#### Central Valley High School

### WARRIOR WAY- A Quarterly Newsletter



"The Central Valley School District will be the leading educational model fostering individual success for all students."

#### CVHS Ranks on Top of the County in Latest *Future Ready PA Index* Report

Each year, the Pennsylvania Department of Education publicly releases the Future Ready PA Index as a tool to evaluate schools on more than just standardized test scores. This tool illustrates student and school performance based on three major categories: State Assessment Measures, On-Track

Measures and College and Career Measures.

Central Valley High School met or exceeded all performance categories across the board for the 2021-22 school year in which sufficient data was recorded coming out of the COVID years.

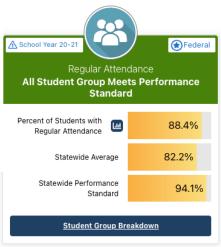


Some of our school's highlights include our PVAAS scores which measure students' annual academic growth in Literature, Biology and Algebra, based on Keystone Exam scores. CVHS finished first across Beaver County in each of these categories. Also, our Regular Attendance rate of 88.4% was the highest since the FRPI was launched in November 2018. In addition, 100% of our graduating Class of 2022 met the Career Standards Benchmark, in large part due to the Career Day and activities that have become a regular part of the high school events calendar. **Most significantly, however, Central Valley High School received an Overall Building Level Score of 82.0 which ranked first in Beaver County!** 

We are extremely proud of the hard work and efforts of our students, parents and staff that help make Central Valley High School "the leading educational model fostering individual success for all students." We look forward to continued success in 2022-23 and beyond.



#### Regular Attendance (1)



#### **IN OUR HIGH SCHOOL:**

# The Revues Are In: CVHS Band Season a Major Success



On **November 2nd**, **Ms. Lewis** and the CVHS Marching Band held its annual *Marching Band in Revue* in the HS Auditorium. This performance highlighted their "Undefeated" Halftime Show and included hits such as "The Eye of the Tiger", "Victorious" and "All I Do is Win".

Marching Band members, Junior **Mya Hazelwood** and Sophomore **Dylan Shiel** were also selected this semester to attend District V Honors on **December 8th** and **9th** at Westminster College.



In December, band members performed Christmas carols at the Beaver Valley Mall, the Center Senior Apartments and at both elementary schools. On **December 14th**, the CVHS Band closed out the holiday season by holding a Christmas Concert for our community. The standing-room only audience was entertained with not only non-traditional pieces but also concluded with a sing-a-long accompanied by traditional Christmas classics.

#### **CVHS Shines at APES Westminster**

#### Symposium on the Environment

Mr. Whipkey's AP Environmental Science (APES) class continued their research and collaboration with the University of Pittsburgh on the impact of the Shell's cracker plant in our community. On November 4th they toured Dr. Sanchez's laboratory in Oakland to learn more about laboratory analysis of water sampling. In addition, on December 1st the APES class was chosen as the only high school to formally present at the APES Westminster Symposium on the Environment. This symposium consisted of predominantly environmental college students. Senior Tanner Baughman's presentation and the group's poster presentation secured the "Best in High School Project" award.







#### Software Apps Excels at Creative Learning

In Ms. Leone's Software Applications class, students have been busy learning how to utilize Microsoft Excel and many of its features. Students get to complete activities outside of the normal routine, while still implementing the Excel skills they have learned. First, they held a "Pixel Art" day where students were free to be as creative as possible and create a unique pixelated picture (this reinforces changing column widths, row heights, shading, format painter, etc). Next, they held a "Battleship" day

where students created a battleship board and turned their monitors to play against their neighbor (this reinforces cell addresses, changing column widths, row heights, shading, adding additional worksheets etc.) Lastly, they held an "M&M Charting" day where students were asked to count, record, and graph their results in Excel (this reinforces recording data, using formulas, functions, and charting/graphing capabilities).

#### German Classes Celebrate St. Martin's Day

On **Thursday, November 10**, **Ms. Kains's** German 1 and 3 classes celebrated an unusual German holiday called St. Martin's Day. This holiday combines the story of a Roman soldier and his horse, geese, a bonfire, a parade, and trick or treating! Students discovered parallels between St. Martin's Day and our Halloween and Thanksgiving holidays. Then students recreated elements of the holiday together, including the soldier, the horse, and the geese (note the puppets on their hands in the picture!).



The classes finished the day by eating traditional Weckmann cookies, which are similar to gingerbread men, and by chatting with our German virtual exchange partners about their plans to celebrate the holiday.

#### AGLOA Begin Competitions for Orlando

Throughout the school year, students at CVHS participate in a variety of competitions through the Academic Games League of America (AGLOA). Students can move on to qualify later in the year at the national competition which will be held in Orlando, Florida. So far this year Ms. Goss's students have competed in the Forensics (Riverside High School), Propaganda (Geneva College) and Equations (CCBC). Results include:



Forensics (non-qualifying competition)- Senior Christian Yu: Extemporaneous (1st place), Senior Maya Marshall: Speech by Another (2nd) and Impromptu (2nd), Freshmen Dehlia Goss and Abigail Thompson: Duo News (2nd)

(cont'd) Propaganda- Senior Goehring Peterson (1st place), C. Yu (3rd place), Other national qualifiers: Senior Cassidy McCracken, Sophomore Cameron Miller, Freshman D. Goss, Juliana Kitsko and Brooke Ladakos

Equations- National Qualifiers: **Seniors Isabella Chimile**, **C. McCracken**, **G. Peterson**, **Jackson Shearer**, **C. Yu** and **Junior Katerina Panek** 

# Former CVHS Grad Speaks to Young Entrepreneurs

On **November 21st**, Mr. Nick Unis visited **Ms. Delon's** Entrepreneurship class to discuss his venture in shoes. Mr. Unis has a passion for shoes and had the vision to make shoes more comfortable with a better fit for customers. While he was in high school, he started his own business by purchasing designer shoes, remaking and selling them. He later designed a program that would make custom shoes using a 3D printer and a knit machine. He brought in a few prototypes of the different shoe types to show the students. Mr. Unis stated that he is scheduled to appear on Shark Tank at the beginning of 2023. Mr. Unis is a 2015 Central Valley graduate.





## FCS Classes Come Together For a Time of Thanks

A traditional staple of many of the **Ms. Hufangle's** FCS classes are the competitions held between cooking stations in individual classes. Whether it's a Cupcake or Gingerbread House Challenge or a Chili or Chopped Cook-off, students enjoy squaring off against one another. This Thanksgiving season, however, students joined forces to prepare a Thanksgiving meal for one another.

Research has proven the many benefits of family dinners around the table. Teens who eat family dinners are less likely to engage in risky behavior and more likely to have better academic performance. We also know that family dinners improve the mental health of children and adults. The FCS department uses the Thanksgiving holiday to recognize the importance of shared family time around the dinner

table and how eating together can improve relationships. Students practice basic meal planning principles where students demonstrate the ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods, predict the amount of time required for meal preparation, plan a time schedule for preparing a meal, and determine food, equipment, & supplies needed for menus.

#### Building on Skills for Life

Students in **Ms. Kryzwick** and **Ms. Weltner's** classes work hard throughout the year to develop skills that will benefit them after high school In December they organized a Snowman candle sale. They were involved in all processes of creating the product plus learning the business end of things

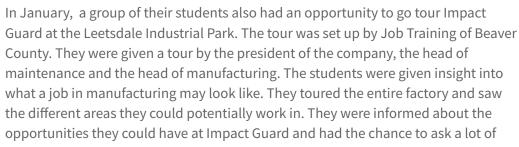


and all of the math involved. They helped price out the



material and determine the sale price. Some things that the students had to do

were cutting the ribbon, transferring the snowman face to the candle and selecting the colors/designs for the buttons. They created some very cute candles and worked so hard!! It was a great lesson for teaching them a variety of job skills.





questions. Several students were excited about the possibility of getting a job there immediately after graduating high school. The company did a great job at showing our students a great job opportunity.

#### He's No Ordinary Joe



Former Center High School Graduate and current Pirate In-Game Host, Joe Klimchack, visited CVHS on December 19th to deliver an inspirational message to the student body. His message shared his personal story of how an ordinary kid with a speech impairment landed his dream job as an announcer in a Major League Baseball ballpark by working hard and not accepting "no" for an answer. Through relatable examples, Joe gave hope to those who've lost sight of their goals or stopped dreaming altogether. His assembly empowered students to spend more time taking small action steps toward getting better at a skill and less time comparing themselves to others. Joe also shared how expecting failures, creating opportunities and showing kindness help make any dream job possible.

#### Winter Olympics

Winter Olympics was held this year on **December 21st**. One of the cool traditions leading up to it is that the class officers design their grade-specific t-shirts that they wear that day during the school-wide competition. **Ms. Kramer** and **Ms. McCracken**, as Student Activities Directors, organize the Winter Olympics for are student body. They consist of approximately 13 events, one of which is an event called Penny Wars, where students ultimately raise money for the Make-a-Wish foundation. The classes go head to head in all of the events to try and get the most points to win the entire competition. This year's winner was the Senior Class. As always, this is a fun day for the kids to get together and showcase their school pride, teamwork, and athletic and academic abilities.





#### Winter Semi-formal Dance

This year's Winter Semi-formal was held on **January 21st** at the Fez in Hopewell Township and was sponsored by **Ms. Whipkey's** Student Council. Committee members included **Seniors Mara Fisher**, **Lexi Miller**, **Colton Super**, **Mara Fisher**, **Juniors Megan Grimm**, **Sydney McDermott**, **Rowan Zilan**. Almost 500 students attended the event that began with a formal dinner and was followed by a night of dancing to their favorite songs. A big thank you to those who helped make this a memorable evening!







#### BEYOND THE CLASSROOM:

#### FBLA State Leadership Workshop

FBLA members attended the PA FBLA State Leadership Workshop at the **end of October** with their advisor, **Ms. Delon**. The Leadership Workshop was held at the Kalahari Resort/Conference Center in the Poconos. The members attended seminars on many topics, including: <u>Skills for the Future</u>, <u>Confidence is Key</u>, the <u>Pandemic Economy & Beyond</u>, the <u>Power of Professionalism</u>, <u>Legendary Leadership</u> and more. This event made quite the impression on CVHS students that attended:



**Junior Rowan Zilian**: "The workshops were very entertaining. They were entertaining because they were not just lectures, but they would have you get up, move around and talk to other people. Just like the Hershey trip, I also met so many interesting people."

**Senior Nate Dohanich:** "I learned many valuable things a leader should know in the workshops we attended. I learned how to think about what's to come for my future, and why setting goals is important. One last thing I took with me was how to properly use social media as a way to spread a certain message. Overall, the trip was very worthwhile, and taught me things to carry with me, even out of high school.

**Senior Alexis Miller:** "I was able to attend multiple workshops which taught me about campaigning, advertising, leadership, fundraising for larger charities, and recruitment. I was able to work in group activities during the workshops and meet new people. I hope that future FBLA members and officers get the same opportunity as I did, and I definitely recommend that students join and participate."

#### Beyond School Walls

"Beyond School Walls" is a program through the Big Brothers/Big Sisters Organization sponsored by **Ms. Lupinacci**. CCBC is the Community College that invites teens from around Beaver County to meet with a professional that can guide them to a life of career success. These professionals include staff members, course instructors, professors, and other professionals at CCBC to sit down



and enjoy a lunch, a presentation and good constructive conversation. Students learn about the programs offered at CCBC as a way of educating them on the education paths available at the college, which are very diverse. From a Nursing program, to Business Management, to Visual Communications, there are many different career options to study at CCBC. And if the students choose not to go there they have been guided by people pleased in their careers, and are a good example for each. The mentor answers questions about steps after high school. The students are really learning important lessons and look forward to it monthly!

#### Special Olympics- Unified Champion Schools

The Central Valley High School has been recertified as a National Banner Unified Champion School by the Special Olympics. Central Valley High School was initially recognized as a 2018 National Banner School. Every four years, schools need to reapply and be evaluated by a national panel. A Special Olympics National Banner Unified Champion School demonstrates a commitment to inclusion by meeting ten standards of excellence, and CVHS have accomplished all of them. Central Valley High School has an enriching and nurturing climate that promotes collaboration, engagement, and respect for the student body and staff.

NATIONAL UNIFIED CHAMPION SCHOOL AWARD FOR SCHOOL CULTURES OF INCLUSION AND RESPECT

The honor is a prestigious distinction that celebrates the "best of the best" inclusive school communities, and there are only 683 National Banner Unified Champion Schools in the country. CVHS's commitment to meaningful

inclusion, as well as implementation of quality Special Olympics Unified Champion Schools programming, empowers and uplifts students with and without disabilities. A new banner to highlight the recertification as a National Banner school will hang in the main gym.

#### Mock Trial Boot Camp

The Central Valley Mock Trial team, sponsored by **Mr. Pinchot participated** in the University of Pittsburgh's annual high school mock trial tournament at the Cathedral of Learning the weekend of January 7th & 8th. Central Valley was one of 50 teams from around the area and state to participate in this year's tournament, with teams travelling from as far as Philadelphia to compete. This is the first time since 2020 that the tournament has been held due to complications over Covid.

The tournament is run by Pitt's own mock trial team, with their members serving as judges for



each trial. After each trial, judges were generous enough to share thoughts and notes with members from each competing team, providing invaluable notes in preparation for competition season. Over the course of the weekend the team participated in 4 trials, finishing with a record of 1-3 against some of the top schools in the state.

Central Valley's mock trial competition season will start on January 17th, and the season will run through the end of February before county playoffs begin.

#### National Honor Society Providing Service with a Star

Scholarship, Leadership, Service and Character of the four pillars that help define members of the National Honor Society. Once members are inducted they pledge a commitment of service to both their school and community. Each year the CV chapter of the National Honor Society, under the leadership of **Ms. Jones** and **Ms. Dzumba-Rubb**, takes on a number of service projects to fulfill that commitment. Below are some of events that have occurred so far this year:



The CV Chapter of the National Honor Society opened the school year with New Student/ Freshman Orientation. The NHS organized and covered the lobby of the high school, handing out class schedules and answering questions. After a welcome from the building principals, the NHS organized building tours for the students and parents. Students new to the building and district were grateful to have their concerns addressed. This was a great way to kick off the school year.

The National Honor Society is in its seventh year of coordinating and volunteering in a district wide literacy/tutoring program. After school, high school students volunteer at the middle school, assisting students as they complete class and homework

assignments. Students are referred to the program by teachers. Programs for supporting literacy and basic skills are set to begin at Center Grange Primary School and Todd Lane Elementary in the very near future.

The National Honor Society organized a district wide food drive to support the Central Valley Food Pantry. Items collected included foods to supplement weekend menus and easily fit into a backpack. Cereal, fruit cups, macaroni and cheese, soups, crackers, and granola bars were some of the many items collected. Every item collected goes to a family in the district.

Hoodies were also collected over a two week period in October and November. The new and gently used hoodies were donated by high school students and staff members. Over 100 warm hoodies were donated to the St. Vincent DePaul Society. High School, collegiate, NFL, and plain hoodies were some of what was collected. They will be distributed county wide this fall.



Trunk or Treat was a Halloween event sponsored by the Central Valley PTA. In late October, the high school parking lot was transformed into a festive platform for elementary school students and their families. Children "trick or treated" from each area, played games, ate carnival foods, and received treats. It was a great community event with multiple high school students volunteering to support the PTA.

The North Pole Event is the kick off of the holiday season at the Center Grange Primary School. The North Pole Extravaganza runs from 10 am until 2 pm and features games, cookies, cocoa, cotton candy, and letters to Santa! Each year the event is supported by the Central Valley High School students who remember how much fun they had when they were younger at the North Pole Event. Santa's helpers, the elves, look very much like some students seen in the halls of the high school!

#### IN OUR DISTRICT:

#### CV Food Pantry Provides Holiday Help

Every Thanksgiving and Christmas our **CV school nurses**, along with **Ms. Kostelic**, organize the CV Food Pantry to help provide for families in the district. Donations to supply the pantry are raised primarily through CV Faculty Jeans Days contributions along with some small private donations. On **November 22nd and December 21st**, they were able to distribute food, clothing items and gift certificates to over 50 families and helped to make their holiday season even brighter.



#### Winter Keystone Exams

The Keystone Exams are a state-issued graduation requirement established by the Pennsylvania Department of Education. This school year's Winter Wave of testing began on **December 8th**. Keystone Exams were administered in Algebra for students enrolled in Honors Algebra and in Literature for students enrolled in English 10 during the first semester. In addition, any student that has taken any of the Keystone Exams and did not achieve proficiency were required to retake the exam.



The Spring Wave of Keystone Testing will take place later in May for those students enrolled in Algebra, Biology and Literature (English 10) during the second semester. All students have until the end of their junior year to pass exams and meet this requirement.

### CV Wicked Warriors Polar Plunge

This year's polar plunge team, The Central Valley Wicked Warriors, co-led by **Elyse King** and **Courtney Mottes**, consisted of 28 teachers, students, and community members. The team raised funds and awareness to support Special Olympics of Beaver County by Freezin' for a Reason on **January 21st** when they took the annual plunge into the frigid Beaver River.

This year the Wicked Warriors raised \$8,750, winning the Cool Schools Challenge for the 6th year. The Wicked Warriors have raised \$100,739 since CV started participating in the (cont'd)



(cont'd) Annual Polar Plunge in 2012! The team is grateful for the amount of support it receives year after year from our teachers, staff, students, families, and the Central Valley Community.

Funds raised directly support our students at Central Valley with special needs in grades K-12 who participate in Special Olympics programs such as Bocce, Track and Field, Unified Youth Clubs, and Young Athletes, as well as other programs provided throughout the county.

Every child deserves their moment to shine, regardless of their abilities. Thank you to those who have plunged, fundraised, donated, and supported The Wicked Warriors to help provide that moment for our CV students with special needs. Go Warriors!

#### **UPCOMING DATES TO REMEMBER:**

- January 24th- First Day of the Third Nine-Weeks Grading Period
- January 30th- Second Nine Weeks Report Distribution (Online in PowerSchool)
- **February 8th** Central Valley School Board Meeting (Work Session)
- **February 13th** Snow Day (No School)
- **February 16th** Central Valley School Board Meeting (Voting Session)
- March 1st- NHS New Member Induction Ceremony
- March 2-4th- High School Musical
- March 3rd- CVHS Career Day
- March 8th- Central Valley School Board Meeting (Work Session)
- March 9th- CVHS Spring Band Concert
- March 16th- Central Valley School Board Meeting (Voting Session)
- March 17th- Snow Day (No School)
- March 30th- Last Day of Third Nine-Weeks Grading Period

