "Stop Hunger Now" campaign, as well as Meals on Wheels and the Buffalo City Mission.

Samantha Szykowny will attend Mercyhurst University to study art education and graphic design. She has been volunteering for Cheektowaga Y.E.S. program for several years. Through the program, she has been involved with Bistro at Hospice Care, Meals on Wheels and provided daycare at Losson Park. At high school, she is a member of the National Honor Society, Leo club and French club. She has been a member of the marching band and school art programs. She plays saxophone and held first chair in the high school jazz band.

## Cayuga Heights Broadway Jr. Production

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### Anything else?

This was our first production in the high school auditorium. We were excited to have the benefit of the marvelous Eugene Hale auditorium with all its lights and sound technology and its huge stage space. With a cast of the size of ours, we are glad to have plenty of room!

### Required Disclaimer:

THE MUSICAL ADVENTURES OF FLAT STANLEY JR is presented through special arrangement with and all authorized performance materials are supplied by Music Theatre International, 421 West 54th Street, New York, NY 10019, Phone: (212) 541-4684 Fax: (212) 397-4684, [www.MTIShows.com](http://www.MTIShows.com)

## Putting Some PEP into the Steps of Students

QR codes and virtual reality has invaded fitness center equipment. The fitness center at Depew High School, funded and operated under the \$1.1 million Carol M. White Physical Education (PEP) officially opened at the end of the school year and features machines with digital technology. High school students were trained on the equipment and starting using the facilities during physical education classes. Reaction from the students has been great.



“The best feature of the new fitness center is the virtual reality bikes. Unlike a normal stationary bike, these new bikes make the rider look as though they are riding through a variety of different landscapes and places,” said sophomore Elizabeth Maroshick. “These bikes make your workout routine much more interesting and seem more like fun video games than exercise machines.”

“My favorite equipment is the assisted pull up bar,” said freshman Mitchell Vannelli.

The fitness centers at Depew Middle School and Cayuga Heights Elementary will open in September. Each center will be outfitted with a variety of equipment including state-of-the-art treadmills, exercise bicycles, heart rate monitoring systems, upgraded weight training equipment and gaming consoles of adventure and fitness/dance games. All students will be trained how to use the fitness equipment safely and properly and cannot enter the fitness centers unless they have participated in the orientation training session.

At the high school, the Life Fitness equipment has a LF Connect app so students will have the ability to personalize workouts and track progress through the app. Reports and data can be sent to instructor. QR codes are visible on all cardio equipment and selectorized machines. Students use a QR reader app on their phone to start their workout and track progress or use the QR code for information on how to use the machine.

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 “WellCats for Life” grant program will transform the district’s nutritional, physical education and health curriculums. The grant aims to achieve goals by September 2019 that 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.

A summer component of the grant will offer a free day camp for kindergarten through eighth-grade students.

All grade levels in the district have done a baseline recording by wearing the Polar Active activity watches. The watches will be used during specified periods during the course of the three-year grant to continue gathering data on the K-12 student population.



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## Addesa Earns Excellence in Educational Technology Award



Jeffrey Addesa, a Depew High School math teacher and district technology teacher on special assignment, is the recipient of the 2017 PDK Excellence in Educational Technology Award. Phi Delta Kappa has recognized excellence in teaching, research, and service since its founding in 1906. The Buffalo/Niagara Chapter #0047 of PDK has also honored educators, community members and organizations who have contributed to excellence

in education since it was formed in 1927. For the past five years, they have recognized several individuals, organizations, and schools for their exemplary contributions to education in our Western New York region.

Within the Depew School District, Addesa has been instrumental in facilitating Depew’s technology movement across the district and his dedication and enthusiasm to the instructional technology initiative has led to success for our students and teachers alike.



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Superintendent of Schools

[www.depewschools.org](http://www.depewschools.org)

### Hurray for the Lunchroom Heroes

The cafeteria staff at Depew's three schools were celebrated in May as lunchroom heroes for the third annual School Lunch Hero Day. Students and staff at all buildings showed their appreciation to their lunch ladies with necklaces, special treats and sub sandwiches, flowers and handmade thank you notes.



### Steps of Students

*continued from page 11*

The watches measure daily activity and movement, shows target and achieved time in moderate to vigorous activity zones and displays steps and calories.

Another piece of technology to be used by students is the Heart Zones system. The heart monitors can be worn on the wrist, upper arm, or ankle will measure heart rate, steps and even cycling. The monitors are washable and include a teacher app that takes real time data and displays it on "big board".

