



The Hornet Buzz

FCS ELEMENTARY CONTINUES BALD FOR BUCKS SUCCESS!

On Tuesday, November 24, 2015, the Elementary School gym was full of excitement as 24 students and 5 adults went Bald for Bucks and 9 girls, 5 parents and 3 teachers donated their hair to Locks of Love. For the second straight year, KISS 98.5 radio personality, DJ Anthony, motivated the enthusiastic crowd. This was the Elementary School's sixth year raising money for Bald for Bucks and the ninth year adults and students cut their hair to donate it to Locks of Love. This year's event was a huge success! Teachers, students, family, and community members came together to raise \$7,824.85 for cancer research. The top money raiser this year was Brayden Smith, for the second year in a row, raising \$2,000. Second was Caleb Kimmerly, also for the second year in a row with \$1,745. Next, was Lincoln Wamsley who raised \$475. It was very exciting to have Caleb Kimmerly's grandfather, who is currently battling cancer, at the assembly he spoke to students about all the hard work they put in to help others. Some of the family members who teamed up together were Hannah, Avalyn, and Mrs. Kwilos; Grace Ann Rebmann and her mom, Mrs. Rebmann; Alyssa and Mackenzy Graziano; Chris and Ryan Waterman; Alex and Collin Carlson; Gabe and Lizzie Rhodes; Jacob Szumigala and his mom, Mrs. Szumigala; Aidan Calkins and his mom, Ms. Bennett; Matthew Dunn and his mom, Mrs. Dunn. Sophia Stewart also teamed up with her dad, Mr. Stewart.



Sophia's mom was diagnosed with cancer exactly one year prior to the day of the event. We are so happy that she was able to join us at the assembly and that her cancer is in remission. Forestville Elementary School would like to give a big thank you to all of the hair stylists who were able to graciously donate their time and skills for the assembly: Emily Gilman, Jen Kolassa, and Kim Morely, grandmother of Caleb Kimmerly. This event couldn't have taken place without your help! Thank you to Mrs. Garrett, the Board of Education, the faculty, and staff members who helped out with this event. And finally, thank you to all the students and family members who worked so hard to help raise awareness. Coordinators, Jennifer Dunn and Katherine Wyrobek are so proud of another job well done! Forestville is definitely making a difference for the future of cancer research and tomorrow's cures.



FROM THE DESK OF MRS. GARRETT

\$2 Million Capital Project Overview

The \$2M Capital Project includes a few necessary improvements. As you may recall, the majority of the project work will be at the elementary building with the following: removal and replacement of the large trees, new parking lot with additional spaces, reconfiguring the bus loop to allow our buses to pull in on an angle and park closer to the building, a dedicated parent drop off, sidewalk replacement, replacement of the front entryway rails, stairs and ramp, parking lot lighting, moving and replacing the flagpole, new electrical service to the building, replacement and upgrade of the electrical panels in the building, repair and replace the drainage system under the parking lot area, replacing the service drive in the back of the elementary building, and possibly replacing the loading dock. At the middle/high school the project will include asbestos abatement in the equipment room near the gym, a heating system for the gym, humidity controls for the auditorium, a heater unit for the student entrance (bus drop off entrance), and emergency lighting upgrades.



Capital Outlay

The \$100,000 project includes nine elementary classroom sinks, faucets, drinking fountains, and cabinet removals with direct replacements. This is phase one of three. Phase two is scheduled to begin in December 2016. Phase two will be another block of elementary classrooms. Phase three is scheduled for December 2017 and will be the final block of elementary classrooms. The sinks, faucets, drinking fountains, and cabinet removals are a strict take out and replace in the same exact location. These areas within the classroom are in need of replacement due to the age and condition.

Electrical Company

As part of a grant from the UB Dental Van program, the elementary school is having outside electrical service added near the service drive located in the back of the building. This will allow the program to park at the elementary school rather than transporting our students to the high school.

Large Tree Removal

You will definitely notice a change when you drive into the parking lot of the elementary building. Great Lakes Tree Service has been removing the large trees around the elementary building. These trees were part of the \$2M capital project that was planned about two years ago. The site is being prepared for the excavation that will begin in late June.

The company has taken the wood to the village for disposal. The tree stumps have been left at a four to five foot height for later removal. The tree stump removal will happen this summer as part of the excavation. The elementary school sure looks different already.



FROM THE DESK OF MRS. GARRETT

Tree Replacement Plan

The project does have a tree replacement plan as part of the sidewalk and driveway replacement. We will have a total of 16 Ivory Silk Lilac trees, three Colorado blue spruce, and two Red Sunset Maples. We will need to transplant the small trees in the front of the school and the flowers (especially in the area to the right of the front steps). This work will need to be completed before the project begins in June.

Great Lakes Tree Service has left the woodchips for our existing and new playground. The playground install is scheduled to take place in April! All of the equipment has been ordered and is on site. A volunteer day has been scheduled for April 17th. During this event, the playground will be extended and the new portion of the playground will be installed. This summer, the playground will be closed so that it can be completed.

Capital Outlay Project

Numarco has completed the asbestos abatement in the nine elementary classrooms. As part of the capital outlay project, the nine rooms are scheduled to have new classroom sinks and faucets installed to replace the existing ones. The abatement process was two-fold. The tile under the sinks had asbestos and the sound deadening chemical sprayed on the bottom of the sinks had asbestos. The plumbing has all been capped off. The new cabinets are scheduled to be replaced by the end of June.

\$2M Capital Project Update

When the project was planned, the original thought was to section off the parking lot. Perry Construction, the company that has been awarded the bid, would rather complete the entire project all at once with full mobilization using a large crew. They assure us this can be completed by the end of August. This is a full depth reconstruction of the parking lot. Which means all the asphalt, dirt, sidewalks, and material up to the actual building will be removed to a depth of about two to three feet. With this plan in place there will be no access to the actual elementary school building (other than office staff). All activities will need to take place at the MS/HS building (summer curriculum work, summer rec, summer food, all gym activities, and so on).



Free and Reduced Lunch

Reminder to parents - you may fill out a Free and Reduced lunch form at any time throughout the year. If at any point in time your circumstances change, we encourage you to contact June Prince in the District office.

MEET YOUR FCSD BOARD OF EDUCATION MEMBERS



Front Row: Carol Woodward, Stacey Mierzwa, Amy Drozdziel
Second Row: David Caccamise, Bruce Ellis, Sylvester Cleary, Michael LoManto

Mission Statement: We exist to equip every student to experience their greatest potential and inspire them to become lifelong learners.

Our Primary Goal: To create a school community of growing expectations leading to student success.

To create a safe, clean and inviting environment that instills school pride.

To create consistent communications that promote positive relationships.

To create an atmosphere that promotes effective teaching to inspire student learning.

The Forestville Central School District Board of Education has seven active and visible members. Our board members serve as representatives of our community. They serve as advocates that work toward the best interest of our students. They donate countless hours attending meetings, representing our district at local events, serving on committees such as: Policy, Audit, Negotiations, Staff Recognition, and Evaluation.

MEET YOUR FCSD BOARD OF EDUCATION MEMBERS



Bruce Ellis Term: 2013-2017

I am originally from Lake Luzerne in the Adirondack Park of Upstate New York. After finishing college, I served as a Youth Pastor for 5 years in Western Pennsylvania. In 1991, my wife, Patti, and I moved to Forestville where I began serving as the pastor of the local Wesleyan Church. To the best of my ability, I have sought to serve our community and the needs of others. Through the years I have engaged in establishing, the Shepherds' Association, Neighbor to Neighbor, and the Clergy Focus Group. Each organization has centered on supporting the concerns of families and students within the Forestville School District. Last year, I was honored to receive the Claude A. Ries, Pastor of the Year Award from Houghton College. It was the first time this award was given to the pastor of a small, rural church. To me, this was a statement that excellence is not limited to size, location or budget, three things which transfer to the leadership of our school community.

I was first elected to the Forestville Board of Education in May of 2006 and am now in my third term of service. I remain passionate about keeping our school present in our local community and committed to growing the level of educational excellence offered to every student that walks through our doors. We have an outstanding staff and faculty that consistently invest in equipping our students for their next steps.

My wife, Patti, and I have been married for 28 years. She is originally from Philadelphia. Patti is an ordained minister in the Wesleyan Church with a focus in youth and music ministry. She also currently is working as a dental assistant in Silver Creek. The youngest of our 3 children is a junior here at Forestville, and I have a grandson who is just beginning his educational adventure here in our district.

I am thankful for the opportunity to serve the Forestville Central School District and hold the responsibility of educating our students as a sacred trust.

Amy Drozdziel Term: 2012-2016

I have proudly called Forestville my home for my entire life. I was raised by Jack and Judy Weaver about seven miles outside of the village with my sister, Marci, and my brother, Mike. My husband, Kris and I are now raising our children Travis (age 14) and Sophia (age 8) in Forestville. Our children also love their school and being Forestville Hornets.

In addition to being an alumnus of Forestville, I also graduated from SUNY Fredonia with a Bachelor of Arts in Psychology and concentration in Education. I was hired by The Resource Center a few months after my graduation from college and went on to work there for nineteen years assisting adults with disabilities gain employment. For the last two years, I have provided in-home care for children while their parents work during the day.

In my spare time, I remain involved with our school by serving on the Board of Education (since 2012) and am also a member of the Forestville Alumni Association. I attend the Forestville Wesleyan Church, teach Sunday school, and play the flute with the worship team. Some of my favorite things to do are walking, snowshoeing, and watching movies with my family.



MEET YOUR FCSD BOARD OF EDUCATION MEMBERS



David Caccamise Term: 2012-2016

I've been a resident of the village of Forestville for the past fifteen years. This is my fourth year as a Board of Education Member. I am currently working for the Erie 2 Chautauqua-Cattaraugus BOCES at LoGuidice Educational Center. I have been an instructor for the past twenty years; eight years of that time were at the Hewes Educational Center in Ashville, New York.

I've been married to my wife, Andrea, for twenty-six years. Together, we have three children – Nick, Joe, and Max. My wife, Andrea, works for the Dunkirk Public Schools. She is teaching first grade at School #7. I enjoy spending time with my family. We enjoy camping, traveling and water sports like kayaking/canoeing and jet skiing to name a few.

Our son, Nick, graduated from Forestville Central School in 2010 and is an Officer in the United States Marine Corps (USMC). Nick will soon be stationed in Quantico, VA.

Our son, Joe, is a 2012 graduate of Forestville Central School and is a Senior Mechanical Engineering Major in the Inamori School of Engineering at Alfred University. Joe has just accepted a job at Owens-Corning, a Fortune 500 company.

Our son, Max, is entering 8th grade at Forestville Central School. He is an active member of his class. He loves playing football and is a percussionist in the band.

During the summer, I teach Driver's Education at Silver Creek High School. I have also been a volunteer coach for various sports teams over the past twenty years including: Tee-ball, Little League baseball, house/travel and HS Ice Hockey. This past winter, I also volunteered for our Middle School/High School Archery Club at Hideaway in South Dayton, New York.

I joined the Board of Education like most of us, to make a difference in our community and to contribute in a way that makes our school district the very best for our students and its community members. I'm a firm believer that everyone should help give back to our community in some way. I'm here to serve the people of Forestville and welcome the opportunity to serve as a representative of this District!

Sylvester Cleary Term: 2014-2018

I attended the University at Buffalo in the field of psychology. I have been a resident of Forestville for thirty-five years. I served in the United States Marine Corps during the Vietnam War and was granted top secret clearance while stationed at Headquarters of the Marine Corps and the Pentagon. I'm a retired banker, who served on the Board of Directors, establishing a national diversity program for Fleet Bank, as well as Vice President of the National Association of Urban Bankers, and Leadership Council for the Southern Poverty Law Center. I am a member of ASCAP (Authors, Songwriters, Composers, and Publishers) since 1972, and also have held a Federal Communications License since 1972.

I am currently a member of the Forestville Board of Education, Erie 2 Chautauqua-Cattaraugus BOCES Board of Education, First Vice President of the Chautauqua County School Boards Association, and Area 3 Director of New York State Caucus of Black School Board Members.



MEET YOUR FCSD BOARD OF EDUCATION MEMBERS

Michael LoManto Term: 2015-2019

My wife and I are proud lifelong residents of Forestville. My wife, Sarah (Gajewski), and I have been married since 2004. We have two beautiful daughters, Gracie (age 10) and Kaitlyn (age 8). Both of our daughters enjoy being students of Forestville Central School.

I graduated from Forestville Central School in 1990. I went onto Ohio Auto and Diesel in Cleveland, Ohio. I then graduated from Buffalo State College with a Bachelor of Science in Vocational Education.

For the past twelve years, I have been an Automotive Instructor at Erie 2 Chautauqua-Cattaraugus BOCES at LoGuidice Educational Center in Fredonia. My work experience and my time in Forestville prepared me well for this job.

In my spare time, I really enjoy tree farming, working on and driving classic cars. Since 2002, I have had my private pilot's license. I am also an active member of the Roman Catholic Church.



Stacey Mierzwa Term: 2015-2019

I am a 1987 alumnus of Forestville Central School District. I reside on Creek Road with my two daughters. My oldest daughter, Faith, is a 2015 graduate from Forestville Central School and currently is a freshman at Johnson & Wales University in Rhode Island. My youngest daughter, Alison, just entered tenth grade. I have a degree in Commercial Art and Advertising and have been a self-employed Interior Painter for the past ten years.

The educational experience that I, along with my daughters, have received here at Forestville Central School is second to none. That being said, I am thrilled to be a new member of our Board of Education. I am ready to serve our students, faculty, administration, and this community. Please feel free to contact me at any time.

Carol Woodward Term: 2014-2018

I have lived in Forestville for over 40 years. When my children were in school, I was involved with them in Cub Scouts and was a member of the school's parent club. I am retired from Cattaraugus Indian Reservation Health Center, where I worked as a clinical nurse for twenty-six years. Currently, I am employed part-time at Silver Creek Central School. I am involved with the Forestville Fall Festival Committee and I am also on the Village Youth Recreation Committee. My husband Tom and I raised our blended family here in Forestville. We enjoy shopping for antiques and restoring the pieces we acquire. We have a rescue dog named Bruno who loves to walk in the village.



FCSD BOARD MEMBER “STANDS UP”



Our latest video, STAND UP! (For Public Education) is complete. This has been a wonderful two year project, involving our students, parents, teachers, school board members, school administrators, state educational organizations, a former CNN anchor, and a former member of the Buffalo Bills football team.

I am very proud of this video and was inspired by the flexibility given to me by Forestville's Board of Education, Administrators, and teachers while producing this work. This video is about all of us and shines a light into the future of public education. The students we serve will only get the maximum benefit from their education, if we are ALL engaged and supportive.

The dedication and sacrifice of our Forestville parents, families and local taxpayers motivated this video. For the past 35 years I have watched parents, and particular families go above and beyond to support our students. The parents who participate in Music Boosters, Sports Boosters, Parent Connection, and teachers who run the clubs at Forestville, make a huge difference in what we are able to provide for our students.

You may view the entire video on YouTube under Stand Up! (For Public Education), or the New York State School Board Association's Facebook page <https://www.facebook.com/NYSSBA/videos/10154017036423109/>

In addition this video has been shared with our NYS Education Commissioner, the acting Secretary of Education and President Obama.

As our Senior Class President said at the beginning of school, "This year is going to be LEGENDARY."

-SYLVESTER CLEARY

FCSD Board of Education Member

FCSD BOARD OF EDUCATION

Appointments to 2015 - 2016 Board Committees

- Policy Committee: Amy Drozdziel, Stacey Mierzwa, Bruce Ellis (Ex Officio)
 - *The Policy committee convenes yearly to review and provide a comprehensive understanding of Forestville Central educational operations for all students, teachers, volunteers and parents. These policies outline the ways in which Forestville Central School intends to conduct its affairs and act in specific circumstances. These principles, rules and guidelines are formulated and adopted by the Forestville Central Board of Education to help reach its long term goals.*
- Audit Committee: Michael LoManto, Amy Drozdziel, Bruce Ellis (Ex Officio)
 - *The Board of Education has established an audit committee to provide advice, assistance, and recommendations to the Board of Education in the oversight of the internal and external audit functions of the District.*
- Negotiation Committee: Sylvester Cleary, David Caccamise, Amy Drozdziel (Ex Officio)
 - *The representatives work with the administration to develop contracts with district employees.*
- Staff Recognition Committee: Carol Woodward, Michael LoManto, Stacey Mierzwa
 - *This committee focuses on activities and events that assist with staff recognition. The members dedicate their time in ways that formally appreciate faculty and staff in a way that is supportive. This committee also works on ways to maintain positive relationships with all of the stakeholders in our school community.*
- Evaluation Committee: Carol Woodward, Sylvester Cleary, Bruce Ellis (Ex Officio)
 - *The members of this committee work to create the superintendent evaluation, the district clerk evaluation, claims auditor evaluation and the board self-evaluation. This committee also ensures that each tool is administered according to timelines established.*

FROM THE DESK OF MR. GRANDE

Back in the fall, I wrote about how excited I was to be given the opportunity to serve as interim principal at the middle and high school. Little did I know then that the MS/HS would soon be my permanent home!

The fond memories I have of the 11 years as elementary principal will stay with me forever. When I arrived in this district back in 2004, I was not too sure what the future would hold. Would Forestville be a temporary placement where I would gain valuable experience and move on, or would it offer something greater? I recall meeting with a local superintendent who encouraged me to apply for the vacant position. He said, "It's a great little jewel of a district for a young administrator to get a start in the profession! Get your feet wet there and move on to something bigger!" Well, as you can see, I got my feet, waist, shoulders and head wet! However, for me, there was no moving on. I quickly came to love this "jewel of a district" and have chosen to spend my career here. If you ask me why I have chosen to stay, you may surmise that it is the kids, or the faculty and staff, or the families, or the community, or the supportive superintendent and Board of Education. I will say "YES! It's all of the above!"

As we near the end of the school year, I start to think about graduation. I have been involved in Pre-K Graduation, Kindergarten Graduation, and now High School Graduation at Forestville. Not too many people have the pleasure of being so deeply involved in the District. For me, it's a gift, a privilege. Students in our senior class were 1st graders when I arrived in 2004. I have been with them for almost their entire time at Forestville! Wow! Then I think of next year's seniors. Those kids have had me preside over their Kindergarten Graduation and now will have me bid them farewell at their High School Graduation! What an honor!

Well, as I sit here and write this article for the newsletter, I cannot help but think that I am penning a "new chapter" in my life, one that includes "our" little jewel, Forestville Central Schools! For this, I thank our students, families, faculty and staff, and district leadership for having confidence in my abilities to serve this district in my new position as MS/HS Principal.

<i>2nd Semester FCS Middle/High School Events</i>	<i>Dates</i>
NYS ELA Exams (3-8)	Apr 5-7
NYS Math Exams (3-8)	Apr 13-15
NYS 8th Grade Science Performance Exam	May 25
NYS 8th Grade Science Written Exam	June 6
June Regents Exams	June 1, 14-22
Sports Awards	June 8
MS & HS Academic Awards	June 10
Class Night	June 10
Baccalaureate	June 12
Graduation	June 25

FROM THE DESK OF MRS. MARCINELLI

It's hard to believe that the school year is past the midway point! The Elementary Staff continues to be committed to increasing student success. We have a lot of exciting things happening in the Elementary!

On March 4th the annual Parent Connection Talent Show took place in the high school auditorium. Thank you to all students, parents, and community members that came to support our incredibly talented students, an amazing job by all who participated!

This year our PARP program is being held during the month of April. Students from Miss Raichel's Enrichment Program pitched themes to the PARP Committee and the students. This year's theme is "Reading Takes you to a Magical Kingdom." This will be a Disney theme. Get your Mickey ears ready, put down the TV remote and pick up a good book! Additional information has been sent home, as PARP held their kick-off assembly on April 1st!

April will also be the month our students in grades 3-6 will be taking the New York State Assessments in the areas of ELA and Mathematics. Our amazing Cafeteria Department will again continue to provide all students in grades 3-6 with breakfast on the mornings of the NYS Assessments. This year, New York State has made a few important changes to the assessments. Students taking the grades 3-8 ELA Tests will read one less passage and answer fewer questions. This will allow students more time to read the passages more closely, apply their knowledge and skills in answering the questions and is expected to also decrease testing fatigue for some students. The Mathematics Tests will also have fewer questions to answer. Both the ELA and Mathematics tests will be untimed, thus all students will have unlimited time to take the tests. One additional note is these assessments will no longer be used as part of teacher evaluations. These assessments should not cause undue stress for your child. As always, we encourage all students to do their best. Their best effort is all that matters! NYS ELA testing will be April 5, 6, & 7. NYS Mathematics testing will be April 13, 14, & 15.

Students who will be age 4 or 5 by December 1, 2016 are able to sign up for our UPK program or Kindergarten. Please contact the elementary main office (965-2742) with your child's information if you haven't already done so. UPK Orientation will be held later in the spring. Our Kindergarten Roundup is scheduled for April 21st at 1:00pm.

<i>2nd Semester FCS Elementary School Events</i>	<i>Dates</i>
NYS ELA Exams (3-8)	Apr 5-7
NYS Math Exams (3-8)	Apr 13-15
Kindergarten Roundup	April 21
Elementary Band & Chorus Spring Concert	June 2
NYS 4 th Grade Science Performance Exam	June 6
Elementary School Field Day	June 17
Pre-K and Kindergarten Graduation	June 20
Elementary Academic Awards	June 21
K-6 Early Dismissal (11:15am)	June 21-22



GUIDANCE NEWS



The University of the State of New York
 THE STATE EDUCATION DEPARTMENT
 Office of State Assessment
 Albany, New York 12234

EXAMINATION SCHEDULE: JUNE 2016

June 01 WEDNESDAY	June 14 TUESDAY	June 15 WEDNESDAY	June 16 THURSDAY	June 17 FRIDAY	June 20 MONDAY	June 21 TUESDAY	June 22 WEDNESDAY	June 23 THURSDAY
8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	
Algebra II (Common Core)	RE in Global History & Geo.	Living Environ.	Algebra 1 (Common Core)	Physical Setting/ Earth Science Algebra 2/ Trig.	RCT In Mathematics*	Physical Setting/ Chemistry RCT In Global Studies*	RCT in Writing	Rating Day
	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	
	RE in English Language Arts (Common Core)	RE in US History & Government	Comprehensive English	Geometry (Common Core)	RCT in U.S. History & Government*	Physical Setting/ Physics RCT in Reading*	RCT in Science*	



GUIDANCE NEWS



* Further information/assistance will be available in the High School Guidance office if needed.

Upcoming SAT Exams (Registration Deadline)	Upcoming ACT Exams (Registration Deadline)
May 7th (April 8th)	April 9th (March 4th)
June 4th (May 5th)	June 11th (May 6th)
Register at www.sat.org/register	Register at www.actstudent.org/start

College Action Plan

Senior Checklist

- Work together to apply for financial aid. Have your child contact the financial aid offices at the colleges he or she is interested in to find out what forms students must submit to apply for aid. Make sure he or she applies for aid by or before any stated deadlines. Funds are limited, so the earlier you apply, the better.
- Fill out the FAFSA to apply for aid. The government and many colleges use the Free Application for Federal Student Aid (FAFSA) to award aid. Now it's easier than ever to fill out this form because you can automatically transfer your tax information online from the IRS to the FAFSA.
- Learn about college loan options together. Borrowing money for college can be a smart choice — especially if your high schooler gets a low-interest federal loan. Learn more about the parent's role in borrowing money.

Junior Checklist

- Review PSAT/NMSQT results together. Your child's score report comes with a free SAT study plan. This online, customized plan is based on your child's test scores and can help him or her work on areas that need improvement. Learn more about this individualized SAT study plan.
- Help your child prepare for college admission tests. Many juniors take college admission tests, such as the SAT and the ACT, in the spring so they can get a head start on planning for college. See which tests your high school junior may need to take.
- Discuss taking challenging courses next year. Taking college-level or honors courses as a senior can help your child prepare for college work — and these are also the courses that college admission officers like to see. Learn more about advanced classes.

Sophomore Checklist

- Review PSAT/NMSQT or PLAN results together. Your child's score report indicates his or her academic strengths and weaknesses. Review the report together and talk about ways to improve in areas that need attention. If your child took the PSAT/NMSQT, help him or her log in to My College QuickStart to get personalized feedback based on his or her PSAT/NMSQT score report.
- Read about majors and careers on www.collegeboard.org



I Think My Child is Using.....

Your first step: Ask!

If you think your child may be drinking or using drugs, the first and most important thing you can do is to come right out and ask.

Look for signs and symptoms

Knowing what to look for is a huge help in determining whether your child is drinking or using drugs. If you're familiar with the signs of drug use, that knowledge can aid you in gathering evidence and starting the conversation.

Keep in mind: many of these signs of drug use or alcohol use—in isolation—may be just normal teen behavior. Mood swings or changes in behavior are a standard part of growing up as teens make the transition from childhood to adulthood. However, as you start to recognize more and more of these signs and symptoms in your teen, a picture of drug or alcohol use may begin to become clear.

Behavioral Issues

The signs of substance abuse aren't all physical. Be aware of these behavioral indicators that may be a sign that your teen has been drinking or is using drugs, especially if you've noticed an abrupt change in one of these behaviors.

- Change in relationships with family or friends.
- Loss of inhibitions
- Mood changes or emotional instability
- Loud, obnoxious behavior
- Laughing at nothing
- Unusually clumsy, stumbling, lack of coordination, poor balance
- Sullen, withdrawn, depressed
- Unusually tired
- Silent, uncommunicative
- Hostile, angry, uncooperative
- Deceitful or secretive
- Makes endless excuses
- Decreased motivation
- Lethargic
- Unable to speak intelligibly, slurred speech, or rapid-fire speech
- Barring hearing loss or stroke, slurred speech is usually linked to the influence of some type of drug.
- Inability to focus
- Hyperactive
- Unusually elated
- Periods of sleeplessness or high energy, followed by long periods of "catch up" sleep



Chautauqua Alcoholism & Substance Abuse Council Addressing alcohol, other drugs and related high-risk behaviors through Advocacy, Hope, and Awareness

GUIDANCE RESOURCES CONT'D.

Personal Appearance

Most drug and alcohol use may cause some change in physical appearance. Few of these in isolation are definitive proof of teenage alcohol use or drug use, but may fit into a larger pattern of symptoms, or act as a way to open up a conversation with your teen.

- Messy, careless appearance
- Poor hygiene
- Track marks on arms or legs (or long sleeves in warm weather to hide marks)
- Track marks are a clear sign of intravenous drug use. They range from small red marks to open sores and bruising.
- Burns or soot on fingers or lips
- Red, flushed cheeks or face

Personal Habits

Look for changes in your teenager's behavior or personal habits that might indicate drug or alcohol use. If you notice any of the below, look for some of the other signs, or use them as a way to begin a talk with your teenager.

- Smell of smoke on breath or clothes
- Chewing gum or mints to cover up breath
- Heavy use of over-the-counter preparations to reduce eye reddening (eye drops), nasal irritation, or bad breath (breath mints or gum)
- Frequently breaks curfew
- Cash flow problems
- Reckless driving, car accidents, or unexplained dents in the car
- Notice if your teen is driving more recklessly when she returns than when they left.
- Avoiding eye contact
- Clenching teeth
- Both Meth and Ecstasy cause involuntary teeth clenching.
- Locked bedroom doors
- Going out every night
- Secretive phone calls, texting, instant messages or emails
- "Munchies" or sudden, voracious appetite
- Sudden or increased use of air fresheners, scented candles, or incense

Home or Car Related Issues

If you've noticed items disappearing around the house, or found some unusual objects appearing, it's a good time to have a talk with your teenager about what you've noticed, and to start looking for other signs of teenage alcohol abuse or drug use. Mood swings and changes in behavior are often a normal part of teenage development. But in some cases, these may be potential indicators of teenage alcohol abuse or possible drug abuse. If you suspect your teen may be using alcohol or drugs, here are some tell-tale signs you can watch for:

- Disappearance of prescription or over-the-counter pills
- Missing alcohol or cigarettes
- Disappearance of money or valuables
- Unusual smell in the car or bottles, pipes, or bongs on floor or in glove box
- Hidden stashes of alcohol
- Appearance of unusual containers or wrappers, or seeds left on surfaces, like Frisbees, used to clean marijuana
- Appearance of unusual containers or wrappers and drug apparatus, including pipes, rolling papers, small medicine bottles, eye drops, butane lighters or makeshift smoking devices, like bongs made out of toilet paper rolls and aluminum foil

GUIDANCE RESOURCES CONT'D.

Health Issues

Drug and alcohol use can cause a number of effects on health, minor to major. Look for these symptoms in your teenager. If you spot some, don't be afraid to suggest a visit to your teen's doctor. Often a doctor can offer a medical perspective or an outside viewpoint on what's happening to your teen.

- Frequent nosebleeds
- Excessive nosebleeds could be a sign of snorted drugs, such as cocaine or meth.
- Runny nose, not caused by allergies or a cold
- Frequent sickness
- Sores, spots around mouth
- Queasy, nauseous
- Seizures
- If your child has a seizure but does not have epilepsy, you should be aware that it could have been caused by huffing inhalants.
- Vomiting
- Wetting lips or excessive thirst (known as "cotton mouth")
- Discounting average thirst, dry mouth and excessive thirst are signs that a person is smoking marijuana or taking Ecstasy.
- Sudden or dramatic weight loss or gain
- Skin abrasions/bruises
- Accidents or injuries
- Depression
- Headaches

School or Work Issues

Notice how your teenager is doing at school, any sudden change in how she or he is doing homework—or what you're hearing from teachers or school administrators.

- Truancy or loss of interest in schoolwork
- Drop in grades
- Loss of interest in extracurricular activities, hobbies or sports
- Failure to fulfill responsibilities at school or work
- Complaints from teachers or co-workers
- Reports of intoxication at school or work

What is the next step? Contact CASAC about the Teen Intervene program.

Teen Intervene (TI): An intensive, individualized intervention for teens 12–21 experiencing mild to moderate problems associated with alcohol or other drug use and/or other high risk behaviors. TI integrates stages of change theory, motivational interviewing and cognitive-behavioral steps to help teens reduce and ultimately eliminate chemical use & high risk behavior. It includes 2 sessions for the adolescent and 1 session for parents/guardians that is not required but highly recommended. **Fee structure:** at a CASAC office (Jamestown or Dunkirk) approximately \$20.00 per session up to 3 sessions.



CASAC – Dunkirk Office

Phone (716) 366-4623

Fax (716) 366-4624

New location:

324 Central Avenue

Suite 105

Dunkirk, NY 14048



LOCAL 4-H CLUB THANKS FCS FOR DONATIONS!

The Fredonia Star Riders 4-H Club would like to thank the students and families from the Forestville Central School community! Through their generous donations of food items, scarves, mittens, and toys to the Forestville Food Pantry, these “gifts” were then distributed to the Forestville community. Thank you for making this a joyful season for those who need it the most!



HIGH SCHOOL ART NEWS



In November 2015, Mrs. Britz took 13 high school art students, from Independent Study, Painting and Drawing, and Graphic Design on a field trip to SUNY Fredonia. They toured the College of Visual and Performing Arts visiting the Rockefeller Arts Department, Photography Studios,



Marvel Theater set design, and the Visual Arts and New Media departments. The Forestville students were able to view an art exhibit in the main gallery and listened to Professors describing the courses they taught at the college. They were treated to lunch from the Dean of CVPA, Dr. Ralph Blasting.

The group will also be traveling to the Albright-Knox Art Gallery and Burchfield Penny Gallery in the spring.



3RD GRADERS CREATE FREE LIBRARIES

In Mrs. Faxlanger's reading class this past fall, the children read and participated in an adapted ELA module entitled "My Librarian is a Camel" about communities, especially in the Middle East, and how those children against all obstacles manage to go to school and get books to read. (In some cases, books come via boat, camel, burro, wagon, etc.) In talking further, the children realized that the village of Forestville does not have a public library, so aside from our school library, families here go to Dunkirk, Fredonia, and Silver Creek to borrow books. They explored the Little Free Library concept, and the children immediately latched onto the idea. They decided that they wanted to build, or somehow obtain, a little free library for the Forestville community.



If children work for something they want, they'll appreciate the results more. So as a class, they brainstormed ways to raise the money for a little free library, the children decided to make pine cone birdfeeders for the winter birds. They collected the pine cones through the fall. With the help of three moms, a dad, a grandma, and a retired teacher-friend of mine, the children

became assembly lines workers. They peanut-buttered and bird-seeded several hundred pine cones! Letters went home to all elementary school



families, explaining our project, and within two days, we were sold out! The children

verified orders, then packaged and delivered the birdfeeders, and counted the money. After expenses, we raised \$212- enough for TWO little free libraries!

Two carpenter dads each built one for us - Thank You Mike Press and Bruce Lyon! One will be at the elementary school, and the location of the second one is undecided at this time, though the children have some good ideas. Be on the lookout!



YEARBOOK NEWS



The 2015-16 FCS Yearbook is currently offered for a cost of \$65.00. Usually we order 180 copies, this year we have only 125 copies for sale. We also offer a layaway plan. \$20 cash or check will reserve a yearbook and the remaining balance can be paid any time before the yearbooks are distributed in the spring.

Please reserve your copy ASAP!





Strike Out Cancer Annual Event Held

The Forestville Hornets and the Silver Creek Black Knights participated in the annual Strike Out Cancer high school bowling fundraiser in January at Lucky Lanes. The Forestville boys earned the sweep while the Silver Creek girls edged out a 3-1 win. For the boys, the Hornets' linescore read 818-995-902-2,715 to Silver Creek's 670-613-663-1,946. Forestville's captain, Brad Dillenburg, rolled a 173-276-218-667 while Phil Narraway had a 192-200-221-

613. For the girls, Silver Creek bowled a 586-637-606-1,829 while Forestville was not far behind at 617-604-600-1,821. Forestville captain, Emily Narraway, rolled a 160-194-166-520 while Ashley Forbes totaled a 453 series. Justine VanArsdale contributed in the win with a 174-446.



FCS Girls Volleyball Teams Up with Circle of Love

For the last five years, the Forestville Lady Hornets volleyball team has held their Spike Out Cancer volleyball game. Every year, part of the proceeds have been donated to the Circle of Love.

This year, Josie Christopher, Circle of Love founder and director, thanked the girls in a meaningful way as she invited members of the volleyball team to her house to stuff heart-shaped pillows.

"I decided they should have something," Christopher said. "I bought fabric and the girls came to my house to view DVDs on breast cancer, and they had punch and cookies. They stuffed their own pillows and had a great time. The girls were delighted."

Circle of Love is a not-for-profit organization that knits and crochets items for cancer patients. They make and donate these items to cancer patients.

The volleyball team donated \$500 from this year's event and has donated more than a couple thousand dollars in the five years of the fundraiser, according to Becky Ostrye, Spike Out for Cancer committee member.



"We had 19 girls show up," Ostrye said. "We had a great time. Josie is so passionate about what she does. We can tell we brightened up her day. We felt so good knowing we made a difference. We really enjoyed it and learned so much and would love to do it again. It was a great time."

Christopher noted the importance of self-examinations for breast cancer and she hopes the informational videos will serve the girls a purpose in the future.

"It's a huge organization," she said. "The very fact people are interested in local organizations means a lot to me. I loved the excitement of seeing the girls together and stuffing pillows in my house. The purpose is to share the joy. Now the girls have something to capture the essence of the moment."

FCS MUSIC DEPARTMENT NOTES

MUSIC IN OUR SCHOOLS MONTH

The month of March was National Music in Our Schools Month. The month marked a celebration of school music programs throughout the country. Here in Forestville, we hosted several events to celebrate this month. Saturday, March 5th from 2:00 – 4:00, was the 16th Annual Notes N Nibbles program. The Middle School and High School Jazz Ensembles were featured along with various soloists and small groups along with munchies, desserts and raffles.

The Middle School and High School Music in Our Schools Month Concert was held on Thursday, March 10th at 7:00PM in the HS Auditorium. The Intermediate (6TH Grade) Band, Middle School Band and Chorus along with the High School Band and Chorus performed a variety of numbers. The following morning, the High School Band put on their Annual Children's Concert for the Elementary school.

The 6th Annual Forestville Invitational Band Festival took place on Saturday, March 12th. High school band from Frewsburg and Brocton joined with our High School Band to put on an evening concert. The afternoon was spent working with a Guest Conductor.

KENNY AWARDS

As was announced this fall, Forestville was one of 10 schools from Western New York selected as a finalist for the Kenny Awards. The Kenny Awards Ceremony takes place at Shea's Theater in Buffalo on Saturday, May 10th. Being a finalist has afforded many opportunities for our students. The latest one happened on Wednesday, March 9th. Three of our students: Joshua Ellis, Kessiah Johnson and Olivia Markham were invited to Shea's to help them announce their upcoming 2016-2017 season to their donors and season ticket holders. They appeared on stage in front of approximately 1,500 guests to speak a little about our production of *INTO THE WOODS* and then announced the show for the evening.

JAZZ FESTIVAL

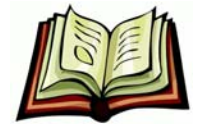
Unfortunately, the Jazz Invitational that we have participated in over the years is no longer taking place. Thanks to Mr. Murphy, we have decided to host the Forestville Jazz Festival to take its place. As many as eight schools will be represented at this festival. The festival will take place Saturday, April 23rd at 3:00 (time is tentative, exact time will be announced) in the HS Auditorium. Admission is FREE! Please join us for an afternoon of Jazz.

ALL COUNTY HONORS

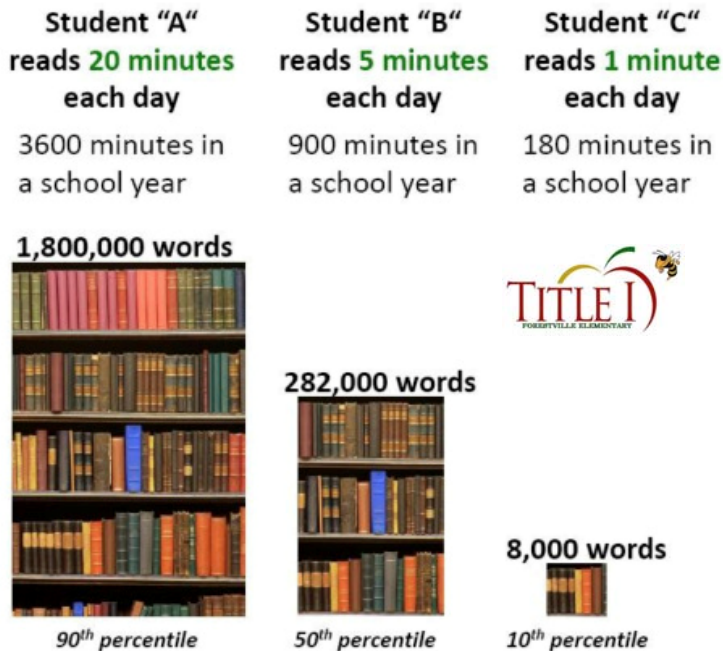
On Saturday, February 6th, the following students represented Forestville at the CCMTA Winter All-County Festival at Chautauqua Lake HS. They were chosen from all of the music students in Chautauqua County. WOMEN'S CHORUS – Phoebe Kingsfield, Clare Kingsfield, Louisa Gier, and Isabelle Butcher; VOCAL JAZZ – Sylvea Cleary and Joshua Ellis; JAZZ ENSEMBLE – Emily Merrill; BRASS ENSEMBLE – Makenzie Press, Searrah Latimore, and Olivia Markham; ELEMENTARY BAND – Lillian VanArsdale, Makayla Press, Samuel Reuben, Gabriele Smith, Kady Pfaffenbach, Zinnia Szoszorek and Samuel Butcher. Congratulations to these students on their great accomplishments!



TITLE 1 READING TIPS



Why Can't I Skip My 20 Minutes of Reading Tonight?



By the end of 6th grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

(Nagy & Herman, 1987)

Middle and High School Reading: Tips for Students

The keys to becoming a successful reader in middle and high school include learning organization skills and sophisticated reading strategies.

- 1. Create an organization system at home.** Keep binders neat and have a file for completed papers.
- 2. Practice reading.** Read every day and particularly during the summer - the more practice the better; it doesn't matter what genre you read, just make sure you are reading.
- 3. Reading tips for textbooks:** Read questions at the end of the chapter first; use headings and subheadings as cues.
- 4. Spend time in middle school developing good reading strategies.** When you get to high school, teachers are more likely to concentrate on the content rather than on developing reading skills.



WHERE: MS/HS Auditorium

WHEN: Tuesday, May 3rd

TIME: 8:00AM-1:00 PM

SPONSORED BY: FCS Student Council



Did you know that every 3 seconds someone needs a **blood** transfusion?! 20% of recipients are children. Many are cancer patients! **One pint** of blood from one donor can save up to **three lives**. Here is your chance to help!!!!



IN ORDER TO DONATE.....

You must be 16 years or older; weigh over 110 pounds; have had no tattoos or body piercings within the past year.
If you are only 16 years old, you need a signed permission slip.
All donors need a valid photo ID!



FCS DISTRICT INFORMATION

Are you receiving the STAR credit on your school taxes?

If you own property and it is your primary residence, you are probably eligible for a STAR school property tax exemption. To receive your exemption, all you have to do is complete an application, which you may obtain from your local assessor's office or download from www.tax.ny.gov.

2 TYPES OF STAR EXEMPTION:

1) The **Basic STAR** exemption is available for owner-occupied, primary residences for owners who are 64 years old or younger. Basic STAR works by exempting the first \$30,000 of the full market value of a home from school taxes. To be eligible for the Basic STAR, the maximum adjustable gross income limit is \$500,000.

You may need to re-apply for the basic STAR exemption. All taxpayers eligible for the Basic STAR exemption were required to complete a registration with the NYS Tax Department to continue to receive STAR exemptions in 2015 and subsequent years. If you did not complete this registration, then you must complete the application referred to above and return it to your local assessor by March 1st. You can look on your 2015 tax bill to verify if you are currently receiving the Basic STAR exemption or if you need to re-apply.

2) The **Enhanced (Senior) STAR** exemption is available for the primary residences of senior citizens (age 65 and older) with yearly household incomes not exceeding the statewide standard. For qualifying senior citizens, the Enhanced STAR program works by exempting a portion of the full market value of their home from property taxes (\$64,200 for the 2015-2016 school year). For property owned by a husband and wife, or by siblings, only one of them must be at least 65 years of age as of December 31st of the year in which the exemption will begin to qualify for the Enhanced exemption. Their combined annual income, however, must not exceed the STAR income standard (currently \$83,300).

Seniors must re-apply annually or participate in the Income Verification Program. The assessor's office suggests that senior citizens apply for, or renew, your application when you receive your school tax bill each year. That will ensure that you will continue to receive your Enhanced STAR exemption for the following year.

FORESTVILLE CENTRAL SCHOOL DISTRICT CENSUS

The Forestville CSD updates annually school census information. It is very important that we keep an up-to-date record of all children from birth to age 18 who reside in the district. In addition we need to identify children with disabilities from birth through age 21. It is our responsibility to ensure that all school-age children in our district are receiving approved instruction in a public, private or parochial school or are home taught. The information required on the form below will aid the District in numerous ways, including planning for transportation routes, school attendance areas, and future enrollment projections. Please return the census if you meet any of the following conditions:

- **You are a new District resident with young children NOT currently attending school**
- **You have recently had a baby or adopted a child**
- **Your children attend school in another district, attend a private school or are home taught.**

Please return the census form to June Prince at 12 Water Street, Forestville, NY 14062 as soon as possible. If you have any questions, please call June Prince at 965-6539.

SCHOOL DISTRICT CENSUS FORM

Parent/Guardian Name: _____
(Last) (First)

Spouse/Other: _____
(Last) (First)

Residence Location: _____

Mailing Address (if different from above): _____

Telephone: _____

Children in Household: _____
(Last) (First) (Date of Birth)

(Last) (First) (Date of Birth)

Does a child with a handicapping condition or suspected disability live in your household?

Yes: _____ No: _____

*If yes please state nature of disability or suspected disability:

Child's Information: _____
(Last) (First) (Date of Birth)

Forestville Central District Newsletter

Published By: Scott Hazelton

Newsletter Editor

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CLASS OF 2017 CHICKEN BBQ

Tuesday, May 17th, 2016



HS Parking Lot/Cafeteria

3:00pm - 7:00pm



Dinner includes- 1/2 chicken, 2 sides, a fresh roll, and dessert!

Pre-sale Tickets - \$9.00

Tickets at the Door - \$10.00

Pre-Sale tickets may be purchased from Ms. Voigt in the MS/HS office or from any 11th grade student.

There will be a drive thru service. You don't even need to get out of your car! The Budget Vote is the same day! Come to vote...and leave with dinner for your family.

A baked goods sale will also be available!