

**SOLVAY**

# Sentinel

Solvay Union Free School District

*We develop confident, continual learners who are caring community members.*

**November 2017**  
**Volume XXXIII, No. 2**

THIS ISSUE

PAGE

School News

**2**

Weather Cancellations/  
Emergency Closings  
Procedures

**4**

Meet Superintendent  
Jay Tinklepaugh

**5**

District News

**6**

Welcome to our  
New Staff!

**7**

Athletics News

**11**

*The Sentinel* is published four times a year by the Solvay Union Free School District (UFSD). Questions and comments are welcomed by the superintendent's office at (315) 468-1111 or [sentinel@solvayschools.org](mailto:sentinel@solvayschools.org)

## Solvay High School featured on "Friday Morning Lights"

On Oct. 13, News Channel 9's Jennifer Sanders and Kate Thornton featured SHS on their "Friday Morning Lights" show from 5–7 a.m. "Friday Morning Lights" showcases fall sports and school spirit for select schools throughout the region. For the SHS show, nearly 120 students — including all student athletes, Vocal Jazz, and Jazz Band — were early to rise to show Central New York what the Bearcats are all about!



## Solvay Elementary School holds PBIS kickoff

The year is off to a great start at SES! On Friday, Sept. 22, SES held their annual Positive Behavior Interventions & Supports kickoff. The event was nicely attended by staff, students, parents, and Solvay community members, who all joined together to create positive goals and release balloons for each class in SES.



## MEET NEW SOLVAY SUPERINTENDENT JAY TINKLEPAUGH!

Mr. Tinklepaugh started his new role as Solvay UFSD Superintendent on August 15. Prior to this role, Mr. Tinklepaugh worked for the Solvay UFSD as the Principal of Solvay High School. He has worked in the education field for over 20 years. Read page 5 to learn more about Mr. Tinklepaugh, his goals for the upcoming year, and what he enjoys about Solvay.

*Continued on page 5*

## Good things are happening at SES!

- On Friday, Sept. 29, SES was the site of the lunch stop for the Ride for Missing Children. This group seeks to raise money in the fight to find missing children. This was a fun event with over 100 cyclists, music, and almost 500 cheering SES students.
- The adventure has continued into the fall season, with kindergarten and first-grade students from SES having a wonderful time on their field trips picking apples.



## SHS raises funds for hurricane relief

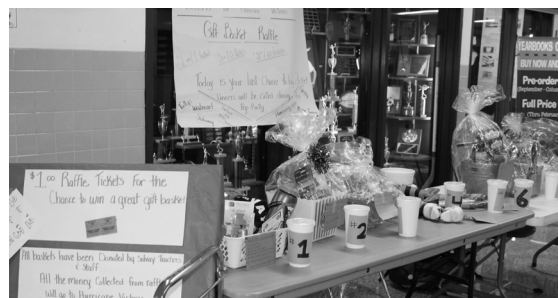
SHS is no stranger to giving back to the community. From St. Baldrick's fundraisers to community dinners, SHS is constantly finding ways to give back. In the aftermath of Hurricanes Harvey and Irma, SHS has once again stepped up to help, raising a total of \$745 for hurricane victims.

During the first month of school, SHS held two different fundraisers to benefit hurricane victims. The first fundraiser was a grade level penny war. That fundraiser in the first week alone raised \$257. The winner of the fundraiser – the senior class – was given a pizza party hosted by Cams Pizzeria.

The next fundraiser for hurricane relief was a gift basket raffle. SHS faculty and staff generously donated a total of 11 gift baskets to be raffled off. SHS students, faculty, and staff all purchased tickets for the gift baskets and the winners were announced at the SHS pep rally.

The students, staff, and community donated over 40 boxes of clothing, personal care items, and toys to send to families in Puerto Rico.

Once again, SHS students, faculty, and staff have shown the surrounding community a little bit of what makes Solvay special.



*First day of school at Solvay Middle School: Students from SMS wrap up a successful first day of classes on Wednesday, Sept. 6.*

## Solvay Volleyball Community Serve-Ace game raises over \$4,100 for the Multiple Myeloma Research Foundation



On Thursday, Oct. 5, the Solvay Volleyball Program participated in the Community Serve-Ace game. The two teams, comprised of students from across the district, used their skills on and off the volleyball court to work together to raise funds for the Multiple Myeloma Research Foundation. Both teams took home a win, but more importantly, they raised money for a wonderful charity.

With the generous donations and participation from Solvay community members, parents, staff, and players, the teams raised over \$4,100 for the Multiple Myeloma Research Foundation. In the six years that the volleyball program has participated in the Community Serve-Ace game, this has been the most successful game so far. Since joining in 2011, the program has raised over \$12,000 for various causes. Great job to everyone involved!

## Solvay Drama Club announces upcoming spring musical, "Fiddler on the Roof"

Solvay Drama Club is proud to announce that this year's spring musical will be "Fiddler on the Roof."

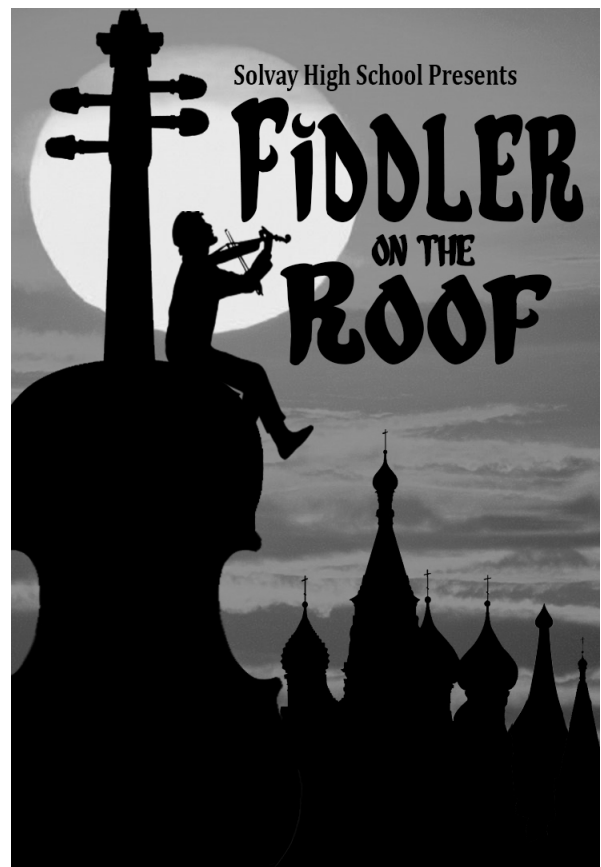
Set in the little village of Anatevka, the story centers on Tevye, a poor milkman, and his five daughters. With the help of a colorful and tight-knit Jewish community, Tevye tries to protect his daughters and instill them with traditional values in the face of changing social mores and the growing anti-Semitism of Czarist Russia. Rich in historical and ethnic detail, "Fiddler on the Roof's" universal theme of tradition cuts across barriers of race, class, nationality, and religion, leaving audiences crying tears of laughter, joy, and sadness.

The show will take place on March 9 and 10, with more details to follow later in the year.

## Attention Fourth Grade Students and Parents

Do you like to sing and dance? Have you ever wanted to act on the big stage? Now is your chance! The SHS Drama Club will be holding auditions for any interested fourth grader for the spring musical this year.

Auditions will be held on Wednesday, Dec. 6, from 6–8 p.m. at SHS. For more information, please contact Mr. Oliver at [coliver@solvayschools.org](mailto:coliver@solvayschools.org).



## Solvay students selected for Area All-State Music Festival

Congratulations to the nine students from SHS and SMS who have been selected to participate in the 2017 Jr. High School Area All-State Festival. These students were chosen for this honor based on the score they earned at the spring 2017 NYSSMA Solo Festival. That score, along with their teacher's recommendation, was the criteria for selection for this honor. The festival will take place at Cortland High School on Nov. 3 and 4.

Congratulations to these students on this outstanding musical accomplishment!

**Band:** Jessica Vale

**Mixed Chorus:** Jacob Barndollar, Alyssa Long, Paul Pino-Espino, Carissa Stachurski

**Treble Choir:** Isabella Burton-Defio, Raeana Catalano, Brianna Holtsbery, Olivia Rutkowski



*Pictured from left to right: Jessica Vale, Olivia Rutkowski, Brianna Holtsbery, Isabella Burton-Defio, and Raeana Catalano.*



*Pictured from left to right: Jacob Barndollar, Paul Pino-Espino, Carissa Stachurski, and Alyssa Long.*

## Bonnie Borowiec named Master Teacher

Congratulations to Solvay's newest master teacher, Bonnie Borowiec! Ms. Borowiec, a science teacher at SMS, was recently named one of 214 new master teachers to the 2017 class. The master teacher program, which began in 2013, has named 908 master teachers over the years.

Master teachers typically teach science, technology, engineering, and math courses. Master teachers are also recognized for their efforts in going beyond their classrooms, in serving as leaders or on committees. They are also known for their involvement in district clubs, activities, and community organizations.

Congratulations to Ms. Borowiec on receiving this great honor!



## Weather Cancellations/Emergency Closings Procedures

In an effort to keep families informed, the district uses an automated emergency calling system. This system is used to contact parents and guardians in the event school will be delayed, closed, or dismissed early (after the start of the school day). It supplements the already established procedures of contacting the local news media.

Families should ensure that all emergency contact information is updated with their child(ren)'s school(s) with any changes to phone numbers and addresses (including email) as soon as possible. Not only is the district responsible for keeping this information in educational records, but current information is essential for any emergency notification.

Cancellations or delays are also posted on the district website ([www.solvayschools.org](http://www.solvayschools.org)). The following local media outlets are also used to notify our school community:

### Television:

- NBC 3 WSTM-TV (channel 3)
- CBS 5 WTVH-TV (channel 5)
- ABC 9 WSYR (channel 9)
- News 10 Now (channel 10 TW cable)

### Radio:

- 570 WSYR-AM/106.9 FM
- 91.3 WCNY-FM
- 92.1 WSEN-FM
- Y94FM - 94.5 WYYY-FM
- TK99 - 99.5/105.5 WTKW-FM

# *Superintendent's Perspective*



## **Meet new Solvay Superintendent, Jay Tinklepaugh!**

*(Continued from front page)*

### **What are you most excited about bringing to the Solvay UFSD?**

I'm excited about continuing the great work that has been going on in the district so far. We have a great staff here at Solvay and I'm looking forward to being able to work with everyone in all grade levels and roles, PreK-12. I am also looking forward to expanding our relationships with Syracuse University, Onondaga Community College, and SUNY ESF, while at the same time continuing to expand our opportunities and programs for PreK-12 students.

I also plan to take the opportunity to further showcase the different programs, arts, and consumer technology that we are currently utilizing within the district. We do so much with our language program and other areas, and I would like to work on better incorporating and highlighting these areas as well.

### **Where did you go to school?**

I went to SUNY Oswego for my undergraduate degree and Syracuse University for my graduate degree and certificate.

### **How long have you worked for the Solvay UFSD? How has your experience at SHS helped prepare you for the upcoming work at Solvay UFSD?**

I have worked for the Solvay UFSD for over 16 years, and there are a number of things that have helped prepare me for this new role as superintendent. I have worked with many of the Solvay staff members on bringing about some of our major initiatives over the years, including the OCC Advantage Program. I also am familiar with the Solvay staff, community, and culture. I have a real appreciation for the community relations in Solvay, with everything they do for our district. From the alumni to our community members, there is a true partnership between these key players and our district. The Dollars for Scholars and community events they put on are just some examples of how great the community is, and I hope to continue to grow this partnership.

### **What have you enjoyed so far about your time in the Solvay UFSD?**

I love Solvay. The community is really what helps to make Solvay so special. The community is wonderful about treating the school as a focal point and putting their focus on supporting the school. Their pride in the district shows.

The events that the Solvay community works to put on with our district only work to display the pride the community has for our school. From Relay for Life to Dollars for Scholars to full plate dinners – these events showcase the partnership between the district and the community.

Solvay travels too – I can't tell you how many times I've been out of the area, wearing Solvay gear and someone approaches me to tell me they or a family member went to Solvay. All roads truly do come back to Solvay!

### **What are some of your goals for the upcoming school year?**

While I'm interested in continuing the great work we've been doing, one of my goals is to continue to increase morale and support among the Solvay staff. They do so much for our district and our students, and I'd like to take the time to recognize their accomplishments and contributions to our district.

I'm also looking to embrace change and be flexible, while at the same time taking risks when needed. With the changes in our environment and new technology being developed every day, I think it is important to know that things always change, and being flexible will help us with that.

### **What is one of your favorite things about coming to work each day?**

The students. At the end of the day, we are here for them. The staff and Solvay community are also wonderful to work with. But seeing a smiling kid walking down the hall – it can change your whole day.

### **Do you have any hobbies/ activities that you like to do outside of work?**

In my free time, I enjoy music, sports (Go SU!), arts, skiing, and biking. I'm a big fan of the New York State Fair and am sure to go every year.

## Solvay Girls Varsity Soccer practices team building

Building a sense of teamwork happens in many different ways. For the girls varsity soccer team, building teamwork occurred during a recent trip to Orenda Springs. Throughout the day, the team worked on a ropes course to overcome challenges together. On both the high ropes and low ropes course, the team practiced skills that could be applied on the soccer field. While doing this, the team also learned more about leadership and cooperation.

Their hard work paid off in a recent game against Marcellus Central School District. The team went on to win against Marcellus 1-0 for the first time since 2009. Congratulations to the girls varsity soccer team!



## Solvay UFSD and CNYRIC win NYSPRA award

**Solvay UFSD Rocks the Bald and raises \$24,697.42 for St. Baldrick's!**

Go Bald or Go Home. Rock the Bald. Brave the Shave.

These mottos were seen and heard throughout the day at the second annual St. Baldrick's event on March 17, 2017 held at Solvay High School. And go bald they did. The event raised an outstanding \$24,697.42 for St. Baldrick's and exceeded last year's total.

Walking in to Solvay High School for the St. Baldrick's event, attendees were immediately greeted with a sea of green and white, along with plenty of fun and wacky hairstyles. Shaves were invited to dye their hair fun colors, add glitter, and shape it into fun styles before they braved the shave. Volunteers, attendees, and participants also took part in the hair style station with a small donation. Along with this station, attendees were invited to try the other various stations set up throughout the event, including face painting, pie in the face, gift basket raffles, a bake sale, cereal eating contests, badminton tournament, fast fishing contest, and a hula hoop contest. All proceeds from these stations went toward the fundraising totals for the event.

Attendees at the St. Baldrick's event were also invited to purchase t-shirts for \$10, with proceeds from the t-shirt sales going to St. Baldrick's. The shirt design was created by Solvay High School senior Arthur Germakowski and featured "Rock the Bald" on the back. Shirts quickly sold out at the event and could be spotted in Solvay High School throughout the day.

The main event for the day occurred in the Solvay High School auditorium, where a total of 41 shaves braved the shave – 25 of them were Solvay Middle School students. Shaves were invited to take the stage in groups to have their heads shaved in front of the crowd. As each group was called, they were greeted with a round of applause and cheers from the audience, as friends, family, and Solvay teachers and staff all supported the shaves.

As each shave began, so did the chants and camera flashes. There was never a quiet moment in the auditorium, as music played through the speakers and onlookers were constantly cheering on the shaves. Friends and family members circled around the front of the stage to get a closer look and document the action as well, taking pictures, videos, and – at one point – live streaming the shave of a shaver.

After everyone had braved the shave, the event continued outside the auditorium in the Solvay High School lobby. The gift basket raffle station was especially busy as



The Solvay UFSD has received a prestigious award through the New York State Public Relations Association annual communications competition for their coverage of SHS's St. Baldrick's event. The district received an award of merit in the Excellence in Writing category in this year's contest, for the article "Solvay UFSD Rocks the Bald and raises \$24,697.42 for St. Baldrick's!"

Written in collaboration with the Central New York Regional Information Center's e-Communication team, the article provided an extensive overview of the second St. Baldrick's event at SHS, which raised an outstanding \$24,697.42 and brought together the Solvay community.

NYSPRA's annual contest is one of the largest of its kind in the nation. The annual communications awards recognize and celebrate outstanding achievements in educational communications. Award-winning recipients will be honored at the annual NYSPRA Awards ceremony held in Lake Placid.

Congratulations on receiving such an esteemed award!

## Calling all Solvay Band and Chorus alumni

The SHS Band and Chorus are inviting alumni to join us at our Winter Concert. The combined Chorus and Band Concert is Tuesday, Dec. 19 at 7 p.m. in the SHS auditorium. Alumni are invited to perform "Carol of The Bells" with the chorus and "Sleigh Ride" with the band.

Alumni interested in performing should contact Mr. Oliver (coliver@solvayschools.org) for Chorus and Mr. FitzGerald (gfitzgerald@solvayschools.org) for Band. Please let us know ahead of time if you would like music or need an instrument.

We hope to see many alumni at our concert as we continue this new tradition!

## Transportation reminder for parents

It is required to have a transportation form filled out for their students to attend the Solvay Youth Center. As of Nov. 1, 2017, if your student does not have transportation form for the Solvay Youth Center, they will be advised to return to the bus that will take them home. If you have questions, please call Bobbie Jo Eastman at 315-487-5842.

# Welcome to Our New Staff!



## Shelby Briggs

ELA Teacher at SHS  
MST Dual Adolescent  
English and Special  
Education

When not at school, Mrs. Briggs enjoys spending time with her husband and their nearly two and a half year old daughter.

## Jessica Caputo

Special Reading Teacher  
at SMS  
B.A. in English 7-12 and  
Literacy B-12 from SUNY  
Cortland



Mrs. Caputo has two children, Kwinn (ninth grade) and Jocelyn (fifth grade). Her husband, Mr. Caputo, runs a volleyball club called Club Syrv, so they can often be found in the sand or on the court. In her free time, Mrs. Caputo enjoys reading, scrapbooking, going on vacations, and running.

This is her fourteenth year of teaching ELA to middle school students. She loves school and loves her career.



## Carissa Carlson

School Psychologist at  
SES  
B.A. in Psychology and  
Sociology from St. John  
Fisher  
M.S. in School  
Psychology from

Rochester Institute of Technology

Ms. Carlson grew up in a tiny town three hours southwest of Syracuse. She is an avid sports fan and in her free time enjoys cheering on the Buffalo Bills. Ms. Carlson also enjoys participating in sports such as softball, basketball, soccer, and running.



## Lindsey Cayea

Physical Education Teacher  
at SES  
B.S. in Physical Education from SUNY  
Brockport  
M.S. in Health Education from SUNY  
Brockport

Ms. Cayea enjoys spending time with her family—especially her nephews Carter and Weston—as well as her best friends from high school and college. In her free time, she loves to watch movies (horror movies are her favorite) or dive into a good book. She is looking forward to a great year at SES and is very excited to be a part of the Solvay community!

## Chelsea Connors

Teacher at SHS  
M.S. in Special Education from SUNY  
Potsdam  
B.A. in Mathematics, Secondary  
Education from SUNY Potsdam

Ms. Connors was born and raised in Cicero, NY and grew up with her parents and her sister. In her free time, Ms. Connors likes to read, ski, and be outside. She is very excited to be a part of this district and she is looking forward to the years to come!



## Carly Guarno

Math Teacher at SHS  
B.A. in Math Education from Niagara  
University

In her free time, Ms. Guarno enjoys watching football and cheering on the Buffalo Bills.

## Carrie Jessen

School Psychologist at SMS  
M.S. in School Psychology from SUNY  
Oswego

Ms. Jessen has a 13-year-old son who attends school in the Baldwinsville CSD. In her free time, she likes to travel, go hiking, watch football, and spend time on Pinterest. She is very excited to be working in the Solvay UFSD.



# Welcome to Our New Staff!



## Molly Higman

Earth Science Teacher at SHS  
B.A./M.A. in Earth Science Education,  
SUNY Brockport and Western Governors  
University

Ms. Higman is excited to be working in a great school district with such involved community members! She grew up in Baldwinsville and has always had a sense of pride for the area. She is entering her fourth year of teaching Earth Science as well as fifth year of coaching girls volleyball. She previously taught at Bishop Grimes Junior/Senior High School. She has coached junior varsity and modified level teams, assisted varsity level teams, as well as coached travel teams.

This winter she will be coaching modified volleyball at Solvay. On the weekends, and when in season, you can find her rooting for the New York Giants and Syracuse University football and basketball!

## Melissa LaGuardia

Special Education at SES  
B.S. Health Science from  
SUNY Brockport  
M.S. in Special Education  
from SUNY Cortland



Mrs. LaGuardia is Auburn, NY and currently lives in Syracuse. She is married and has an 8-year-old son, 2-year-old son, and a baby due in January.

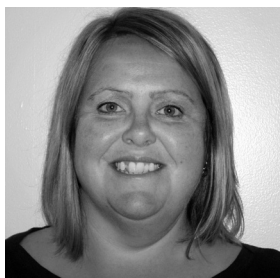
She truly enjoys teaching. In her free time she enjoys scrapbooking and spending time with her family! She is very excited to be part of Solvay UFSD!

## Heather Kent

Spanish Teacher at SHS  
M.S. in Education from Le Moyne College

Ms. Kent has been a teacher for 14 years. Solvay is the second school that she has taught at since starting her teaching career. In her last school she taught Spanish and was the department chair for the World Language Department.

Ms. Kent lives in Camillus and is excited to join the faculty at SHS and to get to know all of her students. Her interests outside of school include tennis, golf, and kayaking. She loves to travel and has visited many Spanish speaking countries and studied in Costa Rica. She is looking forward to an exciting year!



## Colleen Lance

Special Education at SES  
B.A./M.A. from Le Moyne  
College

Ms. Lance enjoys spending time with her family, including her husband, two children, and dog. She loves to take walks and find new places to visit with them.

She also enjoys trying new restaurants while they are out on their adventures.



## Rebecca Kurtz

School Nurse at SMS  
A.S. from St. Joseph's College of Nursing

Mrs. Kurtz is a Solvay UFSD alumni. She has two children (a boy and a girl) and enjoys camping and vacationing with them and her husband. She is very excited to be a part of the Solvay UFSD once again!

## Holly Parker

Music Teacher at SES  
B.A./M.A. from Ithaca  
College

Mrs. Parker is married and has two musical daughters, ages 12 and 10. She also has a cat named Pusheen, who will be the band mascot.



# Welcome to Our New Staff!



## Adam Sgroi

Social Studies Teacher at SMS  
B.S. in Adolescence Education (History)  
from SUNY Oswego  
M.S. in Literacy Education from SUNY  
Cortland

Mr. Sgroi grew up in Camillus and graduated from West Genesee CSD. His wife is also a teacher and teaches in the

Syracuse City School District. They have one son, Aiden, who was born in May 2016. After graduating from SUNY Cortland, he and his fiancé—now wife—moved to Fredericksburg, VA.

He received his first teaching job in Stafford County Public Schools, where he taught sixth grade U.S. History and English. After three years, he moved to Spotsylvania County Public Schools and taught seventh grade Civics and Economics for three years.

This summer he and his family moved back to the Syracuse area. On the weekends, you can find him at the Syracuse University football games, or not too far from a TV to watch Syracuse University. Growing up in a large Italian family, he loves to cook for his family, so Sundays are usually spent making meals for the week. Mr. Sgroi has been spending most of his nights adjusting back to life in Syracuse by visiting the restaurants, attending Syracuse University games, and visiting the places he hasn't been to in the seven years he lived in Virginia. He loves being back in the area where he grew up.

## Kimberly Smith-Ford

Second Grade Teacher at SES  
M.A. in Childhood Education and  
Student's with Disability from Le Moyne  
College



Mrs. Smith-Ford lives in Syracuse with her husband, Michael, and her pit bull dog, Bentley.

When she is not teaching, she can be found spending her time with shelter dogs in need. She is the President of the Board of Directors for Second Chance Canine Adoption Shelter in Jamesville. She also enjoys spending time with family, friends, and cheering on the New York Giants during football season. She

## Solvay Elementary School New Hires:

Alicia Andrianos  
Patricia Halpin  
Casey Harrigan  
Gennifer Hitchcock  
Crystal Young

## Solvay Middle School New Hires:

Tracy Birdslow  
Deborah Darling  
Allysa Falcone  
Brianna Fraone  
Dorothy Foisia  
Valerie Knox  
Regina Mills  
Sandra Mastrobattisto  
Dana Peitrowicz  
Courtney Stellmack

## Solvay High School New Hires:

Patrick MacArthur  
Jessica Proctor  
Mitchell Spara  
Nikki Venner

## Transportation New Hires:

Faith Emerson  
Allysa Falcone  
Rochelle Joynt  
Ronald Peinkowski  
DeQuan Thomas

## Innovative Classrooms: SES Second Grade Career Project

For the past three years, a group of teachers from the Solvay UFSD met every month to discuss innovation. The group – which called themselves the Solvay Innovation Group – worked to incorporate different learning techniques in their classrooms. Each teacher in the group was involved in innovating and transforming the classroom in some different way, whether it is through Project Based Learning, Author Studies, Standards-Based Grading, or something else.

Each month the meetings were held, the group would meet to discuss their ideas and evaluate their progress. The group's motto is, "What, Why, and How" when developing and exploring new learning methods. One of these projects included the SES Second Grade Career Project.

**"What do you want to be when you grow up?"**

While the response may come easily for some students, not all students have the answer. Members of SES's second grade team had the solution for this with their Career Project.

During the last school year, Melissa Boileau, Steven Grattan, and Trish Porter encouraged their second grade classes to work together to brainstorm possible careers to research. Once their career choices were narrowed down, students were placed in groups and the research began. Collaborating with SES Librarian Kate Shannahan, Literacy Coach Jill Weston, Music Teacher Anna Lysiuk, and Art Teacher Miranda Raynor, students worked in groups to research articles and highlight facts from the articles about their selected careers. After students had all of their facts collected, they began to create display boards for their presentations.

"The research took about a month," said Boileau. "But the students enjoyed every minute of it. From the group work to the research, they were so excited to work on this project each day."

In addition to the research during library time, the Career Project also carried over into art class. Students worked in art class to draw pictures of themselves working in their chosen career. Once all of the pictures were completed, they were each copied and compiled in a book. Each student was given a copy of the book to keep. The SES library also has a copy of the Career Project book for students to view at any time.

Following the research and artwork, students put on a career night to present their work. Dressing up in career outfits, students invited friends, family, and the Solvay community to view their display boards. Members of the community who worked in careers of interest to the students were invited to visit SES and talk with students about their chosen careers. Members in all careers stopped by, including firemen, police officers, EMTs, life guards, teachers, and many more.

"The project was a huge success," said Boileau. "The students were thrilled to meet their role models and learn more about what they do. We're excited to incorporate it in our plans in the years to come."



## 10 Tips for a Healthier Holiday Season

By Lindsey LaDue, RD, CDN, School Dietitian with OCM BOCES

1. Be grateful - Focus on the simple things. No matter what your problems may be, there is always something to be grateful for. It could be as small as a nice cup of coffee, a chat with a friend, or singing along to a favorite song in the car.
2. Enjoy a tech-free environment for a set amount of time each day - Try designating a "tech-free zone" for a small portion of your day. Consider taking a walk when you get home from work or school, reading a book before bed, or meeting up with family/friends on your lunch break while setting the phone aside.
3. Allow yourself to savor treats without guilt - Robyn Nohling states, "Healthy means eating your salad and sweet potato because it's awesome. And it also means eating a cupcake because it's awesome too. And you don't judge the salad or the cupcake differently. It's food. And food doesn't do things to our bodies, it does things for our bodies."
4. Be mindful of hunger and fullness - Give your body time to digest. It takes about 15 minutes for the brain to signal to your stomach that it is full.
5. Remember that many factors play into "healthy" - Nutrition is an important piece of well-being, but it is not the only factor involved in healthy living. Remember to take care of the whole person. Find methods of stress relief that work for you, socialize with others, and ask for help when you need it. No one is perfect and we all need some help from time to time.
6. Balance your plate with fresh, colorful produce - There's no problem with indulging in your favorite treats, but try to balance them with some wholesome foods. Fresh and frozen produce is low in calories and packed with nutrition.
7. Breathe - Take a minute to close your eyes and recharge.
8. Find your FUN fitness - Fitness doesn't need to be a chore. Check with your doctor before participating in any workout regimen and find something you enjoy or try something new.
9. Encourage family time - Have a family dinner, where you can talk about your lives, encourage each other, and lend an empathetic ear.
10. Find the joy in every day - No matter what happens, remember that some small piece of joy exists in every day.

## Highway Cleanup

On Sept. 16, all of the Solvay UFSD fall athletic teams participated the semi-annual Highway Cleanup at SHS, with help from WestRock. The student-athletes collected many bags of garbage.

WestRock has been a great neighbor and partner to Solvay Athletics for many years. Solvay Athletics thanks WestRock and the Solvay community for their continuous support and donations to the athletics program.

## Senior Citizens Passes

Below you will find information regarding the Senior Citizen Passes that the SHS Athletic Department will be issuing this year. This pass will allow Solvay and Lyncourt residents free admission to all of Solvay's home athletic contests.

- The individual must be 65 year of age
- Passes must be picked up in the SHS Athletic Office
- Passes are good for all home contests
- Passes are not transferable

If you have any questions, please contact John Dippold or Nicole Halloran at 315-484-1400.

## Homecoming

Solvay Homecoming 2017 was a huge success! We had a pep rally, powder puff football game, varsity football game, student games night, and a dance. Much fun was had by all!

## Winter 2017-2018 Sports

Start dates for winter 2016-2017 sports are:

- 10/25- Modified volleyball
- 11/1- Modified boys basketball
- 11/6- Junior Varsity and varsity Sports
- 1/2- Modified wrestling and girls basketball

Please be sure to see the school nurse for the appropriate paperwork.

## Website

Please be sure to visit our Athletic Department website at [www.solvayschools.org/athletics](http://www.solvayschools.org/athletics) for important announcements. For the most up to date schedules and directions to other schools, please be sure to visit [www.schedulegalaxy.com](http://www.schedulegalaxy.com).



## Twitter

Solvay Athletics is now on Twitter! Please be sure to check daily for contests, score updates, and other athletic office news!

Follow us @SolvayAthletics.

## Teams Beat Cancer

Both the girls soccer teams and volleyball teams had their Cancer Foundation games.

Volleyball donated over \$4,000 for the Multiple Myeloma Research Foundation and Girls Soccer raised over \$2,000 to benefit Upstate Cancer Center and Upstate Children's Hospital.

## Coaching Corner

Kudos to varsity volleyball coach, Liz Geist- Lobczowski for being inducted into her alma mater, Alden High School Hall of Fame, for all of her accomplishments on and off the court.

Junior varsity baseball coach, Joe Kesler was also inducted into the West Genesee CSD Hall of Fame, for playing on the 2007 New York State Championship Football Team!



## Alumni News

Congratulations to Solvay UFSD alumnus Jon Smolen! Jon and the golf team at SUNY Delhi recently won the 2017 USCAA Golf National Championship at Penn State.





# **SOLVAY** *Sentinel*

Solvay Union Free School District  
PO Box 980  
Syracuse NY 13209

Non-Profit Organization  
U.S. Postage  
Syracuse, NY 13220  
Permit # 799

## **Board of Education**

**Kevin J. Dwyer**, Assistant Clerk  
**Heather Lotito**, Member  
**Ty Marshal**, District Clerk  
**Kristin Sunser-King**, Vice President  
**Stephen P. Zalewski**, President



# **DATES TO REMEMBER**

## **November**

Nov. 2 SMS PTO Mtg. 7:00 p.m.  
Nov. 3-4 SHS Fall Play  
Nov. 6 SES PTO Mtg. 6:30 p.m.  
Nov. 9 No School-Staff Development Day, PreK-5 Parent Conferences  
Nov. 10 District Closed-Veterans Day Observed  
Nov. 11 SHS LeMoyne College Vocal Jazz Day  
Nov. 16 SES Picture Retake Day, SMS Picture Retake Day & Group Photos  
Nov. 17 SHS Senior Picture Due for Yearbook  
Nov. 17-18 OCMEA Sr. High All-County Auditions @ Onondaga Central HS  
Nov. 20 Board of Education Mtg. 7:00 p.m.  
Nov. 21 SMS Variety Showcase  
Nov. 22-24 No School - Thanksgiving Recess

## **December**

Dec. 2 SES PTO Mtg. 6:30 p.m.  
Dec. 7 SMS PTO Mtg. 7:00 p.m.  
Dec. 8-9 OCMEA Jr. High All-County Auditions @ Camillus MS  
Dec. 12 SMS Gr. 5/6 Winter Band & Chorus Concert 7:00 p.m.  
Dec. 13-14 SES Holiday Shoppes  
Dec. 14 SMS Gr. 7/8 Winter Band & Chorus Concert 7:00 p.m.  
Dec. 18 Board of Education Mtg. 7:00 p.m.  
Dec. 19 SHS Band & Chorus Concert 7:00 p.m.  
Dec. 25 - Jan. 1 - Holiday Recess

## **January**

Jan. 8 SES PTO Mtg. 6:30 p.m.  
Jan. 11 SES Gr. 4 Winter Band & Chorus Concert @ SMS 7:00 p.m.  
Jan. 12-13 OCMEA Sr. High All-County Festival @ Liverpool HS  
Jan. 15 District Closed - Martin Luther King Jr. Day  
Jan. 19 SHS Baby Picture Ads Due for Yearbook  
Jan. 22 Board of Education Mtg. 7:00 p.m.  
Jan. 22-25 NYS Regents Exams at SHS  
Jan. 25 Early Dismissal - Staff Development Day, NYS Regents Rating Day  
Jan. 26 SMS NJHS Semi-Formal 7:00 p.m.  
Jan. 26-27 OCMEA Jr. High All-County Festival @ Eagle Hill MS

## **February**

Feb. 1 SMS PTO Mtg. 7:00 p.m.  
Feb. 5 SES PTO Mtg. 6:30 p.m., OCMEA Jazz Auditions @ Pine Grove MS  
Feb. 9 SMS PTO Bingo Night 7:00 p.m.  
Feb. 12 Board of Education Mtg. 7:00 p.m.  
Feb. 15 Celebrate with Song @ SMS 9:45 a.m.  
Feb. 19-23 District Closed - Winter Recess

If school events change, they can be found on our web site at [solvayschools.org](http://solvayschools.org).  
SES = Solvay Elementary School, SMS = Solvay Middle School,  
SHS = Solvay High School, DO = District Office

