

Fabius-Pompey Central School District

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

December 2023

Volume 73, Number 5

A Salute to Our Veterans!

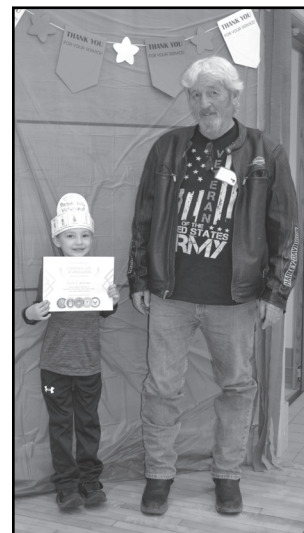
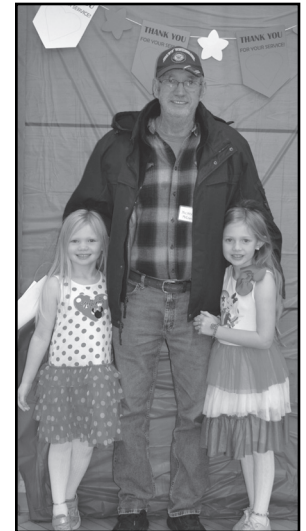
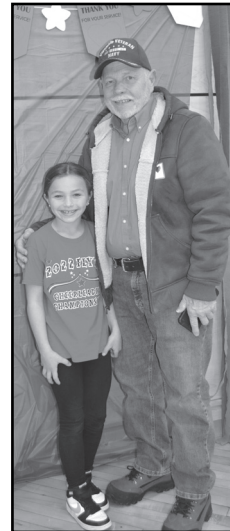
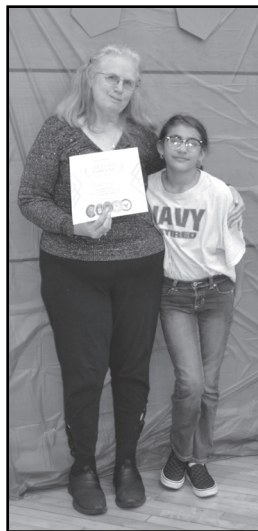
by Mrs. Apgar, Elementary Teacher

On Wednesday, November 8, the Elementary School held a Veterans Day Celebration. Over fifty Veterans were in attendance, and all branches of the military were represented.

Each grade level prepared a section of the song "Armed Forces-The Pride of America" to sing to the Veterans. As each branch's anthem was sung, the Veterans rose to be recognized.

Each Veteran that attended is related to a student in the Elementary School. Each Veteran in attendance was presented with a certificate of recognition for their efforts. The Veterans and students were able to enjoy refreshments in the cafeteria after the ceremony.

It is an honor to recognize those who have served our country, and we look forward to this special event again next year!



FABIUS-POMPEY CENTRAL SCHOOL DISTRICT
Fabius, NY 13063

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Fabius, NY 13063

BOXHOLDER

District Newsletter

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FROM THE BOARD OF EDUCATION

On December 5, the community approved the capital project for the F-P School District. We thank you for your support of this project. As we move forward during the next 12 to 15 months, our architectural firm will prepare the designs and documents to submit to the State Education Department for their review and approval. We expect that we will be able to go out to bid in 2025 with work to begin in the summer/fall of 2025 and be completed in 2026. Thus, the project is identified as, "Project 2026". As noted in last month's newsletter, a majority of the project is for facilities maintenance. For more specific information on the project, please review the BOE article in last month's F-P newsletter or go to the school website and review the information under the capital project vote: "Project 2026" link.

We would like to clear up some misunderstanding there may be regarding future increases to your taxes due to this project. Based upon the estimated cost of this project, and the current tax rate, we projected there will be an increase of \$.97 per thousand of your current assessed valuation. There were a couple questions regarding the difference of \$.68 increase in one informational article versus the \$.97 increase in the board article. We apologize for any confusion. There was nothing misleading about this. The \$.68 projected increase in some of the information prepared/sent out was based upon an estimated 100%, full value assessment. According to New York State, property in most of the townships in the district is only assessed at an average of 71% of true value. What does that mean? If your house is currently assessed at a value of \$100,000, and if reassessment was done, the new full value assessment would be \$142,000. Thus we projected at a current value assessment you would have a \$.97 increase per \$1000 value. More clearly stated, if your house is assessed at \$100,000, your tax rate would go up by \$97. If your house was assessed at a full value assessment, your house would be worth an actual \$142,000. Considering this full value assessment, taxes for your house would go up by \$68, or \$.68 per \$1000 of assessed valuation. As a board, we pride ourselves in being completely transparent to our community. I hope this clears up any confusion there may have been.

We are excited about moving forward. Pre-K is doing great. The STEAM Academy initiative is well underway. We have also refocused our attention on curriculum making sure we have a challenging and aligned P-12 educational program. We are also working on a strategic plan to focus our educational direction and provide guidelines to monitor the district's performance and success. January starts our budget season and over the next four months we will be working on developing the 2024-2025 school budget for your consideration at the May budget vote. We will focus more on each of these items in upcoming newsletters. We wish you a joyous holiday season and a wonderful new year.

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.

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.

THE ARTICLE DEADLINE FOR THE
NEXT DISTRICT NEWSLETTER IS JANUARY 5.

Please email articles to jgasparini@fabiuspompey.org.

READ THE DISTRICT NEWSLETTER ONLINE!

Visit the Fabius-Pompey website at www.fabiuspompey.org and find us at the bottom of the District flyout menu.

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.

BOARD OF EDUCATION MEETING SCHEDULE

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

January 9, 2024

January 23, 2024

February 6, 2024

February 27, 2024

March 5, 2024

March 19, 2024

April 2, 2024

April 17, 2024

May 7, 2024

May 21, 2024

June 4, 2024

June 18, 2024

Dates, time and location are subject to change.

Please visit the District website for updates.

www.fabiuspompey.org

BOARD OF EDUCATION

	Term Expires
Mr. John Repak, President (315-480-8248)	6-30-25
Mr. Eric Exelby, Vice President (315-683-9434)	6-30-26
Dr. Denise Fresina DiRienzo (315-374-0496)	6-30-26
Mrs. Holly Frazee (315-247-9522)	6-30-25
Mr. William Heselden IV (315-466-1548)	6-30-24
Mr. Donald Neugebauer (315-683-5331)	6-30-24
Mrs. Carlena Wallace (315-683-5638)	6-30-24

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

As the winter break approaches, we want to take a moment to extend our warmest wishes to you and your families. Happy holidays!

We are thrilled to share some wonderful news with you and our heartfelt appreciation for the support we received in passing the capital project. The community's involvement was truly remarkable, with 331 people casting their votes, and a 173 of them expressing their support for the project.

This success is a testament to the strength and unity of our community. Your commitment to investing in the future of our school and the well-being of our students is truly commendable. We are grateful for your trust and support.

With the green light for the capital project, we are eagerly anticipating the exciting journey ahead. The project marks the beginning of a new chapter for our school, and we can't wait to see the positive impact it will have on our students and the entire community. The opportunities that this project brings are infinite, and we are committed to creating an environment that fosters growth, learning, and success for all. Your enthusiasm is great, and we are privileged to have such a dedicated and engaged community. The greenhouse construction, a new high school gym floor, stadium lighting, campus paving, and routine plant maintenance are all significant undertakings that can contribute to a better overall environment and facilities. Each of these serves a specific purpose and can enhance various aspects of our campus.

As we bid farewell to this year and welcome the new one, we look forward to the transformative changes that the capital project will bring. May the upcoming year be filled with joy, prosperity, and continued unity within our community.

Once again, happy holidays, and here's to an exciting and promising new year!

NEW YORK STATE REGENTS EXAMS
JANUARY 2024 SCHEDULE

NYS Regents/Competency Tests
January 23-26, 2024

Listed below is the schedule of the NYS Regents exams, which will be administered by the High School during the January Regents examination period, from Tuesday, January 23, through Friday, January 26. If your student is directly involved during the testing dates, you will receive an informational letter from the Counseling Office. Please do not hesitate to call the Counseling Office at (315) 683-5460 with questions.

Tuesday, January 23

8:15 a.m. RE in English Language Arts
12:15 a.m. Living Environment

Wednesday, January 24

8:15 a.m. Geometry
U.S. History & Gov't
12:15 p.m. RE in Algebra I
Physical Setting/Physics

Thursday, January 25

8:15 a.m. RE in Global History and Geography II
12:15 p.m. RE in Algebra II

Friday, January 26

8:15 a.m. Physical Setting/Earth Science
Physical Setting/Chemistry

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

In the event of weather-related closings January 23 through January 26, which would be announced via radio and television, the following contingency plan would be in effect: Students and staff involved in State tests on all four days are encouraged to come in on their own if at all possible. These NYS Regents exams can only be administered on the dates set forth by the NYS Education Department.

ELEMENTARY SCHOOL NEWS
Sasha Rasmussen, Principal

Dear Fabius-Pompey Community,

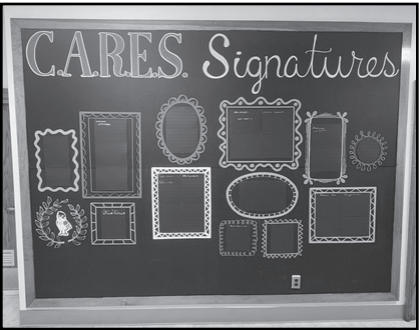
I am thrilled to share the joyous news of the success of our recent Winter Concert! It was wonderful to fill the MS-HS auditorium with supportive families and community members. Students in UPK, Kindergarten, 1st Grade and 2nd Grade worked diligently to rehearse their songs and sing them proudly for their families. The evening was filled with warmth and festive cheer, creating lasting memories. We appreciate all of your support and hope you enjoyed the event as much as we did!



A special note of appreciation goes to Mrs. Lefkus, who worked tirelessly to prepare our students for this event. Her commitment to excellence and passion for music shone through in every performance. Thank you for making our Winter Concert a resounding success!

Students have been working hard in all academic areas including science, ELA and math. Many of our young learners are becoming more independent and are gaining confidence in their abilities. Our teachers are using science kits to teach many hands-on lessons. Our 5th graders are even reading novels in groups for a book club! I love being able to walk into classrooms to hear student conversations and see our students hard at work.

At Fabius-Pompey Elementary, we have developed school-wide behavior expectations referred to as CARES. All students are provided with monthly lessons to support this work at their grade level by their classroom teachers. During the fall and early winter we have been focusing on Assertiveness in our CARES matrix, encouraging students to believe in and stand up for themselves. In December, we are recognizing students who have demonstrated assertiveness above and beyond our expectations at a school-wide assembly.



Our CARES team collaborated with Mrs. Turner in order to create a beautiful signature wall on the second floor in the hallway. The signature wall recognizes students who demonstrate aspects of CARES and allows them to sign their name to highlight this achievement for our entire school community to see. So far, the following falcons have added their names:

Luella T.	Ollie T.
Lejla J.	Noah B.
Emma M.	Izabella C.
Sophia R.	Leah P.
Taylor D.	Clara E.
Paisley C.	Christopher P.
Peyton K.	Sawyer T.
Stella B.	

I would like to extend a heartfelt thank you to our dedicated teachers, staff, parents, and community members for your ongoing support. Together, we create an environment where every student can thrive.

Wishing everyone a joyful holiday season and looking forward to a falcon-tastic start to the new year!

Warm regards,
Mrs. Rasmussen



BREAKFAST MENU FOR
JANUARY 2024
(subject to change)
Grades PreK-12 \$1.55

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.

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 2024
(subject to change)
Grades PreK-5 \$2.75 / Grades 6-12 \$2.85

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>Happy New Year!</i> 	2 Chicken nuggets Corn Fruit and milk	3 Spaghetti with Meatballs (ES) Broccoli Chicken and broccoli Casserole (MS-HS) Fruit and milk	4 Pizza Tossed salad Fruit and milk	5 Hot dog Sweet potato fries Fruit and milk
8 Cheeseburger or Hamburger Carrots and dip Fruit and milk	9 Brunch for Lunch French toast sticks Syrup Sausage Hash brown Fruit and milk	10 Corn dog Cheesy bean dip Fruit and milk	11 Pizza Tossed salad Fruit and milk	12 Fish patty Coleslaw Fruit and milk
15 <i>Martin Luther King, Jr. Day</i> <i>No School</i>	16 Chicken Alfredo Broccoli Fruit and milk	17 Cheeseburger or Hamburger Waffle fries Fruit and milk	18 Pizza Tossed salad Fruit and milk	19 Tomato soup Grilled cheese sandwich Fruit and milk
22 Popcorn chicken Tater tots Fruit and milk	23 Walking taco Black beans Fruit and milk	24 Baked ziti Green beans Fruit and milk	25 Pizza Tossed salad Fruit and milk	26 Cheeseburger or Hamburger Carrot sticks Fruit and milk
29 Calzone Marinara Fruit and milk	30 Brunch for Lunch French toast sticks Syrup Sausage Hash brown Fruit and milk	31 Mac and cheese Broccoli Fruit and milk		Milk 75¢ Snacks 75¢ Ice Cream 75¢

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

Mrs. Marion Carr, Cafeteria Manager, can be reached at (315) 683-5327 or mcarr@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. A student ID number is necessary to make a payment and can be obtained from the cafeteria.



FALCON PROUD

FABIUS-POMPEY

Falcon Proud signs are on sale NOW at a DISCOUNT!
\$10.00 cash
Contact Mrs. Cuipyllo at tcuipyllo@fabiuspompey.org

FABIUS-POMPEY MIDDLE SCHOOL-HIGH SCHOOL
HONOR ROLL MARKING PERIOD 1 2023-2024

HIGH HONOR ROLL

- Grade 6**
Barnum, Ethan
Behnke, Lilly
Buffum, Mason
Chard, Caroline
Elkins, Cecilia
Fults, Ryan
Gleason, Sydney
Johnson, Sidney
Long, Patrick
Maher, Madelyn
Rainbow, Lilly
Raymundo, Remy
Remon, Jeffrey
Richardson, Dylan
Richardson, Lucas
Rivera, Lylliana
Rosenberg, Bentley
Sandberg, Lilah
Schlueter, Benjamin
Skeele, Mason
Stevens, Isabella
Tarbell, Hadlee
Taylor, Chase
Valletta, Beatrice
Wallace, Beckett
Wheatley, Clint
Wilcox, Addison
Wilcox, Bryce
- Grade 7**
Apgar, Colton
Bradfield, Aida
Davies, Caiden
DeCarlis, Kayleigh
DiRienzo, Anya
Edwards, Payton
Elwyn, Henry
Gover, Myles
Hayward, Wesley
Janicki, Joseph
King, Bradley
Kreilach, Colden
Law-Penrose, Collis
Loomis, Hannah
Marris, Cheyenne
Nack, Mary
Neider, Josephine
Rossi, Kayla
Ryan, Grady
Schlueter, Samuel
Stone, Josie
Ten Eyck, Gabrielle
Waite, Mason
Welch, Addison
Zito, Rafael
- Grade 8**
Aust, Tyler
Badman, Violet
Barnum, Trevor
Cosgrove-Leet, SaoirseLeigh
Delaney, Madelyn
DeLosh, Riley
Doupe, Tyler
Elkins, Spencer

- Keenan, Myah
Keller, Landon
Long, Jack
Loomis, Julia
Neuner, Brady
MacPherson, Abigail
Skeele, Lincoln
Reid, Anya
Rosa, Felicity
Trommel, Keira
Warren, Clara
- HONOR ROLL**
Grade 6
Bumpus, Gracelynn
Burlingame, Rachel
Hutchinson, William
Palmer, Kaelyn
Rice, Lianna
Schuh, Ella
Zain, Mustafa
- Grade 7**
Bliss, Boone
Buffum, Miles
Dewhirst, Kinsley
Leet, Annabelle
Morse, Ava
Rosa, Charles
Sjuve, Tiernan
Skeele, Owen
- Grade 8**
Caldwell, Asa
Carr, Hunter
Chard, Cooper
Curtis, Lillian
Kwasniewski, Alexis
MacDonald, Hunter
Manuel, Lilyan
Smith, BellaBee
Stone, Colton
Stone, Walker
Stroh, Paige
Vazquez, Alicia
Way, Haleigh
- HONORABLE MENTION**
Grade 6
Alexander, Jes’ Saya
Deyo, Emmett
Harvey, Lucas
- Grade 7**
Conklin, Theodore
Ingison, Mya
LaGrange, Natalie
Manuel, Layla
Spring, Maddison
Tennant, Alice
- Grade 8**
Behnke, Mayor
DeGroff, Riley
Kadlubowski, Cody
Rainbow, Jack
Schuh, Liam

- Smith, Keller
Widdekind, Will
- HIGH HONOR ROLL**
Grade 9
Alonzo Montecinos, Abner
Apgar, Marin
Crouse, Eve
Dorfer, Alyssa
Exelby, Piper
Frazee, Rebekah
Gilbert, Makenzie
Johnson,McKenna
Kindon, Adelina
Loomis, Jenna
Ludke, Ethan
Masters, Kaylee
McKee, Emily
McMahon, Sophie
Myers, Gavin
Rossi, Sarah
Sandberg, Alayna
Sheffield, Sarah
Skeele, Cash
Taylor, Ashlyn
Vasquez-Gomez, Wilder
Woods, Emma
- Grade 10**
Barnum, Timothy
Curtis, Adelaide
Drexler, Bryce
Janicki, Jordan
Lee, Ava
Marlow, Allison
Pessoa, Gabriel
Ramirez Perez, Ligelana
Rosa, Clare
Skeval, Will
Valdez, Aunahka
Wallace, Carlena
Warren, Carter
- Grade 11**
Angello, Domenic
Aust, Holly
Bell, Rylee
Britschge, Ryan
Burton, Izabella
Carr, Ray
Clarkson, Kyle
Frazee, David
Frost, Gracie
Gleason, Colin
Hull, Elsa
Ingersoll, LilyAnn
Kadlubowski, Emma
Keenan, Michael
Kolodziejczyk, Rian
Lyubenova, Nia
Maier, William
Manion, Kasey
Myers, Gia
Newton, Mariana
Piorkowska, Helena
Proper, Emily
Rosa, Christopher

- Sjuve, Aodhan
Stevens,Emma
Taylor, Payton
Troup, Destiny
Vielhauer, Gunnar
Yard, Quinlan
- Grade 12**
Badman, Sage
Bodley, Stephen
Breed, Gavin
Clark, Ethan
Coseo, Logan
Esposito, Isabella
Hutson, Madeline
Ingersoll Jr., Dana
Janicki, Jared
Kilpatrick, Grace
Masters, Blake
Quni, Mirak
Skeval, Peter
Taubman, Eliza
Trommel, Marisa
Van Erden, Shawn
Wallace, Grayson
Ward, Andrew
- HONOR ROLL**
Grade 9
Berhow, Alexandria
Brown, Ryder
Bumpus, Tucker
Cosilmon, Nevaeh
Fillinger, Tyler
Fitzpatrick, Gavin
May, Lucia
Natale, Cohen
Pilcher, Harley
Stone, Lucas
Tily, Noah
Wilcox, Blake
- Grade 10**
Esposito, Wyatt
Fuller, Aleah
McDermott, Aurora
Neider, Alexander
Wilbur, Hannah
Yard, Laurel
- Grade 11**
Becken, McKenize
Cornell, Ella
Davila, Carlos
Jefferson, Kevin
Joslyn, Taylor
Kanar, Gavin
Kirkeby, Leah
Klein, Azriel
Macro, Alexis
Marshall, Madeline
Walser, Siriah
Wilcox, Alex
- Grade 12**
Fairbanks, Kloe
Kanar, Russell

- Lindsay, Hali
Monje, Jacob
Moore, Melissa
Neuner, Luke
Randall, Lane
Widdekind, Claire
- HONORABLE MENTION**
Grade 9
Campbell, Gavin
Finch, Kylie
- Grade 10**
Doupe, Taylor
Firenze, Natalya
Garrett, Parker
Spicer, Ryleigh
- Grade 11**
Edwards, Carson
Finch, Candace
Kwasniewski, Jayden
Osborne, Carson
Valdez, Triston
- Grade 12**
Brown, Reed
Bumpus, Justin

- MIDDLE SCHOOL TOP 10**
- KEIRA TROMMEL
MYAH KEENAN
CLARA WARREN
KAYLA ROSSI
HENRY ELWYN
JOSEPH JANICKI
JEFFREY REMON
MASON SKEELE
JULIA LOOMIS
HADLEE TARBELL

- HIGH SCHOOL TOP 10**
- KAYLEE MASTERS
GAVIN MYERS
GIA MYERS
SARAH ROSSI
PAYTON TAYLOR
ADELINA KINDON
TIMOTHY BARNUM
MADELINE HUTSON
ASHLYN TAYLOR
JORDAN JANICKI



COUNSELING OFFICE NEWS

by Mrs. Barnum and Mr. Piorkowski, School Counselors

Please visit the Counseling page at www.fabiuspompey.org for specific information and events!

Upcoming Events

- The Cortland BOCES will be visiting in mid-February to present to our 10th and 11th grade students regarding BOCES Career and Technical Education Programs (CTE).
- SAT dates for Juniors – March 9, May 4, June 1.
- ACT dates for Juniors – February 10, April 13, June 8.

Seniors and Senior Parents – Financial Aid

Remember the Free Application for Federal Student Aid (FAFSA) form will be available by December 31. You may get information and helpful links for filling out the form at www.fafsa.gov.

Reminder of some helpful sites:

- www.hesc.ny.gov
 - tips/guidelines for FAFSA completion
 - NYS aid such as TAP and Excelsior programs
- www.fafsa.ed.gov
- www.finaid.org
- 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.

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.

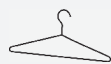
***Wishing everyone a safe and healthy
Holiday Season and New Year!***

The Closet

is open during lunch and after school.

Please see Mrs. Langey in the nurse's office to escort you!

As always, everything is FREE!



MIDDLE SCHOOL AND HIGH SCHOOL YEARBOOKS ARE ON SALE NOW!

Visit www.jostens.com to place your order.

*Select the prompts for Fabius-Pompey
and Middle School or High School.*

The deadline to order is February 14.

Middle School yearbooks are \$25.00.

High School yearbooks are \$60.00 until January 26.
January 27 through February 14, they are \$65.00.

Seniors:

*****Please place your orders after January 1.*****

F-P SPORTS BOOSTERS NEWS

by Mrs. Clarkson, Secretary

Website: www.fpsportsboosters.org

Email: 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.

2023 COMMUNITIES KICKIN' CANCER GAMES.

In early November, the Fabius-Pompey and Tully Varsity Boys' and Girls' Soccer Teams and coaches presented a check in the amount of \$16,200 to the Upstate Cancer Foundation for the Upstate Cancer Center. With this year's donation, the Communities Kickin' Cancer events have raised over \$88,000!!!!

Thank you to all our players, parents, coaches, community members and businesses, planning committee and those beyond who have continued to make this event a success. We could not do this without you.



WAYS TO SUPPORT SPORTS BOOSTERS:

- Sports Boosters is selling tickets for each Syracuse Crunch Friday night home hockey game this season, with 50% of each ticket price donated back to Sports Boosters. Discount tickets must be ordered in advance. Visit www.syracusecrunch.com/FPSB and use promo code FPSB at checkout. Plan to enjoy a night of hockey, while helping to raise funds for our Fabius-Pompey student athletes.
- Volunteer to work at the concession stand during our winter sports events (basketball, volleyball and wrestling) or donate candy, chips, or drinks for the stand. Signup sheets will be posted on our website.
- 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 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 out as much or as little as you would like. In particular, we have an immediate need for a new webmaster to update and maintain the www.fpsportsboosters.org website. We will also be looking for a new Treasurer beginning early Summer 2024. Questions? Reach us at our email, website or Facebook addresses above.

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

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 three championships and a State qualifier:

Boys' Varsity Soccer

OHSL Patriot American League Champions

Boys' Varsity Soccer

Class C Sectional Champions

Varsity Cross Country

9th Grader McKenna Johnson qualified for States!

Varsity Football

Independent League Champions

In addition to the championships and state qualifier, all six boys and girls soccer teams, modified though Varsity, finished with a combined record of 82 wins, 16 losses, and 5 ties. That means our soccer programs won more than 80% of their games. The cross country teams were second in the league and sectional tournaments. Lastly, football placed second in their division before upsetting two teams to win their league championship.

In the classroom, every Fabius-Pompey Varsity sport team earned the title of a Scholar Athlete team. In order to make this team, 75% of your team needs to average over a 90% grade point average. Even more incredible is the fact that 40 out of 64 were Scholar athletes with a 90% grade point average or better. 58 out of 64 (91%) varsity athletes made the Honor Roll list as a Honorable Mention, Honor Roll, or High Honor Roll student during the first marking period! In grades 7-12, we had 115 out of 136 (85%) 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 what 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, children are much more capable to achieve in the classroom. 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.** CDC recommends one hour of physical activity every day. 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. There are ample opportunities for students at Fabius-Pompey to get involved, stay active, and improve their 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 EUROPEAN EXCURSIONS NEWS

by Mr. Sawicky, Middle School-High School Teacher

Thank you to all the community members who have continued their support for student travel abroad. We've held two successful fundraisers this school year, Mums Sale and Basket Raffle. Thanks to your help, we were able to sell 221 mums, raising just over \$1,000! If you didn't get a chance to purchase your mums from one of our travelers this year, we hope you consider it next year! In November, we sold raffle tickets for 14 unique baskets. This fundraiser reached even beyond our community, with tickets being sold at Heritage Hill's "Holiday on the Hill" Arts and Crafts Barn Sale, raising over \$3,600 for participating families. Both fundraisers are examples of our commitment to make international travel accessible to everyone, regardless of socioeconomic status.

A.P.T.S. NEWS

by Mrs. Schroeter, Corresponding Secretary

www.f-p-apts.org

Allison Haslam, President - president@f-p-apts.org

Gina Myers and Lori Kreilach, Co-Vice Presidents - vp@f-p-apts.org

David Soergel, Treasurer - treasurer@f-p-apts.org

Kelly Schroeter, Corresponding Secretary - correspond@f-p-apts.org

Kelly Kirkeby, Recording Secretary - secretary@f-p-apts.org



A huge thank you to everyone who volunteered and made purchases during the book fair and holiday shops! We greatly appreciate your continued support.

Upcoming fundraiser: Little Caesars Pizza Kits

Place orders through January 9.

Pizzas will be ready for pickup the week of January 29.

Just in time for the Super Bowl!

Meeting dates are listed below. Meetings are at 6:30 p.m. on Zoom, with the final meeting being in person. All are welcome!

Meeting dates: January 16, 2024; February 13, 2024; March 12, 2024; April 9, 2024; May 14, 2024; June 11, 2024 (in person).

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

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 4 & 18**. 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 6 & 20**.

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 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.

The **F-P Hall of Fame** is **putting together a book on the History of Fabius and Fabius-Pompey Sports**. We are looking for any old news clippings on League and Sectional championships or any kind of history-worthy articles. If you have any we can borrow to put in the book, please contact Ben Neadom at (315) 440-0840 or benhoof10@aol.com. All material will be returned.

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 (2025, 2027, 2029). 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 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

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