

FCS NEWSLETTER



FRANKLIN CENTRAL SCHOOL, FRANKLIN, NY
www.franklincsd.org

MAY 2016

SUPERINTENDENT'S MESSAGE

Governor Cuomo presented his State Budget proposal in mid-January. He proposed increasing school aid by \$2.1 billion over the next two years and eliminating the Gap Elimination Adjustment. This initially sounded like great news for districts. A closer look, however, indicates that many districts such as Franklin will not see a substantial benefit from the elimination of the GEA (\$9,300.00). A zero percent tax cap further complicates the revenue districts may seek. The overall picture for Franklin results in a loss of three hundred and thirty thousand dollars (\$330,000) under the current Governor's proposal. This is the case for many rural schools in our area. I must remain hopeful that the State legislators will increase the amount of funding proposed and narrow the gap that currently exists for many districts in New York State.

I have continued to communicate with our Assemblyman, Senator and the Governor's office about the need for appropriate and equitable funding of public education. Elimination of the Gap Elimination Adjustment program alone is not enough. The current foundation formula is flawed and does not result in a fair distribution of funding for Franklin Central School.

Thank you for your support of our school and the students we serve.

—Gordon Daniels, Superintendent

VOTE

PUBLIC HEARING
TUESDAY, MAY 3—6:30 p.m.
Room 206

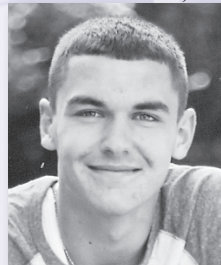
BUDGET VOTE
TUESDAY, MAY 17—Noon-9:00 p.m.
Main Lobby

VALEDICTORIAN AND SALUTATORIAN GLORIA BANKS, VALEDICTORIAN



Franklin Central School is proud to announce that Gloria Banks, daughter of Diane Davis of Franklin, has earned the honor of being named the Valedictorian for the class of 2016. Gloria is an energetic, and community-minded young leader who is also dedicated to academic success. Gloria is passionate about making positive contributions to her school through her leadership roles in Student Council, Drama Club, SADD, FCCLA and National Honor Society. Gloria has helped plan and facilitate many workshops and Dignity Days for our student body and our community through her work with Franklin's Alternatives to Violence Club. Gloria was awarded the Daughters of the American Revolution Good Citizen Award, the Delaware County Youth Board's Youth Humanitarian Award, and Franklin Community Foundation Award in addition to multiple local and state awards for scholarship, leadership and academic achievement. Gloria will attend Cazenovia College on a full Presidential Scholars Award.

DEREK BEERS, SALUTATORIAN



Franklin Central School is proud to announce that Derek Beers, son of Darryl and Terri Beers of Franklin, has earned the honor of being named the Salutatorian for the class of 2016. Derek is a hard-working, determined young man who demonstrates leadership and academic success. Derek has been involved in the National Honor Society, Alternatives to Violence Program, Band, Prom Committee and the Varsity Club. Derek has demonstrated his leadership and pursuit of excellence both in the classroom and on the athletic field. Derek has captained his soccer, basketball and baseball teams. He is a dedicated team leader who has earned recognition as a scholar athlete and BCANY academic all-state recipient. Derek has also been awarded multiple local and state honors for his athletic ability, most notably being the BCANY player of the year in basketball. He has also been selected as a New York All-State athlete in soccer and basketball. Derek has earned various academic honors including the George Eastman Young Leaders Award. Derek will attend the State University of New York at Cortland to study Exercise Science.

BUDGET OVERVIEW

The 2016-17 proposed budget increases total District spending by \$146,050. The proposed increase in the tax levy is 2.66% for next year. The following schedule presents a comparison of the proposed expenditures for the 2015-16 and 2016-17 budget:

| 2015-16 ADOPTED BUDGET | 2016-17 PROPOSED BUDGET | \$ CHANGE | % CHANGE OF TAX LEVY |
|------------------------------|-------------------------------|--------------|----------------------------|
| \$6,732,448 | \$6,878,498 | \$146,050 | 2.66% |

For 2016-17 we are expecting a small increase in state aid over the current year. However, the increase in aid will not be sufficient to cover projected increases in special education related costs and employee benefits and salaries. As a result, our preliminary budget left us with a budget gap of approximately \$332,000. To tackle this gap all aspects of





District operations were reviewed. To close the budget gap the following occurred:

- All non-instructional departments are maintaining zero budget growth for the 2016-17 year.
- District staffing patterns were reviewed and reorganized which resulted in the elimination of 2.5 positions. This figure consists of the reduction of three high school teachers and our librarian from full time to part-time and the elimination of one part-time teaching position. In addition, we will not be filling two academic support positions that will be vacant at the end of the year due to staff retirements.

The Board of Education worked very hard to keep as many programs in tact as possible. In addition, because of some creative scheduling we are confident that we will not be losing many electives at the high school level.

What Will be the Effect on my Taxes?

Tax rates vary from town to town and are affected by many factors beyond the District's control such as Assessed Values, State Equalization Rates and STAR Exemptions. Actual tax rates will not be set until August when New York State finalizes equalization rates. The proposed increase in the tax levy is 2.66% for next year. The following example provides a simplified illustration of the tax levy impact, with all other factors remaining equal.

| FIND YOUR HOUSE ¹ |  |  |  |  |
|---------------------------------------|---|---|---|---|
| Value of Property | \$50,000 | \$75,000 | \$100,000 | \$125,000 |
| Proposed 2016-17 Schools Taxes | \$431.54 | \$849.80 | \$1,268.07 | \$1,686.34 |
| Current School Taxes | \$417.86 | \$825.29 | \$1,232.72 | \$1,640.15 |
| Dollar Increase | \$13.68 | \$24.51 | \$35.35 | \$46.19 |

¹Total tax figures are adjusted for reductions from STAR. The basic STAR exemption for 2015-16 school taxes was \$397.

SCHOOL DISTRICT VOTER QUALIFICATIONS

VOTER QUALIFICATIONS

- A Citizen of the United States,
- At Least 18 years of age, or
- A resident of the District for at least 30 days prior to the meeting at which he or she offers to vote.

Voters will be required to present personal identification or, if none is available, they must sign a declaration confirming their Franklin, New York residency and that they are a qualified voter in this District. Such forms of person identification may include, but are not limited to:

- A driver's license,
- A non-driver's identification card,
- A utility bill,
- A voter registration card,
- Or any other evidence of residency School District

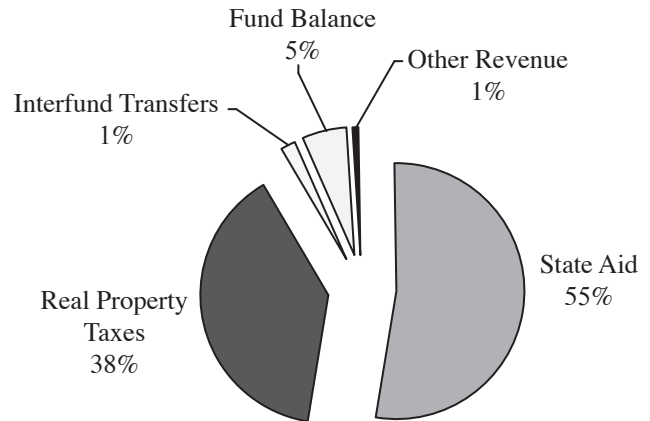
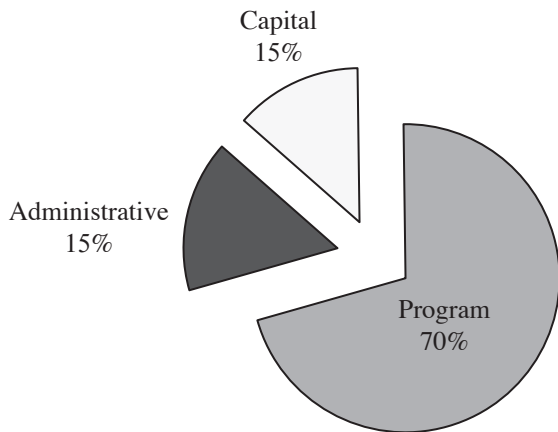
ABSENTEE BALLOTS

Applications for absentee ballots may be applied for at the District Office at P.O. Box 888, Franklin, New York 13775.

ANALYSIS OF THE 2016-17 PROPOSED BUDGET

2016-17 PROPOSED EXPENDITURES

2016-17 ESTIMATED REVENUES



PROGRAM COMPONENT

This represents \$4,838,308 or 70% of the budget.

The Program Component includes all costs directly associated with the instruction of students. Included in this component are salaries and benefits of teaching staff; textbooks; classroom supplies, materials and equipment; extra-curricular activities; interscholastic athletic programs and certain BOCES services. This component also includes the costs associated with operating the District’s transportation program.

CAPITAL COMPONENT

This represents \$982,623 or 15% of the budget.

The Capital Component includes the costs to maintain and operate school facilities. Included in this component are utilities; custodial salaries and benefits; custodial supplies, materials and equipment and debt service payments. This component also includes the costs associated with upgrading the District bathrooms.

ADMINISTRATIVE COMPONENT

This represents \$1,057,567 or 15% of the budget.

The Administrative Component includes anticipated expenditures associated with the administrative, business and supervisory costs of the District. Included in this component are costs relating to the Board of Education, Office of the Superintendent, the Business Office and the Principal’s Office. It also includes certain BOCES related expenditures and legal and auditing services.

NEW YORK STATE AID

This accounts for \$3,802,572 or 55% of total revenue.

This category represents NYS Aid in all categories including regular operating, transportation and building aid.

REAL PROPERTY TAX

This accounts for \$2,608,926 or 38% of total revenue.

This is the local share of the budget, to be raised through the school tax levy. A portion of this amount will be paid for many residents through the NYS STAR program.

INTERFUND TRANSFERS

This accounts for \$75,000 or 1% of total revenue.

This is a transfer from the debt service fund to cover the cost of obligated debt service payments.

FUND BALANCE

This accounts for \$335,000 or 5% of total revenue.

This category consists of funds accumulated over the past several years to be used to offset taxes. Also included in this category is the use of certain reserve fund money designated for particular purposes such as retirement system contributions and capital projects.

OTHER REVENUES (MISCELLANEOUS)

This accounts for \$57,000 or 1% of total revenue.

Included here are funds received from interest earnings; penalties on school tax payments, gifts and donation and refunds of prior years obligations.

BUS PURCHASE

On May 17, residents will also vote on the purchase of a 48 passenger bus at a cost not to exceed \$115,000. If approved, this purchase will be funded with a bus bond anticipation note. The cost of the bus is 70% State Aid reimbursable; resulting in a net cost to District residents of \$34,500. The District replaces buses on a 10-year cycle. This practice allows us to keep the bus fleet in good operating condition without spending excessive amounts on maintenance and repairs.

FRANKLIN CENTRAL SCHOOL 2016-17 PROPOSED BUDGET PUBLIC HEARING

TUESDAY, MAY 3, 2016 AT 6:30 P.M.
ROOM 206

AGENDA

The agenda will be as follows:

- Call to order by president
- *Pledge of Allegiance*
- Reading of official notice
- Introduction of chairman
- Reading of the 2015 Annual Meeting minutes
- Reading of voting procedures including: inspectors of the election, voter qualifications and Board Member seats
- Presentation of propositions

PROPOSITION 1: BUDGET

Shall the Board of Education of the Franklin Central School District be authorized to expend therefore a sum of \$6,878,498, which said sum or so much thereof as may be necessary shall be raised by tax on the taxable property of the Franklin Central School District?

PROPOSITION 2: SCHOOL BUS

Shall the Board of Education of the Franklin Central School District, Franklin, New York, be authorized to finance the costs of the acquisition of a 48-passenger bus at a maximum cost of \$115,000 and to authorize of a Bond Anticipation Note?

BOARD MEMBER SEATS

One member for the Board of Education of the Franklin Central School District is to be elected for one five-year term most recently held by Thomas Worden whose term expires at this time.

Candidate(s) for this position:

Adam Niebanck

802 Main Street
Franklin, NY 13775

Steven Cox

8268 County Hwy 21
Franklin, NY 13775

- 2016-2017 Budget Discussion
- Adjournment of the meeting until 12:00 noon, Tuesday, May 17, 2016.
- **Voting at the main entrance of FCS on the above propositions until 9:00 p.m.**

YEARBOOK DISTRIBUTION

The 2016 Yearbook will be distributed on Friday, May 13!

The dedication will take place at Morning Program, 8:30 a.m. All are welcome to attend.

PRINCIPAL'S MESSAGE

Spring is in the air! What a wonderful time of the year!

We celebrated Music in Our Schools Month in March with two wonderful concerts and had Franklin Central School students participate in the All-County program in Delhi. The elementary and high school Drama Clubs also performed. Prom is scheduled for June 11 and the senior trip is planned. Congratulations to Class of 2016 Valedictorian **Gloria Banks** and Salutatorian **Derek Beers**. Before we know it, our graduation ceremonies will be underway!

The fourth quarter is here and I find myself reflecting upon our school year. I continue to be impressed with the support shown our students in every endeavor—who wasn't at that exciting basketball game in Delhi? Whether it be Morning Program, class projects, blood drives, the SADD 5K, annual parent/student scheduling meetings or fund-raising dinners, our families and community at large never cease to amaze me.

I truly hope you get to enjoy time together with your student during Spring Break. It has been a long stretch since the beginning of the semester, and I know our students, faculty and staff are excited for some well-deserved time off. I look forward to a strong finish!

—Julie Bergman, Principal

THE EARLY BIRD GETS THE WORM

Are you hoping to find a summer job? Spring is the time to start applying. The Summer Youth Program for youth ages 14–20 is recruiting young people who want to work for our Delaware County Summer Program!

We strive to place youth all across the county in jobs right in their own communities. These jobs can give you a nice nest egg toward your first car, money for college, or savings account. Eligibility is based on family income—200% of poverty level (Family of four—\$48,500). If you are receiving: Family Assistance/Safety Net, Medicaid, SNAP benefits, HEAP, or SSI, you are automatically income eligible for the program. We also have non-income based opportunities available, so feel free to fill out an application even if you do not think you meet the income guidelines.

We will be mailing applications by May 1 so they will be available at the school's Guidance office and at the CDO Workforce Offices in Sidney and Delhi. Please get your application and supporting paperwork in by deadline of June 17. Remember, the early bird gets the worm. For more information call CDO Workforce Sidney office at (607) 561-7550 or Delhi office at (607) 832-5777.

Lisa Buel, Employment and Training Assistant
CDO Workforce, 1 Gallant Avenue,
Delhi, NY 13753
Phone (607) 832-5777
Fax (607) 832-6078

QUARTER 2 HONOR ROLL 2015-2016

7TH GRADE

Principal's List

Paige Dutcher
Abby-Noelle Potter
Leonardo Temple
Dhalia Van Kingsley

Miles Williams
Megan Worden

High Honor Roll

Mathew Cox
Cole Ruff
Gretchyn Ackley
Emma Lobdell
Zachary Ross

8TH GRADE

Principal's List

Madelynn Ackley
Gabriel Smith

High Honor Roll

Kristin Cronk
George Machala
Molly McLaughlin
Alyssa NoWhitney

Honor Roll

Morgan Carpenter
Brian Johns
Nicholas McWeeney

Brock Warner

9TH GRADE

Principal's List

Tyler Gregory
Cora Van Kingsley

High Honor Roll

Juliana Archibald
Alexis Bellino
Collin Campbell

Rachel Cobane

Daniel Coughlin

Amber Jordan

Angus MacLeod

Christina Worden

Honor Roll

Carson Dutcher

Ethan Hotchkin

Olivia Hyzer

Demitri Jaromack

Christopher Kuntz

Peter Niebanck

Molli Opramolla

Adam Thies

10TH GRADE

Principal's List

Lilliana Bevilacqua

Felix Bridel

Kirsten Brownell

Lacey Cox

Cain Rodriguez

High Honor Roll

Nicholas Carpenter

Nicholas Chase

Jordan Hull

Jennifer Meo

Megan Northrop

Jillian Parascandola

Alexandra Smoot

Honor Roll

Jarrett Bryan

Raymond Donnell

Cassidy Gardner

Damin McNeilly

Timothy Peterson

Joseph Serrao

11TH GRADE

Principal's List

Alexis Eichler

High Honor Roll

Emily Chaloupka

Jessie Davis

Paige Fairchild

Alexander Hanley

Joshua Jones

Macy Jordan

Malorie Jordan

Joseph NoWhitney

Sheldan Robinson

Jetta Shackelton

Sabra Warner

Honor Roll

Kyle Ackley

Zachary Bryan

Alicia DeSilva

Justin Hurlburt

Miranda Little

Kayla Miller

Sky Monosson

Stacey Sicker

12TH GRADE

High Honor Roll

Gloria Banks

Max Carey

Kelsey Smoot

Derek Beers

Honor Roll

Katiesue Humphreys

Elina Martinez

Mariah McNeilly

Turner Thies

Courtney Vaccaro

Congratulations!
Keep Up the Good Work!

DCMO BOCES TO ADMINISTER SCHOOL EQUIVALENCY EXAM

The New York State Education Department awarded a grant to DCMO BOCES to administer the high school equivalency exam. The Test Assessing Secondary Completion (TASC™) exam, was previously administered by the Norwich City School District and most recently at the Norwich High School. Testing at the DCMO BOCES Chenango Campus will start in April of 2016.

The 2016 general test schedule is as follows: April 4-5, June 6-7, July 11-12, October 3-4, and December 12-13. Individuals interested in testing can apply for the exam by calling 607-335-1381. Eligibility requirements, application form, and more information are also available on the www.learnatboces.com home page and the New York State Adult Education website, www.acces.nysed.gov/hse.

Adult and Continuing Education Director Audrey Benkenstein commented, "We are very excited to add the TASC™ administration to the menu of services already offered by DCMO BOCES. We are equally pleased that the high school equivalency exam will continue to be given locally." Benkenstein also commented that the local test initiative hopes to encourage individuals lacking a high school diploma or equivalent to enroll in a preparation program and begin working toward their credential.

Completed applications can be mailed or dropped at the main office of the DCMO BOCES Chenango Campus, Office of Adult and Continuing Education, located at 6678 County Road 32, Norwich NY 13815. For more information about preparation programs and resources contact the DCMO BOCES Adult and Continuing Education office at 607-335-1210.

ESSAY AWARD WINNERS



*DELARC ESSAY CONTEST EVERYBODY CAN!
(L.-R.: MADELINE, TIMOTHY, ISABELLA)*

Isabella Hotchkin won second place in Delaware County. **Madeline McLaughlin** and **Timothy Northrup** received certificates for participation.

2016-2017 UNIVERSAL PRE-KINDERGARTEN NOTICE

If you wish your child to attend the Pre-Kindergarten program, please send a letter of interest by May 27, 2016 to the following address:

Franklin Central School
Attn: Elementary Office
P.O. Box 888
Franklin, NY 13775

All eligible students will be allowed to enroll in the program based on the following criteria:

1. Student must be a resident of Franklin Central School District
2. Student must be 4-years-of-age on or before December 1. Children who are 5-years-of-age on or before December 1 will not be eligible for the Pre-K program, unless recommended by the Superintendent.

Should in-District enrollment requests exceed 18 students a lottery drawing will be held. All students not chosen will be put on a waiting list.

If you have any questions or concerns, please call the school at 829-3551, ext. 316.

FIFTH GRADE READS TO HEAD START STUDENTS



New for
2016-17
School Year

Parents:

All kids entering **7th** and **12th** grade must have the **meningococcal vaccine**.

Without it, they can't start school.

About the Vaccine:

- It's not a new vaccine. It's been recommended for a decade.
- Most parents already choose to vaccinate their children.
- What's new is that the vaccine will be **required** for school entry as of Sept. 1, 2016.

About Meningococcal Disease:

- It causes **bacterial meningitis** and other serious diseases.
- Teens and young adults are at greater risk.
- It comes on quickly and without warning.
- Its symptoms are similar to the flu.
- Every case of this disease can result in death or long-term disability.

Check with your doctor. Even kids who have had a shot before may need a booster to start school.

To learn more, visit
health.ny.gov/immunize

Immunization is Protection.



Department
of Health

SADD AFTER-PROM PARTY

DONATIONS AND VOLUNTEERS NEEDED!

Our SADD chapter is sponsoring our 3rd annual after-prom party. The past two years we have hosted the event at the Clark Sports Center in Cooperstown. However, due to construction we are looking at alternative venues. As soon as a venue is selected we will notify students. The event is open to all students in grades 9-12 on June 11 (after the prom). In the past all students who attend were given a T-shirt, food and an opportunity to win prizes. Prizes included a tablet, mini-fridge, Chromebook and TV depending on the donations we receive. Our main source of funding is Franklin Central School's participation in the SADD Strides for Safety 5k run/walk. Information about the event is listed below.

The after-prom party is a fun activity to discourage risky behaviors and attendance at parties that may have alcohol and drugs. If you are interested in donating snacks, homemade goods or prizes to include in the giveaways or chaperoning the event call Suzanne Swantak-Furman or email at sswantak@franklincsd.org. We are excited to continue this opportunity for our students and community. More detailed information will be available as we get closer to prom.

SADD STRIDES FOR SAFETY RUN/ WALK AND HEALTH FAIR

The 18th Annual SADD 5k run/walk and community awareness day was held on Sunday, April 17 at Oneonta high school. Franklin's participation in this event is the main way SADD earns money to sponsor events for our students such as the Activity Night/ Bounces Houses for the elementary students and the after-prom party.

The event featured something for everyone including the SADD 5K Run/Walk, Health Fair with over 30 exhibitors, Battle of the Belts, and Catskill Center Relay Event. This event gives students the opportunities to experience both physical and hidden disabilities.

Thank you to everyone who came out to support and participate in this great event.

SKI CLUB



Another amazing year for Ski/Snowboard Club at FCS 2016! With the lack of snow this year we were still able to go ski/snowboarding for five (5) weeks. Normally we go six, but the first week there was absolutely no snow. Greek Peak said it

would be ok for us to go to their indoor water park. Despite them wanting to be on the snow, they all made the best of day and had a blast at the water park. We also enjoyed a night ski at Greek Peak.

Thanks to Plattekill for their great snowmaking abilities, for the four weeks we went there, the weather was beautiful, and the ski/snowboarding was terrific.

Thank you all again who support the Ski/Snowboard Club's Sub Sale, including those wonderful ladies in the kitchen who allow us the use of the kitchen. A special thanks to Karen Terry for helping me order the food. With that great support, and lots of hard work from the kids, enough money was raised for each member to receive a winter hat at no cost and a sweatshirt and/or a warm up jacket at a much discounted price. Some people have since asked us about purchasing the items mentioned. If you are interested, please let either Donna Cox or Peggy Peterson know.

Thanks to the Bus Garage for always being there for all of us so early on Saturday morning, and for getting us to our destination safely. You are great and we are very thankful.

Thank you to Mr. Daniels for allowing this to happen. It's a life time experience and a wonderful opportunity for the kids to enjoy and create forever memories with friends; To Debbie Valentine for always helping out with all of our paperwork; To all the teachers for their understanding and allowing the kids to come to meetings when needed and letting the kids come help out with the sub sale; To all the Parents who give so much and allow their children to come each week; and to Peggy Peterson for being a tremendous help to me. Last but not least, Mrs. Peterson and I would like to thank all of the amazing children



that are in the Ski/Snowboard Club. We really enjoy being with all of you and watching you improve your skills from day one and throughout each year. Come back next year for some more fun! Remember any 7th-12th grader can join. Keep Smiling!

RYLA DELEGATE SELECTED



The Franklin Central School is proud to announce that **Emily Chaloupka** has been selected to participate in the 2016 Rotary Youth Leadership Conference to be held at SUNY Oneonta June 26-July 1. Emily is being sponsored by the Rotary Club of Franklin. As an active member of her school community, Emily

participates in many clubs and sports programs including the soccer and basketball teams, color guard, band, Spanish club, SADD, AVP (Alternatives to Violence Program) and National Honor Society. Outside of school, Emily is a Junior Volunteer at A.O. Fox Hospital and is a member of the Stanley Wade School of Dance. Emily is consistently on High Honor Roll and is currently taking college courses towards an Advanced Regents Diploma.

The RYLA Conference is aimed at developing the leadership potential of young men and women through challenging activities including workshops, speakers, discussions, sports, music, and news reporting. Topics focus on decision-making, critical thinking, communicating effectively, time management, ethics, public service, and career development.

Congratulations Emily!

GUIDANCE AND COUNSELING CORNER

SUMMER EMPLOYMENT

Students should apply now for your working papers if you plan to get a summer job. See Mrs. Bolton for the paperwork. Summer Youth Employment program applications will be available May 1.

CAREER EXPLORATION

It is hard to believe that spring is here. The New York State department of labor has an excellent resource for students and parents at www.nycareerzone.org. We also have access to career exploration through Guidance Direct, an online program, which allows students to explore careers, interests, create resumes and search for colleges. Please call our office for the access code. All students and parents can utilize this resource.

JUNIORS

Pick 3 or 4 colleges you are interested in and visit in the spring while the campus is alive! Now is the time to get serious about your college search. Sign up for both the ACT (www.actstudent.org) and SAT (www.collegeboard.com) in the spring (May or June). Work hard in school this year and improve your GPA. Volunteer your time for your school and community—colleges and scholarships look closely at this.

—Suzanne Swantak-Furman, School Counselor

DRAMA CLUB NEWS

ELEMENTARY DRAMA

Elementary Drama would like to thank everyone that came out to see their production of *Exposed! What Really Happened!* in February. We had a great turn out and had lots of fun!



HIGH SCHOOL DRAMA

The High School Drama Club would also like to thank everyone who came out for their production of *The Unbearable Liteness of Being Teen*, it was a wonderful show and the students worked very hard, we also honored our senior **Gloria Banks**.



TYPICAL ADOLESCENCE? OR SIGNS THAT REQUIRE HELP?



Adolescence is a time of change—change that prepares a young person for adult life. Young people begin to develop their own beliefs, cultural values and sexual identity, and begin thinking about the future. These changes can lead a youth to turn away from family and toward friends, to question authority and take risks. We also know that mental health problems often appear during adolescence. How do we distinguish between normal adolescent behavior and signs of serious mental health problems?

There are a number of signs and symptoms to look for. If a young person is experiencing several at one time and the symptoms are causing problems in their ability to study, work or relate to others, he or she should be seen by a mental health professional. Youth with suicidal thoughts or thoughts of harming others need immediate attention.

SOME SIGNS OF POTENTIAL PROBLEMS:

- Social withdrawal, withdrawal from activities or a loss of interest in others
- Problems with concentration, memory, speech or difficulty performing familiar tasks
- Increased sensitivity to, or avoidance of, sounds, smells, touch, sights or stimulating situations
- Apathy or feeling disconnected or a sense of unreality
- Illogical thinking, exaggerated beliefs or magical thinking
- Nervousness or fear or suspiciousness of others
- Odd or unusual behavior
- Dramatic sleep or appetite changes or a decline in personal care
- Rapid or dramatic mood changes

MAKING A DIFFERENCE: PROTECTIVE FACTORS IN A YOUTH’S LIFE

What causes one youth to struggle with addiction, mental health problems or risky behaviors and another seem to coast through high school unencumbered by anxiety, depression or substance abuse? We all know that there is a complex maze of factors such as genetics, family connections and community that impact each youth. Protective factors increase a young person’s likelihood of success and risk factors increase the likelihood of mental health problems or substance abuse.

When students enter high school, they face social, emotional, and educational challenges. What’s exciting is that schools, teachers and parents can improve student outcomes by increasing protective factors and reducing risk factors.

BUILDING A POSITIVE SCHOOL CULTURE

A positive school culture is linked to improved academic and behavioral outcomes and helps create a sense of acceptance and attachment to school life. This shapes students’ feelings and attitudes, which in turn impact on their academic performance and mental health.

To build a positive school culture, schools are encouraged to introduce or strengthen programs that provide opportunities for students and teachers to interact with one another on an informal basis and provide activities that promote positive peer bonding such as recess, clubs or school buddy programs. Schools should promote high academic expectations for their students and place more emphasis on mastery of a subject matter and less on competition and relative ability. A positive relationship with at least one adult who is not the parent, is a strong protective factor. Therefore, teachers who get to know their students can make a difference in their lives.

CREATING A PROTECTIVE SCHOOL CULTURE:

- Encouraging a commitment to learning
- Praising achievements and accomplishments
- Acknowledging successes and abilities
- Asking students for opinions and solutions
- Modeling positive behavior and respect
- Encouraging student participation and helping
- Setting clear classroom rules and consequences
- Keeping the channels of communication open

| PROTECTIVE AND RISK FACTORS | | |
|---|---|--|
| Individual Level | Interpersonal Level | Community Level |
| Risk Factors | | |
| <ul style="list-style-type: none"> • Genetic predisposition • Lack of self-control • Poor problem-solving • Exposure to neurotoxins (lead or mercury) • Sexual orientation or gender identity issues | <ul style="list-style-type: none"> • Peer Pressure • Family history of mental illness or substance use • Stressful life changes • Lack of adult supervision | <ul style="list-style-type: none"> • Neighborhood poverty or violence • Peer rejection • Poor academic achievement • School failure • Availability of drugs |
| Protective Factors | | |
| <ul style="list-style-type: none"> • Positive self-image • Social skills • Ability to cope with adversity | <ul style="list-style-type: none"> • Parental involvement • Structured learning environment • Supportive relationships with family and peers | <ul style="list-style-type: none"> • Presence of mentors • Physical and psychological safety • Engagement in school activities, athletics, religion or culture |

FRANKLIN HONOR SOCIETY RAISES MONEY FOR CHARITY



Over the month of February, the National Honor Society and the National Junior Honor Society of Franklin Central School have raised money for the Ronald McDonald House in Albany. The students sold *Hearts* for the “Help with All Your Heart Campaign.” This year the Franklin students raised \$183 for this worthy charity.

This is always a popular charity for the students to help since so many of our Franklin community members have used the Ronald McDonald house in Albany. Thank you to all the students and community members that made this a successful venture.

MODIFIED BASKETBALL



GIRLS' AND BOYS' MODIFIED BASKETBALL TEAMS WENT TO SEE BINGHAMTON BEARCATS PLAY ALONG WITH COACH PATRICK AND COACH BYRNE.



LEPRECHAUN TRAPS



Students in first grade were challenged by their teacher, Ms. Batsford, to create leprechaun traps for Zozo, the leprechaun. They were encouraged to bring their traps in the week of St. Patrick's Day. Students were very creative with their designs. They tried to lure Zozo with golden nuggets, lucky charms, and bright green and gold colors. Traps included disguised sink holes, hidden trap doors, collapsing lids and nets, and many other ideas. Although they were not able to catch Zozo, they found small gifts in their traps, notes from Zozo, and silly shenanigans throughout the week.

KINDERGARTEN REGISTRATION

Franklin Central School will hold Kindergarten Registration on Wednesday, May 4, 2016, from 3:00-4:00 p.m. Parent letters have been sent to families who, according to the school census data, have children eligible to attend Kindergarten in September. To be eligible, a child must be five (5) years of age on or before December 1, 2016. Children currently enrolled in our PreK program do not have to attend Kindergarten Registration.

Parents of eligible children who did not receive kindergarten information letters should call the Guidance Office (829-3551, ext. 304) by April 20 to receive a registration packet before May 4, 2016.

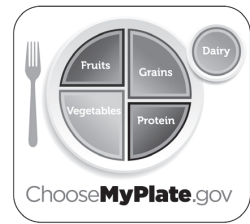
ANGEL TREE

This holiday season there were 18 families and 44 children that were assisted by the generosity of the Franklin Angel Tree Program. Special thanks to Dawn's Deli, the Franklin/Treadwell food bank and the United Methodist Church.

Also a huge *thank you* to the Franklin community who make this program possible year after year with generous donations and gifts.

Thank you!

kid-friendly veggies and fruits



10 tips for making healthy foods more fun for children

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make “popsicles” by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



Center for Nutrition
Policy and Promotion

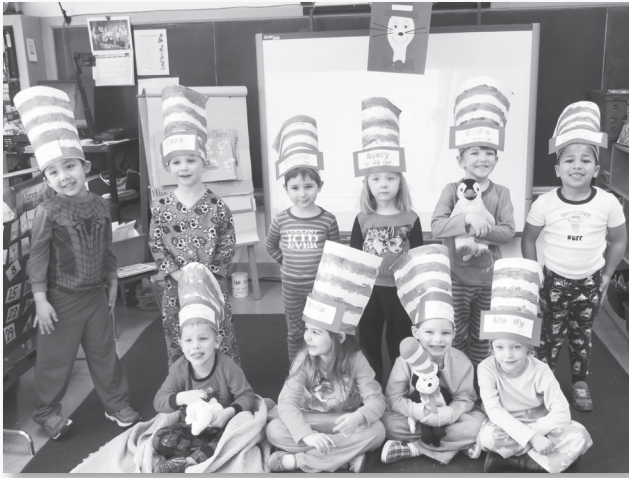
Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 11

June 2011

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PRE-KINDERGARTEN NEWS



Pre-Kindergarten has been having tons of fun and learning a lot! They really enjoyed celebrating Dr. Seuss' birthday with all sorts of special days. During Dr. Seuss week they wore hats, sports clothes, western wear, character costumes and pajamas! We read many stories and practiced rhyming with a variety of fun activities.

The students celebrated St. Patrick's Day by mixing yellow and blue to make green. They also sorted shapes using Lucky Charms cereal. They counted, wrote how many of each shape and then used that data to graph the results. They had so much fun that they didn't even realize they were doing *math*! Another math skill we have been learning is how to subitize. This means they can instantly tell "how many" of something without counting. You do this when you roll the dice!



Mrs. Laing organized *Math March Madness* for the elementary grades. Prekindergarten is working hard at home and at school to improve our math skills and win the championship. Parents and kids are practicing at home and I see lots of improvement!

The children are learning about letters. They are working toward naming all of the letters and producing the sounds. This week we read *Rainbow Fish* and practiced the letter F f.

Thank you very much to all of our parents who have been great supporters of our program. We appreciate you!



DEREK BEERS HITS 1,000 POINTS



On January 8 of this year, **Derek Beers** reached the 1000 point mark with a made free throw at Milford. Derek became the third boy and sixth overall player in Franklin history to do so. He now joins a list that includes: Frank Robinson, Denise McNeilly, Julie Veen (DeCarlo), Kyle Buel and Derek's sister Jordan.

The game was stopped and Derek was presented the game ball by his coach and father, Darryl Beers.

ALL-STATE SOCCER AWARD WINNER



In December of 2015, the National Soccer Coaches Association of America announced the All-State award winners for boys' soccer and senior **Derek Beers** was selected as a 4th team member. He is the first boys' soccer player to be selected for this honor since the inception of the soccer program in 1980.

Derek was the only Class D player and one of ten players from all the schools in Section IV to receive this accolade. Beers' led the team in goals, assists and points this season while earning his third consecutive Tri-Valley First Team All-Star award.

SPRING SPORTS UPDATE

The Spring sports season is upon us! Please check out the school's website under athletics for the complete schedules of games and meets. Unfortunately we did not have enough numbers to field a boys modified baseball team.

BOYS' BASKETBALL WINS LEAGUE CHAMPIONSHIP!



The Franklin Boys' Varsity Basketball team won the Tri-League Championship on February 13th at Hartwick College. The Purple Devils defeated the Laurens Leopards 65-50 in front of a packed house.

The boys finished their regular season by beating Edmeston at home to force a three-way tie with Richfield Springs and Edmeston. Through a blind draw, Edmeston and Franklin were selected to fill out the inaugural post season format that the Tri-Valley adopted for this year. Franklin received a #3 seed in the league tournament and had to travel to take on the Morris Mustangs. Franklin defeated the Mustangs by a score of 55-33. That win sent the Devils into the league Championship against the defending league champs and a team that had not lost to a Tri-Valley team all year.

The win marked the second time in team history that Franklin had won a Tri-Valley League title. The only other time was in 2002.

The Purple Devils also placed two players onto the Tri-Valley League all-star team: **Derek Beers** and **Max Carey**.

Congratulations to all of the players and a big thank you goes out to all of the parents and fans who gave wonderful support!

SCOREKEEPERS NEEDED

Starting the Fall of 2016, we will be in need of scorekeepers/bookkeepers for our varsity soccer teams. The main responsibility is to be the scorekeeper for home games. Scorekeepers are paid \$17.50 per home game and \$22.50 per away game. A claim form will need to be filled out at the end of the season.

If interested please contact Darryl Beers at 829-3551, ext. 319.

SCHOLAR ATHLETE TEAMS



Members of the Girls' and Boys' Varsity Basketball teams received the scholar athlete award from the NYSPHAA. For each team to receive this award they must have at least 7 players whose cumulative average is over 90. The girls overall average was 93.135 and the boys overall average was 90.529.

Members of the girls' varsity are: **Jetta Shackelton, Paige Fairchilds, Kirsten Brownell, Sabra Warner, Emily Chaloupka, Ali Eichler, Jessie Davis and Malorie Jordan.**

Members of the boys' varsity are: **Joe Serrao, Derek Beers, Tyler Gregory, Max Carey, Collin Campbell, Turner Thies and Carson Dutcher.**

Congratulations to all students!

Congratulations to our Scholar Athletes!

BAND NOTES



The FCS Bands have been busy this winter, especially in March which is *Music in Our Schools Month*. The Senior Band and Jazz Band put on its annual Dinner Concert on March 2 and we thank everyone who came out and supported us! The Elementary Band performed in the Music in Our Schools Month Concert on March 10, performing pieces such as *Recess Rock*, *Trumpet Voluntary*, and an arrangement of Europe's *The Final Countdown*.

The following FCS students were accepted into and performed in the 2016 Delaware County All-County Bands, which took place on March 18 and 19 at Delaware Academy in Delhi. The weekend involved rehearsals with guest conductors and culminated in a concert for the public.

SENIOR BAND

Jetta Shackelton (Flute)

Jessie Davis (Clarinet)

Miranda Little (Clarinet)

Cora Van Kingsley (Trumpet)

Collin Campbell (Trumpet)

ELEMENTARY BAND

Lucia Temple (Clarinet)

Kayla Campbell (Clarinet)

Meredith Shivers (Alto Saxophone)

Matthew Serrao (Trumpet)

Nicketa Utter (French Horn)

Connor Kulp (Trombone)

Brandon Gregory (Baritone)

Michael Cox (Baritone)

William Mettler (Tuba)

We are looking forward to pushing through to the end of the year with many events coming up for our band students, so mark your calendars!

UPCOMING

May 5 High School Spring Concert (7:00 p.m.)

May 13-14 NYSSMA Solo and Ensemble Festival (Norwich HS)

May 30 Memorial Day Parade (11:00 a.m.)

June 8 Elementary Spring Concert (7:00 p.m.)

June 14 Stamford Parade (6:00 p.m.)

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UPCOMING EVENTS

MAY

- 3 Budget Public Hearing, 6:30 p.m.
- 5 High School Spring Concert, 7:30 p.m., seniors will be recognized
- 12 Regular Board of Education Mtg., 7:30 p.m.
- 13-14 NYSSMA
- 17 Budget Vote, 12:00 noon-9:00 p.m.
Special Board of Education Mtg., 9:00 p.m.
- 20 National Honor Society Blood Drive, 1:30 p.m.
- 30 Memorial Day Parade, 11:00 a.m.

JUNE

- 7 Athletic Banquet, 6:00 p.m.
- 8 Elementary Spring Concert, 7:00 p.m.
- 9 Board of Education Mtg., 7:30 p.m.
- 11 Prom, 8:00-11:00 p.m.
- 14 Stamford Flag Day Parade, 6:00 p.m.
- 24 Graduation, 7:00 p.m.

RED CROSS BLOOD DRIVE



**American
Red Cross**

Together, we can save a life

The National Honor Society (NHS) of Franklin CSD has rescheduled a Blood Drive for May 20. Due to unfortunate circumstances, the two previous Blood Drives had to be cancelled.

We apologize for any inconvenience to community members who attempted to donate at those drives. Since the Red Cross had issues with their equipment both times, they are graciously giving the NHS credit for the potential blood donations for those drives. With this newly scheduled drive, the NHS has an opportunity to earn either a \$500 or \$750 scholarship for one of our seniors this year, depending on the turn out for the May drive.

We do appreciate how committed many of our Franklin community members are to donating to the Red Cross. The Red Cross has assured us that they have fixed the tech issue and we should have a successful Blood Drive on May 20. If you are interested in being a donor, you can register online or you can call Nancy Piper at 829-3551, ext. 220 to set up an appointment.

Thank you so much for the continued support we get from our Franklin community.

- What: **Red Cross Blood Drive**
- When: **Friday, May 20**
- Where: **Franklin Central School**
- Time: **1:30-6:30 p.m.**



New York State Governor's Traffic Safety Committee / safeny.ny.gov
New York State Office of Alcoholism & Substance Abuse Services / oasas.ny.gov
New York State Police / troopers.ny.gov