

OXFORD ACADEMY & CENTRAL SCHOOLS



BLACKHAWK BULLETIN



Board of Education: Timothy O'Brien, President; Julie Gates, Vice President; Betsy Locke, John Godfrey, Nathaniel Emerson
Superintendent of Schools: John T. Hillis

CELEBRATIONS EDITION

July/August 2021

TOP
5
GRADUATES



Natalie Bannows



Lille Horton



Emma Hodge



Samantha Emerson



Emilie Philippone

Natalie Barrows

Natalie Barrows, daughter of Margo and Kraig Barrows, is the Valedictorian of the Class of 2021. She is a well-rounded individual, participating in many activities within school and the community. She pushes herself in school taking college and high level classes. Not only does she push herself in class but in her extracurricular activities as well. Natalie has shown horses since she was five years old and competed in various equine education events. In 4-H Natalie developed her leadership and public speaking skills, which help her in school and theater. Natalie has participated in band, chorus, and drama club to explore her passion for performing. She has been in Student government and national honor society displaying leadership and academic excellence. Natalie has played golf, basketball, and tennis for Oxford and enjoyed the camaraderie with her teammates. Outside of school Natalie takes voice and dance lessons to prepare for college and a career in the performing arts. She also attends and volunteers at Faith Bible Church singing often. Natalie will be attending SUNY Geneseo to major in Musical Theatre and plans to minor in English. After school Natalie will pursue a career and an actress, singer, and dancer. She aspires to be on Broadway and in a movie one day. She is grateful to everyone who has helped shape her into the person she is and can not wait to see where her dreams take her.

Lilie Horton

Lilie Horton, daughter of Jackie Brunschmid and Daniel Horton, is Oxford Academy's Salutatorian of the 2021 senior class. Lilie has received many awards for her scholarship throughout her high school career such as High Honor Roll, the Academic O and its bars, the Scholar Athlete Award, and the University of Rochester Bausch and Lomb Honorary Science Award. She is also a part of the National Honors society and has participated in student government. In addition to dedicating herself to her academics during the school year, in her summers she participated in Clarkson University's Horizons Science and Leadership programs and Colgate University's Young Writer Workshops. Worthy of note alongside her academic achievements, Lilie is also a very dedicated musician. Throughout her high school years, she has participated in band and chorus including marching band, jazz band, for which she earned the Louis Armstrong Jazz Award, pep band, drumline, NYSSMA, All-county band, and All-county jazz band. In 2019, she also performed with the Roberts Wesleyan College honor band. Additionally, she has taken piano and violin lessons outside of school. She has also been involved in the drama club for musicals either being an extra, helping backstage, or controlling the lighting and sound for performances. She has participated in Volleyball all four years of high school, for which she received the MAC League All Star award, and in Varsity Softball for three. Lilie plans to attend Cornell University in the fall where she will pursue her interest in the social sciences and continue her passion for music. She could not be more excited.

Samantha Emerson

Samantha Emerson, daughter of Nathaniel and Courtney Emerson, is one of the Top five students graduating from Oxford Academy in the Class of 2021. Samantha is a dedicated student and community member, always participating in as much as she can. Samantha works very hard in school and will be graduating with a full year's worth of college credits. She is a member of

the National Honor Society and has won many academic awards such as the Academic "O" and multiple academic bars. She has also received the Excellence in English award every year of her high school career. She was a member of the Varsity Soccer Team, as well as the Varsity Track Team. Samantha will be attending SUNY Oneonta this fall to study nutrition in hopes of becoming a dietitian.

Emma Hodge

Emma Hodge, daughter of Mark and Pepper Hodge, is one of the top five students in the Oxford Academy High School Class of 2021. Emma has worked very hard with her studies. Emma has received many awards during her high school career. She has earned high honor rolls for all four years, the Academic "O" and its bars, RIT Innovation and Creativity Award, and Positivity and Creativity Art Award. Emma is a member of the National Honor Society. Likewise, Emma was also very lucky to have been chosen to represent Oxford Academy at the 79th American Legion Auxiliary Girls State session. Due to coronavirus Girls state was a virtual event but Emma enjoyed all aspects of this event. Emma has enrolled herself in many diverse and rigorous classes to create a well rounded curriculum. Currently, she is enrolled in the New Vision Allied Health program where she is starting her career in the healthcare field. During Emma's high school years she was in a uniform. She played JV and Varsity Basketball. She did not stop there; she played AAU and YMCA basketball. One of her favorite memories was during sophomore year playing basketball with Mr. Carey, coaching a team of seven girls and making a huge comeback win against their biggest rivals, Greene. In addition, Emma continued with community service, mentoring second grade students, coaching RoboRave, and aiding OYSP basketball.

Outside of school, Emma's true love since she was seven years old is horseback riding. She has won many awards riding horses during 4-H and at the County and State Fair. With her great love for horses, she rescued a FFA horse from the Oswegatchie camp, so Junior could live the rest of his life happily grazing in the pasture. Emma plans on continuing her education at Alfred State College, where she will study Diagnostic Medical Sonography with career goals that included to become an Ultrasound Technician.

Emilie Philippone

Emilie Philippone, daughter of Patrick Philippone and Tracie Sanford Philippone, is one of the top five students in Oxford Academy's graduating class of 2021. Emilie is a conscientious student and has received many scholarly awards throughout her high school career including high honor roll, the Academic "O" and its bars, the RIT Innovation and Creativity Award, and the Keuka College George H. Ball Achievement Award. She has consistently challenged herself academically throughout her four years by taking numerous college courses her junior and senior year. In 2019, Emilie was inducted into Oxford's chapter of the National Honor Society, where she currently serves as treasurer. She has also participated in chorus, drama club, yearbook, and student government. Outside of school, she is involved in her church, altar serving and working at fish fries at St. Joseph's Church. She has also volunteered three of her summers as a teacher's aide at the OACS summer program. In the fall, Emilie plans on attending Keuka College as an exploratory major. She is still undecided with her career path, but would like to either go into forensic psychology or become a travel photographer.

Graduates' Future Plans

Destiny Armondi.....	Employment
Clayton Baker.....	Employment
Gabriel Barber.....	Military
Emma Barbosa.....	Syracuse University
Natalie Barrows.....	Geneseo
Kecia Bey.....	Employment
Dominic Brown.....	Waynesburg University
Audrielle Clark.....	Employment
Jonah Crouch.....	Employment/Military?
Janelle Dilfer.....	Morrisville?
Dalton Downs.....	Morrisville
Ciera Dunham.....	SUNY Broome
Elise Eldred.....	Employment
Samantha Emerson.....	Oneonta
Alivia Friedel.....	Employment
Judson Hendricks.....	Employment
Chase Henry.....	Military—Navy
Emma Hodge.....	Alfred State College
Lilie Horton.....	Cornell University
Erin Howard.....	Morrisville
Madalynn Howe.....	Cobleskill
Alyssa Ingraham.....	Employment
Olivia Kelsey.....	Oneonta
Kiarra Kelsey-Jones.....	Morrisville
Shawn Lake.....	SUNY Broome
Cain Mack.....	Employment
Anthony Marconi.....	Employment
Karissa Maricle.....	SUNY Broome
Troy Marshman.....	Employment
Catherine Maynard.....	Employment
James Miceli.....	St. Bonaventure
Karley Miller.....	Bryant and Stratton College
Brooke Moore.....	SUNY Broome
Jaden Moore.....	Employment
Emilie Philippone.....	Keuka College
Ashley Rhodes.....	Hartwick College
Jacob Ruff.....	Employment
Daysha Simpson.....	SUNY Broome
Ja'den Streeter.....	Employment

Congratulations on Retirement!

Oxford Academy would like to wish the following a happy, relaxing retirement! Thank you for your dedication to students and their education.



Audrey Clinton



Rosetina Kenyon



Joyce Moore



Charmaine Barrows



Cynthia Solyian

Karen Green (no picture)
Diana Meade (no picture)

Best Wishes

2021 Graduation Awards

DESTINY ARMONDI

- Oxford American Legion Scholarship

EMMA BARBOSA

- Willette Northup Memorial Scholarship
- Joshua Nelson Memorial Scholarship
- OASP Scholarship
- George Mead Scholarship
- Art Achievement Award
- Coach John Curtis Scholarship

NATALIE BARROWS

- Highest Average in Calculus (tie)
- Susan Marrone Nelson Memorial Scholarship
- NYS Academic Excellence Scholarship
- Monday Evening Musical Club Scholarship
- Emily Harrold Scholarship
- Highest Average in U.S. History (4 way tie) in Memory of Lyle Walsh
- Highest Regents in Chemistry
- Student Government Scholarship
- The Chenango County Council of the Arts Music Scholarship
- Dennis E. Ryan and Jennie J. Ryan Scholarship
- Mat G. & Altha Carolyn Boname 4-year scholarship
- OASP Scholarship
- Elisabeth & George Mead Scholarship
- Scott Franco Performing Arts Scholarship
- Drama Club Award
- American Legion School Award For A Female
- Foreign Language Award
- Music Achievement Award in Band & Chorus in Memory of John Brigham
- Service to the School Award
- Highest Average on Math Regents
- Highest 4 Year Average in ELA (tie)
- Highest 4 Year Average in Social Studies (tie)

KECIA BEY

- DAR—Good Citizenship Award
- OTA Award for a Student Entering the Field of Education
- Deserving Student Entering The Education Field (Retired Teachers)
- Greatest Scholastic Improvement During The Year
- Hard Working Conscientious Student
- Student Who Has Persevered In Memory or Merton A. Utter

DOMINIC BROWN

- Oxford Football Boosters Scholarship
- Most Courageous Male Athlete

AUDRIELLE CLARK

- Drama Club Award

DALTON DOWNS

- Best Technology Student

ELISE ELDRED

- Paul and Elizabeth Bliven Family Scholarship

SAMANTHA EMERSON

- DAR U.S. History Award
- Mark Samson Memorial Scholarship
- Highest Average in U.S. History In Memory of Lyle Walsh (4 way tie)
- Dan Marshman Memorial Scholarship
- Mat G. & Altha Carolyn Boname 4 year Scholarship
- Charles Stratton Memorial Scholarship
- Oxford Lions Club Scholarship
- OASP Scholarship
- Service To The School
- Highest 4 Year Average in ELA (tie)

JUDSON HENDRICKS

- Highest Regents in Biology

CHASE HENRY

- American Legion School Award
- Greatest Cooperation in Physical Education

EMMA HODGE

- Highest Average in U.S. History In Memory of Lyle Walsh (4 way tie)
- Dennis E. Ryan and Jennie J. Ryan Scholarship
- Mat G. & Altha Carolyn Boname 2 year Scholarship
- OASP Scholarship
- Phyllis and Vernon Stratton Scholarship
- Elisabeth and George Mead Scholarship
- Oxford Grange 894 Scholarship Award

LILIE HORTON

- NYS Academic Excellence Scholarship
- Mat G. & Altha Carolyn Boname 4 year Scholarship
- OASP Scholarship
- Elisabeth and George Mead Scholarship
- Pivotal Scholarship
- Senior Who Excels in Creative Expression
- Music Achievement Award in Memory Of Ruth Roehling
- Student Who Excels In Creative Expression
- Highest 4 Year Average in Science
- Highest Average in Physics

ERIN HOWARD

- Mindy Ives Natoli Nursing Scholarship
- Dan Marshman Memorial Scholarship
- Oxford Rotary Scholarship
- Oxford American Legion Unit 376 Auxiliary Scholarship
- Brandi L. Estelow Nursing Scholarship
- Oxford Fire Department Scholarship
- Oxford American Legion Scholarship

MADALYNN HOWE

- Oxford F.F.A. Award
- Chenango County Ag Council Donald Franklin Memorial Scholarship
- Oxford Garden Club Scholarship
- Agricultural Achievement Award

OLIVIA KELSEY

- St. Joseph's Church Melissa Cassella Memorial Scholarship
- Masonic Lodge Leslie Wedge Scholarship
- Elisabeth and George Mead Scholarship
- Most Courageous Female Athlete
- Superintendent's Award To A Deserving Senior
- New York State Women, Inc—Tri-County Chapter Scholarship
- Major Athletic Award

SHAWN LAKE

- "Lucky Draw" in Memory of Fred Rice WWII Veteran
- Elisabeth and George Mead Scholarship
- Greatest Scholastic Improvement During The Year

KARISSA MARICLE

- Highest Average in Calculus (tie)
- St. Joseph's Church Stephen J. Scorza Memorial Scholarship
- OASP Scholarship
- Elisabeth and George Mead Scholarship
- Oxford American Legion Scholarship

TROY MARSHMAN

- Dedicated Work in Agriculture In Memory of Robert & Margaret Carey
- Hard Working Conscientious Student

JAMES MICELI

- Elisabeth and George Mead Scholarship
- Superintendent's Award To A Deserving Senior

KARLEY MILLER

- Gonzo Community Scholarship
- Paul and Claire Maholchic Scholarship
- Mat G. & Altha Carolyn Boname 2 year Scholarship
- Russ Perlman Memorial Scholarship
- Elisabeth and George Mead Scholarship
- Marie and Harry Troxell Scholarship
- REI Scholarship In Memory of Robert E. Ingraham
- Major Athletic Award

BROOKE MOORE

- AMELIA'S VOICE Award
- Baumes and Mildred Marshman Scholarship
- Elisabeth and George Mead Scholarship

JADEN MOORE

- Senior Who Has Done The Most In The Community
- Emilie Philippone
- NYS Academic Excellence Scholarship
- St. Joseph's Church Katherine J. Dunn Memorial Scholarship
- Highest Average in U.S. History In Memory of Lyle Walsh (4 way tie)
- OASP Scholarship
- Elisabeth and George Mead Scholarship
- Norwich Commandery #46 Knights Templar Scholarship
- Highest 4 Year Average in Social Studies (tie)

ASHLEY RHODES

- Emily Harrold Scholarship
- OASP Scholarship
- Paul & Margaret Crawford Scholarship
- Elisabeth and George Mead Scholarship
- Dana Elizabeth Knapp Scholarship
- Female Showing Greatest Interest and Cooperation in Physical Education

JACOB RUFF

- Worthy Student in Memory of Miles Leonard Nichols

DAYSHA SIMPSON

- Oxford Education Support Personnel Scholarship
- Emily Harrold Scholarship
- Mat G. & Altha Carolyn Boname 2 year Scholarship
- Elisabeth and George Mead Scholarship
- Agricultural Congeniality Award

Academic Awards Given at Graduation

The Academic "O" is a letter given to students in grades 9-12 who have earned at least 5 credits and achieved an average of 85 or higher for all of their courses' year end final averages. The following student has earned an Academic "O" for this year's academic performance.

Janelle Dilfer

Students who have received the Academic "O" one previous year in high school receive a one-year bar. The following students earned their first bar for this year's academic performance:

Gabriel Barber***Kecia Bey******Cain Mack******Troy Marshman***

Students who earned their second bar are:

Destiny Armondi***Alivia Friedel******Chase Henry******Madalynn Howe******Shawn Lake******Catherine Maynard******Karley Miller***

Students who earned their third bar are:

Emma Barbosa***Natalie Barrows******Audrielle Clark******Samantha Emerson******Emma Hodge******Lilie Horton******Erin Howard******Olivia Kelsey******Karissa Maricle******Emilie Philippone******Ashley Rhodes******Daysha Simpson***

Attendance certificates are issued to those high school students who are absent no more than four times each year. The following seniors have earned this recognition:

Natalie Barrows***Janelle Dilfer******Samantha Emerson******Chase Henry******Emma Hodge******Madalynn Howe******Alyssa Ingraham******Kiarra Kelsey-Jones******Karissa Maricle******Troy Marshman******Karley Miller******Emilie Philippone******Ashley Rhodes******Daysha Simpson***

The Oxford American Legion Awards are given to students whose parent or grandparent is a member of Post #376. The following students received this award:

Erin Howard***Karissa Maricle******Destiny Armondi***

High School Spring Awards

HIGH HONOR/HONOR AWARDS

To be awarded an honor certificate, the student needs to have made the honor roll (GPA 85 or higher) or high honor roll (GPA 92 or higher) for the first three quarters of this year.

HIGH HONOR/HONOR AWARD RECIPIENTS

9th Grade High Honor Roll Awards: *Ava Benjamin, Alyssa Dunckel, Sylas Emerson, Jocelyn Finch, Jessica Golden, Ethan Hodge, Madison Laskowski, Leah Oliver, Victor Richette, Katie Yates*

9th Grade Honor Roll Awards: *Quinnlin LaMonica, Gregory Russell, Christopher Seminara*

10th Grade High Honor Roll Awards: *Madalyn Barrows, Jillian Finch, Regan Finnegan, Hailey Fleury, Olivia Ruth Gallagher, Brooke Huggins, Payton McDermott, Hailey Richardson, Aidan Rogers, Brianna Tinney*

10th Grade Honor Roll Awards: *Olivia Byam, Sophia Duquela-Fernandez, Noah Forsythe, John Rovente, Taylor Smith, Mirrah Stewart, David Wood*

11th Grade High Honor Roll Awards: *Alyssa Burke-Franklin, Milla Gonzalez, Rudy Hess, Liam O'Brien, Mallory Olsen-Nichols, Emma Peila*

11th Grade Honor Roll Awards: *Patricia Bohannon, Raven Brophy-Quintana, Hunter Corey, Ethan Ehly, Ethan Fleury, Lucas Forsythe, Troy Fowlston, Elijah Gorman, Connor Harmon, Dylan Kittredge, Madison Kohlhepp, Sylvia Meres, Elizabeth Wood*

12th Grade High Honor Awards: *Natalie Barrows, Samantha Emerson, Chase James Henry, Emma Hodge, Lilie Horton, Karissa Maricle, Emilie Philippone, Ashley Rhodes, Daysha Simpson*

12th Grade Honor Awards: *Destiny Armondi, Gabriel Barber, Kecia Bey, Alivia Friedel, Erin Howard, Madalynn Howe, Olivia Kelsey, Troy Marshman, Karley Miller*

Content Area, Music, and Art Awards

AGRICULTURE

- "TOP OF THE CROP AWARDS"—*Jillian Finch, Erin Howard, Madalynn Howe, Karissa Maricle, Mallory Olsen-Nichols, Jessica Pautard, Greg Russell, Chris Seminara, Daysha Simpson, Kaylin Tefft*

ENGLISH

- MOST IMPROVED IN ENGLISH 9—*Chance Reynolds*
- EXCELLENCE IN ENGLISH 9—*Alyssa Dunckel*
- EXCELLENCE IN ENGLISH 10—*Hailey Fleury*
- MOST IMPROVED IN ENGLISH 10—*Anaiya Davis*
- MOST ENTHUSIASTIC ENGLISH STUDENT—*Sophia Duquela-Fernandez*
- MOST IMPROVED IN ENGLISH 11—*Colby Crandall*
- EXCELLENCE IN ENGLISH 11—*Alyssa Burke-Franklin*
- MOST IMPROVED IN ENGLISH 12—*Alivia Friedel*
- EXCELLENCE IN ENGLISH 12—*Chase Henry*

- EXCELLENCE IN ENGLISH 101 & 102—*Samantha Emerson*
- MOST IMPROVED IN ENGLISH 101 & 102—*Karley Miller*
- EXCELLENCE IN ENGLISH 201—*Natalie Barrows*
- MOST IMPROVED IN ENGLISH 201—*Daysha Simpson*

FOREIGN LANGUAGE

- SPANISH I:
 - HIGHEST AVERAGE—*Dominic Gould*
 - HARDEST WORKER—*Jessica Pautard*
- SPANISH II:
 - HIGHEST AVERAGES—*Ava Benjamin, Jocelyn Finch, Katie Yates, Jessica Golden*
 - MOST IMPROVED—*Savanna King, Aydin Amin, Brianna Fowlston*
- SPANISH III:
 - HIGHEST AVERAGES—*Madalyn Barrows, Hailey Fleury, Jillian Finch, Payton McDermott*
 - MOST ENTHUSIASTIC SPEAKER—*Hailey Richardson*
 - MOST IMPROVED—*Marley Pohli*
- SPANISH IV:
 - HIGHEST AVERAGE—*Liam O'Brien*

MATH

- HIGHEST AVERAGE IN ALGEBRA 1—*Madison Laskowski*
- HIGHEST AVERAGE IN ALGEBRA II/TRIG—*Hailey Fleury*
- HIGHEST AVERAGE IN ALGEBRA 1A—*Brianna Fowlston*
- HIGHEST AVERAGE IN ALGEBRA 1B—*Olivia Byam*
- HIGHEST AVERAGE IN PERSONAL FINANCE—*Natalie Barrows, Karissa Maricle*
- HIGHEST AVERAGE IN STATISTICS—*Natalie Barrows*
- HIGHEST AVERAGE IN GEOMETRY—*Ava Benjamin*
- HIGHEST AVERAGE IN PRE-CALC—*Liam O'Brien*

PHYSICAL EDUCATION

- OUTSTANDING WORK IN PHYSICAL EDUCATION CLASS—*Ella Kelsey*
- OUTSTANDING WORK IN FITNESS CLASS—*Madalyn Barrows*
- GYM CLASS HERO AWARD—*Aidan Amin*
- OUTSTANDING EFFORT IN WEIGHT TRAINING—*Justin Christian*

SCIENCE

- ASTRONOMY HIGHEST ACHIEVEMENT—*Liam O'Brien and Emilie Philippone*
- EARTH SCIENCE HIGHEST ACHIEVEMENT—*Ava Benjamin, Alyssa Dunckel, Jocelyn Finch and Jessica Golden, Katie Yates*
- CHEMISTRY—ACADEMIC EXCELLENCE—*Madalyn Barrows, Jillian Finch, Hailey Fleury, Payton McDermott, Aidan Rogers*
- LIVING ENVIRONMENT—MOST AMAZING BIOLOGY STUDENT—*Madison Laskowski*
- LIVING ENVIRONMENT—*Nivayah Demuith, David Ferreira and Elizabeth Knapp, David Wood II*

SOCIAL STUDIES

- GLOBAL HISTORY I HIGHEST AVERAGE—*Jessica Golden*
- GLOBAL STUDIES II HIGHEST AVERAGE—*Aidan Rogers*
- GEOGRAPHY 101—*Lilie Horton* and *Emilie Philippone*
- COLLEGE US HISTORY 101—HIGHEST AVERAGE—*Liam O'Brien*
- US HISTORY HIGHEST AVERAGE—*Milla Gonzalez*

MUSIC AWARDS

- The Director's Award for Chorus—*Emilie Philippone*
- National School Choral Award—*Natalie Barrows* and *Audrielle Clark*
- Louis Armstrong Jazz Award—*Stephanie Vargas*
- John Philip Sousa Band Award—*Lilie Horton*
- The Director's Award for Band—*Aidan Rogers*
- National School Color Guard Award—*Audrielle Clark*

ART AWARDS

- Rockwell Art Award—*Emma Barbosa*
- Rockwell Merit Award—*Ashley Rhodes*
- Student Art Exhibit Award—*Audrielle Clark*

STUDENT ART AWARDS

- 9th Grade—*Jessica Pautard*
- 10th Grade—*Madalyn Barrows*
- 11th Grade—*Emma Peila*
- 12th Grade—*Gabriel Barber*

JUNIOR COLLEGE AWARDS:

- **UNIVERSITY OF ROCHESTER BAUSCH & LOMB HONORARY SCIENCE AWARD**

Presented to a junior with high achievement and rigor in science classes and high math scores on the SAT and/or PSAT. All nominees will have their application fee waived and will be eligible for merit scholarships worth at least \$10,000 per year.

This year's recipient: *Rudy Hess*

- **UNIVERSITY OF ROCHESTER GEORGE EASTMAN YOUNG LEADERS AWARD**

Presented to a junior who has high grades, takes difficult courses and demonstrates strong leadership and extensive extracurricular involvement. All nominees will have their application fee waived and will be eligible for merit scholarships worth at least \$10,000 per year.

This year's recipient: *Ethan Fleury*

- **UNIVERSITY OF ROCHESTER FREDERICK DOUGLASS & SUSAN B ANTHONY AWARD**

Presented to a junior who demonstrates leadership and dedication to community action with strong grades and rigorous courses in humanities and social sciences. All nominees will have their application fee waived and will be eligible for merit scholarships worth at least \$10,000 per year.

This year's recipient: *Alyssa Burke-Franklin*

- **UNIVERSITY OF ROCHESTER XEROX AWARD FOR INNOVATION IN TECHNOLOGY**

Presented to a junior who demonstrated strong interest in innovation and/or information technology and a high level of achievement in this area. All nominees will have

their application fee waived and will be eligible for merit scholarships worth at least \$10,000 per year.

This year's recipient: *Lucas Forsythe*

- **RIT INNOVATION & CREATIVITY AWARD**

Presented to a junior who has distinguished themselves academically, are active and involved members of their school and community and demonstrate outstanding achievement in innovation, creativity, or entrepreneurship.

This year's recipient: *Liam O'Brien*

- **RIT COMPUTING MEDAL AND SCHOLARSHIP PROGRAM**

This program recognizes one student from the junior class who has demonstrated an interest and ability in computing.

This year's recipient: *Mallory Olsen-Nichols*

- **STUDENT SAGE AWARD**

Presented to students who embody the Sage College motto: "To Be, To Know, To Do" including being leaders, top performers who rank in the top 25% of their class, and then put their knowledge into action.

This year's recipients: *Patricia Bohannon, Milla Gonzalez, Madison Kohlhepp, Mallory Olsen-Nichols* and *Liam O'Brien*.

- **ELMIRA COLLEGE KEY AWARDS**

Presented to a junior who is in the top 10% of their class and has over a 90% average and who demonstrates outstanding school and/or community leadership. This student will receive \$20,000 per year if they enroll at Elmira College.

This year's recipient: *Patricia Bohannon*

- **WELLS COLLEGE 21ST CENTURY LEADERSHIP AWARD**

Presented to a junior student in recognition of outstanding contributions made as a student and a leader through school and/or community activities. These students will receive \$10,000 towards their study at Wells College.

This year's recipient: *Emma Peila*

- **LE MOYNE COLLEGE HEIGHTS AWARD**

The Le Moyne College Heights Award recognizes high school juniors who are "Reaching for the Heights" in the classroom and in service to their school and community. Recipients are awarded a Certificate of Recognition and a scholarship totaling \$50,000 (\$12,500 per year) to attend Le Moyne College.

This year's recipient: *Madison Kohlhepp*

- **KEUKA COLLEGE GEORGE H. BALL AWARD**

The Keuka College George H. Ball award recognizes qualifying students from the junior class that not only demonstrate a strong academic record, but also exhibit leadership through school and community activities.

This year's recipients: *Alyssa Burke-Franklin, Ethan Fleury, Troy Fowlston, Rudy Hess, Emma Peila*

- **NEW YORK STATE ATTORNEY GENERAL TRIPLE "C" AWARD**

Presented to high school seniors who show a commitment to learning, to their community, and to their fellow classmates. This award recognizes the "Character, Courage, and Commitment" of this deserving student.

This year's recipients: *James Miceli* and *Karley Miller*

• **NEW YORK STATE COMPTROLLER ACHIEVEMENT AWARD**

Presented each year to a student who has excelled academically and has also shown leadership potential by volunteering his or her time to serve the school or community. Comptroller DiNapoli sends his sincere congratulations and best wishes to the graduating class of 2021 and especially...

This year's recipients: *Chase Henry* and *Lilie Horton*

• **OXFORD AMERICAN LEGION BOYS STATE AND GIRLS STATE REPRESENTATIVES**

In June of 2020 the Oxford American Legion sponsored students to attend Boys State and Girls State. These programs are specifically designed to train young adults for responsible citizenship and to equip them to fulfill the obligations of leadership and government.

Our representatives for Boys State in June 2020 were: *Judson Hendricks*, *James Miceli* and *Shawn Lake*

Our representatives for Girls State in June 2020 were: *Samantha Emerson*, *Emma Hodge*. Alternates were *Audrielle Clark* and *Brooke Moore*

• **TRIPLE "O" AWARD—Presented by John Godfrey**

The Triple "O" Award recognizes student-athletes for their dedication and commitment to Oxford sports throughout the year. These individuals participate in three sports, with each sports program being at least 10 weeks long and acknowledged by the New York State Public High School Association. This award is given by the Athletic Advisory Recognition Committee in partnership with the Oxford Youth Sports Program.

This year's recipients are:

Freshmen—*Aidan Amin*, *Ava Benjamin*, *Sylas Emerson*, *Jocelyn Finch*, *Leah Oliver*, *Victor Richette*

Sophomores—*Madalyn Barrows*, *Ella Kelsey*, *Madison Long*, *Taylor Smith*, *David Tucker*

Juniors—*Justin Christian*

Seniors—*Karley Miller*, *Ashley Rhodes*, *Olivia Kelsey*

High School Honor Roll

Ms. Dawn A. Hover, Principal of Oxford Academy High School, has announced the High Honor and Honor students for the fourth marking period in the 2020-2021 school year.

In order to be named to the High Honor list, a student must be enrolled in at least six credits (a Career and Technical Education [CTE] course counts as four credits) and must maintain an overall average of 92% or above.

Those who appear on the Honor Roll must be taking six credits (CTE course counts as four credits) and maintain a minimum average of 85%.

We are proud to present the following students who have accomplished these significant achievements.

GRADE 12—HIGH HONOR

Destiny Armondi, *Natalie Barrows*, *Kecia Bey*, *Samantha Emerson*, *Alivia Friedel*, *Chase James Henry*, *Emma Hodge*, *Lilie Horton*, *Erin Howard*, *Olivia Kelsey*, *Cain Mack*, *Karissa Maricle*, *Troy Marshman*, *Catherine Maynard*, *Karley Miller*, *Emilie Philippone*, *Ashley Rhodes*, *Daysha Simpson*

GRADE 12—HONOR

Gabriel Barber, *Audrielle Clark*, *Janelle Dilfer*, *Dalton Down*, *Elise Eldred*, *Madalynn Howe*, *Alyssa Ingraham*, *Shawn Lake*

GRADE 11—HIGH HONOR

Alyssa Burke-Franklin, *Hunter Corey*, *Rudy Hess*, *Madison Kohlhepp*, *Liam O'Brien*, *Mallory Olsen-Nichols*, *Makayla Rotundo*

GRADE 11—HONOR

Christian Bowers, *Raven Brophy-Quintana*, *Colby Crandall*, *Ethan Ehly*, *Ethan Fleury*, *Lucas Forsythe*, *Brianna Frank*, *Kaitlyn Gallagher*, *Milla Gonzalez*, *Connor Harmon*, *Sara Hohanson*, *Dylan Dittredge*, *Logan Lowenstein*, *Gunnar Nebel*, *Emma Peila*, *Kaitlin Redfield*, *Kaylin Tefft*, *Logan Thorick*, *Monica Vigus*, *Elizabeth Wood*

GRADE 10—HIGH HONOR

Madalyn Barrow, *Bailey Chesebro*, *Sierra Fiasco*, *Jillian Finch*, *Regan Finnegan*, *Hailey Fleury*, *Olivia Gallagher*, *Brooke Huggins*, *Payton McDermott*, *Hailey Richardson*, *Aidan Rogers*, *Taylor Smith*, *Stephanie Vargas*

GRADE 10—HONOR

Austin Bourn, *Olivia Byam*, *Christian Paden*, *Marley Pohli*, *John Rovente*, *David Wood*

GRADE 9—HIGH HONOR

Kya Bell, *Ava Benjamin*, *Connor Crane*, *Alyssa Dunkel*, *Sylas Emerson*, *David Ferreira*, *Jocelyn Finch*, *Jessica Golden*, *Dominic Gould*, *Ethan Hodge*, *Gerald Hornbeck*, *Elizabeth Knapp*, *Madison Laskowski*, *Liberty Moshier*, *Leah Oliver*, *Jessica Pautard*, *Katie Yates*

GRADE 9—HONOR

Nivayah DeMuth, *Austin Kincaid*, *Quinnlin LaMonica*, *Deron Miller*, *Victor Richette*, *Mya-Rae Roys*, *Christopher Seminera*



June Prizes Given At The Oxford Academy Middle School

THE OXFORD ACADEMY MIDDLE SCHOOL HELD AN AWARDS ASSEMBLY ON JUNE 24, 2021.

JS CHILD BOOK AWARDS

JS Child Book awards were presented to students in grades 5 through 8 who showed the most improvement, effort and cooperation during the year. These books are given in memory of the late J.S. Childs, former District Superintendent of Schools.

Grade 5—*Luke Bennett, Josiah Bush, Juliana Carey, Sadie Laing, Ashley Vargas*

Grade 6—*Miley DePew, Deana Ferreira, Gabrielle Palmer, Elizabeth Vincent*

Grade 7—*Meria Demuth, Addison Hinman, Peyton Russell, Isaac Utter*

Grade 8—*Evelyn Emerson, Samson Hendricks, Jack Figary, Emma Wilkes*

Citizenship pins were awarded to four students in grades 5 through 8. Oxford Middle School sponsors the citizenship award.

Grade 5—*Kendra Allen, Timothy Johnson, Ahnalee Kappauf, Emily Williams*

Grade 6—*Noah Chesebro, Josephine Donnelly, Grace Ingraham, Breanna Rogers*

Grade 7—*Elizabeth Ingraham, Lily Marshman, Cassidy Miller, Margaret Rovente*

Grade 8—*Lilionna Baxter, Laila Burke, Abigail Denz, Emily Holbert*

STUDENT COUNCIL PINS AND CERTIFICATES

Student Council pins and certificates were given to Student Council President, *Kelcie Tefft*; Vice-President, *Emmalee Reiss*; Student Council Secretary, *Colette Kappauf*; Student Council Treasurer, *Lily Marshman*; and Student Council Sergeant of Arms, *Addison Hinman, Charles Miller, Abigail Stone*.

The following students were presented Student Council Certificates for representing their homeroom as a student council representative.

Grade 5—*Juliana Carey, Zackery Chesebro, Taegan Franklin, Caleb Holbert, Ahnalee Kappauf, Hayden Ryan, Lauren Sloan-Boice, Emily Williams*

Grade 6—*Brienne Charles, Degan Endress, Madelyn Heier, Reagan Long, Taylor Pollock, Arielle Ross, Reesanne Tefft, Elizabeth Vincent*

Grade 7—*Charlotte Heier, Addison Hinman, Colette Kappauf, Kelsey Loiselle, Kate Mackisoc, Lily Marshman, Charles Miller, Emmalee Reiss, Abigail Stone*

HONOR RED RIBBONS

Honor Red Ribbons were presented to the following students for achieving Honor Roll three of the last four quarters:

Grade 5—*Bodie Barrows, Dennis Burke, Josiah Bush, Kaylee Converse-Evans, Cora Hodge, Sadie Laing, Nathan Ross, Hayden Ryan, Keira Somers, Harmoni Stein*

Grade 6—*Tristan Banner, Noah Chesebro, Alison Constable, Issac Converse-Evans, Josephine Donnelly, Kayla Figary,*

Nevaeh Meringola, Elaina Norris, Liam Pohli, Benjamin Sheridan, Cameron Smith, Dawson Viele

Grade 7—*Blake Barrows, Rosi Chapman, Peyton Cummings, Edward Golden, Addison Hinman, Emerson LaMonica, Bennett Paden*

Grade 8—*Olivia Barbosa, Colten Button, Jack Figary, Kameran Franklin, Christine Seiler, Kelcie Tefft*

HIGH HONOR BLUE RIBBONS

High Honor Blue Ribbons were presented to the following students for achieving High Honor Roll three of the last four quarters:

Grade 5—*Audrey Bates, Noah Bush, Juliana Carey, Gaven Dibble, Taegan Franklin, Karter Gumaer, Timothy Johnson, Ahnalee Kappauf, Lily Karn, Joshua Knapp, Landon LaCotta, Liberty LaVancha, Clara Leach, Taliena Lupinetti, Sydney Ohl, Lauren Sloan-Boice, Braden Stanton, Abbigayle Wilkes, Emily Williams, Makenzie Williams, Owen Winter*

Grade 6—*Adam Beckwith, Abbie Converse-Evans, Jennavieve Denz, Conner Dunagan, David Dunkel, Lilah Ehly, Degan Endress, Deana Ferreira, Jayne Fleury, Mazlynn Heggie, Madelyn Heier, Delilah Hendricks, Grace Ingraham, Logan Kaminski, Reagan Long, Gabrielle Palmer, Liam Philippone, Abigail Polaro, Taylor Pollock, Aubrey Rickard, Paige Rickard, Breanna Rogers, Reesanne Tefft, Craig Thomas, Elizabeth Vincent*

Grade 7—*Sofia Ferreira, Abigail Forsythe, Dixie Gray, Charlotte Heier, Liam Henry, Elizabeth Ingraham, Colette Kappauf, Kate Mackisoc, Lily Marshman, Aiden Mellem, Charles Miller, Cassidy Miller, Olivia Oliver, Cole Pecka, Emmalee Reiss, Nicholas Richete, Margaret Rovente, Maeve Spence, Abigail Stone, Logan White*

Grade 8—*Lilionna Baxter, Kyle Benjamin, Laila Buke, Tiannah Dean-Anderson, Abigail Denz, Evelyn Emerson, Addyson Franklin, Brent Hamilton, Emily Holbert, Taegan Manwarren, Landen Olinski, Jared Sheridan, Nora Thorne, Logan Yaddow*

STUDENT OF THE MONTH

Student of the Month certificates and pins are awarded to those students named student of the month during the year, sponsored by the school.

Grade 5—*Kendra Allen, Josiah Bush, Kaylee Converse-Evans, Karter Gumaer, Taegan Franklin, Caleb Holbert, Ahnalee Kappauf, Liberty LaVancha, Clara Leach, Hayden Ryan*

Grade 6—*Abbie Converse-Evans, Issac Converse-Evans, Jennavieve Denz, Conner Dunagan, Deana Ferreira, Mazlynn Heggie, Madelyn Heier, Gabrielle Palmer, Asia Stevens, Shiasia Stevens, Elizabeth Vincent*

Grade 7—*Sofia Ferriera, Charlotte Heier, Colette Kappauf, Lily Marshman, Bennett Paden, Cole Pecka, Emmalee Reiss, Margaret Rovente, Abigail Stone*

Grade 8—*Laila Burke, Corban Constable, Abigail Denz, Evelyn Emerson, Addyson Franklin, Emily Holbert, Jared Sheridan, Nora Thorne, Logan Yaddow*

Related Arts—*Bodie Barrows, Degan Endress, Kayla Figary, Timothy Johnson, Kaelyn Lupinetti, Emmalee Reiss, Nicholas Richette*

Performing Arts—*Madelyn Heier, Clara Leach, Aiden Mellem, Kayden Renfrow, Breanna Rogers, Liam Pohli, Elizabeth Vincent*

Athlete—*Blake Barrows, Edward Golden, Emily Holbert, Lily Marshman, Donovan Rickard, Raya Warner*

7th/8th Grade Triple O Awards recognizes student athletes for their commitment and dedication to Oxford sports throughout the year. These individuals participated in two sports during the fall, winter and spring seasons and are acknowledged by the New York State Public High School Athletic Association.

Grade 7—*Blake Barrows, Peyton Cummings, Sofia Ferreira, Charlotte Heier, Addison Hinman, Richard Hunter, Izah Hutchings, Elizabeth Ingraham, Colette Kappauf, Emerson LaMonica, Lily Marshman, Aiden Mellem, Emmalee Reiss, Nicholas Richette, Margaret Rovente, Kellen Seiler, Abigail Stone, Issac Utter*

Grade 8—*Olivia Barbosa, Lilionna Baxter, Kyle Benjamin, Kaleigh Collins, Abigail Denz, Brent Hamilton, Samson Hendricks, Emily Holbert, Trinity Jones, Chezlee Luneau, Kaelyn Lupinetti, Taegan Manwarren, Landen Olinski, Caden Rifanburg, Jared Sheridan, Raya Warner*

Attorney General Triple C Awards were given to two students who represent Character, Courage, and Commitment. This year's Triple C awards went to *Mazlynn Heggie* and *Abigail Stone*.

GRADE 5/6 AWARDS

POSITIVE ATTITUDE

Positive attitude awards are given to students in grades 5 and 6 who throughout the year demonstrated a positive attitude in all areas. These students are respectful, kind, enthusiastic, and have an exceptional attitude toward all. They always strive to do their best and approach life with a positive attitude.

Grade 5—*Audrey Bates, Clara Leach, Sydney Ohl, Hayden Ryan*

Grade 6—*Ellie Beadle, Madelyn Heier, Abigail Polaro, Aisa Stevens, Craig Thomas*

BAND DIRECTOR'S AWARD

Fifth Grade Band Director's Award given by Mr. Malik Clanton to *Clara Leach*

Sixth Grade Band Director's Award given by Mr. Malik Clanton to *Degan Endress*

ENGLISH AWARD

Sixth Grade English Award is sponsored by the East Side Literary Book Club and is given to the student with the highest average in English. This year's sixth grade English award was given to *Deana Ferreira*.

GRADE 7 AWARDS

ENGLISH AWARD

English Award given by the Travelers Book club to the students with the highest average in English to *Colette Kappauf, Lily Marshman, Emmalee Reiss, and Logan White*.

CITIZENSHIP

Citizenship given by the Seventh Grade Staff for honor, service, courage, leadership and patriotism to *Charlotte Heier* and *Edward Johnson*.

SOCIAL STUDIES

Social Studies given by the School to *Lily Marshman* and *Emmalee Reiss*.

MATH

Math given by the School to *Logan White*.

Advanced Math given by the School to *Emmalee Reiss*.

SCIENCE

Science given by the School to *Emmalee Reiss*.

SPANISH

Spanish given by the School to *Elizabeth Ingraham, Cassidy Miller, and Emmalee Reiss*

BAND DIRECTOR'S

Band Director's Award given by Mr. Malik Clanton to *Elizabeth Ingraham*

GRADE 8 AWARDS

SOCIAL STUDIES

Social Studies given by the American Legion Auxiliary to *Evelyn Emerson, Nora Thorne* and *Landen Olinski*.

CREATIVE WRITING

Creative Writing given by Bartle's Pharmacy to *Addyson Franklin*.

SCIENCE

Science given by Oxford Rotary Club to *Kameran Franklin*.

BIOLOGY

Biology given by the school to *Evelyn Emerson*.

TECHNOLOGY

Technology given by Oxford Rotary Club to *Kameran Franklin*.

SPANISH

Spanish given by Oxford Lions Club to *Evelyn Emerson*.

DIRECTOR'S AWARD

Directors Award for band given by Oxford Lions Club to *Nora Thorne*.

GENERAL MUSIC

General Music given by Oxford Lodge 175 Free and Accepted Masons to *Nora Thorne* and *Owen Behr*.

JAZZ BAND

Jazz Band Award given by the Oxford Band Boosters to *Evelyn Emerson*.

CONCERT BAND

Concert Band Award given by the Oxford Band Boosters to *Emily Holbert*.

MATH

Math given by Mr. David Emerson and Mrs. Mary El Emerson to *Emily Holbert*.

Algebra given by Mrs. Maggie Dorsey in memory of Jack Dorsey to *Evelyn Emerson*.

PHYSICAL EDUCATION

Physical Education given by the Oxford Varsity Club to *Taegan Manwarren* and *Jared Sheridan*.

SPORTSMANSHIP

Sportsmanship given by the school to *Nora Thorne* and *Corban Constable*.

ENGLISH

English given by The East Side Literary Book Club to *Evelyn Emerson*.

HOME & CAREERS

Home & Careers given by the School to *Emily Holbert*.

ART

Art given by the School to *Corban Constable*.

AMERICAN LEGION

American Legion given by the Fort Hill Post #376 American Legion for courage, honor, leadership, patriotism, scholarship and service to *Nora Thorne* and *Kameran Franklin*.

SCHOLASTIC ACHIEVEMENT

Scholastic Achievement given by the School to *Evelyn Emerson*.

RECOGNITION OF EIGHTH GRADE

Matthew Backus, Olivia Barbosa, Lilonna Baxter, Owen Behr, Kyle Benjamin, Dylan Bowers, Brayah Bradley, Colin Brown, Laila Burke, Colten Button, Kaleigh Collins, Corban Constable, Tiannah Dean-Anderson, Abigail Denz, Evelyn Emerson, Patrick Esposito, Jack Figary, Addyson Franklin, Kameran Franklin, Tessa Frederick, Brayden Hamilton, Brent Hamilton, Samson Hendricks, Ariel Hilsinger, Emily Holbert, Trinity Jones, Wyatt King, Aidan Lamphere, Chezlee Luneau, Kaelyn Lupinetti, Dilen Maceda, Taegan Manwarren, Isabella Marconi, Landin Maricle, Jackson Moore, Killian Neer, Landen Olinski, Killian Pohli, Donovan Rickard, Ryan Rickard, Caden Rifanburg, Skyler Rushing, Christine Seiler, Jared Sheridan, Braedyn Stolpinski, Kelcie Tefft, Nora Thorne, Raya Warner, Emma Wilkes, Logan Yaddow, Gavin Zbydniewski

Primary School Citizens of the Year Award

1ST GRADE

Mrs. Breck—*Audrey Burke* and *Rachel Maynard*
Mrs. Emerson—*Madelyn Locke* and *Chase Ryan*
Mrs. Locke—*Pazlee Bauder* and *Ryker McWeeney*
Mrs. Schultheis—*Logan Cluff* and *Grace Hodge*

2ND GRADE

Mr. Breck—*Emma Ryan* and *Thomas Lord*
Mrs. Chawgo—*Lyla Romanowski* and *Addison Williams*
Miss Morrison—*Haley Barber* and *Jamison Golden*
Mrs. Tefft—*Ethan Baxter* and *Landon McWeeney*

3RD GRADE

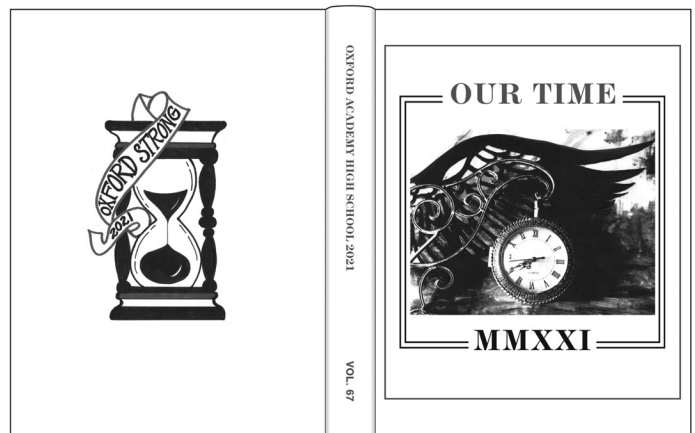
Mrs. Chrystie—*Allison Johnson* and *Adrianna Naber*
Mr. Kappauf—*Makenzie Olinski* and *Harper Wall*
Mrs. Lawrence—*Mattison Donnelly* and *Brie Fowlston*

4TH GRADE

Mrs. McNitt—*Lily Lamphere* and *Crishaun Roys*
Mrs. Pizza—*Ethan Muller* and *Jenna Tommer*
Mrs. Williamson—*Jordan Palmer* and *Dagfinn Kappauf*

Congratulations!

Yearbook Wins Award



The high school yearbook advisors are pleased to announce the 2021 high school yearbook was awarded the Gold Level National Program of Excellence Award. This award is given to only a few select yearbooks throughout the United States. We are very proud of our accomplishment especially under the difficult circumstances of navigating such a nontraditional year. Congratulations to the following yearbook staff members; *Natalie Barrows, Madalyn Barrows, Sierra Fiasco, Emma Hitt* and *Sylvia Meres* along with Mrs. Gross and Ms. Eaton, Advisors.

High School Art

Once again I will lead off this article with how proud I am of my 155 art students. I wish I could share a photo of each student's artwork for you to see. If you happen to own our 2021 yearbook, many photos of our year creating ART are displayed.

The year gave my students many opportunities to rise to the challenge of 2020-2021, producing great art from home and in class.

Artwork was submitted to the Congressional Artistic Discovery Art Competition, The American Legion Poppy Poster Contest and the Chenango County Council of the Arts High School Student Art Show this year.

CONGRATULATIONS TO MY SENIOR ARTISTS

- *Emma Barbosa* who earned the Rockwell Art Award and The Oxford High School Art Achievement Award.
- *Ashley Rhodes* won the Rockwell Merit Award.

ART AWARDS

- *Audrielle Clark* was awarded the Student Art Exhibit Award.
- *Gabriel Barber* won the Outstanding 12th Grade Student Art Award
- *Emma Peila* won the Outstanding 11th Grade Student Art Award
- *Madalyn Barrows* won the Outstanding 10th Grade Student Art Award
- *Jessica Pautard* won the Outstanding 9th Grade Student Art Award

—Ms. Eaton
High School Art Educator/
Photography Coordinator



Emma Barbosa

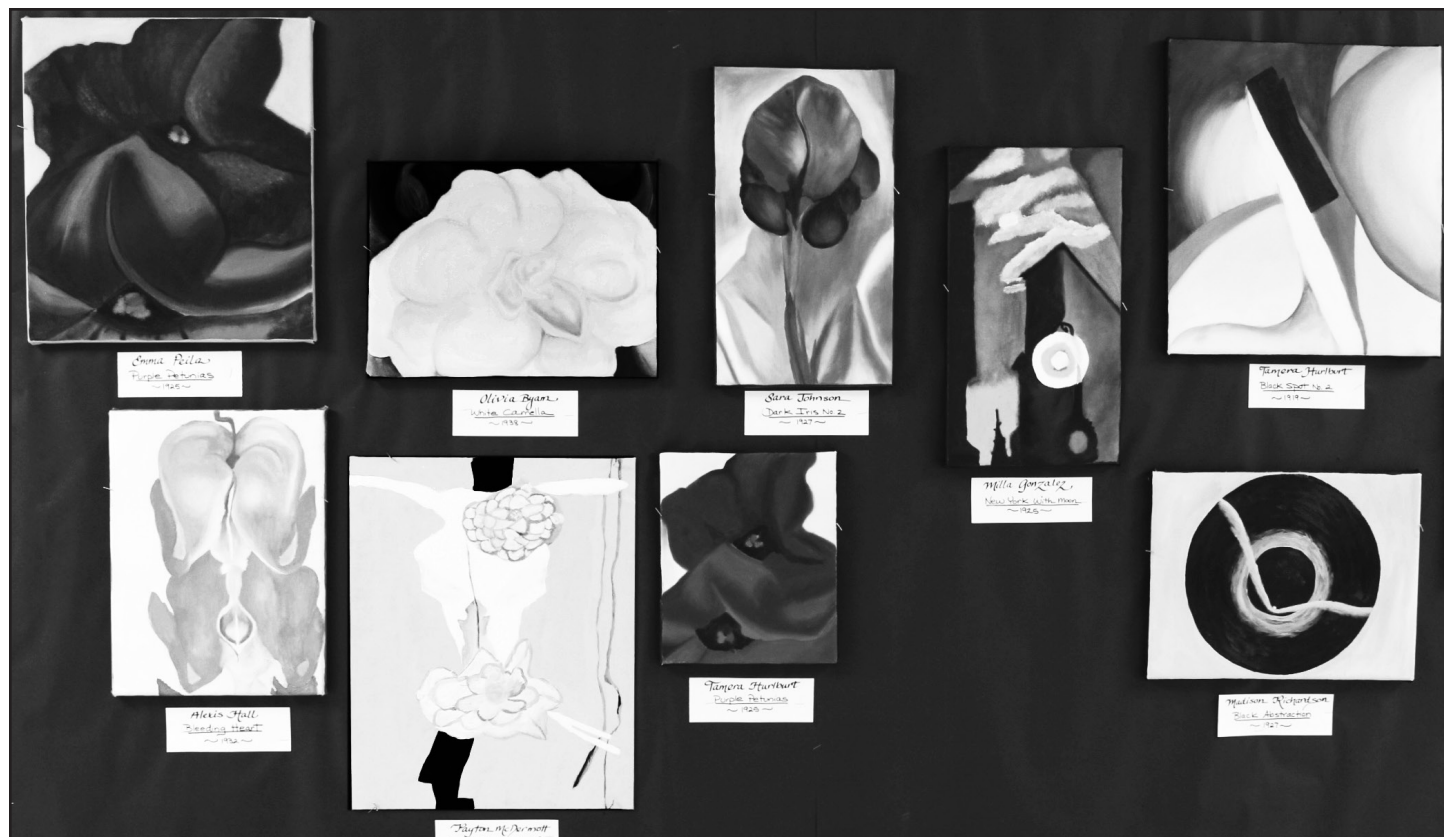


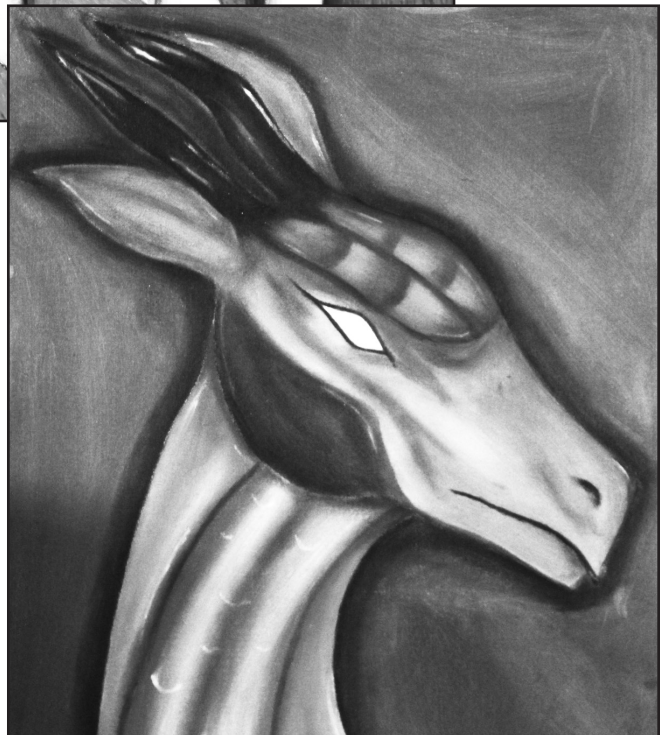
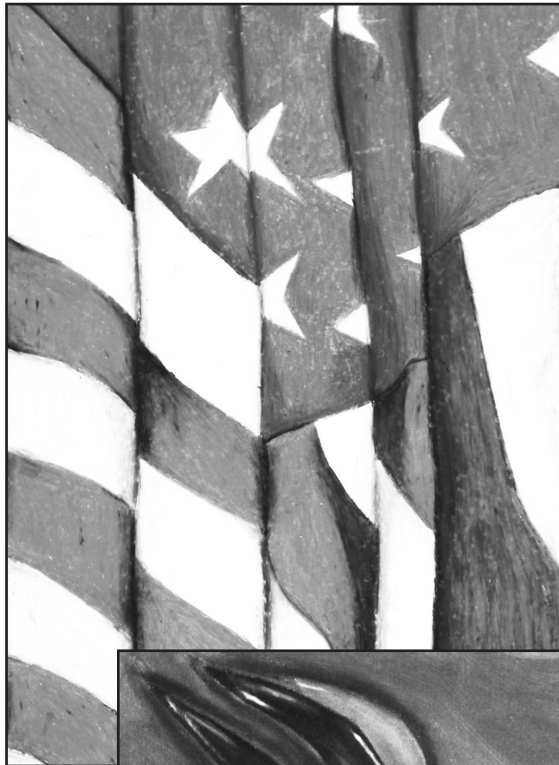
Audrielle Clark



Ashley Rhodes

*Congratulations
to you all!*





Limit recreational screen time to two hours or less.*

Turn on the fun!

Life is lots more fun when you join in!
Try these activities instead of watching TV.

- Ride a bike.
- Go on a nature hike.
- Put together a puzzle.
- Turn on the music and dance.
- Read a book or magazine.
- Spend time catching up with your family.
- Take your kids to the park or beach.
- Play board games.
- Walk, run, or jog.
- Start a journal.
- Play ball (basketball, catch, soccer, etc.).
- Go to the library.
- Explore gyms in your community.
- Rollerblade.
- Play charades.
- Sled, ski, or snowshoe.



Did you know?

- Screen time includes TV, computer, Playstation, and Gameboy. All are important to limit.
- Watching TV is associated with more snacking and increased obesity.
- Too much TV has been linked to lower reading scores and attention problems.
- Healthy screen time:
 - No TV/computer under the age of 2
 - No TV/computer in the room the child sleeps
 - One hour of educational TV/computer time between ages 2 and 5
 - After the age of 5, 2 hours or less

Redy's Rules

Tame the TV and Computer!

Set Limits – know how much TV your child is watching.

- Set some basic rules, such as no TV or computer before homework or chores are done.
- Do not watch TV during mealtime.
- Use a timer. When the bell rings it's time to turn off the TV.
- Eliminate TV time during the week.

Tips from Redy

Help your child plan television viewing in advance.

- Keep books, magazines, and board games in the family room.
- Make a list of fun activities to do instead of being in front of a screen.
- Set family guidelines for age-appropriate shows.

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

5210

LET'S GO!

www.lets-go.org

*Feelin' Frazzled?
Totally Tense?
Under Pressure?*

*10 Tips to Keep
You Cool, Calm
and Collected*

1 *Put your body in motion*

Physical activity is one of the most important ways to keep stress away by clearing your head and lifting your spirits. Physical activity also increases endorphin levels—the natural “feel-good” chemicals in the body which leave you with a happy feeling. It’s important to get up, get out, and get moving!

2 *Fuel up*

Eating breakfast will give you the energy you need to tackle the day. Eating regular meals and taking time to enjoy them will make you feel better too. Don’t be fooled by the jolt of energy you get from sodas and sugary snacks—this only lasts a short time and once it wears off, you may feel sluggish and more tired than usual.

3 *Laugh*

Everyone has those days when they do something really silly or stupid—instead of getting upset with yourself, laugh out loud! No one’s perfect! Life should be about having fun, so, lighten up!

4 *Have fun with friends*

Being with people you like is always a good way to ditch your stress. Friends can help you work through your problems and let you see the brighter side of things.

5 *Spill to someone you trust*

Talk to someone you trust or respect about what’s bothering you. Talking out your problems and seeing them from a different view might help you figure out ways to deal with them. Just remember, you don’t have to go it alone!

6 *Take time to chill*

Stress can sometimes make you feel like a tight rubber band—stretched to the limit! If this happens, take a few deep breaths to help yourself unwind.

7 *Catch some zzzzz...*

When you’re overtired, a problem may seem much bigger than it actually is. Sleep is a big deal! Getting the right amount of sleep is important. Because your body (and mind) is changing and developing, it requires more sleep to re-charge for the next day. So don’t resist, hit the hay!

8 *Keep a journal*

If you’re having one of those crazy days when nothing goes right, it’s a good idea to write things down in a journal to get it off your chest—like how you feel, what’s going on in your life and things you’d like to accomplish.

9 *Get it together*

Too much to do but not enough time? Forgot your homework? Feeling overwhelmed or discombobulated? Getting everything done can be a challenge, but all you have to do is plan a little and get organized.

10 *Lend a hand*

Get involved in an activity that helps others. It’s almost impossible to feel stressed out when you’re helping someone else. Signing up for a public service project is a good idea, but helping others is as easy as saying hello, holding a door or volunteering to keep a neighbor’s pet. The feeling you will get from helping others is greater than you can imagine!

Resource: CDC, 1600 Clifton Road, Atlanta, GA 30333, U.S.A. www.bam.gov

UNDEFEATED!



Congratulations to the Modified Softball team on their undefeated season! With tremendous sportsmanship, skill and team work, the girls dominated their season.



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Kindergarten Screening

As we begin preparing for the 2021-2022 school year, we have planned to have Kindergarten screening over the summer in July and August. Below you will find three dates to bring your child into the school, meet the teachers, and do some activities. Please call the Primary School main office to schedule an appointment for your child's screening. The screening should take about 30 minutes.

KINDERGARTEN DATE

Monday, August 2—9:00 a.m.–1:00 p.m.

This process will help the teachers and the students get to know each other and help with their transition to Kindergarten. While the students are with the teachers, the parents will be able to fill out all the necessary registration paperwork for the upcoming school year if you have not done so already. The required documents for registration are as follows: birth certificate, parent/guardian photo id, proof of residency, shot records and any custody documentation if applicable.

To schedule your screening appointment or if you have any questions please call the Primary School Main Office at 843-2025, ext. 3118.

Sincerely,
Brian Collier

Desktop Computers and iPads for Sale

AVAILABLE 8/10/21

The district will be selling 2015 Dell Optiplex 7020 Desktop computers and 2016 Air 2 iPad's.

Computers are \$20

iPads are \$50

All sales are final and no technical support will be provided. One iPad per person.

Please contact Michele Rice at 843-2025, ext. 4041 if you are interested.

Computers and iPads will NOT be available prior to August 10, 2021.

