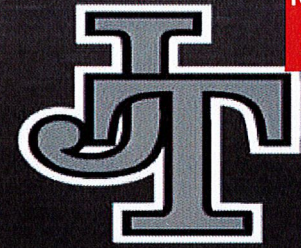


# JASPER-TROUPSBURG CSD NEWSLETTER

SCHOOL YEAR 2022-23  
FEBRUARY 2023

# FEBRUARY

Issue  
Six



A Monthly Insight into the News Across Our District

## Jasper-Troupsburg



### Budget Presentations

The 2023-2024 District Budget is currently being developed and will be presented at the following BOE meetings:

January 31

February 15

March 8

March 22

April 19—budget adoption

May 3—budget hearing

May 16—budget vote

### FEMA UPDATES

The District has submitted a revised estimate for restoration of the damaged Jasper building, at FEMA's request. This revised estimate will be compared to the estimate to replace the damaged building with a new building. If the cost of repairing the building is more than 50% of the cost of replacing the building, the District would qualify for what FEMA calls "the 50% rule," which would allow for a fully funded replacement building. It will take some time for FEMA to review the estimates.

### Community Wellness Corner

February is known as a month for love, kindness, and compassion. This includes caring for yourself. As part of our Wellness initiative, we're sharing these self-care tips from Healing Magazine.

# 6

### categories of self-care habits

Here are six categories of self-care habits that support a well-functioning life. Take a look and notice what you already do – and what you might add to your self-care routine to bring more health, calm and satisfaction into your life.

SL

### 1 Care of self

- I get regular exercise, 20 to 60 minutes three or four times per week.
- I attend to my body when I am hurt, injured or fatigued.
- I get sufficient sleep (six to eight hours per night).
- I drink enough water (six to eight glasses per day).
- I eat whole foods in moderate portions and avoid sugary, processed and artificially sweetened foods and beverages.
- I have a practice of meditation, prayer or simply sitting quietly that calms me.
- I take energizing breaks (walking, stretching, and visiting a friend).

### 2 Feelings

- I am comfortable with my feelings and accept them.
- I do not turn to alcohol or drugs (prescription medications, street drugs and nicotine) to take away uncomfortable emotions.
- I do not turn to overeating to take away uncomfortable feelings.
- I refrain from becoming swept away in mindless activities, including overuse of devices for scrolling, texting and gaming.
- I have people in my life to talk to about my feelings who are non-judgmental and willing to listen.
- I know how to regulate and calm my feelings when they come up without suppressing them.
- I am compassionate with myself when experiencing difficult times.



### 3 Social support

- I have a support network of friends, neighbors, family members, co-workers, colleagues, helping professionals and others who care about me and cooperate with me.
- When I am with my support network, I feel valued, connected and uplifted.
- I am in touch with my support network on a regular basis.
- I am part of social groups.
- I can ask for help when I need it.
- I see health professionals (physician, dentist, massage practitioner, psychotherapist, chiropractor, acupuncturist, etc.) when needed and consider them part of my extended support system.

### 4 Enjoying life

- I take time for humor, fun and play.
- I have hobbies and interests that I enjoy that are not related to my work.
- I take vacations, even just one or two days away from work and routine and sometimes longer.

### 5 Planning

- I plan my day, week, month and year.
- I make to-do lists and set my priorities.
- I delegate when appropriate.
- I refrain from trying to control others.
- I am able to be flexible and improvise new options if my plans don't go the way I had hoped.
- I am kind to myself if I don't get all my tasks completed in one day.

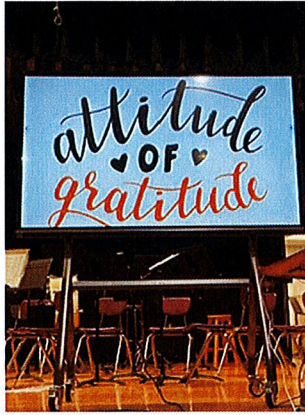
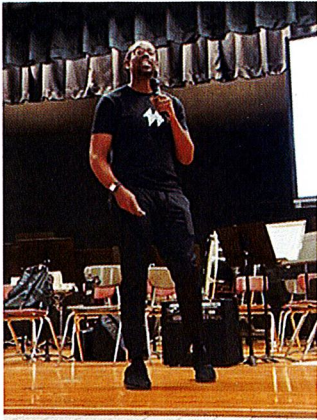
### 6 Responsibility and curiosity

- I have skills for dealing with difficult people.
- I can set boundaries with people who want to take advantage of me.
- I live within my financial means.
- I am curious about people.
- I seek out new ways to live life that are meaningful and satisfying.
- I value my creativity and look at life in a creative way.
- I know my stress "triggers" and can recognize these triggers quickly and act to make changes.

By Linda Ciotola/Karen Carnabucci

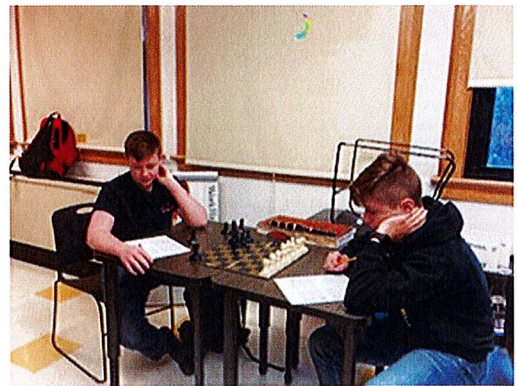
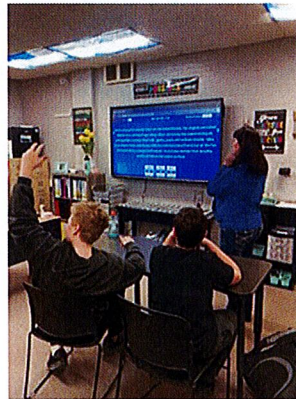
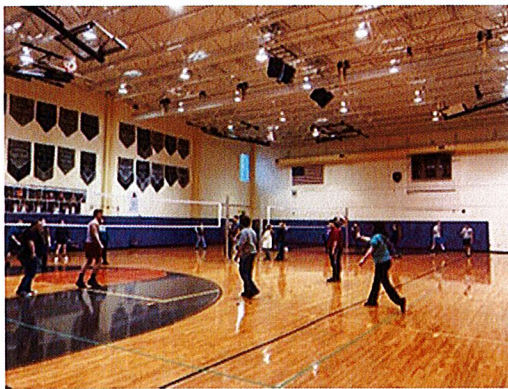


## High School News



With the holidays behind us, the high school is settling back into the routine again. We started the new year with a guest speaker, Cam F. Awesome. Cam is an American amateur boxer best known for winning the US title in 2008, 2010, 2013, and 2014 and the Golden Gloves in 2009, 2011, and 2013. Cam delivered his message An Attitude of Gratitude which focuses on strategic exercises that instill gratitude and transform mindsets.

We had another Activity day on the morning of January 20<sup>th</sup> which included activities such as Volleyball, Chess, and Jeopardy. This is a great opportunity for the students to show off their talents outside of the classroom.



Additionally, the 20<sup>th</sup> of January marked the end of the second marking period and the half-way point for the school year. If you didn't get a chance to meet with your child's teacher during Parent-Teacher conference day and still have some concerns, be sure to call the main office to schedule a time to speak with your child's teachers.

Have you ordered your



yet?

New year. New yearbook. Hold on to every memory the school year has to offer, all in one book.

Cost is \$45 plus tax - yearbooks are selling fast! This is your **LAST CHANCE** to guarantee a copy.

To order, go to: [Jostensyearbooks.com](http://Jostensyearbooks.com)

If paying by check, send in your payment (make sure to include the 8% sales tax) along with the order form to Mrs. Aldrich at the high school. Make checks payable to: **J-T Yearbook**

Thank you for your continued support!

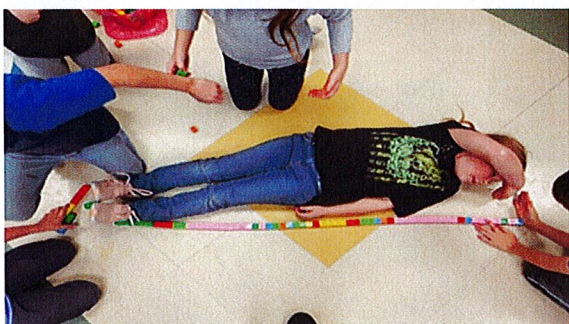
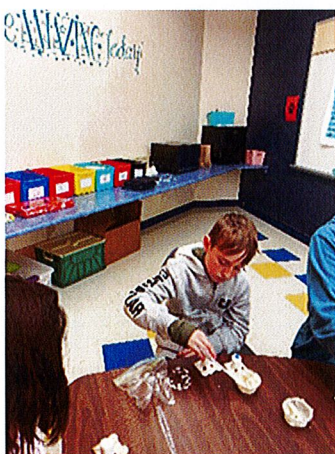
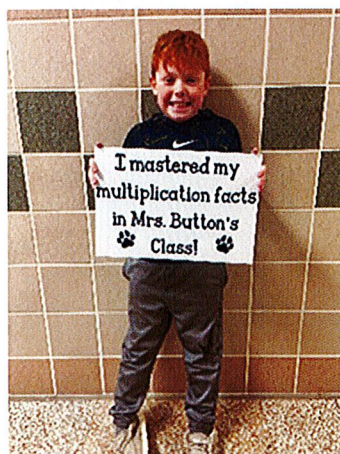
*J-T Yearbook Staff*



Message from Mr. McCaffrey – January started out with ten elementary teachers getting additional STEM-SCOPES training. This time was spent learning the online components of the program as well as providing time for the teachers to discuss the vertical alignment of the science curriculum.



The teachers weren't the only ones hard at work. Students in 3<sup>rd</sup> grade are working on learning their multiplication facts. Camden V. was the first student to memorize all of his facts up through 12. We also had students in Ms. Meehans and Mrs. Tompkins rooms make polar bears during cooking class. Our first-grade students are learning about measurement in math class, using unifix cubes to see how long they are. The interactive lessons are engaging and students are loving learning.



The circus is coming to town on February 17<sup>th</sup>! A big shout out to PIE for bringing the Cole All-star Circus to our elementary for two shows the day before our winter break. Be on the look out for more information to follow. This year's winter break will be 2/20-2/24.



Jasper-Troupsburg CSD  
2661 State Route 248  
Greenwood NY 14839

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### February Calendar of Events

2/15—BOE Meeting @ 6 p.m. in Troupsburg  
2/17—Cole All-Star Circus at the Elementary School; shows are at 5 p.m. and 7 p.m.  
2/20—NO SCHOOL (President's Day)  
2/21-2/24—NO SCHOOL (February Recess)

#### IMPORTANT SCHOOL PICTURE DATES:

February 16<sup>th</sup>: Senior Formals & Cap/Gown - RETAKES



**High School Building**  
2661 State Route 248  
Greenwood, NY 14839  
607-792-3690

**District Office**  
2661 State Route 248  
Greenwood, NY 14839  
607-792-3675

**Elementary School Building**  
908 State Rt 36  
Troupsburg, NY 14885  
607-525-6301

# February 2023



## JASPER-TROUPSBURG MIDDLE & HIGH SCHOOL



**JOIN US FOR NY  
MENU DAY!  
See menu below  
for details**

Monday	Tuesday	Wednesday	Thursday	Friday
6 Bacon Cheeseburger on a Roll Buffalo Ranch Wrap Sliced Carrots Tater Tots	7 Chicken Quesadilla w/Rice Buffalo Ranch Wrap Golden Sweet Corn Baked Beans	8 Baked Mozzarella Sticks w/Pasta & Sauce Buffalo Ranch Wrap Green Beans	9 Chicken Teriyaki w/Rice Buffalo Ranch Wrap Steamed Broccoli Fresh Pepper Strips!	10 Authentic Pulled Pork Sandwich Crispy Fish Fillet Sandwich Buffalo Ranch Wrap Sliced Carrots
13 Chicken & Waffles Chicken BLT Salad w/Bread Choice Sliced Carrots NY Seasoned Roasted Potatoes	14 Meat Walking Taco w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Baked Beans	15 NY MENU DAY! NY Mac & Cheese Bar!! *Original or Choose 1 Topping Dinner Roll Chicken BLT Salad w/Bread Choice NY Steamed Green Beans NY Apple Slices NY Juice! Chilled NY Milk	16 Cheese Pizza Crunchers w/Marinara Sauce Chicken BLT Salad w/Bread Choice Steamed Broccoli Fresh Cucumber Slices!	17 Cheeseburger on a Roll Crispy Fish Fillet Sandwich Chicken BLT Salad w/Bread Choice Fresh Baby Carrots Oven Fries
20	21	22	23	24
<h1>MID-WINTER RECESS</h1> <h2>FEBRUARY 20th - 24th</h2>				
27 Ultimate Cheese Breadstick w/Marinara Sauce Buffalo Ranch Wrap Sliced Carrots	28 Chicken Soft Tacos w/Rice Buffalo Ranch Wrap Golden Sweet Corn Baked Beans	<p><i>Make Online Payments at <a href="http://PayFortIt.net/">PayFortIt.net/</a></i></p>		

### DAILY ENTREES

PBJ Sandwich  
Chef Salad w/Bread Choice  
NY Yogurt & Fruit Parfait  
w/Bread Choice  
Assorted Wraps & Sandwiches  
Assorted Pizza  
**Mon/Wed:** Baked Crispy Chicken Sandwich

### DAILY SIDES

Tossed Salad  
Fresh Vegetables  
Assorted Fruit  
100% Fruit Juice  
Chilled NY Milk

### PRICING

**Breakfast & Lunch:** \$0.00  
**Milk/Ala Carte Sides:** \$0.75  
**Snacks:** \$0.50-\$1.30  
**NOTE: Every J-T student receives 1 breakfast & 1 lunch at no charge per school day. Each breakfast & lunch must be a COMPLETE REIMBURSABLE MEAL, or student will be charged ala for each item on their tray.**

### BREAKFAST MENU

**Monday:** Cinnamon Roll  
**Tuesday:** Breakfast on a Stick  
**Wednesday:** Breakfast Pizza  
**Thursday:** Mini Waffles  
**Friday:** Breakfast on a Stick  
**Daily Items:** Breakfast Sandwich, Muffin Tops, Bagel, Cereal, Oatmeal Bars,  
**Smoothies (T/TH),** Asst. Fruit, 100% Fruit Juice & Chilled NY Milk

Contact the Food Service Office if you have any questions, comments or concerns. We can be reached by phone at (607) 792-3675 or go to the School District Website Food Service Page & click on the Contact Us Button to fill in and submit your

This institution is an equal opportunity employer & provider.

This menu is subject to change with out advance



# February 2023



## JASPER-TROUPSBURG ELEMENTARY SCHOOL



**JOIN US FOR NY  
MENU DAY!**  
See menu below  
for details

Monday	Tuesday	Wednesday	Thursday	Friday
6 French Toast Sticks & Sausage Egg Salad Sandwich Sliced Carrots Tater Tots	7 Chicken Quesadilla w/Rice Egg Salad Sandwich Golden Sweet Corn Baked Beans	8 Baked Mozzarella Sticks w/Pasta & Sauce Egg Salad Sandwich Green Beans	9 Chicken Teriyaki w/Rice Egg Salad Sandwich Steamed Broccoli Fresh Pepper Strips!	10 Cheese Pizza Pepperoni Pizza Egg Salad Sandwich Fresh Baby Carrots
13 Chicken & Waffles Ham & Cheese Sandwich Sliced Carrots NY Seasoned Roasted Potatoes	14 Meat Walking Taco w/Rice Ham & Cheese Sandwich Golden Sweet Corn Baked Beans	15 NY MENU DAY! NY Mac & Cheese w/Optional Toppings *Original or Choose 1 Topping Dinner Roll Ham & Cheese Sandwich NY Steamed Green Beans NY Apple Slices NY Juice! Chilled NY Milk	16 Cheese Pizza Crunchers w/Marinara Sauce Ham & Cheese Sandwich Steamed Broccoli Fresh Cucumber Slices!	17 Cheeseburger on a Roll Ham & Cheese Sandwich Fresh Baby Carrots Oven Fries
20	21	22	23	24
<div> <div>MID-WINTER RECESS</div> <div>FEBRUARY 20th - 24th</div> </div>				
27 Ultimate Cheese Breadstick w/Marinara Sauce Turkey & Cheese Sandwich Sliced Carrots	28 Chicken Soft Taco w/Rice Turkey & Cheese Sandwich Golden Sweet Corn Baked Beans	This menu is subject to change with out advance notice.  Make Online Payments at <a href="https://payfort.net">PayFort.net</a> !		

### DAILY ENTREES

PBJ Sandwich  
Chef Salad w/Bagel  
NY Yogurt & Cheese Stick  
w/Bagel  
Assorted Sandwiches  
Mon: Cheeseburger on a Roll  
T/Th: Cheese Pizza  
W/F: Chicken Nuggets w/Bread

### DAILY SIDES

Tossed Salad  
Fresh Vegetables  
Assorted Fruit  
100% Fruit Juice  
Chilled NY Milk

### PRICING

Breakfast & Lunch: \$0.00  
Milk/Ala Carte Sides: \$0.75  
Snacks: \$0.50-\$1.30  
NOTE: Every J-T student  
receives 1 breakfast & 1  
lunch at no charge per  
school day. Each breakfast &  
lunch must be a COMPLETE  
REIMBURSABLE MEAL, or  
student will be charged ala  
for each item on their tray.

### BREAKFAST MENU

Monday: Cereal & Oatmeal  
Bar  
Tuesday: Cinnamon Roll  
Wednesday: Mini Waffles  
Thursday: Breakfast on a Stick  
Friday: Muffin Top & Goldfish  
Graham  
Daily Items: Asst. Fruit, 100%  
Fruit Juice & Chilled NY Milk

**wake up!**

School Breakfast

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