

TAKE ONE FREE

Back to School

What to expect in
the new year

EMERGENCY DOOR



A special section of the **SULLIVAN COUNTY DEMOCRAT**

August 18, 2023 • Callicoon, N.Y. • Section S



Middle school students interact both in and out of the classroom to learn about real food and where it comes from.

A Single Bite aims to expand nutritional education throughout Sullivan County

BY ANTHONY MORGANO

A Single Bite added the Sullivan Catskills Regional Food Hub earlier this summer. The 5,000-square-foot facility in Liberty is the next step in community partnerships to make healthy, local food and nutrition education accessible to more Sullivan County children and their families.

Sullivan County ranks 60th out of the 62 counties in New York for state-wide health rankings. Since 2019, A Single Bite has set out to make a positive impact on the health of Sullivan County.

Their Real Food Initiatives offer

a multi-faceted approach to their cause. This approach includes: Real Food Education, Real Food-Real Futures, Real Family Meals, and Real Food Programs to support schools, food insecure communities, local food pantries and local food producers and growers..

By assuming operations of the Catskills Regional Food Hub, A Single Bite is looking to add local food distribution to their core mission.

Among their goals, expanding their current Family Meal and Education programs, supporting local Farm-to-School efforts, introducing Real Food - Real Futures

and engaging the Sullivan County Food Insecurity Coalition.

Real Food Education works with 750 middle schoolers each year, with a four-session long program that engages, empowers and educates young people to make healthy choices whenever possible.

The first session introduces the concept of “real” food versus processed food and emphasizes to students that they should care about what they eat and where it comes from.

The second session is a visit to a Sullivan County farm to see where “real” food comes from. Students hear from local farmers

and, if possible, plant or harvest food in their local community.

The third session is at one of the Foster Supply Restaurants, where students are treated to a lunch comprised of local foods. They hear from Executive Chefs and General Managers who speak about food sources, preparation, and their experience and passion around food.

The final session is back in the classroom, and offers a “real” food challenge, where students reflect on their experiences and continue the discussion about healthy food choices, focusing on local food systems and opportunities for change.

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Students are offered a few more specially prepared dishes to further expand their palettes and wrap up the program with a challenge to every student to implement small, healthy changes into their everyday lives - A Single Bite at a time.

The Real Futures expansion to this curriculum focuses on helping students find opportunities for meaningful summer employment in a field that interests them.

The new initiative will enable A Single Bite to "stay with" Sullivan County youth after the Real Food Song and Real Food Education programs to help prepare the same students for career and college readiness during their high school years.

Real Futures will provide students with career and college

readiness during their high school years. Collaborating with our community partners, A Single Bite is securing paid internships, apprenticeships, and free mentoring sessions designed to cultivate foodcentric interests, develop leadership, social and professional skills.

Students will have the opportunity to work on farms, in kitchens, with retailers, food producers, distributors, processors and hospitality professionals. Understanding the many possible food-centric jobs that serve and are supported by the business of feeding people will open minds and doors to future opportunities for secure and successful employment.

To learn more or support this nonprofit, visit asinglebite.org or call 845-482-1030.



Students hear from local farmers and, if possible, plant or harvest food in their local communities.

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WELCOME BACK, Students!

Wishing you all a successful and safe school year.



Feel free to reach out if you need any help from the treasurer's office. Leave a message on 845-807-0200 and I will get back to you.

Nancy Buck
Sullivan County Treasurer

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Empowering a Healthier Generation Competition

Sullivan 180's Empowering a Healthier Generation Program has 5 schools competing for awards in the amount of \$75,000 and \$50,000 that will be presented this September.

Participants in the competition include:

- Benjamin Cosor Elementary, Fallsburg
- Livingston Manor Elementary
- Livingston Manor High School
- Cooke Elementary, Monticello
- Sullivan West Elementary

Scan here to learn more!



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Learn More Sullivan180.org

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- Well child care
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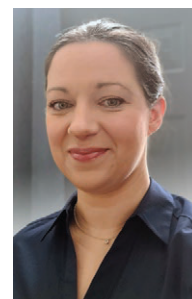
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Our bereavement services are available to all members of the Orange and Sullivan communities, regardless of whether a loved one received hospice care.

To learn more: hospiceoforange.com
845-561-6111



115794

2023 SCHOOL CONTACT INFORMATION

ELDRED

Contact information: Eldred Junior-Senior High School, 600 Route 55, P.O. Box 249, Eldred, NY 12732; 456-1100; fax: 456-1112
George Ross Mackenzie Elementary School, 1045 Proctor Road, P.O. Box 249, Glen Spey, NY 12737; 456-1100; fax: 456-1115
Website: www.eldred.k12.ny.us
Superintendent: Mrs. Traci Ferreira, ferreirat@eldred.k12.ny.us
School Counselor: Kim Gueren, JSHS
Grades: Pre-K -12
Registration: Forms are available to complete online. Call 456-1100 ext. 5143 to make an appointment.
Registration: By appointment; call 456-1100 ext. 5180
Starting date: Tuesday, September 5
Hours: High School: 7:30 a.m. – 2:05 p.m.; Elementary School; 8:25 a.m. – 3 p.m.

FALLSBURG

Contact information: Fallsburg Junior Senior High School, 115 Brickman Road, P.O. Box 124, Fallsburg, NY 12733; 434-6800; fax: 434-0168
Benjamin Cosor Elementary School, 15 Old Falls Road, P.O. Box 123, Fallsburg, NY 12733; 434-6800; fax: 434-0871
Website: www.fallsburgcsd.net
Superintendent: Dr. Ivan Katz, ikatz@fallsburgcsd.net; Superintendent's Secretary's email: ssatz@fallsburgcsd.net
School Counselor: Junior/Senior HS: Joe Levner, 434-6800 ext 2249, Sonja VanDyke 434-6800 ext 2209, Meryl Giarrizzo, 434-6800 ext 2210. Elementary: Gayle Raskin, 434-4110 ext. 3258, Jillian Guerra 434-4110 ext. 3123
Director of PPS: Leighanne Russell 434-6800 ext 1273
Grades: Pre-K-12
Registration: Forms are available through the Fallsburg website, or can be picked up at the central registration office.
Starting date: Wednesday, September 6
Hours: High School: 7:56 a.m. to

2:38 p.m., Elementary School: 9:00 a.m. to 3:45 p.m.

LIBERTY

Contact information: Liberty Central School District Office, 115 Buckley St., Liberty, NY 12754; 292-6990; fax: 292-1164
Liberty High School, 125 Buckley St., Liberty, NY 12754; 292-5400, Main office ext 2000; fax: 292-7262
Liberty Middle School, 145 Buckley St., Liberty, NY 12754; 292-5400, Main Office ext 2300; fax: 292-5691
Liberty Elementary School, 201 N. Main Street, Liberty, NY 12754; 292-5400, Main Office ext 2030; fax: 295-9201
Superintendent: Dr. Patrick Sullivan, psullivan@libertyk12.org; Secretary to Superintendent & District Clerk, Tania DeFrank, tdefrank@libertyk12.org, 292-6990
School Counselor: Sheila Wormuth, Guidance Director, swormuth@libertyk12.org, 845-292-5400 ext. 2034
Website: www.libertyk12.org
Grades: Pre-K-12
Registration: Contact the school or visit the district website for detailed instructions.
Starting date: Thursday, September 7
Hours: District Office: 7:30 a.m. – 4:30 p.m.; High School: 8:05 a.m. – 2:57 p.m.; Middle School: 8:05 a.m. – 2:57 p.m.; Elementary School: 8:05 a.m. – 2:40 p.m.

LIVINGSTON MANOR

Contact information: Central School, 19 School St., P.O. Box 947, Livingston Manor, NY 12758; 439-4400; fax: 439-4717
Superintendent: John P. Evans, john.evans@lmcs.us
School Counselor: Chris Towsley (HS) christian.towsley@lmcs.us Meagan Edwards (PK - 8) meagan.edwards@lmcs.us
Website: www.lmcs.k12.ny.us
Grades: Pre-K-12
Registration: Enrollment appointment cards must be filled out which you obtain through the attendance office or via online. All forms must be completely filled out

before scheduling an appointment in the Guidance Office. Call 845-439-4400 ext 1213 to schedule an appointment.

Starting date: Thursday, September 7
Hours: 8 a.m. to 3 p.m.

MONTICELLO

Contact information: Administrative Office, 60 Jefferson Street, Suite 3, Monticello, NY 12701; 794-7700 fax: 794-7710
Monticello High School, 39 Breakey Ave., Monticello, NY 12701; (845) 794-8840; fax: 794-8133
Robert J. Kaiser Middle School, 45 Breakey Ave., Monticello, NY 12701; 796-3058 ; fax: 796-3099
Kenneth L. Rutherford Elementary School, 26 Patricia Place, Monticello, NY 12701; 794-4240; fax: 794-5137
George L. Cooke Elementary School, 69 Richardson Ave., Monticello, NY 12701; 794-8830; fax: 794-8854
Emma C. Chase Elementary School, 28 Pennsylvania Ave., Wurtsboro, NY 12790; 888-2471; fax: 888-2029
Superintendent: Matthew T. Evans, Ed.D., 794-7700 ext. 70910, superintendent@k12mcsd.net
School Counselor: Pupil Personnel Department, 22 St. John St., Monticello, NY 12701; (845) 794-0128 ext. 78910; fax: 845-796-5098
Lead Guidance Counselor: 39 Breakey Ave., Monticello, NY 12701; (845) 794-8840; fax: 845-794-8133
Website: www.monticelloschools.net
Grades: K-12
Registration: Registration is done by appointment only at 22 St. John St., Monticello, NY 12701. Call district registrar and schedule appointment, 845-794-0128, ext. 78905 or email registrar@k12mcsd.net.
Starting date: Thursday, September 7
Hours: High School: 7:09 a.m. – 2:15 p.m.; R.J. Kaiser Middle School: 7:09 a.m. – 2:15 p.m.; Chase Elementary School: 9:25 a.m. – 3:34 p.m.; Cooke Elementary School:

9:25 a.m. – 3:34 p.m.; Rutherford Elementary School: 9:25 a.m. – 3:34 p.m.

ROSCOE

Contact information: 6 Academy St., P.O. Box 429, Roscoe, NY 12776; (607)-498-4126; fax: (607)-498-6015

Superintendent: John Evans, jevans@roscoe.k12.org
School Counselor: Guidance Counselor: Kelly Hendrickson
School Social Worker: Shannon Genovese
Website: www.roscoe.k12.ny.us
Grades: Pre-K-12
Registration: Registration packets must be completed prior to an appointment. To schedule an appointment, call 607-498-4126 ext 6236.
Starting date: Thursday, September 7
Hours: 7:40 a.m. -2:40 p.m.

SULLIVAN WEST

Contact info: District Office, 33 Schoolhouse Road, Jeffersonville, NY 12748; 845-482-4610 Ext. 2141; Fax 845-482-3022
Sullivan West Middle/High School, 6604 State Route 52, Lake Huntington, NY 12752; 845-932-8401, Main Office Ext. 1100; Fax: 845-932-8425
Sullivan West Elementary School, 33 Schoolhouse Road, Jeffersonville, NY 12748; 845-482-4610, Ext. 2158; Fax: 845-482-9883
Superintendent: Kathleen Bressler, Ed.D., 845-482-4610 Ext. 3000, bresslerkat@swcsd.org
School Psychologist: Sheri Parucki, Director of Student Services; Elementary School: Virginia Kassay, Social Worker, Kayla O'Dell, Social Worker, Maureen Casey-Bryant, School Counselor
Middle/High School Counselors: Daniel Welton; Kristine Carroll; Amanda Mall
Social Workers: Rachel VanTuyll
Website: www.swcsd.org
Grades: Sullivan West Elementary, Pre-K-6; Middle School 7-8; High School 9-12
Registration: A registration form

can be found online through Sullivan West's website. Please complete the online form then follow the steps through the website.

Starting Date: Thursday, September 7

Hours: Sullivan West Middle/High School: 7:35 AM – 2:22 PM, Sullivan West Elementary School: 8:50 AM – 3:27 PM

Please visit www.swcsd.org for more information and communications from the Superintendent.

SULLIVAN BOCES

Contact information:

15 Sullivan Avenue, Suite 1W, Liberty, NY 12754

Phone: (845) 295-4000

Fax: (845) 292-8694

Email: info@scboces.org

Website: www.scboces.org

TRI-VALLEY

Contact information: Tri-Valley Elementary School, 34 Moore Hill Road, Grahamsville, NY 12740; 985-2296; fax: 985-0046

Tri-Valley Secondary School, 34 Moore Hill Road, Grahamsville, NY 12740; 985-2296; fax: 985-7903

Superintendent: Erin Long, 845-985-2296 ext 5101, ErinLong@trivalleycsd.org

School Counselor: Danielle Cornish, Director of Pupil Personnel Services, 845-985-2296, ext. 5516, daniellecornish@trivalleycsd.org

Website: www.trivalleycsd.org

Grades: Pre-K-12

Registration: Call for appointment, 985-2296, ext 5405

Starting date: Thursday, September 7

Hours: 8:03 a.m. to 2:50 p.m.

WAYNE HIGHLANDS

Contact information: Central Office, 474 Grove Street, Honesdale, PA 18431; (570) 253-4661; Fax: (570) 253-9409

Honesdale High School, 459 Terrace Street, Honesdale, PA 18431; (570) 253-2046; Fax: (570) 253-1502

Wayne Highlands Middle School, 482 Grove Street, Honesdale, PA 18431; (570) 253-5900; Fax: (570) 253-5259

Lakeside Elementary School, 129 Lakeside Drive, Honesdale, PA 18431; (570) 253-6820; Fax: (570) 253-6826

Damascus School, 174 High School Road, Damascus, PA 18415; (570) 224-4114; Fax: (570) 224-4997

Preston School, 1493 Crosstown Highway, Lakewood, PA 18439; (570) 798-2516; Fax: (570) 798-2677

Stourbridge Primary Center, 123 ABC Drive, Honesdale, PA 18431; (570) 253-3010; Fax: (570) 253-3236

Website: www.whsdk12.com

Email: Visit website for directory

Administration: District Superintendent Gregory Frigoletto, gfrigoletto@whsdk12.com;

Assistant Superintendent Timothy Morgan, tmorgan@whsdk12.com

Grades: High School (Grades 9-12), the Wayne Highlands Middle School (Grades 6-8), the Preston School (Grades K-8), the Damascus School (Grades PreK-8), the Stourbridge Primary Center (Grades K-2), and the Lakeside School (Grades 3-5).

Start date: Monday, August 28

Hours: Approximately 8 a.m.-3 p.m.





Let's go!

BY ANTHONY VALLONE, CHIEF RECRUITING OFFICER, ROLLING V BUS CORP.

September 2023 is coming quick. Parents and people that work within the school community all have similar feelings of excitement, anxieties and apprehensions. The anxieties and apprehensions are relieved a bit through proper preparation and planning. At Rolling V, we rely on our seasoned team of drivers, bus aides training staff, Shop Techs and all levels of management in partnership with school personnel who provide us with current rosters, bell times and other details that may affect the transportation program each day.

Of course, the cornerstone of the entire operation is the well-prepared bus driver and bus aide. While we are blessed to have a seasoned team, many of our people are new to the game having risen to the challenge by responding to our marketing campaigns post pandemic. As in any industry these days, the push to recruit qualified candidates is ongoing.

Driving a bus is not only driving a big yellow bus with 50 to 60 kids onboard. While there certainly are such challenging positions, the greater number of roles that need to get filled at Rolling V are van drivers transporting special needs students locally and sometimes out of town to specialized schools. Most of these routes are assigned bus aides as part of particular students Individual Education plan – otherwise known as an IEP. The bus aides handle the needs of the children during transport – allowing the driver to concentrate on the actual transport. In addition to the roles of big bus drivers, and van drivers and aides, there are High School sports trip drivers. Being a sports trip driver is a great role for a retiree or someone looking to simply get out of the house for 4 – 6 hours during the week. Athletes competing after school locally in all the typical HS sports, accompanied by their Coaching Staff allows for one of the

most stress-free driving positions in the School Bus community. One location pick-up, drive to the destination, watch a couple of hours of the game then reverse – travel back to school safe and sound.

All of this said, most driving candidates begin as bus aides. Sometimes recruits fill these roles as a means to generate personal cash flow while they are in training, others are current employees that want to bring their responsibility level and earning power to the next level. Either way, the opportunities are available.

The Rolling V Training program is well oiled. The class room portion prepares recruits for the CDL written test given at the local DMV. Once the permit tests are passed the recruit gets hooked up with a

The Rolling V Training program is well oiled.

The class room portion prepares recruits for the CDL written test given at the local DMV.

Behind the Wheel Trainer (BWT). The BWT process is low pressure and time tested. The next step is the NYSDMV Road Test. Rolling V is fortunate to have been approved as a State certified Road Test site right on our property in Liberty. Once complete, the orientation process gets you ready for the ultimate challenge and puts you on the front-line of the education process! The Transportation Team starts and ends the student's day. A Professional transportation team recognizes their value in the educational process.

If everyone in the chain of participation in the students lives recognizes their duty and is prepared accordingly, the stress, anxiety and any apprehensions are minimized. Good luck to a successful school year!

TEST YOUR CHILD FOR LEAD POISONING

Do you know where lead is hiding?

Most children get lead poisoning from lead-based paint found in homes built before 1978, however lead can also be found in:

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- Imported cosmetics
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- cosméticos importados
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Sullivan County Department of Public Health
Servicios de salud pública del condado de Sullivan
Liberty, NY 12754

What to do before going back to school

CONTRIBUTED BY
SULLIVAN COUNTY BOCES

As we approach the end of summer, students, parents, and school staff alike are starting to prepare to return to school. Opening day for students will be on Sept. 5 for Eldred CSD, Sept. 6 for Fallsburg CSD, and Sept. 7 for the remaining Sullivan County school districts and BOCES.

As parents plan for the new school year, they should check their mail, email, and designated school communication platforms periodically, as districts typically send back-to-school informational packets before the start of the school year.

It is also essential to provide your school district with your current phone, cellphone, and email address. Correct contact information allows the district to communicate information, changes, and events with parents and guardians. Bookmarking the school's website and following them on social media is also helpful in obtaining quick access to the district's latest information.

School districts also encourage parents to schedule their child's physicals early, as it may be challenging to get an appointment before the beginning of the new school year. Parents can also contact the Sullivan County Public Health Nursing Service at (845) 292-5910 to inquire about vaccine clinics if they do not have a pediatrician.

Establishing a good relationship between teachers and parents from the beginning of the school year sets a strong founda-

tion for the student, which will positively impact their academic performance. When teachers and parents communicate, they can

better understand what works for their students, where they are in their learning, what they are struggling with, and how they can get

the extra help they need. Creating a link between home and school can also help address any behavior problems at an early stage.

Make school attendance a priority for your child. Talk to them about the importance of daily attendance in every class and how it helps their learning.

The Sullivan County school districts and Sullivan BOCES are prepared to embrace, engage and empower our students throughout the 2023-2024 school year.

The following tips will help families prepare for the 2023-2024 school year and eliminate unnecessary stress for parents and students.

1. Start bedtime routines early to help your child return to school sleeping patterns.
2. Remove mobile devices from bedrooms so your child falls asleep at a reasonable time.
3. Talk with your child about what they can look forward to when school begins and review pertinent back-to-school informational items.
4. Use a calendar – your child will be better prepared if they can visually see when school starts, extracurricular activities are scheduled, and view important dates throughout the school year.
5. Pick a date to do your back-to-school shopping. When children choose their clothes, school supplies, backpack, or lunchbox, it increases their excitement about returning to school and using the new items.
6. Talk about homework and your expectations – set your guidelines so your child understands when and where you want them to do their homework and what you expect from them during school.
7. Refresh your rules for screen time – what is allowed and when.
8. Encourage your child to prepare for school by laying out clothes and packing their backpack the night before.
9. Establish a backup transportation plan in case your child misses the bus.
10. Plan for after-school childcare or supervision.

Being prepared will help your child start school feeling excited and ready to learn.

BASED ON THE TRUE STORY

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To learn more about our commitment to providing safe transportation for the children in our community, visit rolling.com/parent-portal

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