



## A Night to Remember

Semi was held on **January 20th**, at The Fez in Hopewell Township for all the CV students and their guests. This event was sponsored, and could not have been done without Mrs. Whipkey and her student council representatives. The committee members were seniors **Sydney McDermott, Mia Spinelli, Paige Warzynski, and Rowan Zilian**. Roughly 300 students attended this year's semi. It began with dinner, and the night was followed by a great night of dancing. Students from Central Valley, in grades 9-12, attended. Girls spent all day getting their hair and makeup done. While guys spent the day prepping for the fun night ahead of them. A huge thank you to everyone who took part in making our 2024 semi formal a night to remember!



## A Cold, Cold Jump in January

On **Saturday, January 27th**, the Central Valley Wicked Warriors won the Top Cool Schools Challenge at the Beaver County Polar Plunge. This year, the team raised the most money of any Beaver County School who participated. The event was held at Bridgewater Landings Marina. The Wicked Warrior Sponsorships included: A-1 Towering, Advanced Power and Energy, Bar None Lounge, Beaver Valley Auto Mall, Central Valley Education Association, Freedom United Federal Credit Union, Fye Transportation, and Grossi and Associates. T shirt logos for Central Valley's team were designed by middle school art teacher, **Stephanie Kelly**. For the first time ever, the Wicked Warriors earned Top Team, raising \$24,699.00 for programs such as Unified Bocce, Unified Track and Field, and Unified Youth Clubs. Since the Wicked Warriors team has started, they have raised a very impressive \$125,000.00 for Special Olympic programs. The team captains for this event were **Elyse King and Courtney Mottes**. Several staff members from all CV schools participated in this event along with community members. CV students who participated were **Dominic Suhayda** (10th grade), **Danika Bielby** (5th grade), **Aidan Conroe** (6th grade), **Camdyn Mckittrick** (2nd grade), and **Skyler Mckittrick** (kindergarten).



# CV Cheer Takes on States at Hershey

This year's 2023-2024 Central Valley competitive cheer team took on the Competitive Spirit State Championships. The team left for their four hour bus ride to Hershey, PA on **January 25th**. On their first day of competition, **January 26th**, the team advanced straight to finals after an amazing performance at the Giant Center! Following a great first day, the team spent the evening at Hershey World where they met Shaquille O'Neal as well as having a delicious dinner at the Chocolatier. In the finals, the team placed 9th! They ended their spectacular season with a run at states. Although the second day was not the outcome they had hoped for, it only motivates them to go back next year and win it all. The CV cheer team would like to thank the CVCC as well as their coaches **Tricia Cantito, Brandy Miller, and Heather Semovoski**. Without them, none of this would be possible!



# Bots and Bridges

The students of **Mr. Fiedler's Principles of Engineering** classes recently completed their Balsa bridge lab. The Balsa bridge lab was the application project for the students who were studying the engineering design process. The students were introduced to the problem, and they needed to build a 12" spanning structure with limited building materials; thin Balsa wood strips and elmer's glue. They worked in teams of two to research information on types of bridges and trusses then brainstormed ideas to create the most efficient bridge in the class. The students worked together to hand draw full scale engineering drawings from their design sketches. They then used their drawings to create their bridge designs. Once assembled, students tested their bridges in class using our "bridge testing stand of science."



Another interesting thing that has happened to the Central Valley Bots IQ team was a recent charitable donation of \$2000.00 from Bots IQ alumni, brothers **Don and Joe Doerfler**. The brothers attended and graduated from Plum High School and competed in Bots IQ while there. The pair have both since become engineers and have continued to participate in Battle Bots competitions as team Brutus/Doerfler Robotics in the NHRL (National Havoc Robotics League). Don also works for Central Valley's team's industry partner Schroeder Industries as a Quality Engineer. Our students had a chance to visit with him when we toured Schroeder this year, and they interviewed him as a part of their engineering documentation to learn about his career.

# NHS Inducts Its Newest Members

On **February 7th**, **Ms. Jones** and **Ms. Dzumba-Rubb** inducted forty-eight new members into the Central Valley Chapter of the National Honor Society. The ceremony was led by Senior NHS officers: **Jordan Hunter (President)**, **Mya Hazelwood (Vice-President)**, **Sydney McDermott (Secretary)**, **Mia Spinelli (Treasurer)**, and **officers-at-large Gianna Cercone, Sofia Columbe, Sara Sudak, and Rowan Zilian.**

In order to apply for induction into NHS, juniors and seniors must have a GPA of 85% or higher at the end of their sophomore year or junior year, respectively. Students are then chosen based on various Character, Leadership and Service criteria. Once accepted into the NHS, students are then required to adhere to these standards and also participate in a number of activities as members during their remaining time in high school.



# Central Valley College Signing

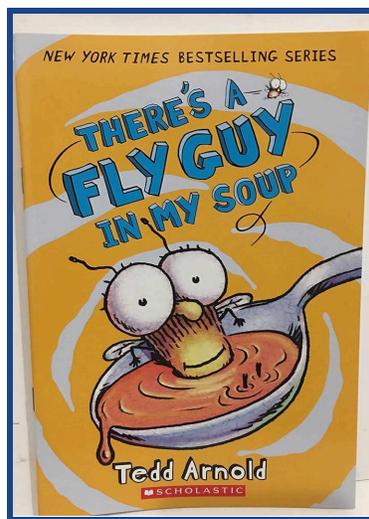
On **February 7, 2024**, there was an official mock signing in the cafeteria at Central Valley High School. The students who committed to play a college sport had friends, family, coaches, teammates and staff who came and applauded them. Each student individually signed and had their moment to be honored as a soon to be college athlete.

- Tyler Constanza:** Signed to Saint Vincent College for football.
- Don Lindsey:** Signed to Seton Hill University for wrestling.
- William Manning:** Signed to Seton Hill University for soccer.
- Brenan Morgan:** Signed to the University of Virginia for wrestling.
- Zach Mclean:** Signed to Seton Hill University for baseball.
- Joseph Skibinski:** Signed to Marietta College for soccer.
- Amber Wilson:** Signed to West Liberty University for gymnastics.



## Speech Class Reads to Todd Lane

On **February 8th**, **Mrs. Kramer's** 2nd and 3rd block Speech classes set forth to Todd Lane Elementary School. In the 2nd block class, there were 24 students reading to the 3rd grade elementary classes. In the 3rd block class, there were seven students reading to the 4th grade elementary classes. The seniors did this to help the students want to read more, as well as receive a grade for the class. The Todd Lane teachers included **Mrs. Beckman, Mrs. Breadan, Mrs. Hall, Mrs. Huwar, Mr. Klemencic, Ms. Reinstadtler, Mrs. Poleti, Ms. Senior, Mrs. Taylor and Mrs. Weber. Zach Mclean** was one of the many seniors who went down to read. He read the book *Fly Guy in My Soup*, and it was a huge hit for the children. The seniors received many thanks from the multiple teachers and students for a fun activity.



## Army War College Trip

On **February 9th**, **Katrina Panek** and **Roxanne Murtaugh** attended the Army War College Panel Discussion and participated in the "Guns or Butter" simulation at South Side High School. The army war panel and "Guns or Butter" simulation activity involved a panelist discussion where students went over topics that the military officers who worked at the army war college chose. Some topics included women in the military, substance abuse in the United States, and international courts. Participants had the opportunity to ask questions, and it was a very informative discussion. The "Guns or Butter" simulation happened after the discussion, and they were separated into groups which acted as their own countries. The whole idea of the simulation was to gain insight into international affairs. The students could trade with other countries, go to war, and give more resources to our "citizens." There were also different roles within the country like the head of the country, economic leader, healthcare leader, defense leader, and trade leader. **Katrina** states, "I was the head of the country, so I had to talk to the other country leaders about certain things and oversee basically what every leader in my country did. It was a very cool bonding experience with people I had never met before. We all kind of instantly clicked and worked together to use our wealth and resources to our advantage. We had disagreements at times, but it always worked out in the end. Overall, it was a very cool experience, and it really gives you insight into international affairs and how everyone really needs to work together for everything to work."



## CV Bocce Reach Regional Finals

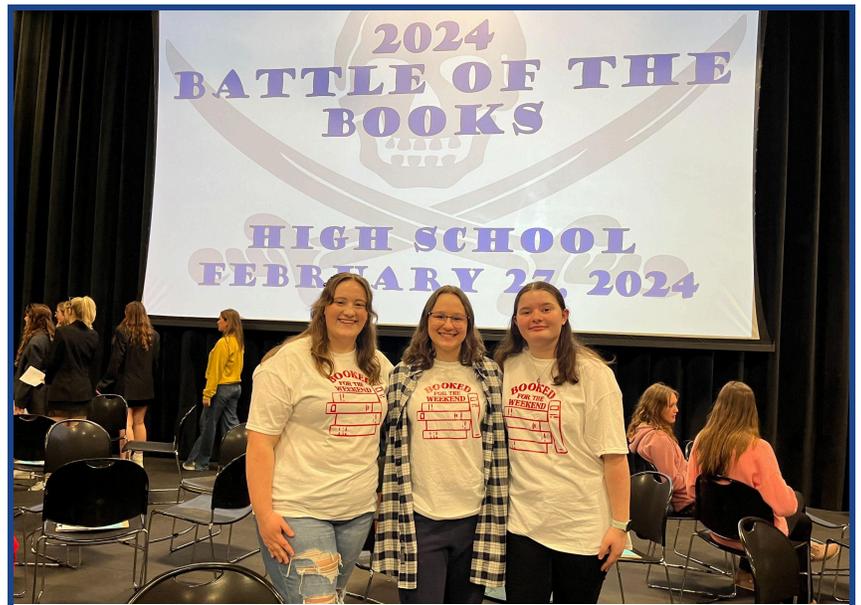
A pledge that athletes recite before any Special Olympic event states, "Let me win. But if I cannot win, let me be brave in the attempt." This year the Central Valley Bocce team certainly lived up to those words. Under the leadership of **Mr. DiBenedetto** and **Ms. Lombardi**, our high school fielded two teams that combined for a 5-4 regular season record. They closed out another successful post-season in March that was highlighted with a trip to the regional finals at Geneva College on **February 15th**, placing 3rd in the region.

The first round of the playoffs were played at Moon and included eight teams in a single elimination tournament. Each team needed to win two matches to move on to the regional finals. Their first match would be against Beaver, winning 5-3. After losing to Freedom 5-8, they secured a wild card spot at regional play. The team then traveled to Geneva for the regional finals on **February 15th** with nine other teams. CV won their first match but lost in their second match to Freedom, and came up just short of advancing to Hershey for the state championships. Overall, CV wound up in 3rd place in the region that consists of 106 additional teams. The event was awesome and both teams had fun playing and cheering each other on.



## Book Worms

Sophomores **Camden Bittner** and **Kitt Donis** and freshman **Amanda Leech** along with two other students, not from our district, participated in the High School Battle of the Books on **Tuesday, February 27th** at Quaker Valley High School. Their team name was "Booked for the Weekend." Beginning in October and through the month of February, the students in **Ms. Greco's** Book Club collectively read several novels on which they were asked three eight-question rounds of challenging and specific queries. The book list was based on student appeal, diverse subject matter and characters, literary merit, and representation of a wide variety of genres such as *Ace Of Spades* by Farideth Abike-lymideq, *All of Us Villains* by Amanda Foody, and *All These Bodies* by Kendare Blake. Congratulations to this group of CV students for placing third at Battle of the Books!



# Beyond School Walls

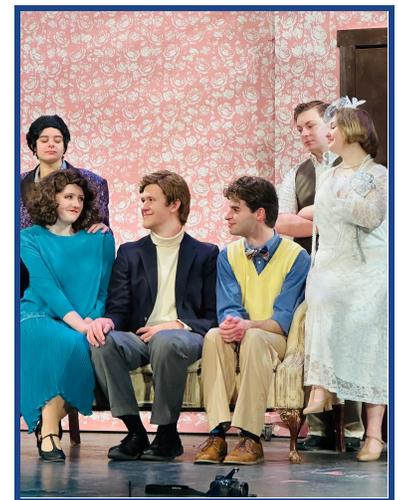
On **March 20th**, several students had the opportunity to visit **CCBC** for **Beyond Schools Walls**. Central Valley and several other school districts offered this program to their students. Each student that is involved in this program gets paired up with a mentor for the whole entire school year. Students get the chance to tour the different careers that are offered at CCBC for Health Careers, Criminal Justice, STEM Academies, Aviation, Construction, and Education. Students that attend the **Beyond School Walls** program have the opportunity to learn about high demand fields during their time in high school. Students that are wanting to learn more about this program can visit **Mrs. Lupinacci** in room **NB-110** or can email her at [jlupinacci@centralvalleysd.net](mailto:jlupinacci@centralvalleysd.net).



# CVHS Musical Cast Performs My Favorite Year

Each year, the students participating in our high school’s musical bring our community a dazzling spectacle that delivers great joy and astonishment to anyone who attends. From **February 29 to March 2**, the months of hard work for the musical, directed by **Ms. Damp**, was finally onstage for everyone to see. This year’s musical was the “nostalgic comedic delight” **My Favorite Year**. Composed by Stephen Flaherty with a story by Joseph Dougherty, this musical follows a freshman writer on King's Comedy Cavalcade, Benjy Stone. It specifically focuses on his experience in the year 1954 when his hero, Alan Swann, is featured as a guest on the show. Over fifty high school and middle school students came together to create this great show that many deemed to be one of the best they have ever seen. This could have never been possible without the countless hours and unwavering dedication put forth from these students.

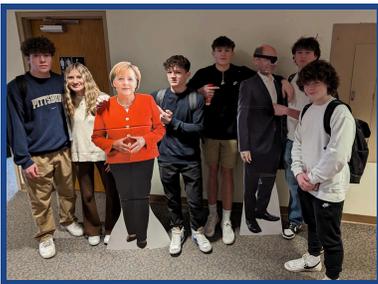
This musical required two main lead roles. Senior **Cooper Mitchell** and Junior **Ethan Burkhammer** showed their spectacular talent as Benjy Stone and Alan Swann. They each have dedicated so much time to this show, and their great commitment and passion was evident in their performance. Despite it being bittersweet for Cooper since playing Benjy Stone was the last role he would ever pursue in high school, he remains joyful about the experience, stating, “Musical season has always been my favorite time of the year, and this year was no exception. Getting to be on stage with such amazing people and perform for my friends and family is an experience I’ll never forget.” Ethan, who is also very proud of his castmates and enjoyed the experience thoroughly, added, “Being in the musical is such an incredible experience for everyone involved. I would suggest anyone who has even a slight interest in it to try out next year.”



# German: Lernen Macht Spaß (Learning Made Fun)

Learning outside the classroom can help teachers create enthusiasm for learning, provide a real-world context, and expose students to a range of experiences beyond the classroom. Students who experience learning outside the classroom benefit from increased self-esteem and ultimately become more engaged in their education. **Ms. Kain's German** classes have spent much of this nine-week's grading period doing just that.

In **February**, students were busy preparing for the region's **German Day Competition** that included several other high schools from Western Pennsylvania. They practiced memorizing poems, reviewing trivia for the Culture Bowl, and created German-inspired art and architecture models. The competition took place at Washington & Jefferson College, on **Thursday, March 7th**. In the end, CVHS won in five different categories. They competed against Mt. Lebanon, Bethel Park, Chartiers Valley, and Upper St. Clair. The first event was the Culture Bowl category where students answer questions based on German History and Geography. CVHS placed second beating out five other schools. **Noah Taylor** placed first in the technology category with a digital drawing of the Cologne Cathedral, **Emily Goberish** placed third with a video about the legend of the Lorelei, **Manasseh Saykin** won second place for non-fiction writing about holidays, and finally **Nolan O'Neill** placed second in poetry recitation competition.



On **March 21**, **Mrs. Zilian's Holocaust** class and **Frau Kain's German** classes attended a Teen Screen event at Harris Theater in Pittsburgh. Students watched *The Crossing*, a film about the plight of Jewish refugees in Norway in 1942. Based on a true story, the movie featured young people who helped Jewish children escape to neutral Sweden during the Holocaust. Afterwards, students discussed the depiction of Jewish people and the people who helped protect them, together with a retired Pittsburgh Public Schools teacher, courtesy of the Teen Screen program.

## March Madness with Mrs. Lewis

The month of March is designated as high school music month. **Mrs. Lewis** created lesson plans for the various subject areas throughout the school to try and add more music education across the curriculum. These plans included lessons being taught in classes that included music in some way. For instance, **Mrs. Jones** used one of Mrs. Lewis' articles about pianos being dropped by parachutes during WWII. Mrs. Lewis also started a famous musician bracket. The four areas were male performers, female performers, singing groups, and bands. In the end, Bruno Mars was the winner. Another fun display in the hall was of teachers and celebrities that were involved with music while in high school. In the cafeteria, she also had a display that showed what staff members picked as their all time favorite songs. All of the displays and games were such a fun way to celebrate music month in the high school.



## Juniors Participate in Financial Literacy Day

On **Tuesday, March 19**, the junior class attended an assembly put together by **Ms. Delon** on Financial Literacy. Ms. Delon then gave all the students a paper with a vast amount of careers to choose from. Once students chose a career that interested them, the juniors could then see how much that career made. Students had to try and spend money on living expenses such as mortgage, car insurance, and food. The goal was to teach students to spend their money wisely based on their salary and not go into debt. Financial volunteers were there to help the students calculate their total spending. Financial Literacy Day was an eye opener and a lesson well-taught for the students on their financial plans in the future.



## Central Valley Takes on the Big Apple

The Central Valley High School Choir organized a memorable trip to New York City during the third nine weeks! **Ms. Damp** and the chorus packed up and headed north-east on **Thursday, March 21st!** They remained in the Big Apple for four days. The CV students enjoyed each day with action packed excitement!

From going to see *Wicked* on Broadway, to seeing an NYU dance performance, to just exploring the city, their trip had an excessive variety of different activities for everyone to do. Ms. Damp said one of the best moments was watching her students perform in the Cathedral of St. John the Divine as well as on Liberty Island.

**Ethan Burkhammer, Bryn Dolata, Kaitlyn McIlroy, and Cooper Mitchell**, all students that attended the trip, were asked what their favorite moments were. They said they enjoyed working with a Broadway conductor and learning a song from *Wicked*. They also loved dining at a lively restaurant called Gayle's Broadway Rose. The servers would break into songs as they were working. This truly was a great, once in a lifetime experience for the Central Valley High School Chorus!



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# Students Observe Open-Heart Surgery at AGH

On **March 21st**, students in **Ms. Whipkey's Human Anatomy** class visited Allegheny General Hospital to observe an in-person surgery. During the surgery, they were able to watch the surgeon perform all of the delicate stages of the process. They also were able to witness the work of the physician assistant who is the right hand person to the surgeon. Ultimately, students got a closer look at all of the different people and jobs that are necessary for such an operation to take place:

- surgeon and fellow (doctor training for cardio-thoracic specialty)
- physician assistant
- plethora of nurses
- perfusionist (runs the heart-lung machine)
- surgical tech
- anesthesiologist
- nurse anesthetists



Overall, it was a great opportunity! The students in attendance were amazed and were given a unique experience to see and observe so many different careers in action!

## *BEYOND THE CLASSROOM:*

### Middle School Mentors

The CV Middle School Mentor Program is back in full swing at CVHS. Twice a month, **Ms. Lupinacci, Mr. Bell, and Mrs. Vidovich** take a group of high school student volunteers to the middle school to meet the academic, social and emotional needs of our district's younger Warriors. In this program, high school students lead through both their service and actions. On selected Wednesday afternoons, students from the high school go to the middle school and have face to face conversations about school, and the middle school students are advised by their mentor on how to problem solve and receive strategies on how to do better academically and socially. Another positive take from this program is when the middle school students come to the high school in 9th grade, they feel comfortable with the transition into a new building. This years middle school mentors are **Mikey Bendekovic, Camden Bittner, Mason Dixon, Jacob Hunter, Marcus Lawson, Ava Machak, Claire Miloszewski, Brady Noel, Tyler Ondrusek, Paige Phillips, Alissa Rose, Abigaile Stewart, Maya Tripathy, and Emma Weaver.**



## Seniors Show Their Talent at Merrick Senior Art Competition

Central Valley High School students in **Ms. Lombardi's** art class competed in an art show at Merrick Art Gallery. There were 13 students who participated in this competition: **Gianna Cercone, Gianna Philips, William Beede, Mackenzie Whelan, Krystalynn Bell, Jessica Davis, Reagan Phillips, Meredith Dennis, Amber Wilson, Kaitlyn Mcilroy, Sean Kennelly, Elena Mineard, and Warren Leek.** Congratulations to **William Cassidy Beede** and **Meredith Dennis** on both tying for third place as well as **Amber Willson** on receiving an honorable mention.



## Memorable and Worthwhile Club Hope Events

On March 23rd, senior members of **Club Hope** attended the Foundation's Annual Ball in New Castle at the Scottish Rite Cathedral. The seniors that were honored to attend the event were **Gianna Cercone, Megan Grimm, Jordan Hunter, and Sara Miloszewski.** The event honored many cancer warriors all throughout their healing process. This was an evening to honor those impacted by cancer throughout the western Pennsylvania region. Central Valley High School was given a free table at the event because our school was able to reach their fundraising goal through their many efforts throughout the year. The evening began with a slide show that paid homage to angels, fighters and survivors, including club sponsor and high school teacher **Ms. Brown.** The magical night ended with dinner and dancing for the over 750 attendees that were there. Earlier in the month, Club Hope also participated in a fundraiser called Hearts of Hope. Hearts of Hope is a simple way to honor the many lives of those impacted by cancer. Students and staff purchased hearts in remembrance of anyone that is a current fighter, a survivor, or has passed away from cancer.



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## *IN OUR DISTRICT:*

### BCCTC Tour

On **February 29th**, students at CVHS attended a field trip to tour the Beaver County Career & Technology Center. Students were able to pick two programs to tour from the wide variety of programs offered at the BCCTC. Students were able to choose from the following programs: Machine Tool Technology, Welding, Business Information Systems, Commercial Art & Design, Graphic Arts & Printing, Carpentry, HVAC-R, Electrical Occupations, Masonry/Bricklaying, Health Occupations, Veterinary Assistant, Cosmetology, Culinary Arts, Greenhouse/Landscaping, Automotive Technology, Collision Repair Technology, and Logistics & Material Management. CVHS students are able to attend the BCCTC during their 11th-grade year (10th for Cosmetology) and can earn three elective credits towards graduation at CVHS each year. **Ms.**



**Istik** and **Ms. Watts** also held an application workshop for students interested in attending the BCCTC. If you have any questions about attending the BCCTC, please contact your school counselor.

### SAT Testing

On **March 20th**, Central Valley High School students were given the opportunity to take the SAT exams during the school day. The SAT exam is an entrance exam used by most colleges and universities to make admissions decisions. For the first time, it is a virtual exam, and has adaptive questions that get easier or more difficult depending on your previous success. Although SAT scores have not been a required part of applications, starting with the Class of 2025, more and more schools are beginning to make SAT scores a requirement. Students can still register to take the SATs by visiting the Guidance Office or creating a College Board account and registering online at: <https://satsuite.collegeboard.org/sat/registration/dates-deadlines>.



# CollegeBoard

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## UPCOMING DATES TO REMEMBER:

- **April 3rd** - First Day of the Fourth Nine-Weeks
- **April 9-11th**- Individual Scheduling Meetings for 2023-24 (Grades 9-11)
- **April 10th** - Third Nine Weeks Report Distribution (Online in PowerSchool)
- **April 10th**- Central Valley School Board Meeting (Work Session)
- **April 18th**- Central Valley School Board Meeting (Work Session)
- **April 26th**- Senior Project Presentations (HS Act 80 Day)
- **May 2th**- CVHS Awards Assembly
- **May 3th**- Prom
- **May 7th**- Band / Jazz Band Pops and Pies Concert
- **May 8th**- Central Valley School Board Meeting (Work Session)
- **May 14-16th, 23rd**- Spring Keystone Exams
- **May 15th**- Academic Excellence Banquet
- **May 16th**- Central Valley School Board Meeting (Work Session)
- **May 21st**- Chorus / Show Choir Concert
- **May 22-24th**- Senior Final Exams
- **May 27th**- Memorial Day (No School)
- **May 28th**- Baccalaureate
- **May 29th**- Senior Class Banquet
- **May 28-30**- Underclassmen Finals
- **May 31st**- Last Day of School / Commencement
- **June 3rd**- School Picnic

