

## **JANUARY 2024**

## WORD OF THE MONTH: Integrity

"Integrity gives you real freedom because you have nothing to fear since you have nothing to hide." -Zig Ziglar

## A Note from our Principal

Happy New Year! I hope the winter break provided much needed relaxation and that everyone is excited and energized for the possibilities that lie ahead in 2024.

As we dive into January, I wanted to share some important information. Later this month, our focus will be on preparing our students for the upcoming New York State Assessments. We will be engaging in computer-based testing simulations to ensure our students are comfortable and confident during the actual assessments in the spring.

Your support and collaboration in this process are invaluable, and I am confident that together, we will create a positive and encouraging testing environment for our students.

Wishing you all a fantastic start to the 2024 year, full of growth and success!

-Mrs. Karlson RTS Principal

Important Dates:
JAN 1-2- NO SCHOOL - WINTER RECESS
JAN 15- DR. MARTIN LUTHER KING JR. DAY- NO
SCHOOL- BUILDINGS CLOSED
JAN 17- BOE MEETING 6PM
JAN 24- SV TEACHERS VS HARLEM WIZARDS 7PM
JAN 26- 2ND QUARTER ENDS
FEB 1- 2 HOUR DELAY FOR STUDENTS

## **GUIDANCE NEWS!**

The 2nd quarter ends on January 26th, and report cards will be mailed out on February 2, 2024. Please contact the Guidance Office with any questions or concerns regarding your student at (607) 775-9132.



School will be closed on Monday, January 15th, in observance of Dr. Martin Luther King, Jr. Day. Our Holiday Senior Citizen luncheon was another huge success! Student volunteers, diners, teachers and staff alike had a festive and pleasant luncheon to socialize with friends and neighbors. A huge THANK YOU to our Student Council, RTS Chorus, and 8th Grade Peer Leaders for their contributions on December 19th!!









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	Menu

100% Juice 100% Juice   NY Milk NY Milk   Lunch Lunch   Popcorn Chicken Ham & Cheese Melt on a Pretzel Bun   Wheat Dinner Roll NY Pasta Fagioli   Mashed Potatoes Glazed Carrots   Fresh NY Apple or Chilled Mixed Fruit Oven Baked Crinkle Cut Fries   NY Milk 100% Juice	led Mixed Fruit Assorted Fresh	1 No School No School	Grab & Go Alternate Hot OptionsDaily Breakfast OptionsM: CheeseburgerCereal w/ Muffin TopT: Pizza2 Muffin TopsW: Chicken PattySaber Breakfast SandwichF: PizzaF: Pizza
100% Juice NY Milk <i>Lunch</i> "Brunch at Lunch" French Toast Sticks Sausage Patty Potato Tots Veggie Cruncher Cup w/ Hummus/Dip Baby Carrots Baby Carrots Fresh Orange or Chilled Mixed Fruit	Lunch Boneless Chicken Wings Corn Bread Poppers Veggie Cruncher Cup w/ Hummus/Dip Baby Carrots Fresh Orange or Chilled Mixed Fruit 100% Juice NY Milk Bagel Breakfast Pizza Assorted Fresh Fruit or Chilled Mixed Fn	2 Breakfast Bacon Scramble Breakfast Pizza Assorted Fresh Fruit or Chilled Mixed Fruit 100% Juice NY Milk	Daily Lunch Options NY Yogurt Meal w/Homemade Granola PB& J Sandwich w/ mozzarella string cheese Assorted Deli Sandwiches / Subs / Wraps (Turkey, Ham, Tuna) Packaged Salads (Tossed or Chef)
100% Juice NY Milk <i>Lunch</i> Chicken and Veggie Lo Mein Garlic Bread Stick Steamed Broccoli NY Apple NY Concord Grape Apple Juice NY Milk	NY Buffalo Chi Fresh Cel NY Conco Assorted Fresh I	3 Breokfast 4 French Toast Sticks it Assorted Fresh Fruit or Chilled Mixed Fruit 100% Juice NY Milk	¢.
100% Juice NY Milk <i>Lunch</i> Stuffed Crust Pizza Garden Salad w/ Chickpeas Garden Salad w/ Chickpeas Assorted Fresh and Chilled Mixed Fruit NY Milk	Wild M Garden Assorted Fresh Saber B	5 Breakfast Saber Breakfast Croissant Sandwich Assorted Fresh Fruit or Chilled Mixed Fruit 100% Juice NY Milk	

29 Breakfast 29 Mini Pancakes Cinn Assorted Fresh Fruit or Chilled Mixed Fruit 100% Juice 10 NY Milk 10 Chicken Patty on a Kaiser Sweet Potato Crinkle Cut Fries Steamed Mixed Vegetables NY Apple or Chilled Mixed Fruit 10 NY Milk 10	22 Breakfast 22 Ecudel Assorted Fresh Fruit or Chilled Mixed Fruit 100% Juice 10 NY Milk Assorted Fresh Fru 10 NY Milk NY Beef Chicken Nuggets Oven Baked Mashed Potatoes Chilled Mashed Carrots Chilled NY Apple or Chilled Mixed Fruit 10 NY Milk 10	No School Br Assorted Fresh Fru 10 N Cheesebu Sweet Potat Gre 10 NY Apple or ( 10 N
30 Breakfast Cinnamon Bun Assorted Fresh Fruit or Chilled Mixed Fruit 100% Juice NY Milk NY Taco Salad w/ assorted toppings Taco Seasoned Rice Corn Chilled Mixed Fruit 100% Juice NY Milk	23 Breakfast Breakfast Breads Assorted Fresh Fruit or Chilled Mixed Fruit 100% Juice NY Milk Uunch NY Beef Meatball Sub Oven Baked Crinkle Cut Fries Steamed Mixed Fruit 100% Juice NY Milk	Breakfast Mini Stuffed Bagels Assorted Fresh Fruit or Chilled Mixed Fruit 100% Juice NY Milk Cheeseburger on a Kaiser Sweet Potato Crinkle Cut Fries Green Beans NY Apple or Chilled Mixed Fruit 100% Juice NY Milk
31 Breakfast Bacon Scramble Breakfast Pizza Assorted Fresh Fruit or Chilled Mixed Fruit 100% Juice NY Milk <i>Lunch</i> Mini Corn Dogs Macaroni & Cheese Veggie Cruncher Cup w/ Hummus/Dip Baby Carrots Fresh Orange or Chilled Mixed Fruit 100% Juice NY Milk	24 Breakfast Bagel Breakfast Pizza Assorted Fresh Fruit or Chilled Mixed Fruit 100% Juice NY Milk Grilled Cheese Sandwich Tomato Soup Veggie Cruncher Cup w/ Hummus/Dip Baby Carrots Fresh Banana or Chilled Mixed Fruit 100% Juice NY Milk	Breakfast Bacon Scramble Breakfast Pizza Assorted Fresh Fruit or Chilled Mixed Fruit 100% Juice NY Milk Lunch Chicken Solidie, on a Hot Dog Roll Salt Potatoes Veggie Cruncher Cup w/ Hummus/Dip Baby Carrots Fresh Banana or Chilled Mixed Fruit 100% Juice NY Milk
	25 Breakfast Snack n Waffles Assorted Fresh Fruit or Chilled Mixed Fruit 100% Juice NY Milk Pasta with NY Meat Sauce Garlic Bread Stick Steamed NY Green Peas NY Applesauce Cup NY Concord Grape Apple Juice NY Milk	Breakfast French Toast Sticks Assorted Fresh Fruit or Chilled Mixed Fruit 100% Juice Lunch Breaded Mozzarella Sticks w/ Dipping Sauce Side of Pasta w/ Sauce Fresh Cucumbers w/ Dip Chilled Mixed Fruit NY Concord Grape Apple Juice NY Milk
	26 Breakfast Saber Breakfast Sandwich Assorted Fresh Fruit or Chilled Mixed Fruit 100% Juice NY Milk Lunch Mardones Cheese or Pepperoni Pizza Garden Salad w/ Chickpeas Assorted Fresh and Chilled Mixed Fruit NY Milk	Breakfast Saber Breakfast Croissant Sandwich Assorted Fresh Fruit or Chilled Mixed Fruit 100% Juice NY Milk Home Made Cheese or Pepperoni Pizza w/ NY Mozzarella Garden Salad w/ Chikpeas Assorted Fresh and Chilled Mixed Fruit NY Milk