

Echoes from the Valley

MISSION STATEMENT: The Otselic Valley Central School community will encourage decisions that give all students the opportunity to achieve their highest level of learning in preparation for a challenging tomorrow.

What's Left?



By the time you receive this I will have begun my new duties as District Superintendent of the Sullivan BOCES. While I am very excited about the new challenges before me and the continuing ways that I can help the students in our State, I am sad that I step

away in a time of such economic upheaval. To date, we have held two budgetary meetings. Those attending have left with bleak emotions and a deep concern for our educational program.

I must note, however, that I leave you with a talented, caring staff at each and every level of instruction and of support. Their smiles, their cooperation, their grand ideas, and their tenacity to be at their best have all brought the District to *shining star* status. We are one of the area's best kept secrets, and it is my hope that in time, staff will find ways to shine beyond our boundaries and to attract the noteworthy attention they so richly deserve.

Likewise, I hold the management team in utmost respect. I marvel at the way they balance their knowledge base with their care for children and their guidance to help staff grow. Though they know that their popularity rides a wave, they have never shied away from the difficult issues that confront them each hour of each day.

And then there is the experienced, compassionate Board of Education. The members are a model for listening, for deliberating, for considering the short and long-term possibilities. At best, we enter into difficult times. This group has the talent and respect to weather the storm. It is easy for others to disagree with the decisions they make. It's a lot tougher to walk in their shoes. For myself, I thank them publicly for their faith in me and for a wonderful working relationship.

I write that I am sad stepping away in a time of such economic upheaval. But then I am reminded (as I hope that you are)—when have we ever NOT been in a time of economic upheaval? When has it ever seemed easy for us to afford the quality services we give to our children? When in recent years have we really felt that we drew the long straw?

We have been through much, and we have been resilient because we have kept our eyes on the prize—that prize being the success of our children. Indeed, there are times when we have had to seek the prize with diminished resources, fewer people, less money. Yes, we have had to be innovative as we continue providing services. Yet, we continue to catch the prize.

So, what's left when it's all said and done?

- The never-ending care for our students.
- The willingness to continue on as a unit.
- The openness to try a new tactic to achieve a common goal.
- The simple belief that we can get past any adversity.

These are the things that really matter. They are human things and we all can possess them. They can continue when other things are long gone. They can lead us to make the best decisions. Everything else, as they say, is icing on the cake.

On my first day before the staff at Otselic Valley I challenged them to think about their legacy. I believe that the greatest compliment any leader can receive is that the organization happily continues on after that leader leaves. We all do leave—as workers, as residents, as parents. We all have our chance to be involved and to shake the earth around us just a little bit. Time passes, and we will leave. What's left? All along, my mission has been that when the time comes to depart Otselic Valley, it will be in a better place than it was when I came.

My best wishes to you all.

Larry Thomas, Superintendent

Emergency Closing Information

Should school be closed due to weather or other emergencies, we work to notify the following radio and television stations. Some of these stations have their own website, and the information is published there also.

EMERGENCY SCHOOL CLOSINGS STATIONS

WSYR-AM 570	WYYY-FM 94.5
WBBS-FM B104.7	WWHT-FM 107.9
WHEN-AM 620	WCHN-AM 97
WKXZ-FM 94	WBKT-FM 95.3
WZOZ-FM	WDOS-AM 730
WSRK-FM 103.9	WNTQ-FM 93Q
WNSS-AM	WNBF-AM 1290
WHWK-FM 98.1	WWYL-FM 104.1
WAAL-FM 99.1	WSTM-TV 3
WTVH-TV 5	WIXT-TV 9
WBNG-TV 12	NEWS 10 NOW

Also, we work to place the information on our website, www.ovcs.org and we are now using a computerized, auto notification system that makes telephone announcements.

Finally, please note that given the diversity of our terrain and the weather patterns, there may be some roads upon which our buses cannot pick up children. In such cases, we will make efforts to contact you in advance.

Boys' Junior Varsity and Varsity Basketball

February

Tues. 2 ... Tyburn AcademyH5:30 p.m.
Fri. 5 ... Brookfield.....A5:30 p.m.

Girls' Junior Varsity and Varsity Basketball

February

Mon. 1 ... Stockbridge (V)A6:00 p.m.
Wed. 3 ... Poland.....H6:00 p.m.
Fri. 5 ... Richfield Springs.....H6:00 p.m.
Tues. 9 ... New York Mills.....H6:00 p.m.

Girls' Modified Basketball

February

Mon. 1 ... Madison.....H4:30 p.m.
Tues. 2 ... DeRuyterA4:30 p.m.
Thurs. 4 ... StockbridgeH4:30 p.m.
Mon. 8 ... Cincinnatus.....A4:30 p.m.
Thurs. 11 ... Cincinnatus.....H4:30 p.m.
Fri. 12 ... DeRuyterH4:30 p.m.

2011 Tentative Budget Development Calendar

February

10 Regular Business Meeting (Elem)

March

3 Budget Session (JSHS) 2nd Draft of Budget
17 Regular Business Meeting (JSHS)
Approval of Public Notice of Vote and Propositions (*Mid-York Weekly and Evening Sun*)
24 Budget Session (JSHS)
31 Budget Session (JSHS) 3rd Draft of Budget

April

1 Public Notice of Vote and Propositions (*Mid-York Weekly and Evening Sun*). Three more after this time within the 45 days prior to vote.
14 Regular Business Meeting (Elem)
Budget Adoption
15 Send Proposed Budget Brochure to BOCES Printshop; send "6-Day Card" to BOCES for Printshop; Property Tax Report card submitted to NYSED
19 BOE Candidate nominating petitions are due; voter petitions are due, 5:00 p.m.
19-23 School is in recess
27 Sends BOE candidate information to BOCES Printshop
28 Budget Session (JSHS)
Vote on BOCES Administrative Budget
20-May 4
Window for the Proposed Budget to become available for public inspection

May

11 Annual OV Budget Hearing (JSHS)
12 Send "6-Day Card" to OVCS Residents
18 Regular Business Meeting (Elem)
Budget Vote and BOE Member Election

June

15 Budget Re-vote, if necessary (Elem)

Notice of Fire Inspection Reports

Buildings Pass Fire Inspection

As occurs each year, the buildings on the school campuses were inspected for compliance with fire safety regulations. The buildings passed the inspection. A report was presented to the Board of Education at the January meeting. The report has been filed as required with the NYS Education Department and a copy remains on file in the Otselic Valley Central School District Office for public review.

Student Incentive News

During the 2009-2010 school year, the Otselic Valley Junior-Senior High School selects students on a monthly basis to receive the Otselic Valley Citizen of the Month Award.

This award honored students who met the following criteria:

- Positive interaction with teachers,
- Positive interaction with peers,
- Satisfactory academic performance, and
- Adherence to rules

December 2009

Grade 7

Justine Neal

Grade 8

Susan Graham

Grade 9

Hope Reynolds

Grade 10

Crystal Hillman

Grade 11

Douglas Day

Grade 12

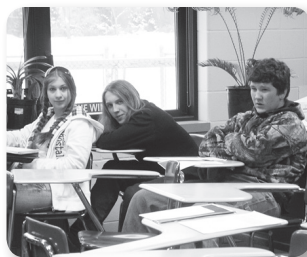
Weylin Scholth

Mythology Scholars Present *The Odyssey*



On January 7, a group of students from Mrs. Kalin's Mythology class presented the journey of Odysseus to Mr. Foor-Pessin's English 12 class. His students had just finished reading Edith Hamilton's version of the story so he invited Mrs. Kalin's students to come in and share their knowledge of the tale.

Trevor Marston, Lee Mott, Brandon Huntley and Rachael Harris did a wonderful job of explaining the travels of Odysseus and even created a map for their audience to follow. A nice discussion between the two groups followed the presentation. Great job everyone!



Professional Chef Visits!

Food and Nutrition students with Mrs. Sutton had the privilege of having Mr. George Granata, past professional chef, entrepreneur and butcher come in and cook an old-fashioned Thanksgiving meal with us. One of the class's favorite recipes was creamed onions. They also loved an old-fashioned pumpkin butter-scotch pudding with homemade whipped cream.

Students learned to cook many standard items such as turkey, stuffing and gravy. Mr. Granata shared his career path with us including owning a bakery/sweets shoppe in the Boston area. Thank you, Mr. Granata, for sharing your time and special recipes with us!

High School Book Club



On Wednesday, December 23, High School Book Club members visited the Elementary School Library to read to K-2 students. High school students had a chance to spend time with children in each of the grades. Students read Christmas stories and other favorites to their new reading buddies. Students were sad when it was time to go and leave their new friends but we hope to meet again soon!



FFA News for December

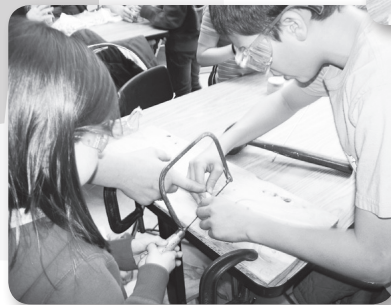
During December the Otselic Valley FFA was kept busy through numerous activities. To start out the month, the FFA had a successful annual citrus fruit sale fundraiser. Following that, the FFA hosted an American Red Cross™ blood drive at the High School on December 17. Thanks to numerous donors, we shattered our record number of blood units donated.

Santa's Workshop

To finish out the month, the FFA held a Santa's Workshop for the first graders. At an agriculture teachers' conference in June, Mrs. Robinson heard about an FFA chapter that hosted a Santa's workshop for their first graders. It involved inviting first graders down to use the shop equipment to build a small wooden toy. The FFA members cut out and assembled the cup block. The first graders drilled a handle hole with an electric drill, cut out the cup using a forstener bit and the drill press, and then assembled the ball and string to the rest of the toy. These toys were collected, sent to the North Pole, monogrammed and marked with the North Pole Seal of Approval before being returned to the original students. The first graders were now *official elves*.

At the first meeting of the school year, Mrs. Robinson presented this idea to the chapter. The FFA members thought that was great and proceeded to set up this workshop here. On December 18, the first graders traveled to the High School and proceeded to make their own ball-in-a-cup toy. These toys were returned to them before vacation by Santa's helper. All the students were deemed *official elves*. A good time was had by the first graders and the FFA students. Our many thanks to Ms. Blake and Mr. Decker for their help with this workshop.

Respectfully submitted,
Jake DeRochie,
FFA Reporter



A Mural in the Making



Over the past few weeks of school, Miss Blake and some of her art students have been constructing a mural in the 5th and 6th grade wing. This mural is inspired by a painting from the Teaching Tolerance magazine and represents a sense of community and unity. This project requires an intricate hand and everyone has been working carefully. We will keep you posted!

Kindergarten News

The kindergartners have been very busy since September. We have been making new friends. Some of our friends are in the fifth grade. They are our kindergarten buddies. They come to our rooms every other Friday morning. We do many things with our kindergarten buddies. We read books together, do projects together, and write stories together. It is a lot of fun! We have been learning so many new things! We have been learning the letters of the alphabet and the sounds they make. We are even beginning to read! We like going to the computer lab, gym, music, art and library.

An important part of kindergarten is learning all the rules and how to behave in school. We are fast learners and are very good at this. We enjoy kindergarten a lot. So far it's been an exciting year, we are looking forward to the rest of the year when we will learn how to become better readers. We like counting, sorting and making patterns in math. It is great to be in kindergarten!



Students' Success Starts in the Home

You probably know that a student's academic success is affected by many factors. When it comes to achievement, activities outside the classroom, especially at home, can be just as influential as what happens inside the classroom.

Following the five important areas to emphasize to ensure the success of your children.

- Establish a daily routine by providing a quiet time and place for your children to study. Be firm about bedtimes so the child is well-rested and alert in the classroom. Having dinner together as a family is also important, because it gives you an opportunity to talk about your children's daily school activities, projects and expectations. Encourage communication through conversation and questioning.
- Monitor your children's extracurricular activities closely. Whenever possible, arrange specific after-school activities or supervised care, always monitor television watching, and install computer software to block inappropriate websites. Also be mindful of video game content. If you can't be home right after school, call or email frequently to check in with your children, or have a trusted neighbor, relative or friend stop by. Search out after-school programs and association activities that could serve as alternatives for children going home alone after school.
- Reading books, magazines, and newspapers and talking about what is learned from them is another important aspect to pursue at home. Discussing current events and/or the day's activities is a good habit to develop. Tell stories, share problems, and write letters, notes and messages to one another. These types of communication bring families closer together, especially today, when everyone is busy with his or her own individual activities and commitments.
- Stay in touch with teachers and school staff, and express sincere interest in your children's progress at school. Work together with your children's teachers to set age-appropriate goals and standards, and to recognize and promote special talents. Compliment your children and share school success stories with family and friends.
- Be a positive role model. Demonstrate ways that achievement relates to hard work and dedication. Discuss the value of a good education to possible career options, and explore ways your children can turn their true interests into satisfying career possibilities.

High School Third Marking Period Honor Roll

7th GRADE

High Honor

Thomas Foster
Crystal Hayner
Cashmire Jackson Jenkins
Jordan Lidell
Jessica Ossont
Madeleine Plummer
Jennifer Rhoades

Honor

Aspen Allen
JulieAnne Elwood
Miranda Elwood
Angel Horvath
Justine Neal
Joseph Puccio
Samantha Selinsky

Merit

Jonathan Bower
Matthew Collins
Dakota Kelly
Jonathan Liuzzo
Christopher O'Hara
Austin Reynolds
Connor Smith
Colby VanVoorhis
Danielle Witt

8th GRADE

High Honor

Kesshia DeLee
Lauren Harris
Amanda Korb
Elizabeth Morse
Elyse Petersen

Honor

Tyler Armstrong
Hayley Brown
Madeline Davies
Nicholas DeRochie
Susan Graham
Dustin Marshall
Briana Parshall
Alexis Pierson
Peter Robinson
Carly Stone

Merit

Benjamin Brown
Karl Cortez
Lucas Cummings
Tyler Garey
Jonathan Lyon
Courtney Pittsley
Gaven Plummer

9th GRADE

High Honor

Rachael Harris
Esther Lyon
Kayleena Manwarren
Trevor Marston
Karalee Mikula
Amber Monroe
Aletha Mott
Chantal Stith

Honor

Allyzza Agren
Dillon Clapp
Kaitlyne Davis
Kayla DeLee
Kenneth Elwood
Sydni Hamlin
Brandon Huntley
Andrew Loomis
Karalee Mikula
Zackary Muller
Nikole Olin
Hope Reynolds
Emily Scanlon
Dalton Stone
Eva Stone

Howard Straight
Megan Strong

Merit

Gregory DeRochie
Brandon Fowler
Shawn LaFlair
Ashley Pitts
Brenton Rasmussen
Minnie Rhoades
Michael Witt

10th GRADE

High Honor

Logan Carsten
Angela Graves
Michael Larkin
Jessica Loomis
Cody Morgan
Kara Quick
Elisabeth Reichard
Corey Stone

Honor

Kyleigh Bassett
Charles Bishop
Marina Brown
Jacob Cross
Joshua Cross
Crystal Hillman
Alan Lewis
Gabrielle Lyon
Nathan MacLaury
Bethany Mason
Desiree Mesko
Adam Monroe
Bradley Moyer
Elyse Roalef
Nicole Sawyer
Autumn Sergeant
Leah Strong
Kayla Thorp

Merit

Shalei Gardner
Katherine Gieger
Shelby Hillman
Amanda Jaycox
Jefferey Witt

11th GRADE

High Honor

Douglas Day
Jacob DeRochie
Karl Graham
Bethany Lewis

Honor

Jessica Bencke
Dustin Davis
Kimberly DeVinne
Bianca Kelly
Robert Kelly
Dalton Marshall
Erich Petersen
Brittany Seager
Nathan Stark
Jenna Wood

Merit

Stephen Beesmer
Lana Centner
Benjamin Davis
Coleman Ellis
Robert Heintz
Angie Marshall
Zachary Rowland

12th GRADE

High Honor

Daniel Larkin
Christian McAuley
Taylor Monroe
Christopher Neal
Naomi Reichard
Nathan Thorp

Honor

Travis Littler
Brian ManWarren
Chase Marston
Michael Sawyer
Robert Swayze

Merit

Teresa Carver
Ryan Mason
Weylin Schloth

Great
Job!

Nutrition Nuggets

Food and Fitness for a Healthy Child

January 2010

Otsellic Valley Central School
Promoting wellness for all.

BEST BITES



Math + fitness

Give your child a chance to

combine math practice and exercise with daily "math breaks." Give directions that include a math problem and a fitness activity. For example, say, "Do $2 + 2$ jumping jacks" or "Do $11 - 2$ cartwheels." Then, let him give you instructions for your math break.

DID YOU KNOW?

Kids tend to overeat when they have nothing to do. Try to avoid this by making sure your youngster is active after school. You might set a schedule for homework and playtime. Encourage her to play outside with neighbors or have friends over. Or sign her up for an activity like a sports league or a nature program.

Donate healthy foods

Encourage your child to think about the needs of others. Let him help you find canned and boxed foods at home or in the grocery store to drop off at homeless shelters or food pantries. Encourage him to select healthy items, such as canned beans, tuna packed in water, oatmeal, and multi-grain pasta.

Just for fun

Q: Why aren't restaurants built in outer space?

A: Because they wouldn't have any atmosphere!



Salad time

Would you like your youngster to eat more salad? Try tossing in a little creativity with the vegetables! Here are a few ideas.

Make your own

Let your child decide what to put in his salad by setting up a salad bar at home. You can put out a big bowl of lettuce and smaller bowls filled with different vegetables and toppings. Or let your youngster help make salad for the family and select the ingredients. A young child can wash and tear lettuce and sprinkle on vegetables that you've sliced. Show older children how to safely use a knife to cut up vegetables.

Change the look

Salad doesn't have to be served in a bowl. Put it on a thin pizza crust (purchased from the grocery freezer section), slice into pizza-shaped triangles, and drizzle on dressing. Place a few spoonfuls of salad onto a fat-free tortilla, and



roll into a burrito-shaped wrap. Or scoop out a whole tomato, and fill the shell with salad.

Use interesting ingredients

Keep your youngster eating salad by adding variety. Small grape tomatoes give a burst of flavor. Mix in color with canned red beets or mandarin oranges. Include whole grains by spooning on cooked couscous, quinoa, or brown rice. Or top salads with crunchy chow mein noodles, sesame sticks, or chopped pecans.

Tip: Let your child try different low-fat dressings to find ones he likes. A fun and healthy option is salsa, especially fruity ones like mango or peach. 🍌

Stay healthy

Strawberries, carrots, eggs... These and other foods have vitamins that can boost your youngster's immune system and help prevent—or shorten—colds this winter. Use this list as a guide.

Vitamin A. Dark orange vegetables and fruits (carrots, sweet potatoes, butternut squash, mangoes, apricots), dark green vegetables, milk, egg yolks.

Vitamin C. Citrus fruits (oranges, tangerines, grapefruit), strawberries, guava, kiwi, pears, cantaloupe, broccoli, cabbage.

Vitamin E. Eggs, whole grains, wheat germ, avocado, nuts, seeds.

Zinc. Milk, cheese, egg yolks, legumes (chickpeas, lentils, lima beans), whole grains, lean meat, chicken, fish.

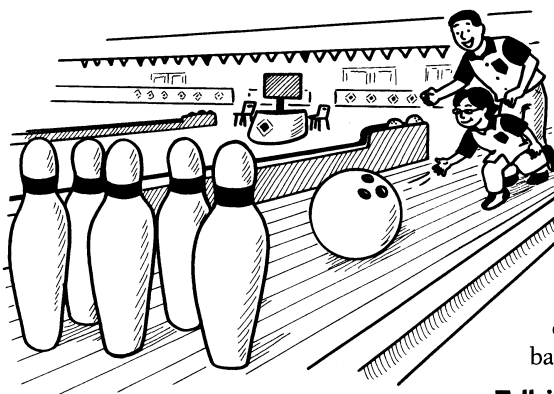
Note: Frequent hand washing is one of the best ways to prevent sickness. Get your youngster used to washing her hands often—and especially before preparing food or eating. 🧼



Be an active family

The family that plays together gets fit together! This year, try to add more physical activity into your family's life. Encourage your youngster to follow your lead with these tips.

Have fun together. Look for activities you both will enjoy. You might join a parent-child bowling league or take a beginning karate class at your community center. Plan active family events, such as a weekend bike ride or a hike in the woods. Show your child cheers you did in high school, and let her make up her own.



Play ball! Do you like to watch basketball? Does your youngster follow a favorite soccer team? Suggest going outside and practicing what you've seen. Shoot baskets, or kick a soccer ball back and forth.

Talk it up. Let your child know that being active makes

you feel good. ("It was great to walk at lunchtime today. I was ready for the afternoon!") **Tip:** Use the words "fun" or "play" when making suggestions. Many children—like many adults—think "exercise" sounds boring or hard. ●

ACTIVITY CORNER

Take five

If your child has five minutes, he has time to fit in a workout. Here are three quick exercises.

Ball toss

Standing up, hold a medium-size ball at your chest. Toss it straight up in the air, and reach up high to catch it. Bring the ball back to your chest. Repeat 10 times.

Mountain climber

Start on all fours, with arms straight and palms flat on the floor. Lift your right knee toward your right arm, and move it back. Lift your left knee to your left arm and back. Quickly repeat for 1–2 minutes.



Hip raises

Sit with your legs straight out and your hands flat on the floor (facing out). Keeping your elbows straight, raise your hips until your body is straight and only your heels and hands touch the floor. Lower back down. Repeat 10 times. ●

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of Aspen Publishers, Inc.
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

© 2009 Resources for Educators, a division of Aspen Publishers, Inc.



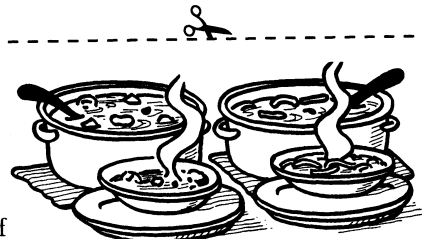
IN THE KITCHEN

Hot pots

When it's cold outside, warm up your family with hearty stews and soups. Try these.

Beefy stew. Brown 1½ lb. ground beef in a skillet, and drain. Place in a soup pot, and add 2 sliced potatoes, 2 sliced carrots, 1 bag frozen peas, 1 can tomato soup, and 1 cup water. Bring to a boil. Simmer for an hour until the vegetables are tender.

Chinese noodle soup. Heat 1 quart low-sodium broth (vegetable, chicken, or beef) in a large pot. Add 1 cup cooked chicken or cubed tofu. Stir in 1 can sliced water chestnuts, 1 can bamboo shoots (drained), ½ cup snowpeas, and ½ cup sliced mushrooms. Cook 10 minutes. Add 1 package thin Chinese noodles (or spaghetti), 1½ cups chopped bok choy or spinach, and 1 tsp. sesame oil. Cook 5 minutes longer. ●



Q & A I want that!

Q: My child always asks for the foods he sees advertised on TV, but I know they're often not healthy. How can I help him make nutritious choices?

A: This is a great time to help your youngster learn about advertising and media influences. Have him keep a log of food commercials while he watches TV. He can write down the product name and the claims made. For example, an ad might say the food will build muscles and make him stronger.

Then, with the list in hand, take a trip to the grocery store together. Let your child find the foods and read the nutrition labels. Ask him if he thinks the foods are healthy or not.

Discuss the trends you notice. Are there lots of sugary foods on his list? Are there fruits and vegetables? Explain that it's better to read food labels and make healthy decisions for himself than to choose foods based on commercials. ●



Nutrition Nuggets

Food and Fitness for a Healthy Child

February 2010

Otselic Valley Central School
Promoting wellness for all.

BEST BITES



Healthier cereal

Is it hard to get your youngster to switch from her favorite—but not so healthy—cereal? Try mixing it with a more nutritious variety, half and half, in the same bowl (frosted mini wheat squares with unfrosted). As she gets used to the new taste, gradually decrease the portion of the sugary type.



DID YOU KNOW?

The average child gets less than 15 minutes a day of vigorous physical activity. Help your youngster achieve the recommended 60 minutes every day by keeping track. Hang a calendar on the kitchen wall, and have each person write in the physical activities they did that day (walked the dog, played football).

Buy food in bulk

Try to buy food and supplies (canned goods, napkins) in larger quantities when possible. You'll save money and also help the environment by cutting down on packaging waste. When bulk quantities are too big for your family, consider splitting the food—and the cost—with relatives or neighbors.

Just for fun

Mom: Lauren, the salad doesn't taste right. Are you sure you washed the lettuce?

Lauren: Of course, Mom. You can still see some soap on it!



Table time

Eating together can build family bonds and encourage your child to eat more nutritiously. Use these ideas to spell better m-e-a-l-s for your family.

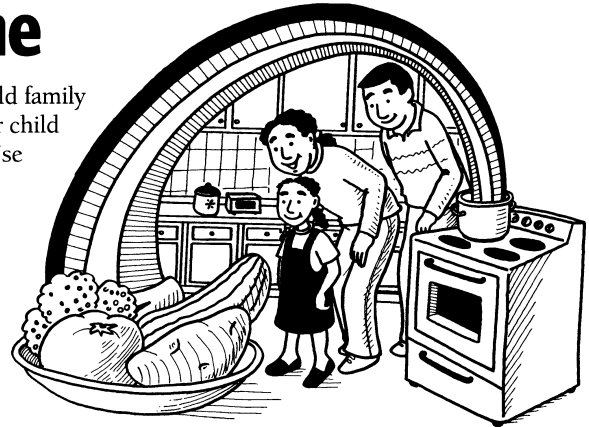
Make it a habit. Having meals together as often as possible will get everyone in the routine. Try to set mealtimes that work for your family, which may mean late dinners after soccer practice or early breakfasts before work and school.

Enjoy a variety of foods. Think of the week as a rainbow, and serve a different-colored vegetable each night: red tomatoes, orange carrots, green broccoli, and so on. Mix up your main courses, too, rotating among chicken, beef, pork, fish, and a meatless meal, for example.

Add fun. Keep things playful with special-event meals. You might throw an indoor picnic (spread a blanket or sheet on the family room floor) or have a "silly hat dinner" (family members wear hats they made or decorated). Use the event to spark conversation. ("What a great hat. How did you think of it?")

Let kids help. Mealtime is easier when everyone has a job. Your youngster might set the table, make the salad, fill glasses with water, or plan a menu. If she participates, she'll be more interested in sitting down to eat the meal.

Say please and thank you. Practice good manners—and keep mealtime pleasant—by setting a few simple rules. (Examples: Use indoor voices. Ask others to pass food.) Good manners at home will carry over into the school cafeteria and the homes of friends and relatives.



Tip: Keep the focus on your family at mealtime by turning off the TV and leaving cell phones and handheld video games in another room. ●

Add steps

Walking extra steps is an easy way to build more exercise into your youngster's day. Here are some suggestions.

Go for walks. Take daily walks, even in the winter. Dress warmly, wearing hats, mittens, and layers of clothing. Walk up hills in your neighborhood instead of around them.

Take the long way. If you're walking your child to a friend's house, go a block out of your way. If you're shopping, take a longer route from one store to another. When you park, pick a space at the back of the lot so everyone has to walk farther. ●



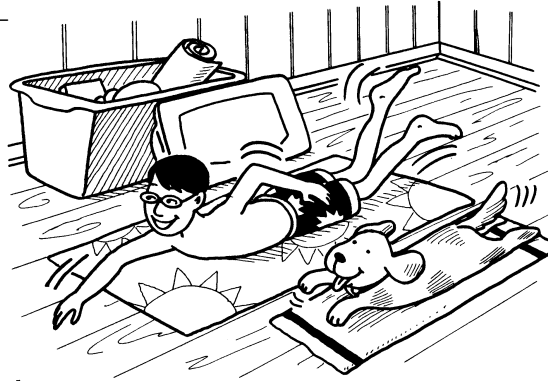
Nutrition Nuggets

My exercise kit

Encourage your youngster to get more physical activity by putting together his own special equipment. Store items in a big container (a storage bin, a clean trash can), and suggest a few activities for each.

Item: Large towel

Activities: Lie down on your stomach and pretend to swim. Stand up and pretend you're balancing on a surfboard. Or roll up the towel, put it on the floor, and jump back and forth "over the log."



Item: Exercise mat

Activities: Pretend that your nose or your elbow is a pencil, and spell your name with it. Do movement patterns (forward roll, hop, hop, backward roll). Try a yoga pose: get on your hands and knees and stretch like a cat (arch your back and sink back down). ●

Item: Different-sized balls

Activities: Toss the balls into the equipment bin from various spots in a room. Practice dribbling by bouncing a ball low and then high. Lie down on your back with your knees bent and your feet on a large ball—use your feet to roll the ball back and forth.

ACTIVITY CORNER

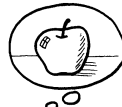
Food sense

Touch it. Taste it. Smell it. Let your child use his senses to explore food with these ideas.

Touch. Put several fruits and vegetables in a paper bag or pillowcase. Have your youngster reach in and try to identify each one by how it feels (bumpy, smooth, soft, hard, round, oblong).

Taste. Set out foods that are sweet (jelly beans), sour (pickles), salty (pretzels), and bitter (grapefruit peels). Explain to your child that there are taste buds for different flavors on different parts of his tongue. Then, have him touch each food to different areas on his tongue. Can he find the parts that correspond with each flavor? *Hint:* The taste will be stronger when it touches the "right" taste buds.

Smell. Have your youngster repeat the tasting experiment, but this time he should hold his nose. What happens? He'll learn that food doesn't taste the same when he can't smell it—which is why food isn't as good when he has a cold. ●



IN THE KITCHEN

Leftover magic

Using leftovers can stretch food dollars—and help busy families get meals on the table. Here are some ideas:

- For a quick pasta primavera, boil noodles and warm a jar of marinara sauce. Toss with last night's cooked vegetables.
- Make Sloppy Joes. Shred leftover beef, simmer it in barbecue sauce, and serve on whole-wheat buns.
- Cut leftover chicken into chunks, and combine with light mayonnaise. Put the chicken salad in sandwiches or on top of last night's salad.

- Slice up leftover steak, and heat it in a microwave. Place it in low-fat tortillas along with shredded lettuce and chopped tomatoes for steak wraps.

- Crumble up leftover hamburgers and mix with cooked brown rice. Cut a bell pepper in half, scoop out the seeds, and fill with the beef and rice. Cover with tomato sauce, and bake for 20 minutes at 350°.

Safety Note: Use leftovers within four days. ●



PARENT TO PARENT

Handling lactose intolerance

When we found out that our daughter Alicia was lactose intolerant, we were upset. She loves to drink milk and eat dairy products, but it turns out they were the cause of her stomach problems.

I talked to a neighbor who is lactose intolerant, and she gave me several ideas. First, we went food shopping to find things Alicia could have. We were surprised that our store had lactose-free milk, cheese, and even ice cream sandwiches. Then, we checked food labels for ingredients to avoid, such as lactose, whey, cream, dried milk, milk solids, and powdered milk. Our neighbor had

warned us that these ingredients are often added to bread, cereal, lunch meats, salad dressings, and cookie mixes.

Finally, we bought chewable lactase enzyme supplements for Alicia to use

when she didn't have substitutes, such as at a friend's birthday pizza party.

Alicia feels much better now that she's not eating foods with lactose—so she really doesn't mind the changes in her diet too much. ●



OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of Aspen Publishers, Inc.
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

Reserve Your Elementary Yearbook Now!

K-6 Yearbooks are now \$25 (includes 8% sales tax). Full payment is required at the time of order. If you do not pre-order we cannot guarantee you a book.

All reservations will be conducted through the High School. To order books please complete the form below, detach, and mail to:

Mrs. Osowski, Yearbook Advisor
Otselic Valley Central School
P.O. Box 161
South Otselic, New York 13155

The number of books available is limited so reserve your book TODAY!

Elementary Yearbook Sale Order Form

Please Print Clearly

Name of person receiving/picking up book: _____

Deliver to: ☐ Elementary ☐ High School

Teacher (elem. only): _____

Amount enclosed \$ _____

*(Please make checks payable to OVCS Yearbook.
Do not send cash through the mail.)*

Address for receipt: _____

Reserve Your High School Yearbook Now!

7-12 Yearbooks are now \$60. A \$20 deposit reserves your copy. If you do not pre-order, we cannot guarantee you a book.

The balance must be paid in full by May 1 or your reservation will be canceled. All reservations will be conducted through the High School. To order books please complete the form below, detach, and mail to:

Mrs. Osowski, Yearbook Advisor
Otselic Valley Central School
P.O. Box 161
South Otselic, New York 13155

The number of books available is limited so reserve your book TODAY!

NEW! Order online at www.ovcs.org/yearbook

High School Yearbook Sale Order Form

Please Print Clearly

Name of person receiving/picking up book: _____

Deliver to: ☐ Elementary ☐ High School

Teacher (elem. only): _____

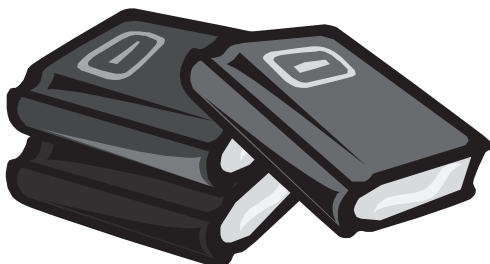
SENIORS ONLY: Name Stamp \$6 (due with deposit) Sorry, no nicknames.

Name: _____

Amount enclosed \$ _____

*(Please make checks payable to OVCS Yearbook.
Do not send cash through the mail.)*

Address for receipt: _____



Order Today!

OTSELIC VALLEY CENTRAL SCHOOL
Georgetown, New York 13072
South Otselic, New York 13155

Board Members

David Cruikshank, President
Dale Fox, Vice President
Gregory Brown
Douglas Evans
Terri Hammond
Gail Evans Burpee, District Clerk

Non-profit
Organization
U.S. Postage
PAID
South Otselic,
NY 13155
PERMIT #3

DCMO BOCES Printing Service • Norwich, NY

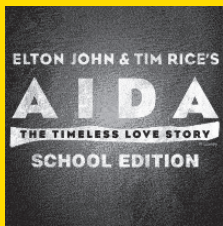
CURRENT RESIDENT OR

ECRWSS
BOXHOLDER

"The Otselic Valley Central School District does not discriminate on the basis of race, color, religion, gender, sexual orientation, national origin, age, disabilities, marital or veteran status."

Contact person:

Lawrence A. Thomas, Superintendent, P.O. Box 161, 125 County Road 13A, South Otselic, NY 13155 (315) 653-7218.



Otselic Valley Drama Club
to present
AIDA
School Edition
April 9 and 10 • 7:30 p.m.
Otselic Valley High School, MPR

ELTON JOHN AND TIM RICE'S AIDA SCHOOL EDITION is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. 421 West 54th Street, New York, NY 10019
Phone: 212-541-4684 Fax: 212-397-4684 www.MTIShows.com

A Visit from Dustin Warburton



On Tuesday, December 8, Otselic Valley welcomed author Dustin Warburton to the Elementary and High School Libraries. Dustin, a graduate of Oxford High School and a former competitive snowboarder, has written several young adult horror novels as well as a picture book.

Dustin spoke to 3rd-6th and 8th-9th grade students about his path to becoming an author, his life as a teacher in Vermont, and his struggles and inspiration as a writer. Dustin also shared about his recent foray into scriptwriting and his trips to Hollywood to work with a well-known film director. Perhaps we'll see Dustin's work on the big screen one day!



Calendar of Events

February

- 1 No School—Staff Development Day
- 4 Athletic Booster Club Mtg., HS
- 5 7-12 Report Cards Mailed
- 15 No School—President's Day
- 16 No School—Winter Recess
- 17 Board of Education Meeting, Gym, 7:30 p.m.