

Leopard's Tale

Volume X, Number III

March 2025

LAURENS CENTRAL SCHOOL NEWSLETTER

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Thank you to
Putnam Pest
Control for
sponsoring
this issue of the
Leopard's Tale.

Coaches vs. Cancer – Zumbathon

We want to send out a **HUGE THANK YOU** to the Zumba Instructors and participants for putting on the Linda Reeves Memorial Zumbathon. Also, to anyone who donated items for raffles, spectators of the basketball games that gave donations at the door, and everyone that bought raffle tickets for helping us raise money for Coaches vs. Cancer/Hoops for Hope. We raised over \$3,800 to donate to the American Cancer Society. We could not have done this without your help.

WE WOULD LIKE TO ACKNOWLEDGE THE DONATIONS OF THE FOLLOWING BUSINESSES:

Colonial Ridge

Coca-Cola Company

Pizzaland

Underground Attic

F.L. Hall

Patrick Sherry Appliance Maintenance Services

thank
you

Advocacy Day

On Tuesday, February 4, ten Laurens students joined hundreds of others from across the state to participate in the annual Advocacy Day for School Based Health Centers in Albany. The students were able to meet directly with our state Assemblyman, Brian Miller, and Senator, Peter Oberaker. They shared stories of their experiences with the Health Zone and expressed the convenience and importance of having quality health care right in our school. We also asked for the continued support of School Based Health Care from our representatives. These ten students represented LCS very well and we are very proud of their actions



In the picture from left to right are Alli Johnson, Nicole Stanley, Jaidyn Simon, Ashlynn Maier, Assemblyman Miller, Ethan Barnes, Kendall Capraro, Kelsey Cox, Courtney McCarthy, Lucie Benada, Aleks Benada, and Mr. Powers

From the Superintendent

We are getting closer to having our budget for the 2025-2026 school year ready to present to the public. The Board of Education will make a final decision on a tax levy increase when we are given more solid numbers by New York State, but is always cognizant of the desire to keep taxes as low as possible for our residents while still sustaining our staff and programs for students.

Governor Hochul's Executive Budget for 2025-2026 did not propose the cuts in state education aid that we were fearing when the 2024-2025 Executive Budget was released last January. While LCS would be receiving a small increase in state aid should the final budget numbers be close to the Governor's proposal, the increase would still not cover the rising costs that our schools are facing for everything from food to fuel and for student programming both inside and outside of our District. Our Board of Education has always been diligent about spending and I have no doubt that we will work together to develop a budget that takes those rising expenses into account.

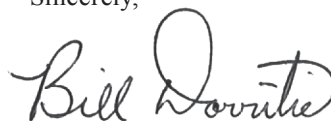
We are also finalizing the scope of a potential capital improvements project to propose to the public for a vote in May. Again, we take our responsibilities to the taxpayers very seriously and we have been working with our

architects, construction management company and fiscal advisors to present a project that will come at no additional tax impact to our residents while still addressing issues identified in our mandated Building Condition Survey.

Students who are in danger of losing course credit or not meeting the mandated attendance policy have been receiving letters from the school nurse. I encourage you to contact Mr. Mushtare as soon as possible if you have received one of these letters so that you can develop a plan of action to improve your child's attendance. It is my hope that instances where we need to deny credit because of attendance are fewer and farther between as we approach the end of the school year.

Congratulations to our girls' varsity basketball team on their successful season as they enter sectional play. I would like to wish our spring sports teams good luck as they begin practices and to our winter guard program as they conclude their show season!

Sincerely,

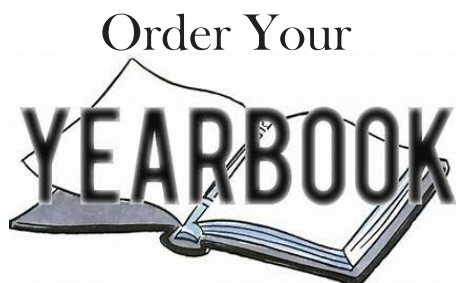


William F. Dorritie, Superintendent

Board of Education Petitions for the 2025-2026 Vote

We will have one seat on the Board of Education that is up for reelection. Margaret Wikoff, incumbent, plans to run for another five (5) year term. Other interested individuals for the seat may pick up petitions in the District Office. Petitions nominating candidates are due in the office of the district clerk of Laurens Central School by 5:00 pm on Monday, April 21, 2025. Each petition shall be signed by at least twenty-five (25) qualified voters of the District.

Please contact Pam Weir, District Clerk at 607-432-2050 x1120 for more details.



Order your
Yearbook
before
April 1
to ensure
you get one!

Name: _____ Class: _____

_____ Hard Cover Full Edition \$35 _____ Elementary Only \$15

_____ Name on Cover + \$5

All sales include the spring edition of the yearbook. Checks made out to the Laurens Yearbook.

Pre-Kindergarten

If you have a child that will be turning four years old on or before December 1, 2025, please contact Lindsey Gifford at 607-432-2050 ext. 2100 so that we may place your child on the Pre-Kindergarten list for the 2025-2026 school year.

Kindergarten

If you have a child that will be turning five years old on or before December 1, 2025, please contact Lindsey Gifford at 607-432-2050 ext. 2100 so that we may place your child on the Kindergarten list for the 2025-2026 school year.

From the Principal

NEW YORK STATE ASSESSMENTS

New York State exams for grades 3-8 will begin Tuesday, April 8, 2025. The state exams in grades 3-8 do not determine the promotion or retention of students, nor are they used to determine final grades. The purpose of these assessments is “to help teachers identify individual strengths and weaknesses, and to use this information to better plan for and prepare instruction.” It is extremely important to know what learning students have mastered so that we can plan to close any learning gaps that students may have developed.

All Laurens students will be participating in Computer-Based Testing beginning this year. In January, LCS students participated in a test simulation which allowed students to become familiar with the computer-based testing platform. Students will be taking computer-based practice tests in February and March to prepare for the exams.

Parents can help their children prepare for the state exams in a variety of ways. Students perform better on exams when they have had a good night’s rest the night before the test. Children also perform at higher levels when they have a good breakfast on the day of the exam. Parents should also encourage their children to do their best on each exam but avoid adding any unnecessary pressure before the test.

While we highly recommend that all students take the state assessments, parents have the right to “opt out” of the exams. Parents who wish to have their children opt out of these tests must submit a letter in writing to Mr. Mushtare stating that you intend to refuse the tests on behalf of your child, and indicate if you are opting out of the ELA, Math, Science (5th and 8th grade only), or all three of the exams. If possible, please submit any “opt out” letters to Mr. Mushtare by April 4, 2025.

Please feel free to reach out to Mr. Dorritie, Mr. Mushtare, or Mrs. Gifford with any questions at 607-432-2050.

John Mushtare, Building Principal

EXAM SCHEDULE

April 8	ELA 5 part 1, ELA 8 part 1	April 30	Math 5 part 2, Math 8 part 2
April 9	ELA 5 part 2, ELA 8 part 2	May 1	Math 3 part 1, Math 4 part 1
April 10	ELA 3 part 1, ELA 4 part 1	May 2	Math 3 part 2, Math 4 part 2
April 11	ELA 3 part 2, ELA 4 part 2	May 6	Math 6 part 1
April 22	ELA 6 part 1	May 7	Math 6 part 2
April 23	ELA 6 part 2	May 8	Math 7 part 1
April 24	ELA 7 part 1	May 9	Math 7 part 2
April 25	ELA 7 part 2	May 13.....	Science 5
April 29	Math 5 part 1, Math 8 part 1	May 14.....	Science 8

March 2025 School Counseling Office News

CLARK SCHOLARSHIPS

Clark Scholarships will be announced sometime in late March or early April. If your son or daughter is a recipient of a scholarship, a thank you note should be written as soon as possible to Mr. Gary Kuch, Director of the Clark Scholarship Office. The students will be invited for a brief interview in Cooperstown in April or May. If you have a college student who is currently receiving a Clark Scholarship, a copy of his/her first semester grades should be sent to the Scholarship Office. At the end of the second semester, grades should also be sent. In May or June, returning students should call for an appointment to discuss continuation of the scholarship for the fall 2025 semester at 607-547-9927 or 9928.

6TH AND 8TH GRADE PARENT NIGHTS

The 8th Grade Parent Night will be held in April or May to review graduation and testing requirements and 9th grade schedules. The 6th Grade Parent Night will also be held in April or May. During this meeting we will discuss testing, 7th grade course and junior high requirements and 7th grade schedules. School staff and faculty will also share curriculum, programming and services available for students. Parents will be notified in the future, giving the time, location and dates of these meetings. The dates will also be posted in future newsletters.

Class of 2025 College Acceptances

Libby Cox Business Administration (Pre-Law Track)	Hartwick, SUNY Oneonta, UAlbany, SUNY Delhi, St. John Fisher Univ., St. Bonaventure Univ., Russell Sage, Elmira College, Canisius Univ., Keiser University, University of Hartford, SUNY Cortland, St. John's Univ., Clarkson Univ., Hobart & William Smith College
Nicholas DeBoer Sports Management	Paul Smith's College, Hartwick, SUNY Delhi, SUNY Brockport, Univ. Of Cincinnati
Orion James Beef & Livestock Studies	SUNY Cobleskill
Cadence Koren Psychology	Hartwick, SUNY Oneonta, Elmira College, St. Bonaventure Univ., SUNY Buffalo, UAlbany, Russell Sage, SUNY Broome, Canisius Univ., Mount St. Mary College, Houghton Univ., Herkimer County CC, Manhattan University, SUNY Purchase, Alfred University, SUNY Cortland
Ashlynn Maier Fashion Merchandising	Elmira College, Johnson & Wales
Brooke Mann Business/Accounting	Hartwick, SUNY Oneonta, UAlbany, St. John Fisher Univ., Canisius Univ., St. Bonaventure Univ., Elmira College, Univ. at Buffalo, Clarkson Univ., LeMoyne College
David Rotolo	Airforce
Jaidyn Simon Graphic Design	Hartwick, SUNY Oneonta, SUNY Cobleskill, SUNY Buffalo, UAlbany
Nicole Stanley Undecided	SUNY Oneonta, SUNY Brockport, SUNY Plattsburgh, SUNY Cobleskill, Elmira College, Keuka College

New additions are bolded

Laurens Central School Honor Roll Second Quarter

12TH GRADE

High Honor—*Libby Cox, Cadence Koren, Brooke Mann, David Rotolo, Jaidyn Simon, Nicole Stanley*

Honor—*Orion James, Carlton Long, Ashlynn Maier, Dylan Pettit*

11TH GRADE

High Honor —*Mackenzie Loudon, Lexie Sherwood, Alicia Stevens, Alyssa Stevens, Ryleigh Williams*

Honor—*Kyrach Andrades, Colin Capraro, Wyatt Christian, Emma Hughes, Allison Johnson, Mallory Kovacs, Hannah Weiss, Logan Wright*

10TH GRADE

High Honor—*Ethan Barnes, Nathaniel Kovacs, Kayla Lewis, Courtney McCarthy, Moses Tafel*

Honor—*Rafe Antila, Rylee Balbuena-Solovitch, Kendall Capraro, LaKota Chickerell, Trent DeBoer, Mark DeMeo, Lucas Dorritie, Ariana LeBeau, Isaac Milette, Ashton Solovitch, Bailey Wilcox*

9TH GRADE

High Honor—*Lucie Benada, Isabella Brienza, Anella Croston, Isabella Failla, Kendra Lindsay, Kalee Stilson, Cole Williams*

Honor—*Stella Amerson, Arianna Bormann, Kelsey Cox, Andrew Hausmann, Kaitlyn Hughes, Marjorie Ostroff, Olivia Rogers*

8TH GRADE

High Honor—*Jason Czarnecki, Logan Loudon, Lucas McCarthy, Owen Wright*

Honor —*Ariella Cohen, Elizabeth Hendrich, Emanuel John, Oskar Lyons, Wesley Olive, Seth Phillips, Maxine Schidzick*

7TH GRADE

High Honor —*Aleksander Benada, Abby Croston, Haley Hill, Gavin Koren, Hunter Marabuto-Prince, Fern Opalich, Riley Tafel*

Honor—*Piper Amerson, Hayden Bronson, Owen Carbonara, Jaya Cohen, Victor Eichhorn, Grant Gregory, Dallas Kilts, Kaylee McAdams, Macy Moore, Emma Smith, Equality Wager*

GREAT WORK!



Sweethearts and Heroes visit Laurens Central School

Tom Murphy and Rick Yarosh of Sweethearts and Heroes visited Laurens Central School on January 17 and presented to all students in grades K-12.

For over 15 years, Sweethearts & Heroes has traveled the nation, inspiring millions of students, educators, parents, service members, community leaders, and business professionals. Their mission is simple: to ignite empathy, empower bystanders, and cultivate compassionate leaders. Through their life-saving message of H.O.P.E. (Hold On, Possibilities Exist), Sweethearts and Heroes equip individuals with the tools and strategies to Jump into Action and be the difference the world needs.

Tom and Rick presented three assemblies, performed three community circles groups, and met with elementary students for two question and answer sessions. Students were instructed on the A, B, C's of bullying and practiced how to jump into action when students observe bullying behavior.



CROP News

The CROP Program will be offering a Summer CROP Session from July 14-25, Monday through Friday from 8:00 a.m. to 3:00 p.m. We will be doing field trips, and will continue to offer hands on academic assistance as well as enrichment activities to students from K-8th grade. If your child(ren) are entering Kindergarten in the fall they are eligible to join in Summer CROP.

Applications for the program are available in this newsletter and may also be obtained at the Main Office and on the school website under CROP After School Program. Please note the DEADLINE for SUMMER APPLICATION is June 13. If you have any questions or concerns about the program please contact Jessica DeBoer at (607) 432-2050, Ext. 2190 or jdeboer@laurenschools.org

On January 27 we had a family winter activity session. Students and their families had a wonderful time.

NYS 21st Century Community Learning Centers (CCLC)
Creating Rural Opportunities Partnership (CROP) Enrollment Form

School Name _____ Year: _____

Student's Full Name: _____ **DOB:** _____ **Gender:** _____ **Grade:** _____

Preferred Name: _____ **Language(s) Spoken at Home** _____

Racial/Ethnic Group: ☐ American Indian/Alaska Native ☐ Black or African American ☐ Hispanic or Latino ☐ Asian
☐ White ☐ Native Hawaiian/Pacific Islander ☐ Two or more races ☐ Other

Student's Primary Teacher: _____

Name of Person Enrolling Student: _____ **Relationship:** _____

Mailing Address: _____

Student's Home Address (If different from above): _____

Mother/Guardian – Phone #: _____ Work # _____

Email address: _____

Father/Guardian – Phone #: _____ Work #: _____

Email address: _____

Emergency Contacts /Authorized Adults for Student Pickup

Name	Phone	Relationship to child	May this person pick up your child? (yes/no)	
			For Emergency?	For Daily Dismissal?

Is there anyone who MAY NOT pick up your child? If so, please list below:

Name	Relationship to child

Bus Pickup/Dropoff Locations (If your student will require bus transportation)

Location (home, babysitter, etc.)	Physical Address

I give my child permission to walk alone at dismissal: ☐ Yes ☐ No

Student Attendance and Arrival/Dismissal Plan: Summer ☐ **School Year** ☐

✓	Day	Arrive via... (bus from ????, parent dropoff, walk, etc.)	Early pick up (Time)	Depart at regular time via... (parent pick up, bus to ????, walk, etc.)
	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			

Please Note: Any change in this dismissal plan on a daily, weekly, or permanent basis **MUST** be given to the Site Coordinator **IN WRITING** by the parent or guardian.

Emergency Medical Information

If I cannot be reached in an emergency, I hereby give my permission to the physician/hospital selected by the CROP Program to secure proper medical treatment for my child.

Parent/Guardian Signature:

Date:

Student's Health Information (All information is confidential and is used by the program staff to ensure the safety of students.)

Allergies	<input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, list what the child is allergic to: If yes, does your child need/use and EpiPen? <input type="checkbox"/> Yes* <input type="checkbox"/> No
Asthma	<input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, does your child use an inhaler or other medication for their asthma? <input type="checkbox"/> Yes* <input type="checkbox"/> No
Diabetes	<input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, does your child need medication or blood glucose monitoring? <input type="checkbox"/> Yes* <input type="checkbox"/> No If yes, does your child have a prescription for glucagon? <input type="checkbox"/> Yes* <input type="checkbox"/> No
Seizure Disorder	<input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, does your child need medication for preventing or treating seizures? <input type="checkbox"/> Yes <input type="checkbox"/> No
Vision Condition	<input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, and your child needs aids at school other than wearing glasses or contacts, please describe:
Hearing Condition	<input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, and your child needs aids at school other than wearing a hearing aid, please describe:
Physical Limitations	<input type="checkbox"/> Yes <input type="checkbox"/> No	Is your child able to participate in physical education class at school with no limitations? <input type="checkbox"/> Yes <input type="checkbox"/> No
Other Medications	<input type="checkbox"/> Yes* <input type="checkbox"/> No	If yes, please list:
Does your child have special diet needs, other health needs, or behavioral/emotional needs? If yes, please describe:		
<p>*Please note medications taken or administered at the program will need written parent/guardian consent and health care provider order. Please check with the Site Coordinator for further details.</p>		

CROP STUDENT DATA REQUIREMENTS AND SURVEY/INTERVIEWS CONSENT

Creating Rural Opportunities Partnership (CROP) after-school program is funded by the 21st Century Community Learning Centers grant. This is a federal grant that requires evaluation and data collection to monitor the effectiveness of the after-school program and ensure its future success. Through evaluation, we hope to learn how after-school services help students, and how they can be improved to meet the grant requirements.

Any information that is collected will be used only to assess the after-school program and will not be made public. Participating in the evaluation will not affect your child in school, in the after-school program, or in any other way. We will not use your name or your child's name in any report.

I understand that my child's academic, behavioral, attendance, and engagement information will be shared with the New York State Education Department and its lawful contractors, to measure and evaluate the quality and implementation of the local 21st Century Community Learning Center (21st CCLC) program as well as the effectiveness of New York State's program in supporting student growth, as required by Title IV, Part B of the Every Student Succeeds Act (ESSA) [see general sections 4205 (b) and 4203 (14)].

- I give my child permission to enroll and participate in the 21st CCLC CROP Program. ☐ YES ☐ NO
- I understand the following agreements and consents are not pre-conditions for approval to participate in the 21st CCLC CROP Program. ☐ YES ☐ NO
- I give consent for my child to participate in interviews, the use of quotes, and the taking of photographs, movies, or videotapes by the CROP program staff. I also grant the CROP Program the right to edit, use, and reuse said products for non-profit purposes including use in print, on the internet, and all other forms of media. I also hereby release the CROP program and its agents and employees from all claims, demands, and liabilities whatsoever in connection with the above. ☐ YES ☐ NO
- I consent for my child to take part in field trips, away from the program site, under supervision. ☐ YES ☐ NO
- I understand the program may need additional permissions for situations such as transportation, medication, release of information, and field trips. ☐ YES ☐ NO
- I provided information on my child's special needs to the program to assist in the safety of my child.
☐ YES ☐ NO
- I understand that information regarding my child's special learning needs will be shared by my child's school with 21st CCLC CROP program staff on a need-to-know basis for my child's educational benefit. ☐ YES ☐ NO
- I agree to review and update this information whenever a change occurs and at least once every year.
☐ YES ☐ NO
- I agree to talk with program staff about my child's progress and participation in the 21st CCLC CROP program.
☐ YES ☐ NO
- If at any time I change my mind about my child's participation (any or all aspects), I will contact the site coordinator.
☐ YES ☐ NO
- I prefer to receive ☐ paper or ☐ electronic communications from the CROP program.

By signing below, I certify that all information (above) is true and correct to the best of my knowledge.

Name of Parent/Person _____

Signature _____ **Date** _____



Music Notes

Laurens Central School student *Fern Opalich* participated in 2025 All County festival, which took place on January 31 and February 1 at Worcester Central School. *Fern* sang soprano in the junior chorus. *Fern* was chosen to participate by a committee within the county according to her submissions to the recorded NYSSMA solo festival or by being selected by an auditioning committee last October. Way to go, *Fern*!

Hygiene Backpack Program

LCS is happy to announce that our LCS Hygiene Backpack Program will continue. This will be the third year that we are able to assist with hygiene products for your family. If you are interested in participating, please complete the form below and have your child return it to his/her teacher. This program is 100% confidential and you may sign up at any time. If you have more than one child in the school, please only list one child's name on the student name line below. We will ensure that there are enough supplies for the entire family.

THE HYGIENE BACKPACK WILL CONTAIN

Shampoo, toothpaste, soap, deodorant, and at times other toiletries. The backpack will be send home with your child once a month, usually the first Monday of the month.

We ask that your child return the backpack to one of the backpack boxes located in the main office or the entrance by Ms. Shean's desk.

HYGIENE BACKPACK

Student's name: _____

Grade: _____

Number of people in family: _____



to Our Laurens/Milford Graduating Winter Athletes

GIRLS VARSITY BASKETBALL

Libby Cox
Isabella Strong
Brooke Mann

BOYS VARSITY

Alan Illescas Barberena
Luke Edmonds
Evan Clark
Nick DeBoer

Share and Shine

The character trait we are focusing on for the month of March is Honesty! The following “I can” statements can remind us how to be honest each and every day. I can tell the truth. I can keep my word. I can admit when I make mistakes. Students who have demonstrated honesty at school or on the bus, throughout the month of March, will receive individual awards. Classes can also win awards in their special area classes, in the cafeteria, and even for having the neatest classroom! On Friday, March 28 at 2:00 p.m. in the MPR, we will be holding a Share and Shine assembly. Parents/Guardians will receive a notice if their child will be getting an award. We hope you can join us!

****If you plan to sign your child/children out after the assembly, PLEASE send in a note or call the main office by that morning. This greatly helps us with dismissal time.**

SHARE & SHINE AWARD WINNERS FOR RESPONSIBILITY.



3rd Grade News

Students in Mrs. Gregory's and Mrs. Winchester's third grade classrooms worked collaboratively to color and create a giant picture of a wolf to kick off their Science unit: Where are the Wolves.

MARCH 2025

LAURENS CENTRAL SCHOOL

Breakfast Elementary \$2.05
Breakfast H.S. \$2.20
Lunch Elementary \$2.30
Lunch H.S. \$2.55

Monday

3
Scrambled Eggs w/ Cheese
& Homefries
Cocktail Meatballs
Rice Pilaf
Broccoli

Soup/Salad w/Chick Peas or Sandwich

10
French Toast Sticks

Grilled Ham & Cheese on a Pretzel Roll
Tomato Soup

Soup/Salad w/Chick Peas or Sandwich

17
Breakfast Biscuit Sandwich
Hamburger/Cheeseburger
French Fries
Green Beans

Soup/Salad w/Chick Peas or Sandwich

24
French Toast Sticks
Chicken Parm Wrap
Broccoli

Soup/Salad w/Chick Peas or Sandwich

31
Breakfast Sandwich
Chicken Tenders
French Fries
Cauliflower

Soup/Salad w/Chick Peas or Sandwich

Tuesday

4
Breakfast on a Stick
Soft or Hard Shelled Tacos
Refried Beans
Corn

Soup/Salad w/Chick Peas or Sandwich

11
Sausage Gravy & Biscuit
Chicken Broccoli Alfredo Bake
Garlic Bread

Soup/Salad w/Chick Peas or Sandwich

18
Scrambled Eggs
w/Hash Browns
Chicken Quesadillas
Corn

Soup/Salad w/Chick Peas or Sandwich

25
Scrambled Eggs w/Cheese
& Homefries
Soft or Hard Shelled Tacos
Refried Beans
Corn

Soup/Salad w/ Chick Peas or Sandwich

Wednesday

5
Waffles w/Bacon
Oven Baked Chicken
Mashed Potatoes w/Gravy
Peas

Soup/Salad w/Chick Peas or Sandwich

12
Breakfast Burrito
Fish Nuggets
Sweet Potato Fries
WRAP DAY
Assorted Wraps

Soup/Salad w/Chick Peas

19
Chocolate Chip Pancakes
Goulash
Carrots
Garlic Bread

Soup/Salad w/Chick Peas or Sandwich

26
Pancakes w/Bacon
Chicken Bacon Ranch Bake
Carrots
Garlic Bread

Soup/Salad w/Chick Peas or Sandwich

Thursday

6
Oatmeal w/Brown Sugar
and Raisins
BBQ Pulled Pork
Tater Tots
Green Beans

Soup/Salad w/Chick Peas or Sandwich

13
Pancakes w/Bacon
Ultimate Chicken Bowl
WW Roll

Soup/Salad w/Chick Peas or Sandwich

20
Waffles w/Sausage
Chicken Patty
Brussel Sprouts

Soup/Salad w/Chick Peas or Sandwich

27
Breakfast Burrito
Sloppy Joe
Tater Tots
Green Beans

Soup/Salad w/Chick Peas or Sandwich

Friday

7
Breakfast Sandwich
Assorted Stromboli's
Spinach and Romaine Salad

Soup/Salad w/Chick Peas or Sandwich

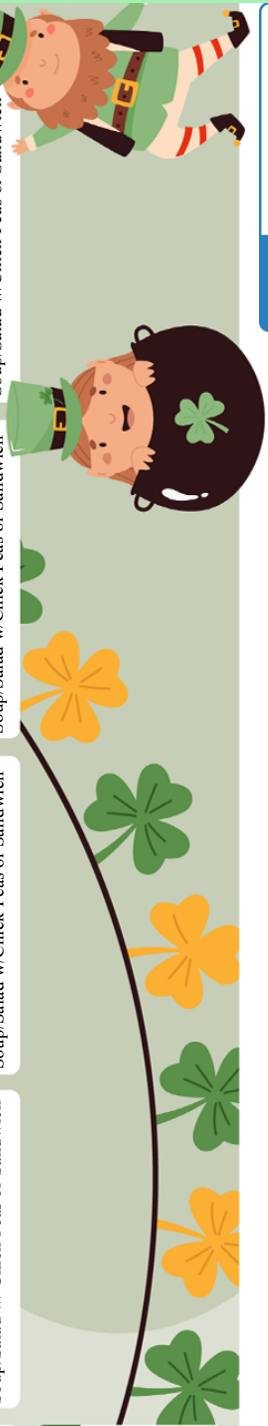
14
NO SCHOOL
SUPERINTENDENT
CONFERENCE DAY

21
French Toast Bake
w/Strawberries
Assorted Pizza
Spinach and Romaine Salad

Soup/Salad w/Chick Peas or Sandwich

28
Oatmeal w/Brown Sugar
and Raisins
Assorted Stromboli's
Spinach and Romaine Salad

Soup/Salad w/Chick Peas or Sandwich



Breakfast and Lunch must include 3 items and one MUST be a fruit and/or vegetable. USDA is an equal opportunity provider and employer

MY SCHOOL
BUCKS
PAY FOR MEALS ONLINE
MySchoolBucks.com

Coming in April

Laurens Central School 2024/2025

Drama Club and Music Department

Proudly Presents:

MONTY PYTHON'S SPAMALOT™

A new musical *lovingly* ripped off from the motion picture

MONTY PYTHON and the Holy Grail

Friday April 4th-7:00 pm

Ticket Price

Saturday April 5th-7:00 pm

\$5.00 each

Tickets available early in the main office or at the door.

Vapes and e-cigarettes are devices that people use to inhale nicotine. Instead of burning tobacco, vapes heat liquid nicotine to make "vapor." Vape companies say vaping is safe, but is it really? Take this quiz to test your knowledge and get the facts!

1. True or False? The vapor is just water.

Answer: False. The "vapor" that e-cigarettes make is actually an aerosol (a fine mist of tiny particles). The aerosol can contain nicotine, toxic chemicals and heavy metals. It is way more than just water.

2. Which of the following is true about nicotine?

- ☐ A. Nicotine is a drug. It is as addictive as cocaine or heroin.
- ☐ B. Nicotine affects your heart rate, blood vessels and brain development.
- ☐ C. Nicotine is safe.
- ☐ D. Liquid nicotine is poisonous when swallowed or absorbed through the skin.

Answer: A, B and D. Nicotine in any form is addictive and bad news for your health. There are safety issues too! Reports of children and pets poisoned by liquid nicotine are on the rise.



4. Vaping can lead to which of these health issues?

- ☐ A. Asthma attacks
- ☐ B. Popcorn lung
- ☐ C. Lung and throat irritation
- ☐ D. All of the above

Answer: D. Vaping can lead to all these health problems. (Popcorn lung is a lung disease. It was first seen in workers at a popcorn factory who got sick after breathing the dust of a flavoring chemical. That same flavoring is used in many vapes.)

5. True or False? Vaping helps people quit smoking tobacco.

Answer: False. If vaping really helped people quit smoking it would be an approved quit tool, but it's not. In fact, many smokers who have tried vaping, to help them quit, have found they just end up using both cigarettes and vapes.

3. The liquid used in vapes can contain which of the following?

- ☐ A. Formaldehyde
- ☐ B. Nickel
- ☐ C. Acetaldehyde (a chemical used in paint stripper)
- ☐ D. All of the above

Answer: D. People who vape may be inhaling all of these chemicals as well as others. Some are known to cause cancer.





Laurens Youth League Sports Association Baseball/Softball Registration

*****Registration Fee is Non-Refundable*****

Registration fee: \$30.00 for first child and \$25.00 for each additional child

Player's Name _____ Birth Date _____

Address _____ Town _____ Zip Code _____

Home Phone _____ Parent Work Phone _____ Cell Phone _____

Email Address _____

Boy _____ Girl _____ Age player will be on July 31, 2025 _____ Grade _____ T-Shirt Size _____

Emergency Contact information is to be used in your absence and if we cannot reach you through our available information

Emergency Contact #1 _____ Phone _____

Emergency Contact #2 _____ Phone _____

Allergies _____

Other Medical Conditions we should be aware of _____

Medical Insurance _____ Choice of Hospital _____

Doctor's Name _____ Doctor's Phone _____

I, the undersigned, am the parent/legal guardian of the above named child. I grant permission for my child to participate in all the activities of the Laurens Youth Leagues. I will assume all risks and hazards incidental or in such participation in these activities. I also release the Laurens Youth League Association, its officers, the coaches, organizers, sponsors, supervisors, participants, and persons transporting my child to and from these fields in order to participate in the programs, from any claim arising out of an injury to my child or liability for any injury incurred by my child, whether the result of negligence or from other cause, except to the extent and in the amount covered by accident or liability insurance.

I also agree to return any equipment and special uniforms issued to my child in as good condition it was received, except for normal wear and tear. Any uniforms returned are to have been laundered.

I authorize the Laurens Youth League or its representatives to request or allow any emergency medical treatment recommended or deemed necessary by any qualified physician, emergency room staff or emergency squad personnel until such time as I am physically present.

I know of no reason(s), other than the information indicated on this form, why my child should not participate in the described activities of the Laurens Youth League, except as noted.

Parent/Legal Guardian Name (please print) _____

Signature of Parent/Legal Guardian _____

What program is your child eligible for? _____

Tee ball (5 & 6 boys and girls) Minors Baseball (7 & 8 & 9) Majors Baseball (10 & 11 & 12) Minors Softball (7 & 8 & 9)

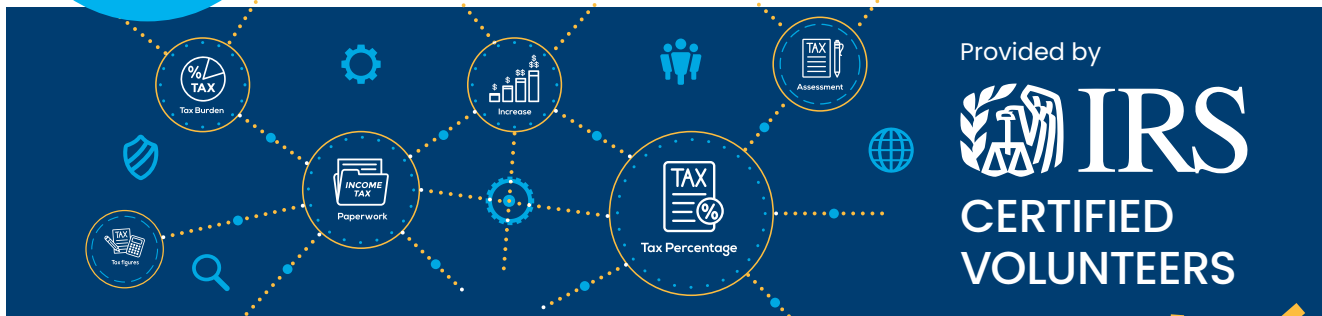
Majors Softball (10 & 11 & 12)

Team that your child played for last _____

Are you interested in helping out? Coaching _____ Assistant Coach _____ Fundraising _____



FREE TAX PREP



What You'll Need:

- Social Security or Individual Taxpayer Identification Number (ITIN) for each family member
- All tax forms: W-2s, 1099s, 1098s
- Childcare provider name, address, and tax ID, if applicable
- Bank routing and account numbers for checking or savings account
- 2023 federal and state tax returns (if available)



For information, **call:** 607-431-4338 or
email: vita@hartwick.edu for an appointment

Hartwick College IRS VITA Tax Preparation
Director: Li Luo, CPA, MSA, MBA



We are the only Vita & TCE site in the region to offer ALL-YEAR no-cost tax service

Hartwick IRS-Certified students served over 5,000 families from 45 NYS counties and those from 19 states nationwide, achieving a 100% acceptance rate with zero errors, bringing over \$4 million in economic value to the community, including saved tax filing fees, and claimed tax refunds, tax credits, and Economic Impact Payments (stimulus checks) since 2019.

When and Where:



Hartwick College | Golisano 2nd Floor, Oneonta
Feb 3 to Apr 15, 2025 (Except March 17 & 18)

Mondays & Tuesdays 6 to 8pm

Call 607-431-4338 or email vita@hartwick.edu

Huntington Memorial Library | Oneonta
Feb 8 to Apr 12 (except Feb 15, Mar 15 and 22)
Saturdays 10 a.m. to 3 p.m.

Call 607-432-1980

Richfield Springs Community Center | Richfield Springs
Friday, Feb 7, 10 a.m. to 3 p.m.

Call 315-858-3200. Leave a message to call back

GHS Federal Credit Union

Norwich: Feb 21, Mar 7, Apr 4

Binghamton: Feb 14, 28, Mar 28, Apr 11
10 a.m. to 3 p.m.

Call 607-472-2876

Tabernacle Baptist Church | Utica

Saturday, Feb 15, 10 a.m. to 3 p.m.

Call 315-735-7534

Charlotte Valley Central School | Davenport

Friday, Mar 7, 4:30 to 6:30 p.m.

Call 607-431-4338

Laurens Central School | Laurens

Friday, Mar 28, 4:30 to 6:30 p.m.

Call 607-432-2050 ext. 1120



For more information, contact:

Call: 607-431-4388

Email: vita@hartwick.edu for appointment

LAURENS CENTRAL SCHOOL
Laurens, New York 13796

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Pancake Breakfast!

Come enjoy a delicious breakfast while you support the Laurens/Milford Girls Varsity Softball team on Saturday, March 29 in the LCS cafeteria. Cost is by donation. Breakfast (pancakes, sausage, eggs, coffee, and juice) will be served from 8am until noon.

We hope to see you there!



March 2025 Calendar of Events

- | | |
|--|---|
| 1 Colorguard @ Cicero-North Syracuse
All-County Festival 2 @ Unatego
Zumba, MPR, 9:00 a.m. | 17 Start of Spring Sports |
| 4 Village Meeting, rm 129A, 7:00 p.m.
Zumba, MPR 6:00 p.m. | 18 Zumba, MPR, 6:00 p.m. |
| 6 Zumba, MPR, 6:00 p.m. | 19 BOE Meeting, Rm 115, 7:30 p.m. |
| 8 Colorguard @ Rome
Zumba, MPR, 9:00 a.m. | 20 Zumba, MPR, 6:00 p.m. |
| 10 Booster Club Mtg., Rm 129A, 7:00 p.m. | 22 Colorguard @ Hamilton College
Zumba, MPR, 9:00 a.m. |
| 11 Zumba, MPR, 6:00 p.m. | 25 Zumba, MPR, 6:00 p.m. |
| 12 POMP Meeting via Teams, 7:00 pm | 27 Zumba, MPR, 6:00 p.m. |
| 13 Zumba, MPR, 6:00 pm | 28 Share and Shine, MPR, 2:00 p.m.
VITA Tax Prep Program, MPR, 4:00 p.m. |
| 14 Superintendent's Conference Day—
No School | 29 Softball Pancake Breakfast Café
8 a.m.-12 p.m.
Colorguard Championships
Zumba, MPR, 9:00 a.m. |
| 15 Colorguard @ Vestal
Zumba, MPR, 9:00 a.m. | |



**Dates and times are subject to change. Please check the calendar on the school's website for up to date information.*