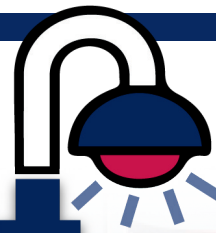


# Tri-Valley Central School District

# Guidepost



**November Issue 2023-2024**

**NOVEMBER 2023**

EDUCATING STUDENTS FOR SUCCESS IN A CHANGING WORLD



## Superintendent's Message

Dear Tri-Valley Families and Community Partners,

I am excited to share with you our first Guidepost of the 23-24 School Year. Tri-Valley has had an incredible beginning to our school year. The first few months of our school year have included many celebrations that have further connected us to our community family. We are truly unique in the close partnerships we have with our community partners and we look forward to continuing that this school year.

Our opening this year has focused on building relationships with our students and staff. We have set the bar high with academic rigor and are offering students multiple pathways to graduation. The physical and emotional safety of our students and staff continues to be a priority and we monitor our effectiveness daily, striving to always improve.

As we transition to the late fall and winter months, we are mindful of the changes in the weather. When inclement weather does arise, we will follow the same process we did last year and consult with our highway departments and our bus garage to ensure that we are safe to transport and open school. Every decision is made out of an abundance of caution. If at any time, school is open and you deem it unsafe for your children to travel to school, it is your right to keep them home.

I am looking forward to the progress we continue to make and thank you for being part of our journey.

With Bear Pride,

Erin Long  
Superintendent of Schools



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## FROM THE SECONDARY SCHOOL:

Reflecting on the past two months, I want to express my sincere pride and gratitude to the dedicated staff, students, and families of Tri-Valley! Together, we will continue to persevere, and I encourage everyone to reflect on our successes and continued growth throughout the year ahead.

We kicked off our school year with Homecoming events. Thank you to the many staff members and community volunteers who helped to make the week a huge success. Students participated and celebrated all week long, with the week ending Friday afternoon with a fantastic Pep Rally followed by a home soccer game, a powder puff game, and ending Friday night with our traditional Bonfire. Saturday, breakfast was served to students, we hosted our Varsity football game, and ended the day with the ever-popular Homecoming dance. Students made memories that will last a lifetime. The entire week was a testament to the spirit of the Tri-Valley Bears!

Throughout the year, we will have many more celebrations to look forward to. We will continue to dedicate ourselves to high academic standards through innovative teaching, focusing on regular school attendance and individual student needs to ensure our students' success.

As we look forward to the months ahead, we do so with optimism and excitement. This school year holds the potential for personal growth, shared achievements, and unforgettable memories. We encourage students and families to embrace new opportunities and experiences as the foundation has been laid for a great year of growth and learning.

Amanda Eberly  
Principal



## FROM THE ELEMENTARY SCHOOL:

Dear Families,

Six weeks down, and we are back in full swing. The classrooms and hallways look great with authentic student work, and the children are learning and having increased academic stamina. If you have not yet heard of our one-year pilot program, there have been some significant changes to the Elementary School. Ms. Williams is now the Director of the Multi-Tiered System of Support and Grants (MTSS Director), and I am excited to have been promoted to Acting Principal.

Every day, I see smiling faces, laughing, and all the learning happening in the classrooms. Students are developing their literacy skills, learning math, wondering about science, social studies, and learning all the other humanities we offer.

Learning stops when students are absent. We set a goal of a 94% attendance rate this year. We are close to our goal but strive for it to be higher. Remember, 13 absences a year from UPK-12th grade is equivalent to missing an entire year of school. If your child is not in school, they are not learning. So unless they are sick, we want to see their smiling faces daily.

By the time you read this, our STEAM after-school program will be in full spring, and our band and chorus will prepare for their holiday performance. I look forward to seeing you at the parent-teacher conference on November 15th.

Our Bears keep making us proud with our BEARS Expectations  
**B**ehavior  
**E**ffort  
**A**ttitude  
**R**esponsibility  
**S**uccess

Yours Truly,  
Rich Bebenroth  
Acting Principal



## CURRICULUM & INSTRUCTION UPDATE

Welcome back to a new school year at Tri-Valley! We hope you and your child are excited about the year ahead, as we embark on a journey of learning, growth, and discovery. Our goal is to provide your child with the tools and strategies they need to succeed academically, and we believe that fostering effective study habits is a vital part of that process.

As the school year progresses, your child will be presented with a wide range of subjects and curriculum that will challenge them to expand their knowledge and understanding. To ensure their success, we will be introducing a variety of study strategies that will not only help them retain information but also develop valuable skills that will benefit them throughout their academic journey.

Our initial series of study strategies will be drawn from the valuable resources provided by [www.learningscientists.org](http://www.learningscientists.org). This is an organization known for its research-based approach to effective learning and studying. These strategies have been proven to facilitate learning and improve retention of information, giving your child an edge in their educational endeavors. Here's a glimpse of what your child will be learning: SPACED PRACTICE.

By implementing these research-based study strategies, your child will not only excel academically but will also acquire invaluable skills for lifelong learning. We believe that these techniques will set them on a path to academic success and prepare them for the challenges that lie ahead.

**Submitted by:** Frank Snyder, Assistant Superintendent of Curriculum, Instruction & Assessment

We are excited to support your child's educational journey and look forward to working together with you to help them thrive. If you have any questions or need further information, please do not hesitate to contact us.

### Read more about spacing as a study strategy:

*Spacing your study:*

<http://www.learningscientists.org/blog/2016/7/21-1>

*Spacing in teaching practice:*

<http://www.learningscientists.org/blog/2016/4/12-1>

Benjamin, A. S., & Tullis, J. (2010) What makes distributed practice effective? *Cognitive Psychology*, 61, 228-247.

**LEARN TO STUDY USING... Spaced Practice**  
SPACE OUT YOUR STUDYING OVER TIME

**HOW TO DO IT**

Start planning early for exams, and set aside a little bit of time every day. Five hours spread out over two weeks is better than the same five hours all at once.

**LESSON** Review information from each class, but not immediately after class.

**BREAK**

**REVIEW** After you review information from the most recent class, make sure to go back and study important older information to keep it fresh.

**HOLD ON!**

When you sit down to study, make sure you are using effective study strategies rather than just re-reading your class notes.

This may seem difficult and you may forget some information from day to day, but this is actually a good thing! This forces you to retrieve information from memory (see Retrieval Practice poster).

Create small spaces (a few days) and do a little bit over time, so that it adds up!

**RESEARCH**

Read more about spaced practice as a study strategy

Benjamin, A. S., & Tullis, J. (2010). What makes distributed practice effective? *Cognitive Psychology*, 61, 228-247.

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## NURSES NEWS

# Sick Kids: When to Stay Home from School

<b>FEVER</b> A temperature of 100° or higher	<b>COUGHING THAT WON'T STOP</b> Or other problems with breathing	<b>DIARRHEA OR VOMITING</b> Within the past 24 hours	<b>RASH</b> Body rash with itching and/or fever	<b>HEAD LICE</b> Itchy head, active head lice	<b>EYE INFECTION</b> Eye is red and oozing a yellow or green discharge
<h2>When to Return to School</h2>					
Fever free for 24 hours without the use of fever reducing medication such as ibuprofen or acetaminophen	Cough is mild and infrequent and evaluated by doctor if needed	Free from diarrhea and/or vomiting for at least 24 hours and evaluated by doctor if needed	Free from rash, itching or fever and evaluated by doctor if needed	After first head lice treatment	24 hours after starting antibiotic eye drops or ointment

## COMMUNITY CONNECTIONS

Join the Daniel Pierce Library and Grahamsville Reformed Church in their local food drive community giveback donation program by donating to our local food pantry located at the Grahamsville United Methodist Church now through November 16, 2023. The two donation locations are the Daniel Piece Library during normal operating hours and the Grahamsville Reformed Church. All donations should be placed inside at each location. Some examples of food pantry needs include: peanut butter, jelly, canned fruit, canned vegetables, soups, macaroni & cheese, pasta sauce, pasta, pancake mix, cake mix, brownie mix, syrup, cereal and mayo.

## AHERA COMPLIANCE ACTIVITIES

AHERA is a federal law enacted in 1987, which requires all school districts to re-inspect facilities for asbestos containing building materials. The District's AHERA Management Plan is available for your review in the District Office. If you have any questions or concerns in this regard, feel free to contact Robert Whitaker, Assistant Superintendent for Finance and Human Resources at 845-985-2296 x 5201.



## ATHLETICS FALL ACCOMPLISHMENTS

Tri-Valley had a great turnout for our Fall sports season. 203 athletes in grades 7-12 participated on our 15 teams that we fielded this Fall. We added a Girls Volleyball program that included 20 participants and a Modified Cheerleading team that offered 5 students the opportunity to participate.

### **Girls Varsity Cross Country: Postseason Prospects:**

The Girls team will have a major matchup between them and Mt. Academy for the Sectional Title. Both teams have been ranked as top 10 teams for New York State Class D over the past two weeks. The goal is to win sectionals and send a team to the Class D State Championship with eyes on a top three finish. Regardless of the outcome of sectionals, Tri-Valley girls will have competitors at the State Championships including Anna Furman who is currently ranked 1st for Class D.

### **Team Accomplishments: OCIAA**

Division 5 Champions, undefeated dual meet record of 9-0, and 3rd place at the Grout Invitational

### **Individual Accomplishments:**

Anna Furman - Top ranked runner in Section 9, OCIAA, and the State (Class D). Ranked 13th overall including all classes (public and private) in New York. Finished 1st in her respective races at Warwick WaveMania Invite, VVS Invite, McQuaid Invite and 1st in the overall event at the Grout Invite.

Amelia Mickelson - Ranked on the top girls list in the State (Class D), and projected to finish in the top 4 at the sectional championships.

Emma Richardson - Ranked on the top girls list in the State (Class D).

### **Boys Varsity Cross Country**

The Boys team is 9-0 in dual meet competition and has captured the OCIAA Division Title. The team is ranked #5 in NYSPHSAA Class D. They have traveled to six major Invitationals around the state this year.

Craig Costa has placed in the top 10 individually in five invitationals with a big second place finish at Manhattan College Invitational. Craig is currently ranked #16 in Class D.

Van Furman has placed first in four invitationals and individually is currently ranked #1 in Class D and #8 overall in NYS.

OCIAA Championship is next week where we hope for a Top 3 Team finish.

### **Girls Varsity Soccer**

Girls Varsity Soccer ended the regular season with a 13-1 record. The team earned the 2nd seed in the postseason and will host Pine Plains on Wednesday, October 25th at 2:00 pm. Please come out and support the team!

### **Varsity Football**

Varsity Football will be the third seed from our division for the playoffs. Misha Khodakovski, Josh Fanslau, and Zach Whipple have been leading the team on offense. Travis Capawana, Easton Scanna, and Colin Monell have been leaders on defense. The team looks to make a run in the playoffs starting next week.

### **Boys Varsity Soccer**

The season was filled with growth. The boys worked endlessly on the field, never gave up and for that we are incredibly proud of them. We're looking forward to continued growth of the program next year.

### **Cheerleading**

This season the Varsity Cheer team has been very active in the community. They were asked to lead the Tractor Parade. The team ran a face painting booth and interacted with most of the community that day.

The varsity cheer team is starting to prepare for the upcoming Cheerleading Competition season which starts November 13th.

### **Girls Volleyball**

As coaches we were so excited to be able to start a Volleyball program this year. We have 20 young ladies who show up and work hard and hope to gain more as we continue. Their enthusiasm and determination is exciting to watch and be a part of. We look forward to next year when we can compete against other schools.



Tri-Valley Central  
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12740



Keith Stryker, President  
Timothy Dymond, Vice-  
President  
Tammi Chaboty  
Brent Clarke  
George Dean  
Travis Hartman  
Patrick Kelly  
Jim McCarthy  
Rose Woods  
Erin Long, Superintendent



## NOVEMBER 2023

Produced in cooperation with the Capital Region BOCES Communications Service.

### NOVEMBER ISSUE

EDUCATING STUDENTS FOR SUCCESS IN A CHANGING WORLD

## UPCOMING EVENTS:

- **November 6, 2023**  
Senior Portrait Retake Day SS
- **November 10, 2023**  
Veterans' Day- School Closed
- **November 13, 2023**  
Varsity & JV Sports Registration Opens
- **November 15, 2023**  
ES Parent-Teacher Conferences
- **November 16, 2023**  
SS Parent Teacher Conferences  
Board Meeting
- **November 20, 2023**  
Modified Sports Registration Opens
- **November 21, 2023**  
Early Release for Students
- **November 22-24, 2023**  
Thanksgiving Recess- School closed
- **November 29, 2023**  
ES PTO Monthly Meeting
- **November 30, 2023**  
Board Meeting (If Needed)
- **December 1, 2023**  
ES Picture Retake Day
- **December 9, 2023**  
PTO Holiday (Winter) Event
- **December 12, 2023**  
Grades 9-12 Winter Concert
- **December 13, 2023**  
Grades 4-8 Winter Concert
- **December 14, 2023**  
Board Meeting  
Grades 9-12 Winter Concert Snow Date

