



# Haverling News

February 2009

## Brielle Litz earns highest honor in the state for music performance

Congratulations to Haverling High School Senior Brielle Litz on her selection to the New York State School Music Association (NYSSMA) Conference All-State Mixed Chorus.

"This is the highest possible honor for a music student in New York State," said Music Teacher Neil Bryson.

Brielle, a soprano, auditioned for the ensemble in April 2008 and was notified of her acceptance in September. The highly-competitive audition included a prepared solo aria and sight reading that was performed in front of an adjudicator.

Brielle spent three days in Rochester this past December for the conference. She participated in intense rehearsal with 280 other singers from across the state.

As a member of the mixed chorus, she had the privilege of singing under the baton of Dr. Brady Allred, director of choral studies at the University of Utah School of Music in Salt Lake City.

A concert performance at Eastman Theatre concluded the conference.

Brielle has studied voice with her father and Mr. Bryson. She is a member of



Brielle Litz

the Haverling Chamber Choir and has attended numerous Area All-State and All-County music festivals. She also is a member of the Haverling Concert Wind Ensemble and the Haverling Blue Regiment Marching Band.

Outside of school, Brielle is very involved with Family Life Ministries, where she has participated in numerous musical productions and is a member of the praise band *Konnected*.

After graduation, Brielle plans to attend college for a degree in music performance.

Brielle is the daughter of Darren and Kim Litz of Bath. 🌸

## VEW donates \$400 to family resource center

The Character Education Committee at VEW hosted a holiday penny drive in December that raised \$400 for the Bath Area Family Resource Center (BAFRC). Pictured at right are Character Education Committee Chair Rachel Dates, VEW Principal Tracy Marchionda, School Social Worker Jeannie Gallagher and BAFRC Director Maria Quintal. 🌸



# Superintendent's Column



Marion Tunney,  
Superintendent

Dear Parents and Interested Community Members,

One-twelfth of 2009 has already passed and we are beginning the second semester on February 2. Many events have occurred in January. The inauguration of our new president was indeed a remarkable event to witness. Many of our children viewed the inauguration speech here at school and many discussions of this historic event took place. Regardless of your political views, there is a notable change in the air. Hopefully, the new energy will lead to good results for us all.

The Regents exams and state assessments in English Language Arts occurred for all students in grades 3-8 in January. The teachers work hard with students to prepare them for these tests, but go beyond that content to help prepare them with the skills and knowledge they need to be successful in their lives. As you can see in this newsletter, we also try to help students handle stress in their lives, get accepted to college and support them in their search for financial assistance to attend.

Through our adult education offerings and programming at the Bath Area Family Resource Center, we also attempt to strengthen the knowledge and skills of our community members. Opportunities to use the athletic facilities here at school are open to those who wish to address exercise needs as well.

The gymnasium wall at VEW Primary School was repaired at the end of January. Unfortunately, this was an unforeseen expense to the district. We will be reimbursed for the cost of these emergency

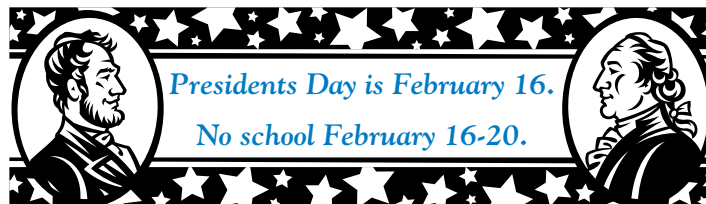
repairs, but we had to find the money in the budget up front to make the area safe for our students and the Kiwanis basketball program.

As I write this, we are still awaiting the state budget runs. We have been working diligently for the last two to three months to gather information for the new budget. If the governor's proposal is not altered, we stand to have a decrease of 3.5 percent in this year's state aid. Typically, the legislators work hard to amend this starting point and schools historically fare better as a result. This is the first year of this governor's budget work and of course we are all aware of the fiscal issues within the state, so anything is possible. We will hold budget workshops with the Board of Education which are open to the public and will be advertised via the local media. Please participate in this process. We strive to maintain the high quality of education we enjoy in the district while bearing in mind the monetary burdens our taxpayers face.

**Please note: There has been an important date change in the school calendar.** As a result of changes at the New York State Education Department, all the schools in the area had to change the grading day/staff development day in March from the 27th to March 23. Please make note of this on your home calendar so you and your children do not get confused.

Enjoy the month of February and keep in mind that spring is on the way!

*Marion Tunney*



# Middle School guidance office news

**E**ighth grade parent night will be held on Thursday, February 12 at 6:30 p.m. in the auditorium. Topics to be covered include high school scheduling, course offerings and four-year plans.

In addition, Don Cinque from GST BOCES will discuss the results of the Career Decision Making Scale (CDM), administered to students in January. The CDM is a career interest inventory that can help students and parents begin the career exploration process.

After February break, Guidance Counselor Danielle Rice will begin meeting with eighth-graders to develop their schedules for the 2009-2010 school year and their four-year plans for high school.

Parents are invited to be involved in these meetings. Any parents unable to attend their child's scheduling appointment will receive a copy of their child's four-year



plan and course selection sheet in the mail.

Mrs. Rice can be reached in the guidance office at 776-4110, ext. 3155. ☎

## Erosion and its effects on Earth

By MiKenna Carpenter and Savannah Parsons, sixth-graders

**O**n our sixth-grade science class we made erosion models. First we used markers to color the wax paper. Our class used a tray to put the wax paper on and a spray bottle to spray the wax paper covered in marker. We crinkled the wax paper and then we put the paper on a tray. Then we put brown marker for land and blue for the water. After that we sprayed it with water. After we sprayed the water it created a runoff. The water made the colors drip and blend together. When the colors blended it showed what an area flooded would look like. The reason we did this was to show us the effects of erosion on the Earth. Too much water can cause erosion because the soil does not soak in the rain water. ☎



Sixth-graders Savannah Parsons, Heidi Conroy and MiKenna Carpenter learn about the effects of erosion during a science project.



# Science students achieve on exams

Over the last four years, Haverling science students have performed well on state assessments:

	<i>Average pass rate</i>	<i>Average mastery rate</i>
Living Environ.	91.4%	37.2%
Earth Science	83.4%	39.5%
Chemistry	85.7%	28.9%
Physics	96.0%	53.4%

According to Science Teacher Raymond Kaschalk, this year will be no exception. "Haverling students continue to receive some of the finest science instruction and experiences available in New York State," Mr. Kaschalk said.

Biology students, for example, have new labs and activities that were created by Teachers Jacqueline Stonier and Cari Scott during curriculum development last summer. Students recently finished studying the human body, completing a variety of fascinating laboratory activities such as simulated blood typing, analyzing vitamin C content of several types of juice and DNA gel electrophoresis.

Students in Mr. Kaschalk's physics classes recently conducted a wave lab with

Super Slinkys to examine the characteristics of waves. They also conducted a ripple tank lab, courtesy of Cornell's Institute for Physics Teachers, to examine wave phenomena.

In the fall semester, Haverling physics students built and analyzed electric circuits, made calculations to predict where launched air-powered rockets would land and explored the most successful scientific theory in the history of man – the Standard Model.

Teacher Jennifer Killough created several new experiences for her environmental science students. Some of their recent activities included creating compost piles to see how different garbage decomposes over time and devising methods to remove oil from water. 🐛

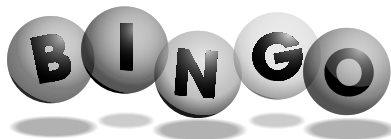


*Raymond Kaschalk's physics students use Super Slinkys to examine characteristics of waves.*

## News from the VEW PTA

We hope everyone enjoyed Family Movie Night and our first Bingo Night. Thank you to our volunteers.

We will hold our annual Valentine carnation sale February 3-10. Parents may purchase a carnation and write a personalized note to be sent to their child's classroom.



Mark your calendars for another Family Movie Night on March 6 and a Bingo Night on March 20.

Our next meeting is February 11 at 6:00 p.m. in the VEW library. Please come and share your ideas. We also may be contacted through email at [vewpta@bathcsd.org](mailto:vewpta@bathcsd.org) and have a mailbox in the main office. We also are part of the school's web page under VEW. The national PTA has great advice and ideas available at [www.pta.org](http://www.pta.org).





## Resource center's February events

February programs at the Bath Area Family Resource Center (BAFRC) include:

### Healthy Habits for Life: Helping Families Raise Happy, Healthy Little Ones

This Sesame Street Workshop, designed for pre-schoolers and their caregivers, is a fun interactive program that helps children learn the health benefits of eating well and playing actively. Children will learn to name healthy foods, create healthy meals and take part in a variety of fun but physical activities. Jackie Rethmel from Steuben Rural Health Network will facilitate this one-hour introductory workshop on Monday, February 9 from 6:00-7:00 p.m. Pre-registration is required by calling Maria at 776-4123 ext. 5650 by February 6.

### Stress and Parenting:

Stress is a natural part of life, but as a parent stress can play an even bigger role. Stacey O'Dell, prevention educator from Steuben Council on Addictions, will present a workshop geared specifically toward the unique stressors parents face. Types of stress, ways to confront stress and how to make stress a more productive part of family life will be discussed. This workshop will be presented on Tuesday, February 24 from 6:00-7:30 p.m. Child care will be provided. Pre-registration is required for both the class and child care. Please call Maria at 776-4123, ext. 5650 to register by February 23.

### Music and Movement with Julie:

Musical interactive play-time will take place on Tuesday, February 10 at 10:00 a.m. No pre-registration required. 🐾

## Students build creative structures

Fourth- and fifth-grade students at Dana Lyon recently had an opportunity to learn about engineering, teamwork, architecture, math and science by constructing a toothpick bridge in the LIFE program. Students were divided into construction companies and provided a budget from which all bridge building supplies were purchased. After completing their bridges, each company tested their structures for ability to hold a specified amount of weight. The students then had an opportunity to study each other's projects. Of the 16 bridges constructed, one fifth-grade and one fourth-grade bridge were voted by the students as best of show.

Congratulations to fourth-graders Jillian Patterson, Justyna Seager-Parulski, Kassie Kirkum, Alex Stewart and Jessica Divens of Bob the Builder, Inc. and fifth-graders Leif Allen, James Hillegus, Thomas George and Elliott Hillman of The Four G-Men company. 🐾



Above, Bob the Builder, Inc. members include Justyna Seager-Parulski, Jillian Patterson, Alex Stewart, Jessica Divens and Kassie Kirkum.



At right, The Four G-Men team members are Elliott Hillman, Leif Allen, James Hillegus and Thomas George.

# Student Council keeps busy

By Michelle Neu, Student Council Secretary

**H**averling's Student Council has proven to be quite active this year. As secretary of the organization, I certainly know it's true. The 2008-09 school year has brought new experiences and opportunities for our Student Council. Many of these opportunities include fundraisers, charity and volunteer work and student activities.

For our fall fundraiser, we decided to sell school spirit seat cushions and foam fingers. We spent a few chilly nights at the soccer and football games trying to sell these school spirit novelties (we are still selling the seat cushions and foam fingers at a few home basketball games).

The Student Council also sponsored a Pizza Hut fundraiser for a family in need in our area. We distributed coupons to the student body that allowed a percentage of customers' order to go toward helping the family. We also held a bake sale at that time for our own benefit. We found this fundraiser to be quite successful and the family was very grateful for our help.

We were very fortunate to have *Rachel's Challenge* come to Haverling this year. *Rachel's Challenge* was an assembly about Columbine victim Rachel Scott. This assembly showed students the importance of treating others with respect, how to live life in a better way and take on the challenge of being a better person. The students also had the option of taking the leadership course and attending the community assembly, which had great responses. The Student Council was responsible for welcoming the speaker and helping with whatever was necessary.

This fall, Haverling held a blood drive during the school day that Student Council assisted with. The blood drive was extremely successful and we easily exceeded our goal.

The Student Council also rang a Salvation Army bell outside of K-Mart before Christmas time.

Recently, we have been very busy planning our annual semi-formal winter ball, which will be held February 7. This will take place in the school cafeteria at 8:00 p.m. Tickets are now on sale. The theme this year is "Candyland," which promises to be very exciting.

We also have discussed the possibility of more fundraisers and volunteer work, but many options are still to be decided. Recently, we met with Superintendent Marion Tunney to discuss what was going on in the school. We gave her suggestions about possible new courses the students would be interested in, as well as other possible ways to improve the school day.

We will soon plan the Annual Celebration of Spring, formerly called Senior Citizen's Prom, which will be held in the spring time. We also will discuss the leadership banquet, which is held every year during the school day at Pizza Hut for students who have demonstrated exceptional leadership abilities.

The 2008-09 school year has been extremely rewarding for the Student Council, as well as the entire school body. Everything we accomplish helps to improve Haverling. With this said, we would like to thank everyone who has supported the Haverling Student Council in any way, and gladly welcome future support. 🌸

*Thank  
You*

# Tips for keeping your family safe

## The importance of smoke and carbon monoxide detectors

**W**e want you to have a safe new year. There has been much talk in the news recently regarding tragedies that could have been prevented if smoke detectors or carbon monoxide detectors were in place. Following are safety tips and signs and symptoms to be aware of to keep your family safe.

### ***Smoke detectors save lives.***

Smoke is sneaky. It is silent and contains poisonous gases. You cannot smell it when you are asleep. Smoke gets hot very, very fast. Fire spreads quickly, and smoke detectors provide you with the warning to give you time to get out.

### ***Be prepared!***

There are three simple steps to take now before fire strikes.

- Install smoke detectors on all levels of your home.
- Test them monthly to make sure they are working. Make sure the batteries are in working order. Push the “test” button so everyone in the home knows the sound of the alarm.
- Plan and practice fire drills in your home.

### ***Fire drills are an important part of the plan.***

Talk with your family about the best way to get out quickly. Have a meeting place outside of your home. Practice fire drills at least twice a year.

### ***Carbon Monoxide is silent too.***

It is an odorless, colorless gas that can cause sudden illness and death.

## ***What causes the build up of carbon monoxide in your home?***

Carbon monoxide is produced whenever any fuel is burned. If appliances are working properly, the amount produced is not hazardous. If appliances are not working properly or are used incorrectly, dangerous levels of carbon monoxide can build up.

When cars are left idling in the garage (whether the doors are open or closed) and the garage is attached to your home, carbon monoxide can seep in under doors and accumulate.

## ***There are several ways to protect yourself and your family.***

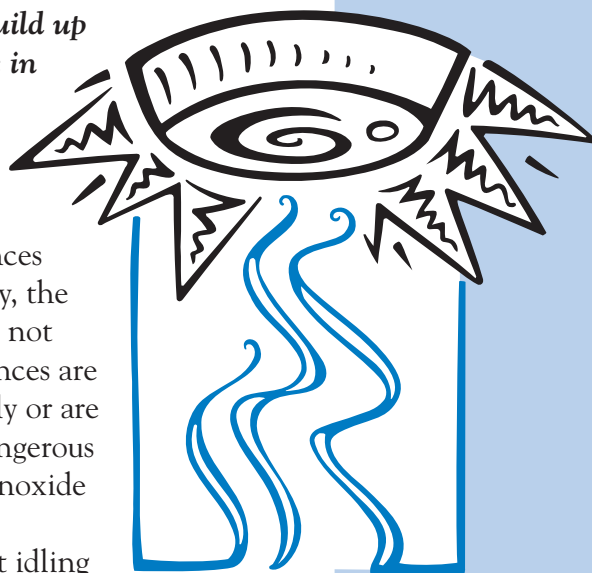
Make sure you have carbon monoxide detectors on each level of your home. Make sure all fuel burning appliances, fireplaces and wood stoves are inspected regularly.

## ***Be aware of the signs and symptoms of carbon monoxide poisoning.***

They include mild symptoms such as shortness of breath, mild nausea and mild headaches. At moderate levels you may experience severe headaches, dizziness, mental confusion, nausea and faintness.

## ***For symptoms of carbon monoxide poisoning or if your carbon monoxide detectors go off:***

- Quickly, open doors and windows, and leave the house.
- Call 911.
- Have the fire department check your home for levels of carbon monoxide. 🐶



# News from the Guidance Office

## High School Guidance Office

### Counselors:

Lyndsay Wolfe  
(A-F)

Tina Broderick  
(G-O)

Mark Recktenwald  
(P-Z)

### Secretary:

Londa Ross  
776-4107 x 2310

### Website:

Check out the Guidance Office's link on the Bath Central School District's website at [www.bathcsd.org](http://www.bathcsd.org).

Click on "Department" and then "High School Guidance Department."

## Scheduling

The Spring semester begins on Tuesday, February 3. Students will begin following their second semester schedule at this time. Students who need changes to their schedule must sign up with their guidance counselor to make them by Friday, February 6. Schedule changes will not be allowed after this time.

Students also will meet with their guidance counselor throughout the next few months to create their schedules for the 2009-2010 school year. Any parents interested in attending their child's scheduling appointment should contact the Guidance Office as soon as possible.

## Sophomore Wildwood BOCES Visit

On Wednesday, February 11, sophomores interested in attending BOCES next year will have an opportunity to visit the Wildwood campus. During the visit, students will visit three classes of their choice. This field trip is intended to give interested students a chance to learn more about the campus and the classes available.

## Seniors

At this point, you should have already applied to the colleges you are interested in attending. Financial aid and scholarships are the focus this month. Corning Community College and Alfred State College are two local colleges hosting SUNY's Statewide Financial Aid Day on Saturday, February 21. Students and their parents will be able to complete their FAFSA with the assistance of financial aid professionals during the event.

Please register by calling 1-800-342-3811 or online at [www.suny.edu/studentevents](http://www.suny.edu/studentevents).

Scholarship applications are available in the Guidance Office. Several scholarship applications are due this month. Many more that are due in the next few months. Students should check the scholarship files frequently for new scholarship opportunities. 🍀



# Detecting fun, learning in first grade

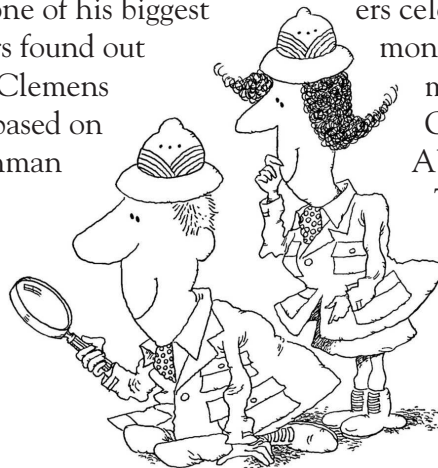
Who can help you when there's a mystery you just can't solve? None other than Nate the Great, of course. But can Nate the Great solve one of his biggest mysteries ever? First-graders found out when they traveled to the Clemens Center to see the musical based on the book by Marjorie Weinman Sharmat.

"The students were thrilled to see this fantastic musical complete with colorful costumes, engaging songs and a sus-

penseful story-line," said Teacher Marianne Galvin.

Besides seeing great musicals, first-graders celebrated Presidents' Day this month by reading and learning many interesting facts about George Washington and Abraham Lincoln.

To wrap up the month, students studied the importance of good dental hygiene and taking care of their teeth. 🍀





# Ten ways to cope with stress

Next Step, November/December 2008

**D**f I were going to be you for a day, what could I expect? Do you have a paper for English due? Do you need to read 100 pages for history? Did you fight with your mom this morning? Seriously, how much can you possibly fit into a day?

Do you know when you are stressed? Can you tell? Do you know what stress feels like? How do you cope with these feelings? How do you de-stress?

Use these 10 ways to deal with stress to help build your stress-busting skills.

## **Be proactive.**

Try to do things early to leave time and room for errors or minor setbacks, especially if what you are doing impacts someone else. You will save yourself a lot of anxiety if you get things started or completed ahead of schedule.

## **Take time for you.**

It is important to have down time to take stock of where you are physically, mentally and emotionally. If you take time to reflect on what you need, you are more likely to take care of yourself, and this is a major priority!

## **Listen to music.**

Isn't it funny that when we are in a good mood, music puts a smile on our face and a little wiggle in our step? Why shouldn't it have the same effect on us when we aren't in a good mood? When you are stressed and tired of whatever ails you, turn on your favorite music and watch as it breathes new life into your muscles and puts a song on your lips.

## **Use your support system.**

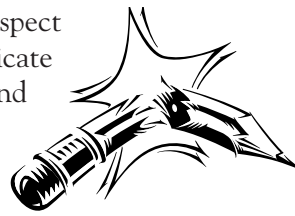
Use your family and friends as your support. Your relationships are a source of strength and comfort. Confiding in someone is helpful and necessary. Everyone needs help some time, so learn to count on the people around you.

## **Honesty is the best policy.**

When you tell the truth, you are always going to fare better than you would if you

didn't. If you show respect toward and communicate with the people around you, they will return the favor. The next time you have

trouble with an assignment, and it is really stressing you out, tell your teacher. It will save you the stress of worrying, and the teacher may be able to give you the push you need to get it done. (Hint: This also works with your parents!)



## **Don't forget to breathe.**

Deep breathing can be helpful and physically restorative. If you sense a stressful or upsetting thing is happening, five deep breaths can bring back balance and well-being.

## **Stay positive.**

The more positive energy you put into the world, the more you get back. Even when things are at their hardest and most challenging, if you can keep a positive outlook on things, they always get better. When in doubt, smile. Studies have shown smiling makes people feel better.


## **Expect change.**

Change can be hard, but it is inevitable. There will be many transitions in your life. If you can be open to the little changes in your life, it will prepare you for the more challenging ones.

## **Take care of yourself.**

This life is the only one you have. You only get one chance, so do it right. Eat properly, exercise and get plenty of sleep.

## **Be yourself.**



Sometimes it is hard to be true to yourself when you are trying to please everyone: your parents, your teachers, your coach or your friends. Being your authentic self can be hard. If something doesn't feel right, don't do it. Don't sacrifice who you are for anything. People will respect you and not take you for granted when you are clear about who you are and what you need. 

# February lunch menu

Each day students are offered peanut butter and jelly or deli sandwiches on whole grain bread. Chef salads and low-fat snacks and ice cream also are available in addition to the selections listed below.

One percent, skim and low-fat chocolate milk also are offered.

Eligible students are encouraged to apply for free or reduced-price meals. Applications are available in the serving lines.

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast prices are: Pre-k through grade 12 _____ \$1.00 Lunch prices are: Pre-k through grade 3 _____ \$1.35 Grades 4 through 12 _____ \$1.50 Parents may pre-pay on meal accounts.				
<b>2</b> <i>No school - Conference day</i>	<b>3</b> Hot dog on a bun Nachos Supreme French fries Green beans Assorted fruit	<b>4</b> Turkey and gravy Mashed potatoes Corn Assorted fruit Juice	<b>5</b> Macaroni and cheese Philly cheese steak Sliced carrots Assorted fruit	<b>6</b> Sloppy Joe on a bun Turkey on a bun Celery sticks Peas Assorted fruit Cookie
<b>9</b> Italian Dunkers with meat sauce Chicken patty on a bun Corn Assorted fruit	<b>10</b> Grilled cheese sandwich Tomato soup with crackers California blend Assorted fruit	<b>11</b> Italian sausage on a bun Spanish rice Green beans Assorted fruit Juice	<b>12</b> Burger Deluxe Ham on a bun French fries Carrots Assorted fruit Cake	<b>13</b> Turkey fajita Fish on a bun Corn Rice Assorted fruit
<b>16</b> 	<b>17</b> <b>18</b> <b>19</b> <i>No school February 16-20</i>			<b>20</b> 
<b>23</b> Spaghetti with meat sauce Green beans Assorted fruit	<b>24</b> Hot dog with chili Turkey on a bun French fries Corn Assorted fruit	<b>25</b> Cheese or pepperoni pizza Tossed salad Assorted fruit	<b>26</b> Cheeseburger on a bun Ham and cheese on a bun Celery sticks Peas Assorted fruit	<b>27</b> Beef tacos with assorted shells Vegetarian beans Rice Assorted fruit

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