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Academic Decathlon Competes

Participants and Medals

Julia Coffin (Honors alternate: Alternate High Score – Literature); **Ryan Gordona** (Scholastic: Silver - Essay; Silver - Interview; Silver – Math); **Hunter Griffin** (Scholastic); **Jake Hutton** (Varsity: Bronze - Economics; Silver - Art; Silver - Social Science); **Cassidy McGinn** (Honors alternate); **Sam Sheldon** (Honors: Bronze – Economics); **Matthew Slazik** (Honors alternate: Alternate High Score – Interview, Speech, and Science); **Jessica Swift** (Honors: Bronze - Essay; Bronze - Literature; Silver - Music; Gold – Math); **Emily Teeter** (Scholastic: Bronze - Math; Silver - Art; Gold - Economics; Gold - Music; Gold – Science); **Peyton Wolf** (Honors: Silver - Speech; Silver - Art; Gold - Interview; Gold - Social Science)



Tully's Academic Decathlon team has continued to do well at local and statewide competitions. For the second consecutive year, our team travelled to SUNY Brockport to compete in the State championships, with four other schools across the State. Academic Decathlon is a national competition that encourages high school students of all levels to participate. Students compete at different GPA levels (Honors, Scholastic, and Varsity), but all take the same tests. Each subject covers material that would be expected in a freshman or sophomore-level college course. The overarching theme of this year's competition was India. This resulted in a lot of study on a very rich culture, which is very different from our own.

Over the course of the competition, students competed in ten different events, starting off with an essay event, held two weeks prior to the two-day competition. On Friday evening, the first day of the two day competition, students competed in interview and speech events. Saturday morning started off with multiple choice tests in the subjects of mathematics, literature, economics, art, social science, music and science. The competition was capped off with the Super Quiz – a multiple-choice test performed in front of a live audience, with material from all the subject areas.

Our participants, along with the medals they earned, are listed to the left. Special mention goes to Emily Teeter and Peyton Wolf, who were each given two special honors. The first was that they each performed their speeches in the Speech Showcase, a selection of five speeches that the judges thought were the most memorable of the 55 presented during the competition. The second honor was that they each were awarded the Brockport Promise, which is a scholarship of \$500, awarded to top scorers in the Honors and Scholastic Division, should they apply and be accepted into Brockport.



All students entering 7th and 12th grade MUST have the meningococcal vaccine. Without it, they can't start school.

The Vaccine: It is not a new vaccine. It has been recommended for a decade. Most parents already choose to vaccinate. What's new is that the vaccine will now be required for school entry as of September 1, 2016. **Meningococcal Disease:** It causes bacterial meningitis and other serious diseases. Teens and young adults are at greater risk. It comes on quickly and without warning. Its symptoms are similar to the flu. **Check with your doctor.** Even students who have had a shot before may need a booster to start school. To learn more visit health.ny.gov/immunize

Parent Academy: Building the Bridge Between Home and School



Have you ever wished you had more opportunities to ask teachers questions about curriculum, expectations or just clarify the information being brought home? Did you wonder what the grade level curriculum requirements are, or how to help your child be a better reader or mathematician? Have you ever wanted to learn about social/emotional needs of children at different ages and stages? Parent Academy is an opportunity to bring families and teachers together to ask these kind of questions and get answers!

For the past four years, families of 4th graders and teachers come together several times a year to share a meal and communicate with one another. What is the purpose of Parent Academy? The ultimate goal is to strengthen the bonds between parents, children and school, which is important for a child's success. The organizers of Parent Academy put the event together in an attempt to build a bridge of communication. Students from the Jr./Sr. High School volunteer their time to babysit the children, a light meal is served and transpor-

tation is provided to anyone who needs it. When everyone openly communicates, demonstrates respect for each other, and participates in the learning process, students win!

Meetings are made up of three components. "What's On Your Mind" is the first part of our meeting, when families choose the topics of discussion that are important to them. Next, 4th grade teachers, Mrs. Fowler-Conner, Mrs. Storrier and Mrs. Baritell, lead academic related discussions designed to communicate ideas, expectations and "new" teaching strategies. Social/emotional topics are the final portion of our time together. Mrs. Fritton, our school social worker, is an integral part of the team! She engages families in lively discussions related to the social and emotional needs of 4th graders. Parent Academy topics include everything from report card changes and standards, to grade level expectations and "new" ways to approach math and homework. Guest speakers, including representatives from the math and reading departments, library and even our superintendent, also participate in some of our meetings!

As the hour winds down, some families choose to remain to have discussions with staff and to provide feedback regarding how to tailor future sessions. The results have been overwhelmingly positive; parents, teachers and students feel connected.

Each year, we continue to build on this more connected community with one ultimate goal in mind...the success and growth of our children.

Physical Education News

Throughout the year, our elementary school students have been working on a variety of sports and games. In addition to physical and cognitive development, we strive to foster teamwork, cooperation, social skills, personal goal setting, and character development, which is crucial in becoming a productive member of our schools and our society. In physical education, our students have, and will continue to work on improving cardiovascular endurance, strength, and flexibility, as well as learning about healthy habits and the muscles and bones.



Primary (K-3) Physical Education: Most of the skills we do at this level start out as introductory in nature. As students head toward third grade, the expectation is that through practice and development, the performance of skills becomes more automatic and consistent. A few of the activities that we have accomplished this year are throwing and catching, striking skills, CrossFit fitness, ball handling, and running games.

Middle Level (4-6): Most of the units at this level focus on skills and use a variety of activities to practice these skills in an authentic way. A few of the sports, games, and activities we focus on are soccer, CrossFit, badminton, football, cooperative games, pacer assessment and volleyball.

Finally, don't forget that all of the sports, games, and activities in physical education promote the development of 21st Century skills such as sportsmanship, leadership, problem solving, communication, all while having fun.

Additionally, please be watching for the Jump/Shoot for Heart information next month.

First Grade News

Recently, first grade learners explored the patterns we can see in the sky and learned about objects in space. They listened to and read books, and looked through computer databases to gather information and raise and answer questions about stars and the movement of the sun, earth, and moon relative to one another.



We were lucky to have a visit from Dr. Luke Keller, an astronomer at Ithaca College, who helped us to model that movement and to see how it impacts what we see from earth. The children loved interacting with him and with his computer model of space.

Additionally, first graders worked collaboratively in small groups to research a topic and publish their learning in a display at the Milton J. Rubenstein Museum of Science and Technology. They enjoyed a trip to the museum to see their work on display, visit the planetarium, and do some astronomy activities. We are grateful for the support of Mrs. Podsiedlik and grant money from her T.R.E.P. program.

Senior Spotlight

PATRICK J. MORSE



Family: Jayne-Mom, Gregg-Dad, Daniel-brother, Thomas-brother

What has been the best part of your high school career and why?

The best part of my high school career was playing my final high school football game in the Carrier Dome.

What have you learned by the activities you have participated in outside of school?

I have learned from my activities that hard work and determination can beat natural ability.

What is your proudest moment in high school so far?

My proudest moment is being accepted into National Honor Society

What are your plans after high school?

After high school, I plan to attend Alfred State to study construction Management Engineering Technology.

What do you hope to achieve by the time you're 30 years old?

I hope to have a good paying job and a family.

If you could invite two or three people to dinner, who would they be and what would you talk about?

My Grandma Morse: We would talk about my achievements and upcoming graduation.

Michael Jordan: I would ask him how much time he put into basketball and how it feels to be the best at what he does.

What challenges have you faced and how have you overcome them?

One of the biggest challenges in my career was being a three sport athlete and still maintaining a 95 average. I had to budget my time wisely between practices, doing homework and still having time for friends.

Who's your hero and why?

Peyton Manning is my hero because he has achieved things in football that no other person has, even at the age of 34. Even though he has had multiple injuries, he has overcome them and become one of the best to ever play.

KIM R. WELCH



Family: Cynthia Cawley-Mom, Thomas Cawley-Dad, Jessica Welch-sister

What has been the best part of your high school career and why?

The best part of my high school career is challenging myself in art classes because it sets me on track for improvement.

What have you learned by the activities you have participated in outside of school?

How to work and communicate with other people.

What is your proudest moment in high school so far?

I am proud of my entire high school career, but if I have to pick it would be the development of my confidence over my high school career.

What are your plans after high school?

I plan to attend college and be successful in my chosen field.

What do you hope to achieve by the time you're 30 years old?

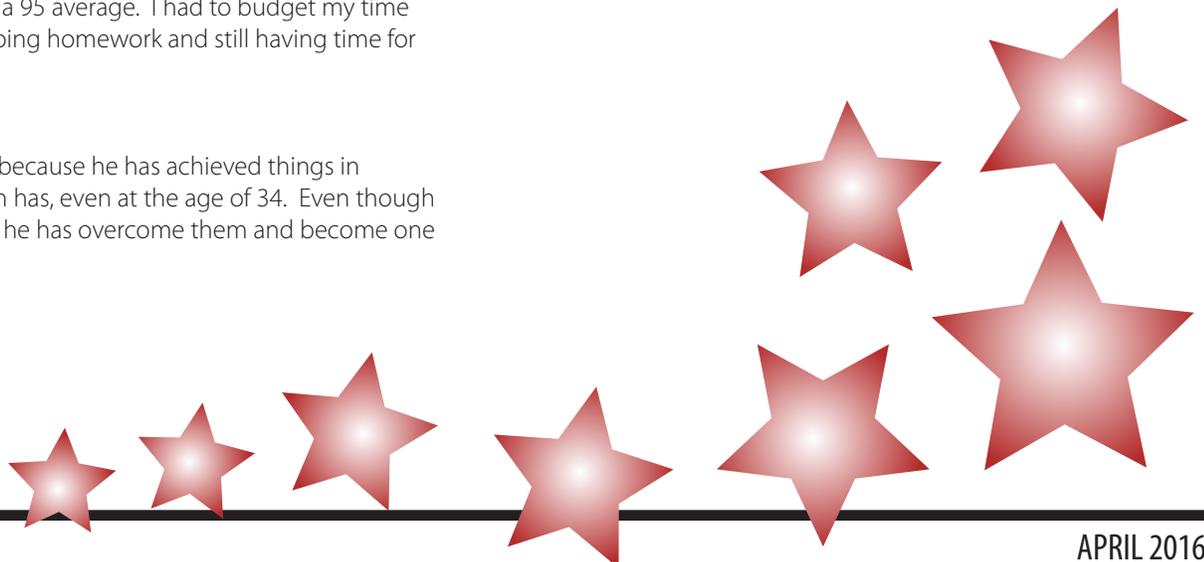
I hope to achieve all the typical things, but I am not entirely sure where I will be when I'm 30. Hopefully, I'll just be content with where I am.

If you could invite two or three people to dinner, who would they be and what would you talk about?

Andrew Salgado, Claude Monet and Louis Jover and I would talk about their artistic motivations and techniques.

Who's your hero and why?

My mom, because she has overcome a lot in her life and used the challenges she has faced to set her on her right path.



Class of 2016 Top Ten

The following students were recognized as being in the top ten and honored with certificates. Congratulations to all these students for their hard work and dedication!



- | | |
|---------------------|----------------------|
| 10- Sabrina Covey | 5- Nellie Sherlock |
| 9- Walter Abrams | 4- Erynn McNerney |
| 8- Samuel Sheldon | 3- Cassidy McGinn |
| 7- Michael Lombardo | 2- Danielle Bedford |
| 6- Emma Currie | 1- Ashleigh Crawford |

**Second Semester Honor Rolls can
be found at
www.tullyschools.org
on the JSHS homepage**

Scheduling

Tully Junior-Senior High School Counselors have been meeting with students and registering them for classes for the 2016-2017 school year.

Students entering grade 9 and their parents had the opportunity to meet with Mrs. Newton individually and schedule for next year. Upcoming seniors and their parents met with Mrs. Davin and completed their schedules. Parents of students entering grades 10 and 11, please have your child return a signed copy of his or her schedule to the counseling center. In addition, the 2016-2017 Program of Studies is on the Counseling & Career Center website and gives further information on the courses that will be offered. If you have any questions regarding your child's classes for next year, please contact the Counseling and Career Center 696-6240.

Scholarships

The Counseling and Career Center continues to receive scholarships from various companies, agencies, etc. Applications for these scholarships can be found in the Counseling and Career Center. We encourage seniors to stop down and peruse through the different scholarships.

Junior High Winter Dance



Seventh and 8th grade students attended a red-carpet dance, on the evening of January 29th. Although it was not required, many students chose to dress in accordance with the theme by putting on their fanciest attire! Junior High Student Council Officers, Angela Touchette, Grace Swan, Sarah Daddona, Jade Dillenbeck, Lizzy Caron, Addy Shaw, Ellie Moss, and Julia Dietz, rolled out the red carpet and decorated the school with gold streamers and other movie-themed decorations for this special event. Various students in the Junior High Volunteer Committee also helped with set-up and clean-up. There were props available on the red carpet for students to have fun photos taken. A dance contest also took place, where students danced to various styles of music, one including an air guitar contest. Students creative dance moves were amazing!



News from the School Cafeteria

Fat Basics: Not All Fat is Bad

Fat, an essential nutrient, provides energy, energy storage, insulation, and contour to the body. Fat helps the body in many different ways: Fat deposits surround and protect organs, such as the kidneys, heart, and liver; Fat balances hormones; A layer of fat beneath the skin, known as subcutaneous fat, insulates the body from environmental temperature changes, thereby preserving body heat; Dietary fat acts as a long-lasting fuel source for low-intensity exercise; Dietary fat provides fat-soluble vitamins and vitamins A, D, E, and K.

According to the 2010 Dietary Guidelines for Americans, adults should restrict total dietary fat intake to 20% to 30% of calories. However, fat quantity is not the only issue. The type of fat also is important. Certain types of fats, such as omega-3s from whole foods (found in nuts, seeds, and oily fish), now are viewed as essential to a healthy diet.

Fat has 9 calories/gram (g), whereas protein and carbohydrate have 4 calories/g. Eating less fat can help you lose weight, because you also eat fewer calories.

Trans Fats have been eliminated from school lunch and less than 10% of total calories come from saturated fat.

Kindergarten Registration

Kindergarten screening will be in June of this year. Please register your child for school if he or she will turn 5 before December 1, 2016.

Please call our Business Office at 696-6206 to complete our census for your children - birth to 5 years. After the Business Office receives the census form, kindergarten registration packets, including information about our kindergarten screening process, will be mailed out in mid-May from the Elementary Office.

Please don't hesitate to contact the elementary office at 696-6212, if you have specific questions about the kindergarten screening process.

Tully Black Knights Athletics

Athletic Schedules can be accessed on line by going to: www.tullyschools.org and clicking on the "Athletics" icon. The link to access schedules is on the athletics home page. Athletic Schedules can also be accessed by going directly to www.schedulegalaxy.com.

2016 Spring Coaching Staff:

Softball Staff

Varsity Head- Denise Abbott
Volunteer- Bill Donald
Modified Head- Jayne Morse

Girls Lacrosse Staff

Varsity Head- Sue Reilly
Varsity Assist- John McCloskey
JH Head- Kaitlyn Stooks

Baseball Staff

Varsity Head- Doug Clay
Volunteer- Gary Malone
Modified Head- Don Mohat
Volunteer- Jason Parker

Boys Lacrosse Staff

Varsity Head- Greg Scott
Varsity Assist- Stew Snyder
Volunteer- Ritch Edinger
JV Head- Dan Longnecker
JV Assist- Pat McNerney
JH Head- Jeff Russell

Track & Field Staff

Varsity Boys Head- Jim Paccia
Varsity Assist- Emily Paccia
Varsity Girls Head- Michelle Rauber
Varsity Assist- Bettemae Russell
Volunteer- Courtne Schult

Tully Area Historical Society

Alumni information/news
can be found on
www.tullyareahistoricalsociety.com

OR

www.tullyschoolalumni.com

MORE ELEMENTARY SCHOOL NEWS...

Symbolism and Storytelling

Fourth graders took a trip around our globe to explore symbolism and oral storytelling traditions. Students learned that symbolism and storytelling are practiced in cultures around the world!

Their journey began in our own backyard at the Onondaga Nation where they read articles and watched videos from the Onondaga Nation Website. We were then off to Mali to learn about how drums are an integral component to the Malian tradition. Along the way, stops were made in Russia and Hawaii to understand that quilters of long ago used quilts to tell the stories of their people. Our final destination was in Central America. Fourth grade student, Merlin Ramirez shared the symbolism on the flag of Guatemala. Students learned the ancient legend of the quetzal bird and its significance to the Mayan culture and Guatemalan people.



Meeting Dates

Meetings are held in the Junior/Senior High School Library at 6:00 pm. Dates, time and location subject to change and additional special meetings to be scheduled on an as needed basis. Check the school website for updates.

- **April 5, 2016**
- **April 18, 2016**
(meeting includes school budget adoption and OCM BOCES vote)
- **May 10, 2016**
(meeting includes budget public hearing)
- **May 17, 2016**
(in addition to the meeting, the budget vote is 6am-9 pm)
- **June 7, 2016**
- **June 20, 2016**

Board Members

**Term expires June 30 of year listed*

2016
Mr. Mark Drumm, President
(315) 696-5958

2017
Mr. James Bertolo, Vice President
(315) 696-8786

2016
Mrs. Denise Cardamone
(315) 696-5599

2018
Mrs. Carrie Edinger
(315) 696-0106

2017
Mr. Steven Pierce
(315) 575-0728

2018
Mr. Matthew VanBeveren
(315) 696-5745

2018
Mr. Edward Wortley, II
(315) 696-8609

2016
Miss Cassidy McGinn
Student Ex Officio Member

Nominating Petitions Available for Board of Education Positions

Two terms of office on the Tully Central School District Board of Education will expire on June 30, 2016. Successors to these offices will be elected for three year terms, effective July 1, 2016 through June 30, 2019 at the annual school district election on May 17, 2016.

Board of Education vacancies are not considered to be separate specific offices. This nominating petition does not describe a specific vacancy for which the designated candidate is being nominated. Each petitioner is considered for a seat on the Board of Education as a whole and not as applicable only to a specific office presently held by a particular individual.

Candidates may be nominated only by petition. Each nominating petition must be filed with the School District Clerk at the Tully Central School District Office, 20 State Street, Tully, NY 13159 no later than 5:00 pm on the thirtieth (30th) day preceding the day of the election at which the candidates nominated are to be elected. With respect to the May 17, 2016 election, petitions must be filed on or before April 18, 2016 no later than 5:00 pm. Each nominating petition must state the name and residence of the candidate and be signed by at least 25 qualified voters of the school district. Each person signing a nominating petition must also state his or her residence. It is good practice to obtain more than 25 signatures.

Under the law a qualified voter is one who is entitled to vote at a school district election. To be entitled to a vote a person must be:

1. A citizen of the United States, and
2. Eighteen years of age, or older, and
3. A resident of the school district for a period of at least thirty days preceding the election at which he or she offers to vote.

Contact the District Office (315) 696-6204 for more information.



Article Submission Guidelines

Welcome to the return of the printed Knight Insight. Many of you have requested your preference for the return to printed issues. We will also continue to put them on the school website.

The next issue will be the May 2016 issue. **Articles are due into the district office by April 8, 2016.** We must keep to the deadline in order to publish each issue in a timely manner. All material is subject to editing. The district has the final decision whether or not to publish an article.

If you would like to submit an article, please email articles to Mary Fisher at the Tully Central School District Office at mfisher@tullyschools.org

If you have any questions, please call (315) 696-6204.

It is requested that all articles be emailed in Word format whenever possible. Please do not capitalize all the words in the article. Please do not insert or embed a picture within the actual Word article. **Pictures should be emailed in JPG format at 300 dpi.**

From the Desk of the Superintendent



Over time, one of the strengths of public education in New York State has been the ongoing State level review of learning standards. Classroom teachers have traditionally been involved in this ongoing review process. But with the adoption of the Common Core Learning Standards, we abandoned this review process relative to our math and ELA learning standards. In my opinion this was a mistake.

Well, good news! This is changing. Beginning this spring and extending into the summer, our Education Commissioner, Mary Ellen Elia, will be convening math and ELA Standards Review Committees, charged with making recommendations for revising our math and ELA learning standards. Classroom teachers will be on these committees. This is certainly a step in the right direction.

There is also more good news! Beginning this year, there will be three specific changes to our 3-8 Assessments. First, each of the 3-8 ELA and Mathematics Tests will be a little shorter. Second, they will be untimed. Third, 3-8 ELA and Mathematics Test results will not count toward teachers' evaluations. Each of these changes should help to make our 3-8 ELA and Mathematics Tests a little less stressful for our students.

Looking forward to next year, there will be one very important additional change relative to the 3-8 Assessments. Specifically, classroom teachers will be involved in the ongoing review of 3-8 ELA and Mathematics Test questions, in much the same way that they have been involved in the ongoing review of Regents Exam questions. Over the years, Regents Exams have proven to be fairly reliable measures of student achievement, partly because the teacher review process ensures that exam questions make sense and that exam questions are properly aligned to curriculum. If done well, the same kind of review process could also ensure that our 3-8 ELA and Mathematics Test questions also make sense and are properly aligned to curriculum.

These four changes represent initial steps in the right direction, in that they create opportunities for ongoing, incremental improvement. Given the positive tone our new Education Commissioner has set, I am optimistic that we will be able to seize these opportunities to do just that.

Robert Hughes, Superintendent of Schools

Email: rhughes@tullyschools.org

Office: 315-696-6204

Tear off and return form to address listed below

2016-2017 Census Data

Tully Central School District, 20 State Street, Tully NY 13159

PARENT/GUARDIAN (with whom children reside):

Adult: _____
 (Last Name) (First Name)

Other Adult: _____
 In household (Last Name) (First Name)

Residence Address: _____
 (Number) (Street)

 (Town) (State / Zip)

Mailing Address: _____
 (if different than residence address)

Telephone: _____
 (Home) (Cell)

CHILDREN IN HOUSEHOLD

(If your child has a disability, please write "pwd" after his/her name.)

Ethnic Code:
 (1) American Indian (2) Black (3) Asian/Oriental (4) Hispanic (5) White

Name (Last/First/Middle Initial)	Male or Female (M or F)	Date of Birth	Ethnic Code	Grade as of 09/16	Relationship of Adult	Relationship of Other Adult

If additional children, please attach sheet with requested information.

Mail or return completed form to:

Business Office, Tully Central Schools, 20 State St, Tully, NY 13159

Phone: (315) 696-6206

TULLY CENTRAL SCHOOLS
20 State Street, Tully NY 13159

Non-Profit Org.
U.S. POSTAGE
PAID
Tully, NY
Permit No. 7



TO: LOCAL POST OFFICE BOXHOLDER
OR RURAL ROUTE PATRON

TULLY CENTRAL SCHOOL EVENTS

April

Fri	1	JH International Club Spring Event	Sat	9	ACT at Tully High School
Sat	2	FFA Central Regional Sub-States at VVS	Friday	15	Junior High Dance 6:30-8:30pm
Mon	4	Junior High Spring Sports Begin	Mon	18	Board of Education Meeting, HS Library, 6pm
Tue	5	Board of Education Meeting, HS Library, 6pm			
Friday	8	Jr/Sr High Report Cards Go Home	Mon-Fri	25-29	No School, Spring Recess