

FCS NEWSLETTER



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

MAY 2017
VOLUME I, ISSUE III

SUPERINTENDENT'S MESSAGE

Greetings Franklin School Community

I hope this message finds you well and ready for some warmer weather. Please see the enclosed information about our budget from Mrs. Renwick. Creating the school budget for next school year is a challenging task with increased costs and limited ability to increase revenue for the district. We do the best we can to put together a plan that will meet the needs of the district, while still being supported by the community. We truly appreciate the backing of the Franklin residents each year in providing resources to assist the school in its effort to educate all students. With the help from our community, our students continue to thrive.

This school year continues to go well with our students doing a great job taking care of their academic responsibilities. We continue to partner with the Franklin Community Educational Foundation in presenting the Monthly Student Scholarship Awards. This year's recipients include **Emily Chaloupka, Daniel Coughlin, Michael Cox, Reis Hunter, Malorie Jordan** and **Oliver Lamb**. We also inducted students to both the National Honor Society (NHS) and National Junior Honor Society (NJHS) over the past month. NHS inductees include **Juliana Archibald, Lilliana Bevilacqua, Collin Campbell, Tyler Gregory** and **Jennifer Meo**. NJHS inductees include **Matthew Cox, Kayla Campbell, Nathaniel Dennis, George Machala** and **Zoe Warren**. Lastly, our Valedictorian for 2017 is **Alexis Eichler** and our Salutatorian is **Malorie Jordan**.

Thanks to all who have played a role in helping support all our students in their efforts to be as successful as possible in our schools. We appreciate the hard work and dedication our students have demonstrated toward their studies. I hope you have a great remainder of the school year.

Respectfully,
Brad Zilliox, Superintendent

**BUDGET VOTE TUESDAY, MAY 16
NOON-8:00 PM**

2017 VALEDICTORIAN AND SALUTATORIAN

ALEXIS EICHLER—VALEDICTORIAN



Franklin Central School is proud to announce that Alexis Eichler, daughter of Jill and Steve Eicher of Franklin, has earned the honor of being named the Valedictorian for the class of 2017. Ali is passionate about making positive contributions to her school through her leadership roles in Student Council, multiple sports, SADD, Jazz Band, and National Honor Society. Ali 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. Ali has been recognized with many awards including multiple highest average awards, The Youth Bureau Humanitarian Award, Washington Circle Award, Cannon Prize in Bookkeeping, and The Bausch & Lomb Honorary Science Award. Ali received a long list of college acceptances and will attend Canisius College this fall.

MALORIE JORDAN—SALUTATORIAN



Franklin Central School is proud to announce that Malorie Jordan, daughter of Diane and Jason Jordan of Franklin, has earned the honor of being named the Salutatorian for the class of 2017. Malorie is a hard-working, determined young woman who demonstrates leadership and academic success. Malorie is an active student who has made many contributions to our school and community through her involvement in Student Council, multiple sports, SADD, and National Honor Society. Malorie 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. Malorie was awarded the Daughters of the American Revolution Good Citizen Award, The Youth Bureau Humanitarian Award, Elmira College Key Award, and the George Eastman Young Leaders Award. She also received the honor of Delaware County Dairy Princess. Malorie will attend the State University of New York at Morrisville this fall.

BUDGET OVERVIEW

The 2017-18 proposed budget increases total District spending by \$89,400. The proposed increase in the tax levy is 2.72% for next year. The following schedule presents a comparison of the proposed expenditures for the 2016-17 and 2017-18 budget:

2016-17 ADOPTED BUDGET	2017-18 PROPOSED BUDGET	\$ CHANGE	% CHANGE OF TAX LEVY
\$6,878,498	\$6,967,898	\$89,400	2.72%

For 2017-18 we are expecting increases in operating expenses related to special education, employee benefits, contractual salaries and the NYS minimum wage. Unfortunately, our state aid increase of \$13,437 will not be sufficient to cover those operating increases. As a result, our preliminary budget left us with a budget gap of approximately \$293,000. To tackle this gap all aspects of District operations were reviewed. To close the budget gap the following occurred:

- Non-instructional department budgets were reduced by ten percent. This was achieved by eliminating certain equipment purchases, re-negotiating vendor contracts and reducing expenses for fuel oil, diesel fuel and gasoline.
- Extra-curricular clubs were evaluated. Certain clubs with limited student involvement were eliminated from the budget (FCCLA, Purple and Gold and Forensics). In addition, the drama club productions will be scaled back from two productions per year to one.
- District staffing patterns were reviewed and reorganized which resulted in the reduction of a high school social studies teacher from full-time to part-time.
- The budget will utilize additional fund balance and transfers from other funds to supplement the general fund.
- The budget will increase the tax levy by 2.72 percent. This increase exceeds our NYS calculated tax cap of 1.72% and will require a super-majority vote.

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 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 2.72% for next year. The following example provides a simplified illustration of the tax levy impact, with all other factors remaining equal.

FIND YOUR HOUSE¹



	\$50,000	\$75,000	\$100,000	\$125,000
Value of Property	\$50,000	\$75,000	\$100,000	\$125,000
Proposed 2017-18 Schools Taxes	\$435.04	\$859.06	\$1,283.08	\$1,707.10
Current School Taxes	\$420.59	\$833.38	\$1,246.17	\$1,658.96
Dollar Increase	\$14.45	\$25.68	\$36.91	\$48.14

¹Total tax figures are adjusted for reductions from STAR. The basic STAR exemption for 2016-17 school taxes was \$405.

The projected basic STAR exemption for 2017-18 is \$413.

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:

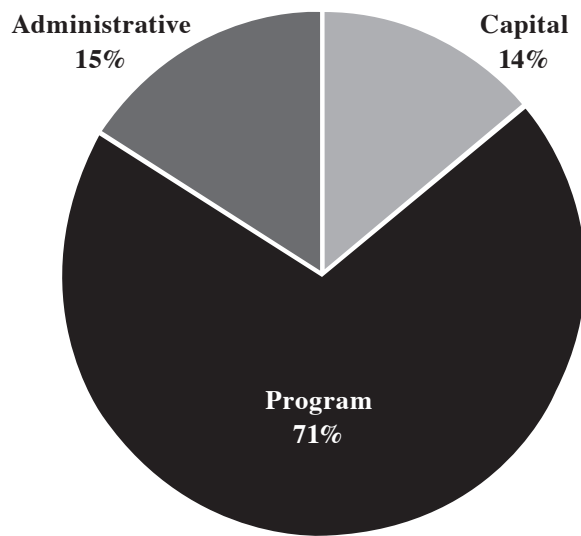
- A driver's license,
- A non-driver's identification card,
- A utility bill,
- A voter registration card,
- Or any other evidence of residency School District

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 2017-18 PROPOSED BUDGET

2017-18 PROPOSED EXPENDITURES



PROGRAM COMPONENT

This represents \$4,947,345 or 71% 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 \$970,021 or 14% of the budget.

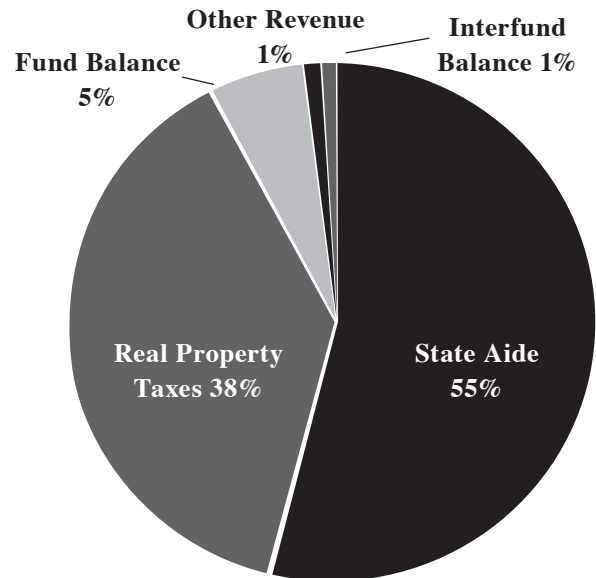
The Capital Component includes the costs to maintain and operate school facilities. Included in this component are utilities, custodial salaries and benefits, custodial supplies, materials and equipment and debt service payments.

ADMINISTRATIVE COMPONENT

This represents \$1,050,532 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.

2017-18 ESTIMATED REVENUES



NEW YORK STATE AID

This accounts for \$3,816,009 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 \$2,679,889 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 \$80,000 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 \$325,000 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

This accounts for \$67,000 or 1% of total revenue.

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

BUS PURCHASE

On May 16, residents will also vote on the purchase of three vehicles: one (1) 29-passenger wheel-chair accessible bus, one (1) seven-passenger mini-van and one (1) half-ton pick-up truck with plow. Total cost of these three vehicles would not exceed \$135,000. If approved, this purchase will be funded with a bus bond anticipation note. The cost of these vehicles is 70% State Aid reimbursable, resulting in a net cost to District residents of \$40,500. The District replaces vehicles on a rotating cycle based on mileage and condition of the vehicle. This practice allows us to keep our fleet in good operating condition without spending excessive amounts on maintenance and repairs.

FRANKLIN CENTRAL SCHOOL 2017-18 PROPOSED BUDGET PUBLIC HEARING

TUESDAY, MAY 2, 2017 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 2016 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 \$6,967,898 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: LIBRARY

Shall the proposition be approved authorizing the Board of Education of the Franklin Central School District to levy taxes annually in the amount of thirty-nine thousand, five hundred dollars (\$39,500) and to pay over such moneys to the trustees of the Franklin Free Library? (Said funds represent a \$500 increase above the existing levy).

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 Stanley Swears whose term expires at this time.

Candidate for this position:

Stanley Swears
1977 Gibson Hill Rd
Franklin, NY 13775

- 2017-2018 Budget Discussion
- Adjournment of the meeting until 12:00 noon, Tuesday, May 16, 2017.
- **Voting at the main entrance of FCS on the above propositions until 8:00 p.m.**

NOTE: TUESDAY, MAY 16
NOON-8:00 PM

PRINCIPAL'S MESSAGE

Spring is finally here! What a wonderful time of the year! I am grateful to put away the mittens and winter clothes and enjoy the sunshine.

We celebrated Music in Our Schools Month in March with two wonderful concerts, and had several Franklin Central School students participate in the Delaware County, All-County Music program in Walton. The elementary and high school Drama Clubs also performed. Prom is scheduled for June 10 and the senior trip is planned. We are looking to end of the year field trips, field days and awards celebrations. Congratulations to Class of 2017 Valedictorian **Ali Eichler** and Salutatorian **Malorie Jordan**. Before we know it, our graduation ceremonies will be underway!

The fourth quarter is here and I find myself reflecting upon our school year. We are a very fortunate District to have such overwhelming support from our parents and community. Whether it be Morning Program, class projects, blood drives, annual parent/student scheduling meetings or fundraising dinners, our families and community at large never cease to amaze me.

I truly hope you enjoyed time together with your student during Spring Break. Please continue to support your child academically, socially and emotionally. Continue to contact teachers with concerns and let me know how I may provide additional assistance. I look forward to a strong finish to the school year!

—Julie Bergman, Principal

2017 SUMMER YOUTH EMPLOYMENT PROGRAM (SYEP)

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-\$44,955). If you are receiving: Family Assistance/Safety Net, Medicaid, Food Stamps, HEAP, SSI, or Free School Lunch, 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.

Applications are coming out soon and 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 the deadline of June 7. Remember, the early bird gets the worm. For more information call CDO Workforce at (607) 561-7550 or (607) 832-5777.

GUIDANCE AND COUNSELING CORNER

With the arrival of spring, the home stretch of the 2016-17 school year is upon us. Seniors should be making final considerations for college next year and be sending in deposits. Juniors, make sure you sign up for the June 3 SAT by May 9 (www.collegeboard.com). Also, please be working through the College Survival Guide and Senior Information packet that you received in the junior annual meetings a few months back. Your time to shine as seniors is quickly approaching! To the rest of FCS this is the time to put your best foot forward and end the school year on a high note. Study hard, protect time for home work each night, and do your best to be successful.

SUMMER EMPLOYMENT

Students should apply now for your working papers if you plan to get a summer job. See Mrs. Bolton for the paperwork.

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.

—Brendan Coyle, School Counselor

2017-2018 UNIVERSAL PRE-KINDERGARTEN NOTICE

If you wish your child to attend the Pre-Kindergarten program, please send a letter of interest by May 26, 2017 to the following address:

Franklin Central School
Attn: Elementary Office
PO 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 eighteen 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.

HEAD START PROGRAM

Delaware Opportunities, Inc. Head Start Program is a *free* preschool program available to children between the ages of 3-5, who are income eligible.

Head Start provides *two free* nutritional meals per day (breakfast and lunch). We may provide bus transportation. Children are not required to be potty trained. We work with parents and child in the potty training process.

If you or anyone you know is interested in filling out an application or has a question about Head Start program please call the Franklin Head Start at 829-3312, Monday-Friday 8:00 a.m.-3:00 p.m.

FORENSICS



The Speech and Debate team has had an active and productive year so far. Our team, comprised of 9th graders **George Machala** and **Kristin Cronk**, has attended multiple tournaments and hosted Franklin's Annual Speech and Debate Tournament. Franklin's tournament had 12 schools in attendance and provided the Honor Society with a venue to sell food and beverages to raise money for the school.

George Machala has received a 2nd place trophy and 3rd place trophy for his participation in Humorous Interpretation at tournaments during this year.

CONGRATULATIONS!

GIRLS STATE SELECTION

JENNIFER MEO SELECTED FOR GIRLS STATE



Congratulations to Jennifer Meo on being this year's representative for Franklin Central School District at the American Legion Girls State Program. Jen interviewed with the American Legion and was selected from a highly qualified group of applicants. While participating in the program Jen will have the opportunity to build

the government of a mythical 51st state from the local level up to state level. She will participate in campaigns, rallies, speeches, various legislative committees, create bills, and participate in a community service project. This program will take place on July 2-8 at SUNY Brockport.

DEMITRI JAROMACK SELECTED FOR HOBY



Congratulations to Demitri Jaromack on being this year's representative for Franklin Central School District at the HOBY Leadership Conference this spring. Demitri was selected by a panel of our staff members and is a great example of a motivated student who exhibits great leadership. Demitri will have the

opportunity to participate in hands-on leadership activities, meet leaders from all around New York State and explore personal leadership skills, while working closely with others. This will take place on June 2-4 at SUNY Oneonta. We wish you the best of luck at the conference!

SPELLING BEE WINNER

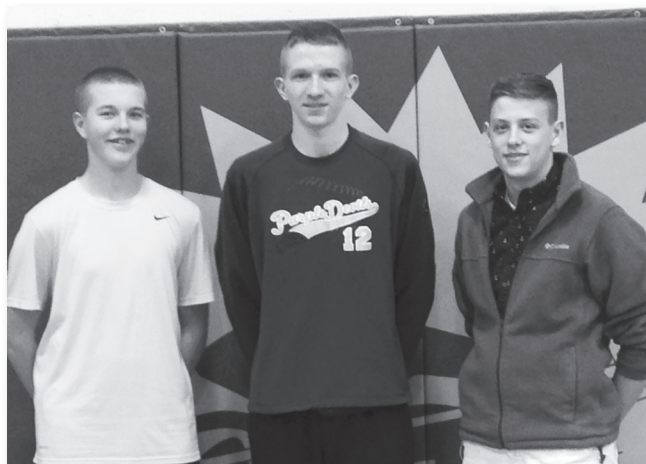


*SPELLING BEE WINNER MILES WILLIAMS
CONGRATULATED BY MR. SEMPLE*

WINTER SPORTS SCHOLAR ATHLETES



Congratulations to the Franklin Varsity Girls' Basketball team for qualifying for the NYSPHSAA Scholar Athlete Award. To qualify the girls needed to have 75% of their roster achieve an academic GPA of 90% or better. The qualifying members are: **Page Fairchilds, Ali Eichler, Kirsten Brownell, Jessie Davis, Malorie Jordan, Macy Jordan, Jetta Day, and Emily Chaloupka.** The girls overall GPA was 92.180



Also congratulations to **Collin Campbell, Tyler Gregory and Joe Nowhitney** for achieving the individual NYSPHSAA Scholar Athlete Award. To qualify for this a student/athlete must achieve an academic GPA above 90% even if the team does not qualify overall.

All of the above students will receive an academic pin from the New York State Public High School Athletic Association at this year's Athletic Awards Ceremony.





FRANKLIN CENTRAL SCHOOL PROM 2017

Prom will be held on Saturday, June 10.

Ticket prices are \$40/person and \$75/couple.

Appetizers and dinner are included but not required.

Prom hours are as follows: Appetizer 6:00-7:00 p.m.,

Dinner 7:00-8:00 p.m. and Dancing 8:00-11:30 p.m.

See Mrs. E. Granger for tickets.

SADD AFTER PROM PARTY DONATIONS AND VOLUNTEERS NEEDED!

Our SADD chapter is sponsoring our 4th annual after-prom party at the YMCA in Norwich. The event is open to all students in grades 9-12 on June 10 (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. 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 Jayne Bolton or email jbolton@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.

SOUP-ER BOWL FOOD DRIVE



KARA CLARK ENJOYING ICE CREAM



8TH GRADE ENJOYING THEIR PARTY

A Soup-er Bowl Can Drive was sponsored by the Franklin Chapter of S.A.D.D. to support our local Food Bank. Our students, staff and faculty brought in over 380 cans and miscellaneous food items. Kindergarten and 8th grade were the top two classes that brought in the most items and were rewarded with a Super Sundae Party. A big thank you to a caring and sharing Franklin Community.

HOOPS FOR HEART

This year's Hoops for Heart event raised \$2,121 for the American Heart Association. Our top fund raiser was **Alexis Cole** in 4th grade. She raised \$240! Next year's event will take place in March of 2018 and will be a Jump Rope for Heart event.

We thank everyone who continues to support this worthy cause!



CONGRATULATIONS ALEXIS!

BAND AND CHORUS NOTES

CHORUS



On February 3, the award-winning Canadian folk duo, Dala, visited Franklin and performed for our students! Sheila Carabine and Amanda Walther of Dala performed original songs and the students enjoyed hearing their beautiful singing, guitar, piano and ukulele playing. Students got to sing and clap along, ask questions and learn a little about what it means to be traveling musicians and songwriters. The Senior Chorus shared a song from their upcoming concert, and Mrs. Frye-Hunt



even sang a trio with Dala as a pleasant surprise! Visit www.dalagirls.com for more info and music. Thank you to Music on the Delaware for giving Franklin this opportunity!

2017 ALL-COUNTY MUSIC FESTIVAL

Congratulations to the students selected for the 2017 All-County Music Festival!

Elementary Chorus Members: **Griffin Leddy, Alyssa Jaromack, Isabella Hotchkin, Desiree Rosenbusch, Madeline McLaughlin** and **Cailyn Williams**.

Senior Chorus Members: **George Machala, Alicia DeSilva** and **Christina Worden**.

BAND

Congratulations to the following FCS Band students selected to perform in the 2017 All-County Festival. The Festival took place on March 24 and 25 at Walton Central Schools. The students rehearsed with other students selected from throughout Delaware County for two days with a guest conductor, and the festival culminated with a concert in the Walton High School auditorium on March 25.

JUNIOR BAND (GRADES 7-9)

- Kayla Campbell** (clarinet)
- Matthew Serrao** (trumpet)
- Zoe Warren** (trumpet)
- Marissa Campbell** (trumpet)
- Nicketa Utter** (french horn)
- Brandon Gregory** (baritone)
- Matthew Cox** (trumpet)

ORCHESTRA (GRADES 9-12)

- Jetta Day** (flute)
- Jessie Davis** (clarinet)
- Kirsten Brownell** (baritone)

Angus MacLeod (percussion)

JAZZ BAND (GRADES 9-12)

Cora Van Kingsley (trumpet)

Collin Campbell (trumpet)

UPCOMING PERFORMANCES

We are looking forward to the following upcoming performances:

MAY

- 4 High School Spring Music Concert (senior recognition), 7:30 p.m.
- 12-13 NYSSMA Solo and Ensemble Festival, Norwich HS
- 29 Memorial Day Parade, 11:00 a.m.

JUNE

- 7 Elementary Spring Concert, 7:00 p.m.
- 9 High Note Festival Senior Band trip, Lake George
- 14 Stamford Flag Day Parade, 6:00 p.m.

SENIOR BAND DINNER CONCERT

On March 7, the Senior Band and Jazz Band put on the



annual dinner concert. Students performed selections such as *Mack the Knife*, *In the Mood*, *Blues Brothers Revue*, *Uptown Funk!*, *Fairest of the Fair*, among several other selections. Thank you to all who came out and supported the FCS Band, the local businesses that donated, Karen Terry and the kitchen staff, as well as to all the faculty, staff, and parent volunteers who helped make the evening possible and allowed us to raise funds for our upcoming trip to the High Note Festival in Lake George.

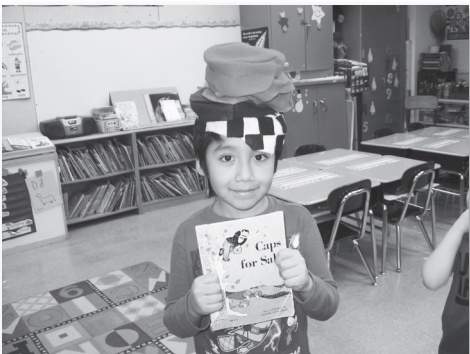
KINDERGARTEN HAPPENINGS



KINDERGARTEN CELEBRATED THE 100TH DAY OF SCHOOL BY COUNTING AND STRINGING 100 BEADS TO MAKE NECKLACES.



KINDERGARTEN BROUGHT IN 114 CANS OF SOUP FOR THE SOUP-ER BOWL. THEY WON THE ICE CREAM SUNDAE PARTY SPONSORED BY SADD. ALL CANS OF SOUP WENT TO THE FRANKLIN/TREADWELL FOOD BANK. BODIE JORDAN IS ENJOYING THE YUMMY ICE CREAM!

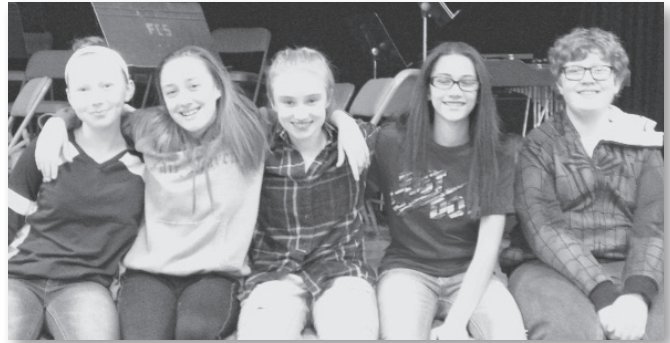


KINDERGARTEN LOVES TO ACT OUT STORIES. DIEGO LOPEZ-MEJIA IS PLAYING THE PEDDLER FROM THE STORY, CAPS FOR SALE.



KINDERGARTEN LOVED DRESSING UP ALL WEEK FOR DR. SEUSS WEEK. WE ESPECIALLY ENJOYED OUR READ-A-THON WITH THE CAT IN THE HAT. KARA AND KYLI ARE READING WITH THE CAT IN THE HAT.

DRAMA NEWS



Elementary Drama thanks everyone who came out for our spring production of *Please Don't Be My Drama Teacher* by Bradley Walton in February. While in the six weeks of working on the show students were able to learn different aspects of drama including improvisation and characterization where students were able to create their characters as they saw them.

High School Drama thanks everyone for coming out for our spring production of *Caution: Librarians Ahead* by Bradley Walton at the beginning of April as well. Students were able to partake in several aspects of the production including costume design and building the set, while working together as a team. We hope everyone enjoyed the shows!

CONGRATULATIONS INDUCTEES



NATIONAL JUNIOR HONOR SOCIETY INDUCTION



NATIONAL HONOR SOCIETY INDUCTION

QUARTER 2 HONOR ROLL 2016-2017

7TH GRADE

Principal's List

Brandon Gregory
Zoe Warren

High Honor Roll

Kayla Campbell
Marissa Campbell
Jacob Sanford
Matthew Serrao
Angel D Shaw
Meredith Shivers
Nicketa Utter

Honor Roll

Alan DuMond
Leah Hyzer
Adriahna Ransom
Victor Rodriguez-Matias

8TH GRADE

Principal's List

Nathaniel Dennis
Paige Dutcher
Miles Williams
Meghan Worden

High Honor Roll

Matthew Cox
Jessy Gardner
Abby Noelle Potter
Dhalia Van Kingsley
Megan Yager

Honor Roll

Gretchyn Ackley
Bryce Davis
Cole Ruff

9TH GRADE

Principal's List

Madelynn Ackley
Alyssa Nowhitney
Gabriel Smith

High Honor Roll

Kristin Cronk
Molly McLaughlin

Honor Roll

Brian Johns
George Machala
Nicholas McWeeney

10TH GRADE

Principal's List

Alexis Bellino
Daniel Coughlin
Tyler Gregory
Cora Van Kingsley
Christina Worden

High Honor Roll

Juliana Archibald
Collin Campbell
Angus MacLeod
Peter Niebanck

Honor Roll

Rachel Cobane
Olivia Hyzer
Demetri Jaromack
Amber Jordan
Molli Opramolla
Adam Thies
Mohammad Raheel Zahid

11TH GRADE

Principal's List

Kirsten Brownell
Lacey Cox
Cain Rodriguez

High Honor Roll

Lilliana Bevilacqua
Jarrett Bryan
Nicholas Chase
Jordan Hull
Jennifer Meo
Megan Northrop
Joseph Serrao

Honor Roll

Nathan DuMond
Cassidy Gardner
Damin McNeilly
Jillian Parascandola

12TH GRADE

Principal's List

Jessie Davis
Alexis Eichler

High Honor Roll

Emily Chaloupka
Jetta Day
Paige Fairchilds
Joshua Jones
Macy Jordan
Malorie Jordan
Miranda Little
Stacey Sickler
Sabra Warner

Honor Roll

Zachary Bryan
Alicia DeSilva
Skylar Monosson
Joseph Nowhitney
Sheldan Robinson

Great Job!



10 tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
**Dietary
Guidelines
for Americans**

Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1 Find your healthy eating style
Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2 Make half your plate fruits and vegetables
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

3 Focus on whole fruits
Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



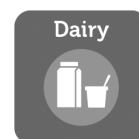
4 Vary your veggies
Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.



5 Make half your grains whole grains
Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



6 Move to low-fat or fat-free milk or yogurt
Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



7 Vary your protein routine
Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.



8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars
Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



9 Drink water instead of sugary drinks
Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10 Everything you eat and drink matters
The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."

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SADD CONFERENCE



Students representing the Franklin Chapter of SADD attended the annual SADD Conference held at ONC BOCES. The conference was sponsored by LEAF and Otsego County Stop DWI New York. The Franklin students in attendance were **Jessie Davis, Miranda Little, Kristin Cronk, Jillian Parascandoa, Abby-Noelle Potter, Gretchyn Ackley, Jennifer Meo, Emily Chaloupka, Paige Dutcher** and **Meghan Worden** along with Mrs. Jayne Bolton, SADD advisor. The Conference is always knowledgeable and informative pertaining to consequences that come about making destructive decisions. The focus is making good choices to promote a healthy lifestyle.

Keynote Speaker, Marianne Angelillo spoke about dealing with the loss of her son to a DWI related accident and shared her book *Sharing My Stones*. Also presenting was Dylan Clark, Oneonta, founder of the *Clean Is The New Dirty* sobriety movement. The Amy Stock Memorial Trailer was also part of the SADD Conference this year. It was a very moving display of Amy's life.

UPCOMING EVENTS

MAY

- 2 Budget Public Hearing, 6:30 p.m. with Regular meeting immediately following
- 4 High School Spring Concert, 7:30 p.m., seniors will be recognized
- 12-13 NYSSMA
- 16 Budget Vote, 12:00 noon-8:00 p.m.**
Special Board of Education Mtg., 8:00 p.m.
- 29 Memorial Day Parade, 11:00 a.m.

JUNE

- 1 Academic Awards Ceremony, 7:00 p.m.
- 6 Athletic Banquet, 6:00 p.m.
- 7 Elementary Spring Concert, 7:00 p.m.
- 8 Board of Education Mtg., 7:30 p.m.
- 10 Prom, 6:00-11:30 p.m.
- 14 Stamford Flag Day Parade, 6:00 p.m.
- 23 Graduation, 7:00 p.m.



**MARK YOUR
CALENDARS!**