

# Fabius-Pompey Central School District

*Enter to Learn - Leave to Serve. Striving for  
Excellence in School, Community and the World.*

December 2022

Volume 72, Number 5

## Audiences Delighted by *Shrek Junior* December 2 and 3, 2022



FABIUS-POMPEY CENTRAL SCHOOL DISTRICT  
Fabius, NY 13063

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District Newsletter

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BOARD OF EDUCATION MEETING HIGHLIGHTS FOR NOVEMBER 2022

Complete minutes can be found at [www.fabiuspompey.org](http://www.fabiuspompey.org).

- Personnel Items:

- Approved the appointment of the following student activity advisors for the 2022-2023 school year: Erin Kolceski as Ski Club Advisor (unpaid); Michelle Lego as Ski Club Advisor (unpaid); Shawn Hebert as Middle School Musical Co-Assistant Director; Susan Hebert as Middle School Musical Co-Assistant Director.
  - Approved the appointment of Leo Burke as Varsity Wrestling Coach for the 2022-2023 school year.
  - Approved the following substitutes for the 2022-2023 school year: Liam McCarthy as Substitute Teacher (uncertified) and/or Substitute Teaching Assistant (K-12); Melissa Frazee as Substitute Teacher (uncertified) and/or Substitute Teaching Assistant (K-12); Mark Riedl as Substitute Teacher (certified) (6-12).
  - Approved Jason Wallace as volunteer Varsity Boys' Basketball Coach for the 2022-2023 school year.
  - Approved volunteers for the 2022-2023 school year.
  - Approved the memorandum of understanding between Fabius-Pompey Central School District and Fabius-Pompey Education Association.
- Business Items:

- Approved the acceptance of the SEI Design Group 2024 Building Condition Survey proposal as presented.
  - Approved the increase in minimum wage and in substitute pay, effective December 31, 2022.
  - Approved the acceptance of a donation from A.P.T.S. in the amount of \$500.
  - Approved the September 2022 Warrants and Transfers as presented.
  - Approved the adoption of a reserves resolution.
- Information Items:

- Approved the Committee on Special Education student recommendations as presented.
  - Approved the Emergency Management Plan for the 2022-2023 school year as presented.
  - Approved the organization request for use of school bus by Fabius-Pompey Ski Club to transport students to Labrador Mountain, Truxton, NY, once per week for six weeks, one way, beginning January 10, 2023.

THE ARTICLE DEADLINE FOR THE  
NEXT DISTRICT NEWSLETTER IS JANUARY 6.

Please email articles to [jgasparini@fabiuspompey.org](mailto:jgasparini@fabiuspompey.org).

STUDENT PHOTOGRAPHS USED IN PUBLICATIONS

Throughout the school year, photographs of students may be taken for use in District publications or by the local media. If you do not wish to have your child photographed, please send a note to your child's principal.

EMERGENCY CLOSING OF SCHOOL

When circumstances require the emergency closing of school, the following television stations will broadcast the information: WSTM-TV (Channel 3); WTVH-TV (Channel 5); WIXT-TV (Channel 9); YNN (Channel 10).

Please review with your children the details of the plan that you have established in the event there is an emergency early dismissal of school.

SCHOOL CENSUS

If you are a new resident of the Fabius-Pompey Central School District, please contact the District Office at (315) 683-5301 to provide census information for our records.

READ THE DISTRICT NEWSLETTER ONLINE!

Visit the Fabius-Pompey website at [www.fabiuspompey.org](http://www.fabiuspompey.org) and find us at the bottom of the District flyout menu.

BOARD OF EDUCATION MEETING SCHEDULE

Meetings are held in the High School Library at 6:30 p.m.

January 3, 2023

January 17, 2023

February 7, 2023

February 28, 2023

March 7, 2023

March 21, 2023

April 17, 2023

May 2, 2023

May 16, 2023

June 6, 2023

June 20, 2023

Dates, time and location are subject to change.

Please visit the District website for updates.

[www.fabiuspompey.org](http://www.fabiuspompey.org)

BOARD OF EDUCATION

	Term Expires
Mr. Donald Neugebauer, President (315) 683-5331	6-30-24
Mr. Eric Exelby, Vice President (315) 683-9434	6-30-23
Mr. Andrew Aiken (315) 427-1553	6-30-23
Mrs. Holly Frazee (315) 247-9522	6-30-25
Mr. William Heselden IV (315) 466-1548	6-30-24
Mr. John Repak (315) 480-8248	6-30-25
Mrs. Carlena Wallace (315) 683-5638	6-30-24

**FROM LLOYD L. PECK, ED.D.  
SUPERINTENDENT OF SCHOOLS**

Hello, F-P Families, Students, and Staff,

On Monday, December 5, the District hosted a virtual presentation on CTE and STEAM and what it means to become a STEAM district. The process for becoming actively involved in a STEAM program was discussed along with the criteria to be a STEAM district. The benefits of a STEAM program were discussed as well as the credits students would receive toward college and the internships that would be available to them under such a program.

A STEAM education is an approach to learning that uses Science, Technology, Engineering, the Arts and Mathematics as access points for guiding student inquiry, dialogue and critical thinking. STEAM follows a career and technical education (CTE) program path that will provide academic and technical instruction in the content areas of Agriculture, Business and Marketing, Family and Consumer Sciences, Health Sciences, Trade and Technical Education and Technology Education. STEAM is an integrated approach to learning which requires an intentional connection between standards, assessments and lesson implementation.

A STEAM program would also offer our students the chance to do Registered Work-Based Learning as well as Unregistered Work-Based Learning and Supervised Clinical Experiences. A brief definition of those programs is as follows:

- Registered experiences typically take place outside of the school building, and students may earn academic credit in accordance with guidance from the work-based learning manual. There are three types of registered programs in New York: Career exploration internship program (CEIP), Cooperative career and technical education work experience program (Co-op), and General education work experience program (GEWEP). Registered experiences must be supervised by an appropriately certified work-based learning coordinator.
- Unregistered Work-Based Learning is unregistered experiences that may take place inside or outside of the school building. Students may not earn academic credit for these experiences.
- Supervised Clinical Experiences for Health Sciences are supervised clinical experiences that must be overseen by a New York State certified health sciences teacher in the specific health sciences content area in which students are completing a program. Students must be directly supervised by clinical instructors or the health sciences teacher of the program when in the field. Clinical instructors must hold appropriate New York State licensure in the health sciences career in which students are completing the clinical experience.

STEAM motivates teachers to utilize project-based learning that interconnects each of the five fields and encourages an inclusive learning environment in which all students are able to thrive. Breaking from traditional methods of teaching, teachers use the STEAM framework to bring disciplines together and enable students to use both sides of their brain at the same time. STEAM not only educates students how to think critically, solve problems and use creativity, it also prepares students to work in career areas that are predicted to experience significant growth by offering school-sponsored internships in the workplace.

This is a very brief overview of STEAM and what it entails. For more information, please feel free to reach out to me either by email or phone at [jpeck@fabiuspompey.org](mailto:jpeck@fabiuspompey.org) or (315) 683-5301. As the District continues to evaluate the strengths of a STEAM program balanced with the implementation of the program, I will keep the public updated. Much of what we are already doing as a district can be converted into a STEAM program. This is a very exciting time in the educational world for the Fabius-Pompey Central School District as well as its students.

Happy Holidays to All,

Lloyd L. Peck, Ed.D.  
Superintendent of Schools

**MIDDLE SCHOOL-HIGH SCHOOL NEWS  
Jason Martin, Principal**

Seasons Greetings, Falcon Families!

With the month of December and winter already underway, we would like to take a moment to thank all the students, families, staff, and community members for all of their hard work and support as we wrap up the first marking period and are halfway through the second marking period of the 2022-2023 school year. Our students have been working hard, both in the classroom and after school. We are excited to commend everyone for their achievement and participation in the following: Middle School Musical *Shrek Junior* performers, student-athletes of our fall and winter sports, students involved in after school clubs, and our chorus and band winter concert performers. Excellent job everyone!

Below is our High School January 2023 Regents testing schedule. Students taking the January Regents exam(s) will be excused from classes during their assigned time. Students are responsible for any work missed.

Thank you all so much and Happy Holidays!



**NEW YORK STATE REGENTS EXAMS  
JANUARY 2023 SCHEDULE**

***New York State Regents/Competency Exams  
January 24-27, 2023***

New York State Regents exams will be administered by the High School during the January Regents examination period, Tuesday, January 24, through Friday, January 27. If your student is directly involved during the testing dates, you will receive information from the Counseling Office. If you have any questions, please do not hesitate to call the Counseling Office at (315) 683-5460.

**Tuesday, January 24**

8:00 a.m.

English Language Arts

12:00 p.m.

Living Environment

**Wednesday, January 25**

8:00 a.m.

Geometry

12:00 p.m.

Algebra I

Physical Setting/Physics

**Thursday, January 26**

8:00 a.m.

Global History and Geography II

12:00 p.m.

Algebra II

**Friday, January 27**

8:00 a.m.

Physical Setting/Chemistry

Physical Setting/Earth Science

Students taking State exams may not leave the testing site before the statewide minimum time of 10:00 a.m. for morning exams and 2:00 p.m. for afternoon exams.

**WEATHER-RELATED SCHOOL CLOSING:** In the event of a weather-related school closing during January 24 through January 27, which would be announced via radio and television, students and staff involved in State tests are encouraged to come in on their own, if at all possible, as these Regents exams can only be administered on the dates set forth by the New York State Education Department.



BREAKFAST MENU FOR  
JANUARY 2023  
(subject to change)  
Grades K-12 \$1.35

**Monday** - French toast or bagel with cream cheese.

**Tuesday** - Bagel with cream cheese and sausage.

**Wednesday** - Breakfast pizza or bagel with cream cheese.

**Thursday** - Pancakes and sausage (ES) or bagel with cream cheese and sausage.

**Friday** - English muffin with egg and ham or sausage and cheese or bagel with cream cheese.

Cereal, toast, fresh fruit and yogurt are available daily at ES and MS-HS. Danish and Pop-Tarts are available daily at MS-HS.

**All breakfasts include milk and juice. Students must take a fruit or vegetable.**

LUNCH

**Sandwiches available daily:**  
Peanut butter and jelly, tuna, ham, turkey, cheese and egg salad (subject to change)

**Salad bar available daily at MS-HS**  
Hummus or legumes

**Fresh fruit, vegetables and milk are available with lunch daily at the ES and MS-HS.**

**Gluten-free options are available daily.**

LUNCH MENU FOR JANUARY 2023  
(subject to change)  
Grades K-5 \$2.55 / Grades 6-12 \$2.65

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <i>Happy New Year!</i> <b>No School</b>	<b>3</b> Chicken nuggets Corn Fruit and milk	<b>4</b> <del>National Spaghetti Day</del> Spaghetti and Meatballs Corn Fruit and milk	<b>5</b> Pizza Tossed salad Fruit and milk	<b>6</b> Cheeseburger or Hamburger French fries Fruit and milk
<b>9</b> Popcorn chicken Mashed potatoes Fruit and milk	<b>10 Brunch for Lunch</b> French toast Syrup Sausage Hash browns Fruit and milk	<b>11</b> Rib-b-q Carrots Fruit and milk	<b>12</b> Pizza Tossed salad Fruit and milk	<b>13</b> Mini corn dog Cheesy beans Fruit and milk
<b>16</b> <i>Martin Luther King Jr. Day</i> <b>No School</b>	<b>17</b> Cheese calzone Marinara sauce Fruit and milk	<b>18</b> Chicken tenders French fries Fruit and milk	<b>19</b> Pizza Tossed salad Fruit and milk	<b>20</b> Tomato soup Grilled cheese sandwich Fruit and milk
<b>23</b> Hot dog Baked beans Fruit and milk	<b>24</b> Mozzarella sticks Marinara sauce Fruit and milk	<b>25</b> Chicken patty Sweet potato fries Fruit and milk	<b>26</b> Pizza Tossed salad Fruit and milk	<b>27</b> Cheeseburger or Hamburger French fries Fruit and milk
<b>30</b> Chicken nuggets Corn Fruit and milk	<b>31</b> Taco Hard or soft shell Black beans Fruit and milk			Milk 65¢ Snacks 65¢ Ice Cream 65¢

For a complete meal, you must take a minimum of three items. One item must be a fruit or vegetable.

Middle School-High School Cafeteria: Mrs. Marion Carr  
 (315) 683-5327 or [mcarr@fabiuspompey.org](mailto:mcarr@fabiuspompey.org)

Elementary School Cafeteria: Mrs. Cheryl Bliss  
 (315) 683-5857 or [cbliss@fabiuspompey.org](mailto:cbliss@fabiuspompey.org)

STUDENT CHARGES

The District offers a variety of healthy, economical meals for all students. It is understood that there are times when a student will forget lunch money. If a student has a balance of three charges, parents will be contacted. Long-term circumstances can be addressed through the Free and Reduced Price School Meals/Milk program or a confidential meeting with a District administrator. If a student needs to charge, arrangements can be made through the cafeteria manager or a District administrator.

ONLINE PAYMENT FOR LUNCH ACCOUNTS

Payments for lunch accounts can be made online at [myschoolbucks.com](https://myschoolbucks.com). A student ID number is necessary to make a payment and can be obtained from the cafeteria.

Show Falcon  
Pride with a  
Lawn Sign...

\$15 each

Contact  
Mrs. Cuipylo in  
the Elementary  
School for  
Details

FALCON PROUD

FABIUS-POMPEY

District Phone Numbers

Bus Garage .....	(315) 683-5278
Committee on Special Education .....	(315) 683-5465
District/Business Office.....	(315) 683-5301
District Office Fax .....	(315) 683-5827
Elementary School Fax .....	(315) 683-5680
Elementary School Nurse.....	(315) 683-5197
Elementary School Office .....	(315) 683-5857
Middle School-High School Cafeteria.....	(315) 683-5327
Middle School-High School Fax .....	(315) 683-5569
Middle School-High School Guidance Office.....	(315) 683-5460
Middle School-High School Nurse.....	(315) 683-5214
Middle School-High School Office .....	(315) 683-5811

FABIUS-POMPEY MIDDLE SCHOOL-HIGH SCHOOL  
HONOR ROLL MARKING PERIOD 1 2022-2023

HIGH HONOR ROLL  
Grade 6

Apgar, Colton  
Bliss, Boone  
Bradfield, Aida  
Buffum, Miles  
DeCarlis, Kayleigh  
DiRienzo, Anya  
Elwyn, Henry  
Gover, Myles  
Hayward, Wesley  
Janicki, Joseph  
King, Bradley  
Kreilach, Colden  
Law-Penrose, Collis  
Marris, Cheyenne  
Rossi, Kayla  
Schlueter, Samuel  
Stone, Josie  
Ten Eyck, Gabrielle  
Fitzpatrick, Gavin  
Nack, Mary  
Neider, Josephine  
Ryan, Grady  
Skeele, Owen  
Sjuve, Tiernan  
Stevens, Jaycee-Lynn  
Tennant, Alice  
Waite, Mason  
Welch, Addison  
Zito, Rafael

Grade 7

Badman, Violet  
Barnum, Trevor  
Caldwell, Asa  
Cosgrove-Leet SaoirseLeigh  
Delaney, Madelyn  
DeLosh, Riley  
Doupe, Tyler  
Goodemote, Quintin  
Grenier, Thomas  
Keenan, Myah  
Kwasniewski, Alexis  
Loomis, Julia  
Long, Jack  
MacPherson, Abigail  
Neuner, Brady  
Rosa, Felicity  
Skeele, Lincoln  
Stone, Walker  
Stroh, Paige  
Trommel, Keira  
Warren, Clara  
Widdekind, Will

Grade 8

Apgar, Marin  
Dorfer, Alyssa  
Fillinger, Tyler  
Exelby, Piper  
Fitzpatrick, Gavin  
Frazee, Rebekah  
Gilbert, Makenzie  
Johnson, McKenna  
Kinson, Adelina  
Ludke, Ethan  
Masters, Kaylee  
McKee, Emily  
Myers, Gavin  
Rossi, Sarah  
Sandberg, Alayna  
Sheffield, Sarah

Skeele, Cash  
Taylor, Ashlyn  
Underwood, Abbie  
Vasquez-Gomez, Wilder

HONOR ROLL  
Grade 6

Carr, Robert  
Davies, Caiden  
Edwards, Payton  
Ingison, Mya  
Leet, Annabelle  
Loomis, Hannah  
Manuel, Layla  
Morse, Ava  
Penoyer, Mackenzie  
Randall, Layla  
Rosa, Charles  
Spring, Maddison

Grade 7

Aust, Tyler  
Carr, Hunter  
Elkins, Spencer  
Epstein, Peyton  
Jones, Daiton  
MacDonald, Hunter  
Schuh, Liam  
Smith, BellaBee  
Smith, Keller  
Stone, Colton  
Vazquez, Alicia

Grade 8

Brown, Ryder  
Cosilmon, Nevaeh  
Crouse, Eve  
McMahon, Sophie  
Mousaw, Michaela  
Natale, Cohen  
Tily, Noah  
Wilcox, Blake  
Woods, Emma  
Yackel, Gracie

HONORABLE MENTION

Grade 6  
Conklin, Theodore  
Dewhirst, Kinsley  
Dougher, Ivan  
Exelby, Maura  
Jackson, West  
Johnson, Faith  
Jordan, Rebecca  
MacDonald, Juliana  
Paduana, Antonio

Grade 7

Campbell, Parker  
Chard, Cooper  
Clay, Roman  
Curtis, Lillian  
DeGroff, Riley  
Kadlubowski, Cody  
Keller, Landon  
Manuel, Lilyan  
Rainbow, Jack  
Way, Haleigh

Grade 8

Berhow, Alexandria  
Bumpus, Tucker  
Campbell, Gavin

Chaney, Christian  
Flores, Angel  
May, Lucia  
Ward, Alec

HIGH HONOR ROLL  
Grade 9

Barnum, Timothy  
Curtis, Adelaide  
Drexler, Bryce  
Fuller, Aleah  
Janicki, Jordan  
Lee, Ava  
Malkawi, Ameer  
Marlow, Allison  
McDermott, Aurora  
Neider, Alexander  
Rosa, Clare  
Skeval, Will  
Valdez, Aunahka  
Wallace, Carlena  
Warren, Carter  
Yard, Laurel  
Wilbur, Hannah

Grade 10

Angello, Domenic  
Aust, Holly  
Britschge, Ryan  
Burton, Izabella  
Clarkson, Kyle  
Frost, Gracie  
Hull, Elsa  
Keenan, Michael  
Kirkeby, Leah  
Manion, Kasey  
Myers, Gia  
Stevens, Emma  
Taylor, Payton  
Vielhauer, Gunnar  
Wilcox, Alex

Grade 11

Bodley, Stephen  
Breed, Gavin  
Chaney, William  
Coseo, Logan  
DaRin, Julia  
Hutson, Madeline  
Ingersoll, Dana  
Janicki, Jared  
Marzooq, Retaj  
Masters, Blake  
Naczka, Rozalia  
Neuner, Luke  
Ricciardi, Roberta  
Skeval, Peter  
Taubman, Eliza  
Trommel, Marisa  
Van Erden, Shawn  
Wagner, Josslyn  
Wallace, Grayson  
Ward, Andrew  
Widdekind, Claire

Grade 12

Britschge, Joseph  
Conklin, Benjamin  
DiRienzo, Natasha  
Donaghy-Robinson, Phoebe  
Drexler, Wyatt  
Gambie, Jonathan  
Haaf, Madalyn

Heerkens, Jenne  
Hurlbert, Dahnvin  
Hutson, Charles  
Jackson, Clark  
Kirkeby, Walter  
Kolod, Sierra  
Lee, Owen  
McKee, Katie  
McManmon, Mason  
Mokry, Josephine  
Natale, Ava  
Rekik, Lyna  
Riedl, Michael  
Rosa, William  
Shabani, Amr  
Stanley, Alexander  
Stanley, Michael  
Swanson, Grace  
Trail, Amelia  
Unger, Myrah  
Wilbur, Sophia

HONOR ROLL

Grade 9

Firenze, Natalya  
Gonzalez Lucas, Heidy  
May, Gino  
Yackel, Edward

Grade 10

Becken, McKenize  
Bell, Rylee  
Carr, Ray  
Frazee, David  
Gleason, Colin  
Kadlubowski, Emma  
Kanar, Gavin  
Kwasniewski, Jayden  
Loomis, Isabella  
Maier, William  
Newton, Mariana  
Pessoa, Gabriel  
Proper, Emily  
Rosa, Christopher  
Troup, Destiny  
Walser, Siriah  
Yard, Quinlan

Grade 11

Badman, Sage  
Clark, Ethan  
Crossman, Camira  
Esposito, Isabella  
Fairbanks, Kloe  
Frost, Lillian  
Kanar, Russell  
Kilpatrick, Grace  
Monje, Jacob  
Urbina, Elizabeth

Grade 12

Bishop, Isaac  
Card, Ian  
Rosa, Luke  
Spicer, Charles  
Wheeler, Makayla

HONORABLE MENTION

Grade 9

Becken, Chloe  
Daniele, Izabella  
Esposito, Wyatt  
Fralick, Kiara

Garrett, Parker  
Harvey, Ethan  
Keenan, Matthew  
Penoyer, Christopher  
Spicer, Ryleigh  
Vazquez, Liahanna

Grade 10

Cornell, Ella  
Exelby, Sophia  
Ingersoll, LilyAnn  
Jefferson, Kevin  
Keyes, Dylan  
Marshall, Madeline  
Sjuve, Aodhan

Grade 11

Freebern, Ashley  
LaLonde, Jacob  
Lindsay, Hali  
Seubert, Caleb  
Straight, Taylor

Grade 12

Finch, Jason  
Putnam, Miranda  
Ward, Connor

MIDDLE SCHOOL TOP 10

CLARA WARREN  
KEIRA TROMMEL  
JOSEPH JANICKI  
REBEKAH FRAZEE  
KAYLA ROSSI  
MYAH KEENAN  
ABIGAIL MACPHERSON  
KAYLEE MASTERS  
TREVOR BARNUM  
MCKENNA JOHNSON

HIGH SCHOOL TOP 10

TIMOTHY BARNUM  
GIA MYERS  
PETER SKEVAL  
OWEN LEE  
CARTER WARREN  
MARISA TROMMEL  
MADELINE HUTSON  
JONATHAN GAMBEE  
DAHNAVIN HURLBERT  
JORDAN JANICKI

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## MIDDLE SCHOOL MUSICAL NEWS

by Ms. Schoonmaker, Middle School Musical Director

On December 2 and 3, Fabius-Pompey students entertained our community with two delightful performances of *Shrek Junior*. A hardworking team of 6<sup>th</sup> through 12<sup>th</sup> grade technical theatre students “made the magic happen” on stage, while our middle school performers brought this hilarious and poignant story to life. Parents, community members and Fabius-Pompey faculty helped to build sets, create costumes and props, work backstage, play in the pit orchestra and prepare food to support our students’ efforts. This remarkable team effort not only produced two wonderful shows, but it also helped our students grow, learn and have great fun working together.



A professional adjudicator from the Theatre Association of New York State (TANYS) came to watch a performance of *Shrek Junior*. He then gave the cast, crew and creative team constructive feedback to

help them develop their skills further. He was impressed with the way the entire cast and crew worked together and the ways they supported each other to tell this humorous story. Our cast, crew and production team learned a great deal from the adjudication process and were granted these special awards in recognition of their work.



**Meritorious Achievement in Direction to Mia Trail**

**Meritorious Achievement in Performance to the Cast and Crew**

**Meritorious Achievement in Choreography to Susan Hebert**

**Meritorious Achievement in Costuming to Kristin Palazzoli**

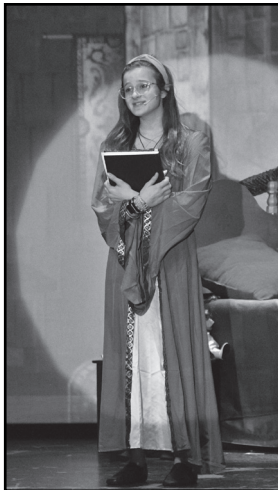
**Outstanding Musical Performance to the Pit Orchestra**

**Excellence in Theatrical Education to Susan Schoonmaker**

These awards help us recognize and celebrate the outstanding work which is being done in our Fabius-Pompey Theatre Program. We appreciate all of the people who worked so hard to make it possible for our students to grow, learn and have great fun working on this production. We are very happy our district is so supportive of the arts!



Mark your calendars for March 16, 17 and 18 at 7:00 p.m. Our high school students will be performing the hilarious Elvis rock musical *All Shook Up!*



## COUNSELING OFFICE NEWS

by Mrs. Barnum and Mr. Piorkowski, School Counselors

**Please see our link on the school webpage at [www.fabiuspompey.org](http://www.fabiuspompey.org) for specific information and events!**

### Upcoming Events

- Information will be forthcoming on presentations for 10<sup>th</sup> and 11<sup>th</sup> grades regarding BOCES Career and Technical Education Programs (CTE).
- SAT dates for juniors: March 11, May 6, June 3
- ACT dates for juniors: February 11, April 15, June 10

### Seniors and Senior Parents – Financial Aid

Remember the Free Application for Federal Student Aid (FAFSA) can be filed now. You may get information and helpful links for filling out the form at [www.fafsa.gov](http://www.fafsa.gov). Reminder of some helpful sites:

- [www.hesc.ny.gov](http://www.hesc.ny.gov)
  - tips/guidelines for FAFSA completion
  - NYS aid such as TAP and Excelsior programs
- [www.fafsa.ed.gov](http://www.fafsa.ed.gov)
- [www.finaid.org](http://www.finaid.org)
- [www.salliemae.com](http://www.salliemae.com)

February through April is a good time for seniors to visit colleges again if needed, match acceptance letters with financial aid packages from each college, and do not forget to choose your college and submit the deposit by May 1.

### Juniors

Juniors should now have their PSAT results, please check with your student regarding their scores.

### Remind App

Seniors, juniors and sophomores: If you have not already done so, please sign up for the Remind app to get reminders on upcoming events. Please stop in the Counseling Office with any questions you may have about signing up.

### Careers in the Work Force Industry

Students who are interested in learning more about careers in the trade industry may stop in the Counseling Office. Our career center has descriptive as well as contact information for many of the trade industries.

***Wishing everyone a safe and healthy  
Holiday Season and New Year!***



***WHEN YOUR CHILD WILL BE ABSENT FROM SCHOOL,  
or will be arriving late,  
please call or email the Health Office.***

**Fabius-Pompey Elementary School**

Grades K-5

(315) 683-5197

[dmcandrew@fabiuspompey.org](mailto:dmcandrew@fabiuspompey.org)

**Fabius-Pompey Middle School-High School**

Grades 6-12

(315) 683-5214

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# ATHLETIC DEPARTMENT NEWS

by Mr. Wilcox, Athletic Director

## The Falcons Finish Their Fall Sports Season Strong -- On and Off the Field

The fall sports season finished strong in November, both on and off the field. Much of the success can be measured by records and championships. More importantly, success in the middle/high school setting can be measured by our student athletes' continued growth as young adults and how they continue to grow in the classroom. Success in sports usually correlates to success in the classroom.

The fall season on the field was highlighted by four championships:

- **Girls' Varsity Soccer - OHSL Patriot American League Champions**
- **Boys' Varsity Cross Country - OHSL Patriot American League Champions**
- **Boys' Varsity Cross Country - D-II Sectional Champions**
- **Boys' Varsity Soccer - Class D sectional Champions**

In the classroom, every varsity sports team earned the title of a scholar athlete team. In order to make this team, 75% of the team needs to earn above a 90% grade point average. Even more incredible is the fact that 42 out of 63 were scholar athletes with a 90% grade point average or better, and 57 out of 63 (90%) varsity athletes made the list as a honorable mention, honor roll or high honor roll student during the first marking period! In grades 7-12, we had 119 out of 133 (89%) of student athletes make the honor roll lists! Great Job, Fabius-Pompey Athletes!

### Get Involved, Get Active and Get Educated!

The impact of sports on learning is often misconstrued as a negative impact on learning because of the time commitment. Often students decide not to participate because they “want to work on their grades.” As it should be, education takes priority over sports. However, research shows that youth sports have an overall positive impact on students. Many studies have been conducted to take a deeper look into the positive impact sports may have on students.

Studies show that athletics help students engage in their work and become more focused. A study from VU University in the Netherlands showed how exercising can improve the attention span of school pupils. A report from the Pediatrics Journal portrayed how students who exercise after school can improve their executive control. Based on this research and other credible scientific studies, that children are much more capable to achieve in the classroom is supported by science. The University of Illinois found a strong relationship between the fitness of children and their performance academically.

Here are 10 ways high school sports benefit students – some of which students and parents may not even realize.

1. **Lower dropout rate and better day-to-day attendance.**
2. **Higher grades.** The Minnesota State High School League did a survey in 2007 which was reported by the NFHS. The survey found that the average GPA of a high school athlete was 2.84, while a student who was not involved in athletics had an average GPA of 2.68.
3. **More likely to attend college.** “Those who participate in high school sports are **15 PERCENT** more likely to attend college. A 2007 study revealed that women who played sports in high school were **73 PERCENT** more likely to earn a college degree within six years of graduating high school. This was even true for women from disadvantaged backgrounds.”-At Your Own Risk website.

4. **More confidence and self-respect.** Sport is all about success, achievement, teamwork and friendly competition. Everything from small words of encouragement from the coach to scoring the winning goal for their team can help build your child’s confidence. A sense of pride is built when representing your community.
5. **Time management.** Athletes must learn time management skills if they are to get everything finished. This leads to less procrastination and a more focused work time.
6. **Teamwork and leadership skills.** More likely to climb the corporate ladder. Teamwork is a vital skill in the working world. Any successful team is made up of individuals who can work with others. Working well with others and decision making are important leadership skills.
7. **Stronger relationships.** Close friendships with teammates, ability to lead and be led, and a closer sense of family. Positive mentors can range from coaches to captains. All of these are essential for mental, emotional and physical health.
8. **Less likely to get into trouble.** Those who participated in team sports are less likely to use drugs and smoke cigarettes.
9. **Health.** The CDC recommends one hour of physical activity every day. Those who do this are less likely to experience obesity, have a lower incidence of heart disease, stroke or even cancer and, consequently, face lower health care costs in their lifetimes. Reduced stress and improved sleep are other health areas improved.
10. **Perseverance.** Learning how to fail is an important skill. By learning how to lose, you learn how to work harder and this helps you succeed in life. Success comes from practice and a never-give-up attitude.

Fabius-Pompey has about a 70-80% participation rate of athletes that play at least one sport. Much of the success is due to many factors such as teachers, administrators, parent support and involvement, culture and student dedication. Being able to have such a high participation rate in athletics, clubs and the arts all create a culture that breeds success. All together this fall, F-P had 76% of their students on the honor roll list after the first marking period. Of the students who did not compete this fall, 64% of them were also on the honor roll list. These are all great percentages when looking at the school body. It is hard to argue against the fact that sports have a positive impact on learning. There are ample opportunities at Fabius-Pompey to get involved, stay active and improve your student’s well being.

### Get Involved, Get Active and Get Educated!

Sources used in the article:

<https://pubmed.ncbi.nlm.nih.gov/25266425/>

<https://pubmed.ncbi.nlm.nih.gov/26724833/>

<https://news.illinois.edu/view/6367/207471>

<https://www.atyourownrisk.org/benefits-of-sports/#:~:text=In%20addition%20to%20improved%20concentration,more%20likely%20to%20attend%20college.&text=A%202007%20study%20revealed-%20that,years%20of%20graduating%20high%20school.>

<https://www.nordangliaeducation.com/news/2020/05/01/the-importance-of-sports-in-education>

<https://www.publicschoolreview.com/blog/10-reasons-why-high-school-sports-benefit-students>



# COMMUNITY NEWS AND EVENTS

## F-P SPORTS BOOSTERS NEWS

by Mrs. Clarkson, Secretary

Website: [www.fpsportsboosters.org](http://www.fpsportsboosters.org)

email: [FPSportsBoosters@outlook.com](mailto:FPSportsBoosters@outlook.com)

on Facebook @ Fabius-Pompey Sports Boosters

Ben Neadom, President - Erin Markey Clarkson, Secretary - John Feeney, Treasurer

**OUR MISSION.** To support Fabius-Pompey's sports programs by providing equipment, tools and opportunities that might not otherwise be available from the school district.

### WAYS TO SUPPORT SPORTS BOOSTERS:

- Volunteer to work at the concession stand during our winter sports events (basketball, volleyball and wrestling) and/or donate candy, chips or drinks for the stand. Signup sheets are posted on the Sports Boosters website [www.fpsportsboosters.org](http://www.fpsportsboosters.org).
- Sports Boosters is selling tickets for each Syracuse Crunch Friday night home hockey game, with 50% of each ticket price donated back to Sports Boosters. Also, mark your calendars for a Sports Boosters night at Syracuse Crunch hockey on Friday, March 10, when Sports Boosters will be selling the pucks for the "chuck-a-puck" fundraiser at halftime of that game. Plan to enjoy a night of hockey, while helping to raise funds for our Fabius-Pompey student athletes. Check out our website and Facebook page for more details.
- Purchase an engraved paver to add to the patio in front of the concession stand. A terrific way to commemorate a special event or student athlete and support Sports Boosters! Visit [www.fpsportsboosters.org](http://www.fpsportsboosters.org) for an order form.

**NEW MEMBERS NEEDED. Fabius-Pompey Sports Boosters is looking for new members.** Please consider giving your time for this worthy cause. We hold one short meeting each month during the school year, and you may help as much or as little as you would like. Questions? Reach us at our email, website or Facebook addresses above.

**NEXT MEETING WILL BE IN MID-JANUARY.** Check our website or Facebook page for the date and time.

## A.P.T.S. NEWS

[www.f-p-aps.org](http://www.f-p-aps.org)

Alison Haslam, President - [president@f-p-aps.org](mailto:president@f-p-aps.org)

Gina Myers and Melissa Law-Penrose, Co-Vice Presidents - [vp@f-p-aps.org](mailto:vp@f-p-aps.org)

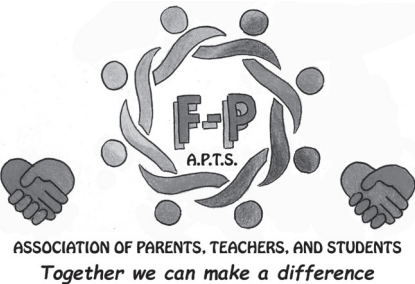
Kim Fairbanks, Treasurer - [treasurer@f-p-aps.org](mailto:treasurer@f-p-aps.org)

Kelly Schroeter, Corresponding Secretary - [correspond@f-p-aps.org](mailto:correspond@f-p-aps.org)

Kelly Kirkeby, Recording Secretary - [secretary@f-p-aps.org](mailto:secretary@f-p-aps.org)

Website issues/information - [webmaster@f-p-aps.org](mailto:webmaster@f-p-aps.org)

**Please visit our website for updates and information.**



The Fabius-Pompey Central School District  
income tax code is 187.

The Fabius-Pompey Outreach Food Pantry is located at the Fabius Community Center, Main Street, Fabius. The Food Pantry is open 3 to 6 p.m. on the following Thursdays: January 12 & 26. In an emergency call (315) 677-3590.

The Food Pantry at the Delphi Falls United Church is open 10 a.m. to noon on the following Saturdays: January 14 & 28.

To donate unopened, unexpired food items, look for bins at local churches and Post Offices. Our mailing address is Fabius-Pompey Outreach, P.O. Box 251, Pompey, NY 13138.

Please visit our website at [www.fpoutreach.org](http://www.fpoutreach.org) for information and updates. *Thank you!*

**Rides for medical appointments are available to those residing in the Towns of Delphi Falls, Fabius, LaFayette, Pompey and Tully.** If you are unable to drive or arrange transportation, call **FISH (Friends in Service Here)** at (315) 696-8659. Volunteers drive **9 a.m. to 4 p.m., Tuesday and Thursday**. Call at least three days prior to your scheduled medical appointment.

**Board Games and Music at the Fabius Community Center for ages 13-17 on Friday, January 20, from 4 to 7 p.m.** Refreshments will be provided. Please RSVP for consent form and any questions to [NatalieBrabant@hotmail.com](mailto:NatalieBrabant@hotmail.com).

### FABIUS-POMPEY CENTRAL SCHOOL DISTRICT ATHLETIC HALL OF FAME

The Fabius-Pompey Central School District is working toward inducting athletes, coaches, teams and individuals to the Fabius-Pompey Central School District Athletic Hall of Fame. The purpose is to motivate current athletes, connect the past to the present and develop pride in the rich traditions of Fabius-Pompey Athletics. In addition, the Hall of Fame will recognize and honor the accomplishments of athletes, teams, coaches and individuals who continually strived for excellence during their time here at F-P.

Athletic Hall of Fame induction ceremonies are held annually. Athletes, coaches and other individuals will be inducted in even years (2024, 2026, 2028), and teams will be inducted in odd years (2023, 2025, 2027). An induction ceremony will be held every spring.

The Hall of Fame committee is seeking nominations for consideration for future inductees. Nomination forms can be found on the Fabius-Pompey website at [www.fabiuspompey.org](http://www.fabiuspompey.org) under Athletics. **Nominations are due no later than February 1** for inductions for the current year. Please send completed forms to:

Timothy Wilcox, Physical Education Department  
Fabius-Pompey Central School District  
1211 Mill Street  
Fabius, NY 13063

Or email form to [twilcox@fabiuspompey.org](mailto:twilcox@fabiuspompey.org)

### Pickleball

**Every Saturday and Sunday at 1:30 p.m.**

**Fabius-Pompey High School Outdoor Courts  
or High School Gym if Bad Weather**

**Any Age and Experience Welcome**

**Open Play and/or Instruction**

**For Information, Call Mike Danaher at (315) 396-9235**