



**Experiencing Today,
Preparing for Tomorrow**

October 2023

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Beaver River Central School

Navigation

This past summer we took a family trip. My two children are of adult age, but not quite fully out of the house, and we had many laughs when we were trying to navigate. Everyone thought their app for navigating (google maps, waze, etc.) was the one to use. You would think that the apps would choose the same path to get from start to finish. That was definitely not the case. Each app put a different emphasis on current traffic, or construction, or tolls so that when the directions were given each app had its own unique path to the final destination. And this, of course caused a debate in the car while it was moving.

Much like the apps on our phone, each of us have our own unique approach to our path to our destination. At school, we call that destination, graduation. As a district we continue to try to provide as many opportunities for students to find their way. While we do not have as many opportunities as larger school districts, our staff continues to find ways to offer opportunities in multiple areas.

Academic Opportunities

As student's progress through their PreK-12 education, their course of study moves from a very structured program to more choice oriented. Through this time, we provide guidance around student career exposure (elementary), exploration (middle school), and experience (high school). Through those opportunities, each student has the opportunity to find out what path may fit them. Over the past few years we have added units of study in the middle school that help students explore some areas that they may not have been able to through agriculture and business classes. At the high school level, we have increased the pathways for students to achieve a diploma through a typical course of study, a career and technical study, and additional college courses.

Co-Curricular Opportunities

One area that makes our United States educational system different than other countries are the additional opportunities outside of the classroom for students that are supported within the school. Our co-curricular activities, often referred to as clubs, give students opportunities to learn and grow in additional ways than a typical academic course of study. Some of clubs include Art Club, Big Brothers Big Sisters, Future Educators of America, Sources of Strength, Theater Club and many more. The diverse set of co-curricular organizations allow students to explore their gifts and talents.

Athletic Opportunities

In addition to club activities, Beaver River supports multiple athletic programs. For a school our size, out student participation is quite high. While it may seem in some sports this fall our numbers are low, our overall numbers are consistent with prior years. Each of these opportunities make up the ways that students can learn and grow. A small rural school like ours allows students to navigate their way to the path of their future. I encourage all of our students to take advantage of as many of these paths as possible.

Community Opportunities

In addition to student opportunities, our school district is a hub of our community, and our facilities are intended to be used. We do not charge for the use of our facilities as long as we have custodial staff available. Our doors are open for community members! In addition, take a look at the adult education opportunities. If there is something you are interested in and would like to use the school facilities, reach out, we can probably accommodate!

Todd G. Green, Superintendent of Schools
"Experiencing Today, Preparing for Tomorrow".



Welcome Our New Staff to the District:

We want to welcome the new staff to our district:

Lynsey Buckingham, Math Teacher
Nicole Eaton, Elementary Teacher
Kathryn Olmstead, Learning Center Teacher
Morgan Sweeney, Agriculture Teacher
Rachel Epstein, Science Teacher
Beverly Perry, Library Media Specialist
Makayla West, English Teacher
Daniel Mayer, Special Education Teacher
Alexandra Davis, Math Teacher
Lisa Proulx, Cleaner
Shea Waite, Cleaner
Tracie Getman, Teaching Assistant
Tisha Dugger, Teaching Assistant
Jonna Kloster, Teaching Assistant
Christina Widrick, Teacher Aide
Jessica Widrick, Teacher Aide
Alison Lyndaker, Teacher Aide
Terance Mostyn, Bus Driver



**Experiencing Today,
Preparing for Tomorrow**

Pictured below are just some of the new staff listed above.



Welcome to Beaver River!

NEWS FROM THE SAFETY OFFICER.....



Welcome back students, parents, staff, and community members!

We are well underway with the 2023-2024 school year and we wanted to review some changes that you may have observed. Most notably are the improvements to the student drop-off/pickup area and traffic flow in the large parking lot, which has been going well. As a review to the video message Superintendent Green sent out at the beginning of the school year, student drop-off is now in a lane adjacent to the tennis courts. We ask that any person dropping off a student in the morning to please

drop them off in the marked area. This allows them to walk in a safe area behind cones and on the sidewalk away from vehicular traffic. For afternoon pickup, we implemented a very similar process. For students in PreK through 5th grade we ask that you park in the drop-off/pickup lane and walk up to the elementary gym entrance and sign out the child with the BRCS staff member. This process helps alleviate vehicular congestion in front of the pickup area.

You will also notice in this same area adjacent to the curbing that it has been marked as a fire lane with no parking and additional signage on the school that reflects this. Additionally, you will see orange cones to delineate prohibited parking, which will also assist with traffic flow and our extra-curricular bus runs. As we all transition to this new process, please continue to follow the pavement directional arrows to help with this new flow of traffic.

Be sure to watch for our buses and give them plenty of room. Whether they are on the roadway or in the parking lot, it is illegal to pass a school bus with its red flashing lights on. For a first conviction a fine of \$250-\$400 and/or up to 30 days in jail and five points on your driver record could be levied. For more information regarding school bus safety you may log on to website; <https://dmv.ny.gov/more-info/school-bus-safety>

As a reminder UTV's, ATV's, skateboarding, rollerblading, and electric scooters are prohibited on BRCS property at all times as well as any form of smoking.

With your help, we will continue to strive for a safer school for the many users of our beautiful campus. As always, we welcome your comments and feedback and look forward to another safe school year.

If you have any questions, please contact our School Safety Officer at 315-346-1211 ext. 611 or email: rlehman@brcsd.org



Elementary Principal

Dear Parents and Guardians,

Thank you for a great opening to the 2024-2024 school year. We began the year with some new faces and classrooms. Mrs. Nicole Eaton is our new Pre-Kindergarten teacher. She teaches the a.m. and p.m. classes.

We also have some new teaching assistants and teacher aides in the elementary. I would like to welcome Mrs. Tracie Getman, PreK all day teaching assistant, Mrs. Christina Widrick, teacher aide and Mrs. Cassie Tuttle, teacher aide.

In September, our 5th grade went to Fort Drum for STAR program which is a Science, Technology, Electrical and Math program. They were able to work on project based activities in the lab setting especially designed for school age students.

Mr. Olmstead will be continuing to work with students this school year on the BOE career readiness goal. At the elementary level the goal is career exposure. We will be asking you to help with the My Strengths and Interest form.

There are many changes on how we instruct and assess reading in elementary. We have a new universal screener for all students in PK-2, and for at risk students in grades 3-5. We also have a new universal screener for all students in grades 3-5 for ELA and Math called STAR. All the results will be reported to parents.

We have two upcoming events for families this month. Home and School will be hosting an event in Saturday, October 7, 2023. More details will be coming about that event. There will be a Fall Festival Parade on October 27, 2023 at 2:00 pm. More details will be coming home.

This year classroom parties are limited to the school staff and students because we have limited resources to check in parents and make sure we keep 6-12 students safe. This is outlined in the BR Elementary Parent Handbook.

Sincerely



Dr. Kimberly Lyman-Wright
Elementary School Principal



PARENT TEACHER CONFERNCES

Parent-Teacher conference dates are on November 16th and November 20th. Elementary students will be released at 12:45 p.m. on those days.

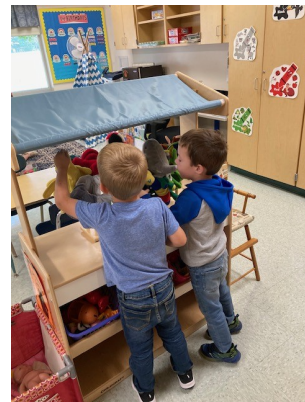
BOOK FAIR

The Home and School will be having their book fair in November! The dates will be November 13th through November 17th.

PRE-KINDERGARTEN

Thank you to everyone who came to Open House to help jump start our school year! We spent September learning all about our school and learning about each other. We had a fun time exploring all the learning centers in our classrooms, including the art center, math and science center, block center, pretend center, literacy center, playdough center, and sensory table! We spent October learning about fire safety and all about fall! We turned our pretend centers into a fire station to dive deep into our play and learn the roles of different community helpers! We had a fun time using our senses to taste different kinds of apples! We even worked on our fine motor skills by cutting apples to make homemade applesauce!

We are looking for volunteers to come into our Pre-K classrooms to share your occupation and your role as a part of our community helpers unit. If interested, please contact Ashlee Haas at ahaas@brcsd.org or Nicole Eaton at neaton@brcsd.org.



FOURTH GRADE NEWS

Fourth grade students will travel to Beaver Camp on October 5th for a hands-on learning experience. While at Beaver Camp, students will discover the diversity of plants, insects, and animals found in the Beaver River habitat. Students will learn safe boating practices and experience a short boat trip on Beaver Lake. This field trip was made possible through a grant from the Beaver River Advisory Council/Brookfield Power.

Throughout our classes, we have been creatively writing, practicing phonemic skills, and reading a variety of texts. In social studies, the fourth grade classes continue to learn about New York State. We have learned the names of many lakes, rivers, mountains, and cities within New York. We have been studying geography and early people of New York State. In science, we will be studying the energy and motion. We will be looking closely at the speed and energy of objects. In math, we have worked with place value, rounding, number disks and number lines!

Our homework lessons provide review and practice of concepts learned and students will benefit from “keeping up” on their daily homework. We have frequent multiplication practice, and we are happy to share additional sheets or flash cards at any time throughout the year.

Thank you parents for your daily support at home. We couldn't do it without you!



MEET THE SOCIAL WORKERS

Morgan McAleese, LMSW
Suzanne Zicari, LMSW

Morgan McAleese, is one of the social workers at Beaver River. This is her 3rd year working with students, and providing support for our school's social emotional needs. Morgan earned her Masters of Social Work at Syracuse University in 202 when the world shut down! For the past two school years, she mainly worked with Elementary students in individual and group settings. This school year she has expanded to K-12 and she is a huge advocate for Mental Health! *"Taking care of your mental health is an act of self-love."* In Morgan's spare time, she enjoys spending time with her loved ones, traveling and finding new projects to DIY. A goal she has set for herself this year is to grow her small business and see two new parts of the world.

Suzanne Zicari, has been a Social Worker for BOCES for 30 years. She earned her Associates degree at Jefferson Community College, Bachelors degree at Keuka College and her Master of Social Work at Syracuse University. She is an aspiring 46'er. As many already know, there are 46 High Peaks in the Adirondacks. She also enjoys cross stitching, walking and spending time on the water with her family and two dogs. Some of her highlights of summer have been traveling to Italy with her husband and the birth of her first grandchild. A goal that Suzanne has set for herself this year is to declutter her home and climb more mountains!



It is a great way to start off the school year organized and with goals! Goals are part of every aspect of life and provide a sense of focus and motivation. By setting goals it helps provide a target to aim for. A SMART goal is used to help guide goal setting. SMART is an acronym that stands for Specific, Measurable, Achievable, Realistic and Timely. Therefore, SMART goal incorporates all of these criteria to help focus your efforts and increase the chances of achieving your goal.

SMART goals are:

- **Specific:** Well defined and clear
- **Measurable:** With specific criteria that measure your progress toward the accomplishment of the goal
- **Achievable:** Attainable and not impossible to achieve
- **Realistic:** Within reach, realistic and relevant to your purpose
- **Timely:** With a clearly defined timeline, including a starting date and a target date

For example: A **SMART** goal for school may be to improve sleep time to be prepared for the school day.

Specific: To establish and maintain a good sleep. Try to get 8 hours of sleep per night.

Measurable: I will measure how many nights that I go to bed at the set time.

Achievable: I will plan on a 10-minute window if needed.

Realistic: I will set a time to go to bed based on my schedule Monday-Thursday

Timely: I will evaluate weekly to see if this is working. If not, I will re-evaluate my goal.



5 Steps for effective goal setting



Step 1: Write down your goal

Research shows people are 33% more likely to achieve their goals if they write them down.



Step 2: Make your goal specific and Measurable

Lots of research around SMART goals [Specific, Measurable, Achievable, Realistic, and Timely] has shown if one takes the time to define a goal, it will have a higher rate of success. Use the template below to define your goal:

I will _____ by _____

When and with whom? _____



Step 3: Identify a “goal buddy”

Studies show those who had an accountability partner with weekly check-ins achieved their goals significantly more than those who didn't.

A “goal buddy” can be your friend or family member. You can have more than one!



Step 4: Name potential setbacks and challenges

It's important to think of potential challenges and setbacks which can prevent you from achieving your goal. In fact, some studies show that imagining roadblocks can increase productivity, improve time management, and reduce stress.



Step 5: Schedule revising dates

Set a few dates to revisit your goals. It's a great opportunity to celebrate small successes you already achieved. Also think if the current goals are still meaningful to you or need to be changed.



“life is a journey, not a destination.”

Ralph Waldo Emerson

8

ESSENTIAL TIPS TO HELP YOUR

TEEN *set* *effective*

GOALS

by Big Life Journal

1 MAKE SURE IT'S THEIR GOAL NOT YOURS

- Teens can easily reject any attempt to be controlled.
- Allow your teen to set the goal and don't manipulate them into fulfilling your goals for them.



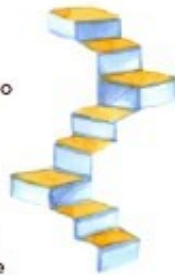
2 PARTNER WITH THEM AND SUPPORT THEIR INTERESTS

- If what your teen wants to do is safe and reasonable, you have an opportunity to show interest in their passion and partner with them.



3 INTRODUCE GOAL SETTING AS A TOOL TO SUPPORT THEIR DREAMS

- It's better NOT to force teens to do goal setting or introduce it as a "should" or "must."
- For example, an effective invitation to goal setting could be, "Sounds like you're interested in improving your Spanish so you can get selected for the school trip to Spain this summer. What a great idea. Would you like me to support you in creating a plan?"



4 KNOW WHEN CONVERSATION ABOUT GOAL SETTING IS APPROPRIATE

- If a teen is complaining about a task, like having to complete homework, don't initially try a conversation about goal setting.
- It's more effective to skillfully address their complaint first.



5 DEMONSTRATE THEY'RE IN CONTROL

- What if your teen is complaining about a situation they see as outside of their control, like a bad grade? This is a great opportunity to partner with your teen by empathizing, "Sounds like you're frustrated with your score in math."
- Then, point out how they have accomplished other goals on their own.
- Finally, name what your teen specifically did in order to accomplish this goal. This is important in building your teen's awareness of how effective they already are.



6 HELP TEEN REVISE GOALS TO BE SPECIFIC AND MEASURABLE

- Sometimes a goal involves someone else's decision. For example, "I want to make the track team" may ultimately depend on a coach's decision.
- Instead, help your teen identify the qualities and skills it would take for them to get onto the team.



7 EXPLAIN IT'S ABOUT THE JOURNEY NOT THE DESTINATION

- We don't want to teach our teens they can't be happy or satisfied NOW, and that they'll only be happy once they reach their goal.
- Explain to your teen they can be satisfied in all aspects of the goal-setting process. It is the process that can ultimately build a *growth mindset*.



8 HELP THEM SEE A DEEPER VALUE AND BENEFIT TO THEIR GOAL

- Goals are more likely to be achieved if one considers the "why" or purpose behind the goal.
- If we say to teens, "Clearly that's important to you. Tell me more about it," teens are more likely to open up.
- You can validate your teen's initial reason while helping them see a deeper value and a benefit to their goal.



MIDDLE & HIGH SCHOOL NEWS

Dear Parents,

We have had a great start to the year, and we would like to highlight some of the wonderful things that students and teachers are doing.

Athletics are well underway. Students are practicing and competing in soccer, tennis, football, cross country, and swimming. The students display great sportsmanship and hard work. Fans are always welcome to attend and support Beaver River athletics. Students who are interested in participating in the athletic programs, should see Mr. Kogut, our new athletic director.

As we head into a new school year, we remind students that Beaver River CSD follows the pillars of Character Counts: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship. In order for the school to provide a safe space for learning, students must cooperate by respecting others as well as themselves. Specific disciplinary procedures are outlined in BRCSD Standards for Community-Wide Conduct, which is distributed to all students on the first day of school; a copy of the full document can be found on the website or from the HS/MS office. Beaver River faculty and staff members support proper discipline habits for students and are happy to work cooperatively with parents in this effort.

We welcome our new MS/HS staff. Lynsey Buckingham has officially joined the math department. Morgan Sweeney is teaching Agriculture courses. Kathryn Olmstead is overseeing the Learning Center, as Lynn Herzig has jumped into a new role in social studies. Mckayla West has joined our ELA department. Rachel Epstein is teaching middle school science.

Please mark your calendars for our Homecoming weekend. This year it will be held on the weekend of October 13th and 14th. Please come support our students and their coaches and advisors. Students will participate in a volleyball tournament, hold fundraisers, and attend a dance on Saturday evening to celebrate the week.

Theater students have been preparing and rehearsing for the upcoming musical *Beauty and the Beast*. Performances will be on November 9th and 10th at 7:00 p.m., and a matinee showing November 11th at 2:00 p.m. Please come out and see the show.

Our chapter of the National Honor Society is preparing to welcome new members during the induction ceremony on November 21st to celebrate the students' leadership, scholarship, citizenship, and service.

As we visit classrooms and activities, we continue to be impressed by our students and faculty. We have wonderful students and great teachers. Thank you for your continued support of our school community.

Sincerely,



Daniel Rains
MS/HS Principal



Troy Hebert
MS/HS Assistant Principal

YOUNG WRITERS CONTEST

Every year the Greater Thousand Islands Literacy Council sponsors a Young Writers Contest for students in Jefferson and Lewis Counties. The theme of this year's contest was The Beast Day Ever. There were over 400 essays entered from students in grades 1-12! 5 Middle School students from Beaver River placed in this year's contest. Hunter Hoch earned 3rd place in Grade 6. Addison Baker earned 3rd place for Grade 7 and Amelia Kloster 2nd place. In grade 8 Lachlynn LaParr placed third and Jenna Reed placed second. All winners with their parents and teachers were invited to a writer's celebration at Case Middle School in Watertown on April 26, 2023. Students along with their families and teachers were treated to snacks, reading of essays and celebrating with the other winners from local schools. Congratulations Hunter, Addison, Amelia, Lachyln, and Jenna!



CONGRATULATIONS!



HOMECOMING FESTIVITIES

The 1st event of the school year will be HOMECOMING the week of Tuesday, October 10th thru Saturday, October 14th. The dress days have not been determined but we will be posting information on our school website, Facebook and throughout the school buildings. The Volleyball tournament is scheduled for Thursday, October 12th. The Pep Rally will be Friday, October 13th in the high school gym and the Homecoming dance will be Saturday, October 14th from 7:00-10:00 pm in the elementary gym.

BEAVER RIVER LOW ROPES COURSE

Over the summer, Beaver River purchased a low ropes course. Check out the pictures below where our Physical Education staff are using the course to train students in teamwork and cooperation!



MUSIC DEPARTMENT NEWS

Beautiful music is being made in the music suite by all of the ensembles this fall from grades 5-12! They are getting to know each other and learning how to work together as a team. Ms. Fidler, Mr. McGrath and Mrs. Virkler are very excited about the progress and looking forward to exciting musical possibilities this year.

In the Choral Department, the **Choraleers** are off to a great start. This year's members are Sopranos: Sutton Barrett, Lily Kloster, Natalie Moshier, Kyra Olmstead, Lilly Reape and Adelaide Thisse. Altos: Aylea Bennett, Ava Campeau, Abigail Eisel, Natalie Mast, Tessa Murphy and Chanelle Rice. Tenors: Zane Barker, Dylan Buckingham, Aiden Cherry and Ryan Terrillion. Basses: Andrew Chartrand, Sawyer Davoy, Ethan Dial, Austin Sauer, Aiyden Turck, Isaiah Virkler, Nathan Virkler and Derrick Zehr. If you are interested in having the Choraleers sing at your event this year, please contact Kendra Virkler at 315-346-1211 ext. 155.

We're excited to have five singers selected for the **Area-All State Chorus** which will be held in November. Singers include Tessa Murphy (Alto), Andrew Chartrand (Bass), Aiden Cherry (Bass), Isaiah Virkler (Bass) and Nathan Virkler (Bass). Congratulations!!

In the Instrumental Department, the **5th grade band** is off to a wonderful beginning! They are learning about rehearsal procedures and how to combine their instruments with others to form a great musical ensemble. The **High School Concert Band** members are being fitted for brand new uniforms which will debut in the spring. Be on the lookout for their exciting new look at the Memorial Day Parade and Lewis County Fair Parade!

Upcoming performances:

- OCTOBER: 19 A NIGHT AT THE THEATER **CONCERT** (7:00pm in the auditorium)
- NOVEMBER: 1 Bi-County Music Festival (JH Band and EL Chorus @ Lowville)
- 3 Bi-County Music Festival (SH Chorus @ Lowville)
- 4 Bi-County Music Festival **Concert** (12:30pm and 2:00pm at Lowville)
- 17 Area All-State Music Festival
- 18 Area All-State Music Festival **Concert**



National Honor Society

The La Verne A. Norton Chapter of the National Honor Society will be holding its annual induction ceremony for new members on **Tuesday, November 21 at 8:45 AM.** Candidates from the junior and senior classes who demonstrate outstanding achievement in the areas of scholarship, leadership, service and character will be eligible for induction.

To be considered for membership, a candidate must have a 90.0% cumulative average for all high school courses. Scholarship alone is not grounds for selection into the NHS - ignoring the qualities of leadership, service and character is a violation of the NHS Constitution. In order to evaluate these criteria in prospective inductees, the principal is responsible for annually forming a five-member faculty council. This council consists of five voting members of the BRCS faculty. Additionally, the chapter advisor serves as a non-voting sixth member of the faculty council.

The faculty council reviews each academically eligible candidate in regard to the categories of leadership, service and character. The student who exercises leadership is thoroughly dependable in any responsibility accepted, exemplifies positive attitudes, and is a forerunner in the classroom, at work, and in school or community activities. The student who serves and works well with others, is willing to take on difficult or inconspicuous responsibilities, cheerfully and enthusiastically renders any requested service to the school, and shows courtesy by assisting visitors, teachers, and students. The student of character consistently exemplifies desirable qualities of behavior, upholds principles of morality and ethics, actively helps rid the school of bad influences or environment, and shows concern and respect for others.

In the process of evaluating potential inductees, each voting members of the faculty council will rate each candidate in the areas of leadership, service, and character using the following scale:

- 5 points.....the student always demonstrates outstanding qualities for the given category**
- 4 points.....the student frequently demonstrates outstanding qualities for the given category**
- 3 points.....the student sometimes demonstrates outstanding qualities for the given category**
- 2 points.....the student rarely demonstrates outstanding qualities for the given category**
- 1 point.....the student never demonstrates outstanding qualities for the given category**

The points received by a candidate for each individual category will be added and averaged to the nearest tenth of a point, giving the candidate separate averages for leadership, service, and character. The sum of all three averages will then be taken. To be granted membership, a candidate must receive a total score of at least 12.0 and receive scores of at least 3.0 in all three categories. A candidate will be denied membership if he or she scores below 3.0 in one category but still manages a total score of 12.0 or above.

Student information forms are available to candidates who wish to provide the faculty council with information that may influence the selection process. These forms are not to be considered applications (there are no official applications for NHS), but they may be helpful in revealing aspects of a candidate that the faculty council may otherwise be aware of.

During the course of the selection process, the faculty council should focus more on why a student should be inducted into NHS and less on why a student should not be included. Candidates should not be selected simply because they have sufficient grades and the faculty council has nothing bad to say about them (this is not to suggest, however, that major shortcomings in any of the three categories be ignored). Rather, the faculty council should emphasize the positive characteristics of a potential member that demonstrates why that candidate deserves to be selected. Induction into the NHS is an honor that must be earned.

All decisions made by the faculty council are binding and cannot be appealed to higher levels of the National Honor Society. Selection into the NHS is strictly a local manner. It is the faculty council's duty to carry out the selection process as objectively as possible. No student has the right to be inducted into NHS - students only have the right to be fairly considered for membership. Anyone with further questions about the selection process should direct them to Mr. Daniel Rains, Middle/High School Principal.



2023-2024

Home and School Association



President: Melanie Marriott

Phone: 315-346-1211
Email: mmarriott@brcsd.org

Home and School Association News

The mission of the Home and School Association is to establish a closer relationship between the parents and teachers of Beaver River Central School in order to create an inviting learning environment that will enable each student to achieve his/her highest level of learning.

Currently, the committee is busy preparing for a *Fall Festival with Grandparents*, our first big event of the year! The event will be located in the elementary wing and is scheduled for Saturday, **October 7th from 11-1**. This year we are eager to celebrate with all grandparents and encourage them to bring their grandchildren to enjoy an afternoon of food and fun games, where prizes can be won. We anticipate having a duck pond, lollipop pull, ring toss, obstacle course and cake walk to name a few. There will be hot dogs, chips, water, popcorn, a bake sale, and snow cones available for purchase. Please bring quarters and small bills as most games will cost a quarter to play. We are also diligently working to get some other fun community organizations to join us. Be looking for a flyer with all the details coming soon.

Fundraising events, like the Fall Festival, make it possible for the Association to enhance student learning through the purchase of needed supplies and assemblies, as well as, continue to make updates to the playground for the students' enjoyment. This summer a gaga pit was installed for the older students and new playground equipment was added last spring. We have even more exciting ideas planned for the playground this year! Other yearly fundraising events include school pictures, the Scholastic Book Fairs, and Art to Remember, which will be moved to the spring this year.

If you are interested in helping plan future activities that engage students and their families in the community, you are welcome to attend our next meeting on October 17th at 3:30 pm, in the high school library. We are always looking for new members and ideas. If you are unable to attend, but would love to help in other ways, we desperately need volunteers to help with our two book fairs. We are also looking for a motivated parent to take over the President position. Please contact Melanie Marriott at mmarriott@brcsd.org, if interested in any of the above positions.

Also, please join our Beaver River Home & School Facebook page, to keep informed of news and updates.

WE NEED PARENTS HELP AND PARTICIPATION!!

Contact Melanie Marriott for Information:
mmarriott@brcsd.org



Letter to Parents for School Meal Programs

Dear Parent/Guardian:

Children need healthy meals to learn. Beaver River Central School offers healthy meals every school day. Breakfast costs **\$1.50 K-12**; lunch costs **\$2.30 K-5 and \$2.40 6-12**. Your children may qualify for free meals or for reduced price meals. **Students in New York State that are approved for reduced price meals will receive breakfast and lunch meals and snacks served through the Afterschool Snack Program at no charge.** Below are common questions and answers to help you with the application process.

1. **DO I NEED TO FILL OUT AN APPLICATION FOR EACH CHILD?** No. Complete one Application for Free and Reduced Price School Meals/Milk to apply for free or reduced price meals for all students in your household attending this School Food Authority. We cannot approve an application that is not complete, so be sure to fill out all required information as indicated on the application and application instructions. Return the completed application to: Heather Pellam c/o Beaver River CSD, PO Box 179 Beaver Falls, NY 13305].
2. **WHO CAN GET FREE MEALS?**
 - All children in households receiving benefits from the Supplemental Nutrition Assistance Program (SNAP), the Food Distribution Program on Indian Reservations (FDPIR) or Temporary Assistance to Needy Families (TANF), are eligible for free meals. Categorical eligibility for free meal benefits is extended to all children in a household when the application lists an Assistance Program's case number for any household member.
 - Foster children that are under the legal responsibility of a foster care agency or court are eligible for free meals.
 - Children participating in their school's Head Start Program are eligible for free meals.
 - Children who meet the definition of homeless, runaway, or migrant are eligible for free meals. Households with children who meet the definition of homeless, runaway or migrant should contact the SFA for assistance in receiving benefits.
 - Children may receive free meals if your household's gross income is within the free or reduced price limits on the Federal Income Eligibility Guidelines. Students in New York State that are approved for reduced price meals will receive breakfast and lunch meals and snacks served through the Afterschool Snack Program at no charge.
 - Your children may qualify for free or reduced price meals if your household income falls at or below the limits on this chart:

2023-2024 REDUCED PRICE INCOME ELIGIBILITY GUIDELINES					
Total Household Size	Annual	Monthly	Twice per Month	Every Two Weeks	Weekly
1	\$ 26,973	\$ 2,248	\$ 1,124	\$ 1,038	\$ 519
2	\$ 36,482	\$ 3,041	\$ 1,521	\$ 1,404	\$ 702
3	\$ 45,991	\$ 3,833	\$ 1,917	\$ 1,769	\$ 885
4	\$ 55,500	\$ 4,625	\$ 2,313	\$ 2,135	\$ 1,068
5	\$ 65,009	\$ 5,418	\$ 2,709	\$ 2,501	\$ 1,251
6	\$ 74,518	\$ 6,210	\$ 3,105	\$ 2,867	\$ 1,434
7	\$ 84,027	\$ 7,003	\$ 3,502	\$ 3,232	\$ 1,616
8	\$ 93,536	\$ 7,795	\$ 3,898	\$ 3,598	\$ 1,799
*Each add'l person, add	\$ 9,509	\$ 793	\$ 397	\$ 366	\$ 183

3. **CAN FOSTER CHILDREN GET FREE MEALS?** Yes, foster children that are under the legal responsibility of a foster care agency or court, are eligible for free meals. Any foster child in the household is eligible for free meals regardless of income. Foster children may also be included as a member of the foster family if the foster family chooses to also apply for benefits for other children. Including children in foster care as household members may help other children in the household qualify for benefits. If non-foster children in a foster family are not eligible for free or reduced price meal benefits, an eligible foster child will still receive free benefits.
4. **CAN HOMELESS, RUNAWAY, AND MIGRANT CHILDREN GET FREE MEALS?** Yes, children who meet the definition of homeless, runaway, or migrant qualify for free meals. If you haven't been told your children will get free meals, please call or e-mail [school, homeless liaison or migrant coordinator information] to see if they qualify.
5. **SHOULD I FILL OUT AN APPLICATION IF I RECEIVED A LETTER THIS SCHOOL YEAR SAYING MY CHILDREN ARE APPROVED FOR FREE MEALS?** Please read the letter you got carefully and follow the instructions. Call the school at [phone number] if you have questions.
6. **MY CHILD'S APPLICATION WAS APPROVED LAST YEAR. DO I NEED TO FILL OUT ANOTHER ONE?** Yes. Your child's application is only good for that school year and carried over for the first 30 operating days of this school year (or until a new eligibility determination is made, whichever comes first). You must send in a new application unless the school told you that your child is eligible for the new school year. If you do not send in a new application that is approved by the school or you have not been notified that your child is eligible for free meals, your child will be charged the full price for meals.
7. **I GET WOMEN, INFANTS AND CHILDREN (WIC) BENEFITS. CAN MY CHILD(REN) GET FREE MEALS?** Children in households participating in WIC may be eligible for free or reduced price meals. Please fill out an Application for Free and Reduced Price School Meals/Milk.
8. **WILL THE INFORMATION I GIVE BE CHECKED?** Yes. We may also ask you to send written proof of the household income you report.
9. **IF I DON'T QUALIFY NOW, MAY I APPLY LATER?** Yes, you may apply at any time during the school year. For example, children with a parent or guardian who becomes unemployed or who experiences financial hardship mid-year may become eligible for free and reduced price meals if the household income drops below the income limit.
10. **WHAT IF I DISAGREE WITH THE SCHOOL'S DECISION ABOUT MY APPLICATION?** You should talk to school officials. You also may ask for a hearing by calling or writing to: [name, address, phone number, e-mail].
11. **MAY I APPLY IF SOMEONE IN MY HOUSEHOLD IS NOT A U.S. CITIZEN?** Yes. You, your child(ren), or other household members do not have to be U.S. citizens to qualify for free or reduced price meals.
12. **WHO SHOULD I INCLUDE AS MEMBERS OF MY HOUSEHOLD?** You must include all people living in your household, related or not (such as grandparents, other relatives, or friends) who share income and expenses. You must include yourself and all children living with you. If you live with other people who are economically independent (for example, people who you do not support, who do not share income with you or your children, and who pay a pro-rated share of expenses), do not include them.
13. **WHAT IF MY INCOME IS NOT ALWAYS THE SAME?** List the amount that you normally receive. For example, if you normally make \$1000 each month, but you missed some work last month and only made \$900, put down that you made \$1000 per month. If you normally get overtime, include it, but do not include it if you only work overtime sometimes. If you have lost a job or had your hours or wages reduced, use your current income.
14. **WE ARE IN THE MILITARY. DO WE REPORT OUR INCOME DIFFERENTLY?** Your basic pay and cash bonuses must be reported as income. If you get any cash value allowances for off-base housing, food, clothing, it must also be included as income. However, if your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income. Any additional combat pay resulting from deployment is also excluded from income.
15. **MY FAMILY NEEDS MORE HELP. ARE THERE OTHER PROGRAMS WE MIGHT APPLY FOR?** To find out how to apply for SNAP or other assistance benefits, contact your local assistance office or call 1-800-342-3009.

2023-2024 Application for Free and Reduced Price School Meals/Milk

To apply for free and reduced price meals for your children, read the instructions on the back, complete **only one** form for your household, sign your name and return it to the address listed below. Call **315-346-3560**, if you need help. Additional names may be listed on a separate paper.

Return Completed Applications to: Beaver River Central School
 PO Box 179
 Beaver Falls, NY 13305

1. List all children in your household who attend school:

Student Name	School	Grade/Teacher	Foster Child	Homeless Migrant, Runaway
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>

2. SNAP/TANF/FDPIR Benefits:

If anyone in your household receives either SNAP, TANF or FDPIR benefits, list their name and CASE # here. **Skip to Part 4 and sign the application.**

Name: _____ CASE #: _____

3. Report all income for ALL Household Members (Skip this step if you completed step 2)

All Household Members (including yourself and all children that have income).

List all Household members not listed in Step 1 (including yourself) **even if they do not receive income**. For each Household Member listed, if they do receive income, report total income for each source in whole dollars only. If they do not receive income from any other source, write '0'. If you enter '0' or leave any fields blank, you are certifying (promising) that there is no income to report.

Name of household member	Earnings from work before deductions <i>Amount / How Often</i>	Child Support, Alimony <i>Amount / How Often</i>	Pensions, Retirement Payments <i>Amount / How Often</i>	Other Income, Social Security <i>Amount / How Often</i>	No Income
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>

Total Household Members (Children and Adults)

*Last Four Digits of Social Security Number: XXX-XX-__ __ __ __

I do not have a SS#

"When completing section 3, an adult household member must provide the last four digits of their Social Security Number (SS#) or mark the "I do not have a SS# box" before the application can be approved.

4. Signature: An adult household member must sign this application before it can be approved.

I certify (promise) that all the information on this application is true and that all income is reported. I understand that the information is being given so the school will get federal funds; the school officials may verify the information and if I purposely give false information, I may be prosecuted under applicable State and federal laws, and my children may lose meal benefits.

Signature: _____ Date: _____

Email Address: _____

Home Phone: _____ Work Phone: _____ Home Address: _____

5. Ethnicity and Race are optional; responding to this section does not affect your children's eligibility for free or reduced price meals.

Ethnicity: Hispanic or Latino Not Hispanic or Latino

Race (Check one or more): American Indian or Alaskan Native Asian Black or African American Native Hawaiian or Other Pacific Island White

DO NOT WRITE BELOW THIS LINE – FOR SCHOOL USE ONLY

Annual Income Conversion (Only convert when multiple income frequencies are reported on application)
 Weekly X 52; Every Two Weeks (bi-weekly) X 26; Twice Per Month X 24; Monthly X 12

- SNAP/TANF/Foster
- Income Household: Total Household Income/How Often: _____ / _____ Household Size: _____
- Free Meals Reduced Price Meals Denied/Paid

Signature of Reviewing Official _____ Date Notice Sent: _____

Beaver River Central School

Lunch Menu
10/2 - 10/13
Reverse Side
10/16- 10/31

October 2023



MON	TUE	WED	THU	FRI
<p>2</p> <p>Apple Frudel</p> <p>*Entrée Choose 1</p> <p>*Pulled Pork w/ BBQ Sauce on Bun *Popcorn Chicken Ranch & BBQ Sauces</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <p>Roasted Cauliflower/ Broccoli Oven Potato Fries Cabbage Salad</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>3</p> <p>Sausage & Egg Breakfast Pizza</p> <p>*Entrée Choose 1</p> <p>*Chicken Drumsticks *Cheese Stuffed Ravioli In Sauce</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <p>Butternut Squash Potato Rounds Seasoned Peas</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>4</p> <p>Hot egg, sausage, cheese on English Muffin</p> <p>*Entrée Choose 1</p> <p>*Mexican Taco 's w/ Lettuce, cheese, salsa & Sour Cream *Escalloped Potatoes and Ham</p> <p>BRC'S Cinnamon Roll</p> <p>Vegetables and Fruit</p> <p>Roasted Com Kernels Refried Beans Seasoned Black Beans Roasted Garbanzo Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>5</p> <p>Ham & Egg Breakfast Pizza</p> <p>*Entrée Choose 1</p> <p>*French Toast Sticks w/ syrup and Sausage Patty *Hamburger on Bun</p> <p>Vegetables and Fruit</p> <p>Roasted Green Beans Warm Applesauce Carrot Sticks</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>6</p> <p>Superintendents Conference Day</p>  <p>No School</p>
<p>9</p> <p>Columbus Day</p>  <p>No School</p>	<p>10</p> <p>Cherry Frudel</p> <p>*Entrée Choose 1</p> <p>*Smokey BBQ Chicken Wrap *Crispy Chicken Wrap *(Gr.6-12)Spicy Chicken Wrap All w/ lettuce, cheese & assorted sauces</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <p>Roasted Broccoli Carrot Sticks</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>11</p> <p>Hot egg, ham, cheese on English Muffin</p> <p>*Entrée Choose 1</p> <p>*(Gr.K-5) Stuffed Cheese & Pepperoni Calzone Pocket *Chicken Patty on Bun *(Gr.6-12) Chicken Parmesan w/ Spaghetti</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <p>Tossed Romaine Salad w/ dressing Roasted Green Beans Roasted Garbanzo Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>12</p> <p>Ham & Egg Breakfast Pizza</p> <p>*Entrée Choose 1</p> <p>*Baked Mozzarella Sticks Maninara Sauce *Oriental Cherry Chicken - (Grades K-5) *Oriental General TSO Chicken - (Grades 6-12)</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <p>Egg Roll Oriental Rice Roasted Broccoli</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>13</p> <p>Bagel w/ Cream Cheese Or Peanut Butter</p> <p>*Entrée Choose 1</p> <p>*Shrimp Poppers String Cheese *Fish on Bun Cocktail Sauce Tarter Sauce</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <p>Cabbage Salad Oven Fries Steamed Fresh Spinach</p> <p>Applesauce Peanut Butter Cookie</p>

Breakfast Choices

- ✓ Hot Entrée Listed
- 100% Fruit Juice, Fruit, Assorted Cereal,
- Nutri-Grain Bar or Cereal Bar
- 1% White Milk or FF White Milk
- All items available A LA CARTE

Elementary Snack Drink \$.65

Meal Categories:

Free,
Reduced @ \$.00 and
Full @ \$1.50

Prepayment for meals are recommended at least by the week or longer period of time

Checks Payable to:

BRC'S LUNCH FUND

You can make online payments and check your child's account balance @ www.MySchoolBucks.com

An Application for Free for Reduced Meal benefits may be completed and submitted anytime during the school year. Call Mrs. Ashley Roos at 315-346-1211 Ext. 561 for information

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

Lunch Choices

Daily Elementary Choices:

- ✓ Hot Entrée Listed
- ✓ Chef Salad w/ Crackers or Wheat Bread
- ✓ PB&J Sandwich
- ✓ Yogurt w/ Crackers or Wheat Bread

Daily MS/HS Choices:

- ✓ Hot Entrée Listed
- ✓ Salad Bar w/ Crackers or Wheat Roll

Deli Sandwich / Soup, Crackers
Yogurt Parfait w/ Crackers or Wheat Bread

Nacho's with Cheese Sauce

Milk Choices:

- 1% White, FF White or FF Chocolate Milk

All Bread / Buns:

- 100% Whole Wheat or 51% Whole Grain

****All Students MUST choose**

(1) Vegetable OR (1) Fruit,

- May choose up to (2) or (3) Vegetables

Grades K-8:

May choose up to (1) Fruit

Grades 9-12:

May choose (1) or (2) Fruit

Meal Categories: Free,

Reduced @ \$.00 and

Full Price @ \$2.30 Elem.

\$2.40 MS/HS



MON	TUE	WED	THU	FRI
<p>16</p> <p>Mini French Toast</p> <p>*Entrée Choose 1</p> <ul style="list-style-type: none"> *Stuffed Cheese & Pepperoni Calzone Pocket *Chicken Fajita (add lettuce, cheese, Tomato, sour cream) <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <ul style="list-style-type: none"> Roasted Corn Refried Beans Seasoned Black Beans <p>Assorted Fresh Fruit</p> <p>Canned Fruit Choices</p>	<p>17</p> <p>Sausage & Egg Breakfast Pizza</p> <p>*Entrée Choose 1</p> <ul style="list-style-type: none"> *Mini Corn Dogs *Boneless Chicken Wings w/ Ranch & BBQ Sauces <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <ul style="list-style-type: none"> Seasoned Carrots Seasoned Green Peas Mashed Potatoes / Gravy <p>Canned Fruit Choices</p> <p>Assorted Fresh Fruit</p>	<p>18</p> <p>Hot egg, sausage, cheese on English Muffin</p> <p>*Entrée Choose 1</p> <ul style="list-style-type: none"> *Rib-que on Bun *Spaghetti w/ meat sauce Grated cheese <p>BRCS Made Italian Bread</p> <p>Vegetables and Fruit</p> <ul style="list-style-type: none"> Tossed Romaine Salad w/ dressing Roasted Green Beans <p>100% Fruit Juice</p> <p>October Birthday Cake</p>	<p>19</p> <p>Ham & Egg Breakfast Pizza</p> <p>*Entrée Choose 1</p> <ul style="list-style-type: none"> *Toasted Cheese Sandwich *Filet of Fish on Bun <p>Vegetables and Fruit</p> <ul style="list-style-type: none"> Tomato Soup Macaroni Salad Carrot Sticks <p>Canned Fruit Choices</p> <p>Assorted Fresh Fruit</p>	<p>20</p> <p>Bagel w/ Cream Cheese or Peanut Butter</p> <p>*Entrée Choose 1</p> <ul style="list-style-type: none"> *Cheese Pizza *White Garlic Pizza *Buffalo Chicken Pizza (MS/HS) *Macaroni & Cheese <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <ul style="list-style-type: none"> Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Seasoned Carrots <p>Canned Fruit Choices</p> <p>Assorted Fresh Fruit</p>
<p>23</p> <p>Mini Cinnis</p> <p>*Entrée Choose 1</p> <ul style="list-style-type: none"> *Hamburg on Bun *Hot Dog on Bun <p>Chili-n-Beans</p> <p>Vegetables and Fruit</p> <ul style="list-style-type: none"> Oven Fries Baked Beans Seasoned Carrots <p>Assorted Fresh Fruit</p> <p>Canned Fruit Choices</p>	<p>24</p> <p>Sausage & Egg Breakfast Pizza</p> <p>*Entrée Choose 1</p> <ul style="list-style-type: none"> *Smokey BBQ Chicken Wrap *Crispy Chicken Wrap *(Gr. 6-12) Spicy Chicken Wrap <p>All w/ lettuce, cheese & assorted sauces</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <ul style="list-style-type: none"> Roasted Broccoli Carrot Sticks <p>Canned Fruit Choices</p> <p>Assorted Fresh Fruit</p>	<p>25</p> <p>Hot egg, ham cheese on English Muffin</p> <p>*Entrée Choose 1</p> <ul style="list-style-type: none"> *Mexican Taco's w/ Lettuce, cheese, salsa & Sour Cream *Escalloped Potatoes and Ham <p>BRCS Cinnamon Roll</p> <p>Vegetables and Fruit</p> <ul style="list-style-type: none"> Roasted Corn Refried Beans Seasoned Black Beans <p>Assorted Fresh Fruit</p> <p>Canned Fruit Choices</p>	<p>26</p> <p>Ham & Egg Breakfast Pizza</p> <p>*Entrée Choose 1</p> <ul style="list-style-type: none"> *Baked Mozzarella Sticks Marrara Sauce *Oriental Cherry Chicken - Grades (K-5) *Oriental General TSO <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <ul style="list-style-type: none"> Egg Roll Oriental Rice Roasted Broccoli <p>Canned Fruit Choices</p> <p>Assorted Fresh Fruit</p>	<p>27</p> <p>Bagel w/ Cream Cheese or Peanut Butter</p> <p>*Entrée Choose 1</p> <ul style="list-style-type: none"> *Pepperoni Pizza *Cheese Pizza *Macaroni & Cheese <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <ul style="list-style-type: none"> Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans <p>Assorted Fresh Fruit</p> <p>Canned Fruit Choices</p>
<p>30</p> <p>Mini Waffles</p> <p>*Entrée Choose 1</p> <ul style="list-style-type: none"> *Ham, Patty on Bun *Chicken Patty on Bun *(Gr. 6-12) Spicy Chicken Patty on Bun <p>Vegetables and Fruit</p> <ul style="list-style-type: none"> Sweet Potato Fries Roasted Broccoli <p>Canned Fruit Choices</p> <p>Assorted Fresh Fruit</p>	<p>31</p> <p>Sausage & Egg Breakfast Pizza</p> <p>*Entrée Choose 1</p> <ul style="list-style-type: none"> *Chicken Drumsticks *Cheese Stuffed Ravioli in Sauce <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <ul style="list-style-type: none"> Butternut Squash Potato Rounds Seasoned Peas <p>Canned Fruit Choices</p> <p>Assorted Fresh Fruit</p>			

Beaver River Central School
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Preparing for Tomorrow**

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