Homecoming 2019!
SHS Students Venture to the Adirondack Region
Students taking SUNY-ESF’s general biology class ventured to the North Country on September 27 thru 29, for an Adirondack Ecology experience centered at ESF’s Newcomb research campus in Newcomb, NY. The students visited the Atmospheric Science Research Center (ASRC) at Whiteface Mountain, the NYS Mesonet data collection station (one of 126 statewide), a trip to the summit of Whiteface Mountain to explore the unique ecology of mountain-top plants and the special cloud and acid rain monitoring station, water sampling from canoes, and explored the cultural history and old iron works of a mining ghost town in Tahawus. They hiked the Goodnow Mountain (elevation 2,690 feet), climbed its Fire Tower and viewed the sweeping 20+ Adirondack high peaks from the summit.
Uganda Administrators Visit SHS
On September 25, SHS hosted two administrators from Ndejje Secondary School in Uganda - Dr. Charles Kahigiriza, Principal, and Mr. David Balaba Ssenkungu, Deputy Principal. During their visit, they had an opportunity to see the integration of technology in teaching, have discussions about technology in the classroom, and learn more about the general day to day activities at SHS. It was a privilege to have colleagues from another country come to Solvay to talk about educational ideas and philosophies.

Picture Right:
Bottom Row L to R: Jessica Whisher-Hehl, Assistant Superintendent for Educational Services, Jennifer Wall, Diane Hagemann, SHS Principal, Kermit Buckman, Content Specialist/Teacher, Mike Emmi, 21st Century Grant Director. Top Row L to R: Jay Tinklepaugh, Superintendent, Travis Hall, Content Specialist/Teacher, David Balaba, Deputy Principal, Dr. Charles Kahigiriza, Principal, and Crispin Erasto Ouma Ojwang, SU Doctoral Student.

Mico Hayden Headed to Rochester
Congratulations to Mico Hayden, Senior, who was accepted as a Bass in New York State School of Music Association (NYSSMA) All-State Vocal Jazz Ensemble. This is a highly selective choral ensemble only accepting the 24 best jazz vocalist from around the state. Mico will attend the Conference in December and work with the Renowned Vocal Jazz Educator Rosana Erkert. Congratulations to you Mico on this high honor!

Students Participate in Triathlon
On June 2, the SHS Triathlon Club participated in the Pittsford Tri. Amer Lazraus completed the 3.3 mile run, Emmett Fenton and Kira Lioto (pictured below L to R) completed the sprint triathlon. To prepare for the race, students train throughout the year - swimming at the Solvay-Geddes Youth Center, developing their cycling and bike maintenance skills, and building up athletic endurance.
Collections Markers for the Crayola Cycle Program

Again this year, Mrs. Melissa Boileau and her second grade students will be collecting markers. Since earlier September, they have collected and donated over 3,000 used markers, that comes to 75 pounds, to crayola for the companies colorcycle program. This program collects used markers (any brand), highlighters and dry erase markers (any brand) to recycle and make new markers thus eliminating waste and helping our environment. Mrs. Boileau and her students will continue to collect used markers, highlighters and dry erase markers, and ship a box when it is filled. If you would like to donate any used materials for this program, feel free to send them or drop them off at SES. We will keep you updated on our progress as the year moves forward.

SHS Jazz Ensemble Concert

On October 27, at Our Lady of Pompei/St. Peter's Church, the Solvay Vocal Jazz Ensemble joined the Le Moyne Jazzuits and renowned Jazz Artist, Ronnie Leigh, on the concert "The Music of Mister Rogers". Created by Tom Andino and Carol Jacobe, the concert took us through selections of well known songs written by Mr. Fred Rogers that many of us grew up singing and watching. Throughout the concert, narrations of Fred's words were spoken and brought to life. SHS seniors also sang duets with members of the Jazzuits. Donations collected were donated to the Fred Rogers Productions and Our Lady of Pompei St. Peter's Church. This was an extremely special and moving evening.

Author Visits SMS and SHS

Ms. Kekla Magoon visited SMS and SHS. Kekla is an award-winning author of books for children and young adults. She teaches writing at the Vermont College of Fine Arts and writes both historical fiction and realistic contemporary fiction, focusing on the civil rights movement. Kekla spoke to our students about developing their voices and using writing to explore their questions, lead writing workshops, and invited students on stage to participate in reader's theater. For more information visit www.keklamagoon.com.
Students Celebrate Eid

On June 7, the SHS Library celebrated Eid, the holiday that marks the end of Ramadan. Student Alien Ali shared Bengali food and henna art, and students learned how the holiday is celebrated in Bangladesh!

Selected for NYSSMA

Congratulations to (pictured below L to R) Evan Tennant, Nicholas Lopez, and Mico Hayden, who were all selected as Alternates for Mixed Chorus and Jazz Percussion for the New York State School of Music Association (NYSSMA). To be chosen as alternates for these ensembles, students must score a 100 on their auditions, which is no easy feat! Congratulations gentlemen on such a challenging and great accomplishment! We are so proud of you!

Welcome to Our New Staff!

**Solvay Elementary School**
- Rebecca Chandler, Typist I
- Ashley Gardner, Teacher Aide
- Andrea Harris, Library Media Spec.
- Summer Hatch, Teaching Assistant
- Marilyn La Force, Teaching Assistant
- Taylor Marcott, Teaching Assistant
- Joshua Merlob, PE Teacher
- Megan Russell, Special Education Teacher
- Brianna Smith, Gr. 1 Teacher
- Valerie Wozniczka, Gr. 1 Teacher

**Solvay High School**
- Julia Bruno, PE/Health Teacher
- Corey Graves, Assistant Principal
- Danielle Hall, Teaching Assistant
- Diane Parry-Soutar, Teaching Assistant
- Matthew Tenorio, Physics Teacher
- Rachel Troy, ELA Teacher

**Solvay Middle School**
- Catherine Dymus, Library Media Spec.
- Gulev, PreK Teacher Aide
- Lucille Keller, Cafeteria Aide
- James Heffron, Principal
- Gabrielle Hohl, School Psychologist
- Kara Patterson, Long-term Spanish Tchr.
- Sara Thomson, Food Service Helper

**District**
- Michael Vanelli, Custodial Worker Floater
Students Bake Apple Pies
SHS students recently went on a field trip to Abbotts Farms in Baldwinsville, NY to pick apples (see pictures below). On the following day, students made and baked apple pies with Ms. Deb Young, one of the after school’s B.E.S.T. program teachers.

B.E.S.T. is Solvay’s 21st Century After School Program. To learn more about other programs offered to the students, visit our website at www.solvayschools.org.

Thoughts from a Non-Dietitian
By Lindsey LaDue, School Dietitian-OCM BOCES
Registered Dietitians often receive nicknames such as the food police, but I hope to be a living example that these terms are not always accurate when it comes to nutrition. My professional philosophy is shared by many other non-diet dietitians around the globe.

Consider the following thoughts:
• You’re not good or bad for eating certain foods.
• You don’t need to count calories or build the perfect meal plan each week. Perfect doesn’t exist in nutrition, or any areas of life for that matter.
• You’re not doing it wrong.
• There is no wrong way to eat. Eating ice cream is not “bad.” Skipping the office donuts because you had a filling breakfast and aren’t hungry isn’t “bad” either. Sometimes there is more on our metaphorical “plate” that requires our immediate attention.

A few questions to ponder...
• Did I restrict myself from eating at all during the past week?
• If so, which food triggered these thoughts?
• Which foods made me feel great this week?
• When I felt hungry, did I eat?
• Are my food choices stressing me out?

Shifting your thoughts to a positive connotation surrounding food can make a huge difference. As many of you know, I am a big advocate for intuitive eating. Use this information as a resource to develop a better relationship with food this holiday season!

Weather Cancellations/Emergency Closings
In the event of a closure or delay, due to inclement weather or poor driving conditions, notices will go out via School Messenger, email, appear on the district’s web site, and news/radio media.
STEAM Quest Camp at SES
Over the summer, students were provided the opportunity from SUNY Oswego, CNY/OC Teacher Center, CITI, and Onondaga County, to create a keyboard with the Makey Makey program. They coded the robot Dash to move around the room, used Google Expeditions to virtually go on field trips, and used the Seesaw program to document their experiences. Pictures below are of Mrs. Sue Alton and Mrs. Amy Diel's students.

Giving Back to Solvay Schools
At the September 23 Board of Education meeting, the Kids for Christ Youth Group from St. Marianne Cope Parish, were recognized by the board and staff for the donation of school supplies. The youth group raised $1,500 and donated $500 of supplies to each school. The school community "thanks you" and sincerely appreciates this generous donation. Pictured right are members of the youth group and school administrators.
Calling all Solvay Alumni! We want to hear from you!

Have a story to share? Good news or an exciting accomplishment? Share it with us! Email us at sentinel@solvayschools.org. Interested in hearing about what fellow Solvay alumni are up to? Visit www.solvayschools.org/alumni.

#SolvayBearcatsFirstDay