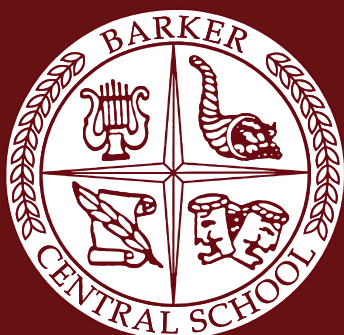


To be a leader in bringing out the best in each individual in our community.

December 2024 - Volume 40 No. 2

The Banner



Great Start to 2024-2025 School Year



(L-R): Elizabeth Samson looks on as Madilyn Detschner calls out her senior field hockey teammates at the homecoming pep assembly.

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The official website and source for
Barker Central School District news and information:
www.barkercsd.net

A MESSAGE FROM YOUR SUPERINTENDENT

Dear Barker Learning Community,

It is amazing another year is about to turn the clock and we will officially see 2025. It seems like just yesterday we were all worried about Y2K and it has now be a quarter century since then!

I don't know about all of you, but I am truly looking forward to the upcoming holiday season and spending time with family and friends. I hope you are able to do the same and enjoy the festivities.



This edition of *The Banner* is chock full of great things going on around our campus. And there sure have been a lot of great things! Our new multi-purpose field is in full swing, the changes to our parking and traffic patterns have taken hold, and we are now deep into renovations on the inside of the building. We will be completing work on the inside over the next 9 months with the majority of work set to be completed by the start of the school year in September. Our timeline of work has certain areas of the renovations being completed at different times throughout the rest of this school year, with the first of these areas hopefully being completed in late February. These upgrades are just the first steps in bringing our entire facility up to par for us to continue providing the best possible education we can for our students and community.

Our Facilities Committee (Tom Mallon, Jon Dewart, Francine Ware, Alexandra Fuerch, Todd Sukdolak, and Board members Randy Atwater, Emily Gow, and Deanna Carnes) and the entire Board of Education have been continuing the discussion related to our facilities over the summer and fall. After a great amount of discussion, the Facilities Committee recommended bringing another project to the voters for approval in the amount of \$14,000,000. And, at a special meeting held on November 26th, the Board of Education approved a vote for this work to take place on January 14, 2025.

This new project, if approved by the voters, would continue the work started two years ago and see additional improvements to our campus. Nearly all of these improvements would be to the school building and would include, but not be limited to, renovating a large number of classrooms, hallways, windows, increase available emergency power to most of the campus, replace our public address system, fix emerging issues related to brickwork around the building, and replace our aging athletic track.

If this work is approved by the voters, nearly 75% of our entire building will have been renovated since 2022. This work is all sorely needed as the spaces being renovated have not been touched in more than 40 years in some places. This work would ensure our students have a learning environment that is as good as possible to learn well into the future.

Take a good look at the proposed work that is shown on the following pages within the Banner for greater understanding of the proposed work. Also, please try to attend one of the informational meetings we will hold about this work on January 2, 2025, or January 6, 2025 to hear more about the proposed work. Each of these informational sessions will be held in the elementary cafetorium at 7:00 PM.

I wish each and every one in our community the best as the new year rolls around. Please stay safe and healthy.

Sincerely,

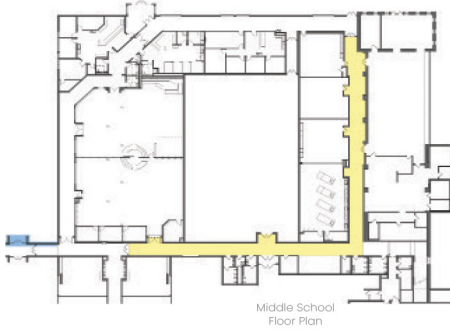
Jacob L. Reimer, Ed.D.
Superintendent of Schools

Jr.-Sr. High School

- Classroom Renovations
- Exterior Window Replacement
- Indoor Door Replacement
- Select Corridor Replacement

RENOVATION LEGEND

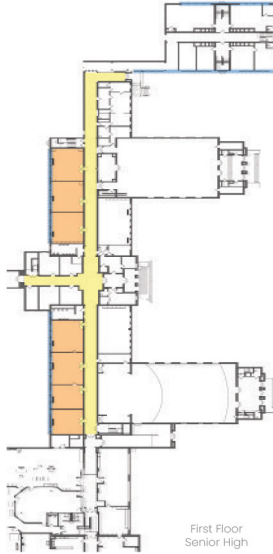
- Light Renovation
- Medium Renovation
- Heavy Renovation
- Exterior Refurbishment



Existing Corridor



Existing Windows

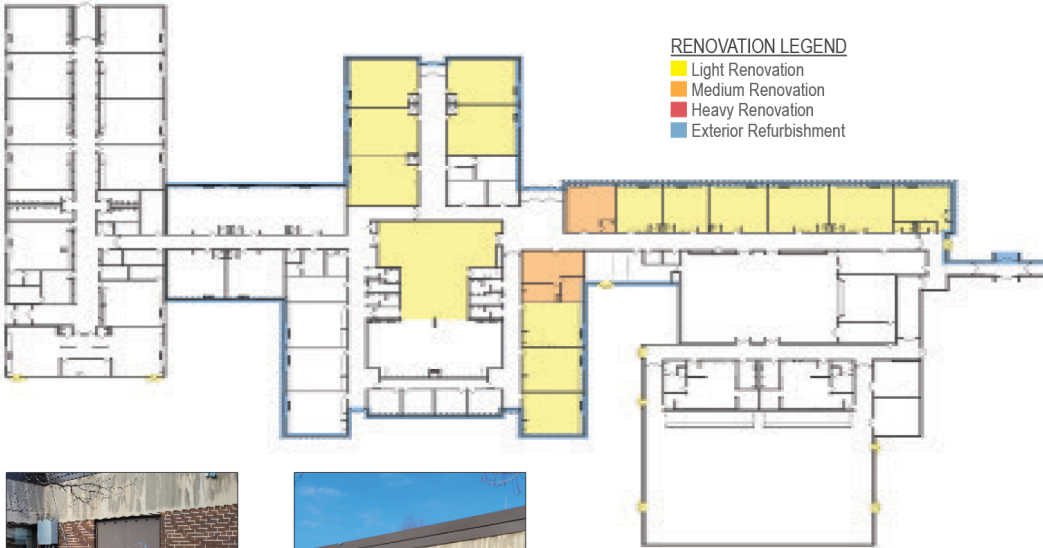


Elementary School

- Classroom Renovations
- Exterior Door Replacement
- Exterior Masonry and Precast Panel Repair

RENOVATION LEGEND

- Light Renovation
- Medium Renovation
- Heavy Renovation
- Exterior Refurbishment



Replace Existing Doors



Existing Precast & Masonry

Site Plan

- Track Refurbishment



District Wide

- Refresh Track
- Flush & Test Sprinkler System
- Dedicated Generator for Central & Elementary Building
- Install Exit Lights & Emergency Egress Lighting
- Replace Pa System Head-End & Upgrades

Project Timeline

2025	2026
VOTE January	Bid/Award February
Design February-July	Construction Begins April
Submit to SED August-January	Construction Complete December

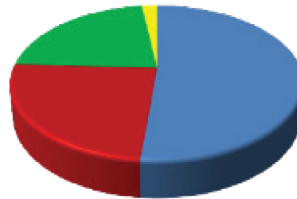
Breakdown of Funding & Project Scope

NO ADDITIONAL LOCAL SCHOOL TAX IMPACT

80.7% State Aid Funding

Budgeted funds for annual capital work will be used for future principal and interest payments.

Bond	\$11,300,000
Capital Reserve Fund	\$2,700,000
Project Total	\$14,000,000



- Educational Enhancement
- Asset Preservation
- Health & Safety
- Athletics

Questions & Answers

Q. What is a Capital Project?

A. Our District inspects its property regularly, working with an architect to maintain a five-year capital improvement plan. Some issues require immediate attention, while other repairs and upgrades can be spread out over time. This is done in much the same way a homeowner plans to fund major repairs, such as a roof. For school districts, this is called a "Capital Project". To further encourage schools to maintain or improve their facilities, NY State Education Department (SED) reimburses districts through "Building Aid" for capital projects. NY State Education Department pays a percentage of capital project costs, and the district pays the balance known as "Local Share".

Q. Will this project complete our capital improvement needs?

A. No. Our buildings are aging and our facility requirements, like your home, will require on-going updates to meet our needs.

Barker facilities host hundreds of people every day. Students, staff and visitors walking on our floors, opening and closing lockers, doors and windows, playing in our gyms, eating in our cafeterias, driving and parking on our roads and in our lots, and playing on our athletic fields. Normal wear and tear and the effects of time have taken their toll on our buildings and grounds.

Acting with fiscal responsibility, we wish to minimize the cost to our taxpayers, while maintaining safe, healthy and appropriate facilities and learning environments for our students, staff, and community.



**Tuesday
January 14, 2025**

12pm - 8pm

Junior/Senior High School
Auditorium

PUBLIC INFORMATION SESSIONS

01

Thursday

December 19, 2024

7 pm

Elementary School Cafetorium

02

Thursday

January 2, 2025

7 pm

Elementary School Cafetorium

03

Monday

January 6, 2025

7 pm

Elementary School Cafetorium

FROM THE DESK OF MR. CARTER

Hello Barker Learning Community. We want to take this time to update everyone on a few important budget and operations items.

Tax collection officially closed as of October 31st. If a property tax bill went unpaid, that bill will be levied on the January 2025 county tax bill.

We are also in the starting stages of developing our 2025-2026 school budget. This involves working closely with our Budget Advisory Committee over the next several months. Our members include Board of Education members Randy Atwater (President), John Sweeney Jr. (Vice President) and Deanna Carnes, as well as community members Ted Dauphinee, Tammy Mallon, Ruth King, and Chris Walsh. We will be doing regular updates on the budget development process at our monthly Board of Education meetings. Information regarding Board meeting dates and budget development can be found on the District website under the Business Office and Board of Education sections.

New York State has recently completed a study on how it allocates Foundation Aid funding to school districts. Foundation Aid funding is the largest source of revenue for many districts, including Barker. While New York State has not yet made any final decisions regarding changes to allocation, we are closely monitoring this development as it could have a significant impact on our budget development. More information on the study can be found via the following website: rockinst.org/foundation-aid-study

Please reach out to the Business Office if you have any questions.

Sincerely,

Michael Carter
Business Administrator
mcarter@barkerksd.net



CONNECT LIFE BLOOD DRIVE A HUGE SUCCESS

The Connect Life blood drive on October 2nd set a Barker record with 28 donations. That translates to 84 lives saved. Donors helped to earn a \$500 scholarship for one of our deserving seniors in June. Thank you to all who participated and made the drive a huge success.

The next blood drive will take place on Wednesday, January 15th from 11:00 AM - 4:00 PM. All January donors will receive an exclusive Buffalo Bills bag. There are several ways to make an appointment. Details are in the graphic below. For more information, please contact Mrs. Melissa Phillips or Mrs. Mary Dudek.

To make an appointment:

Scan the QR code, call ConnectLife at 716.529.4270 OR visit ConnectLifeGiveBlood.org & enter sponsor code: 002072

Students - contact Mrs. Phillips at mphilips@barkerksd.net or Mrs. Dudek at mdudek@barkerksd.net.

Your blood drive helped save the lives of **84** local patients.

Thank you for making an **IMPACT** in so many lives.

ConnectLife
Blood & Organ Donor Network



FROM THE DESK OF MR. CORNWELL

Happy Holidays from the Office of Curriculum and Professional Development! Hopefully this update finds you enjoying the holiday season with family and friends.

On Friday, October 11th the District held a staff development day for our teachers and staff. During this day, our various academic departments spent time analyzing and developing action plans on the student-based data goals that they are working on. These goals are based on the Strategic Plan for Barker CSD. This work is being led by our department chairpersons. In addition to the data focus, our elementary teachers attended an information session on the Science of Reading literacy initiative that New York State recently launched. Our secondary teachers attended an informational

session on proposed changes to graduation measures in New York State. All our faculty members were informed of an initiative that Barker CSD is taking part in along with other school districts in the region plus the Niagara County Department of Health.

On Monday November 4, 2024, the New York State Department of Education issued a new document that outlines a timeline for the new graduation measures to take effect in NYS. The Department's implementation plan, shaped by feedback from both the public and members of the state's education communities, ensures a comprehensive understanding of the needs and perspectives of various stakeholders and serves as a road map for executing the four transformations that stem from the 12 recommendations outlined in the November 2023 Blue Ribbon Commission on Graduation Measures Report.

Key elements of the plan include:

- Implementation of Four Transformations: The strategy is designed to responsibly and effectively implement the four key transformations: adopting the New York State Portrait of a Graduate, redefining credits to focus on proficiency, sunsetting diploma assessment requirements, and moving to one diploma.
- Phased Approach: The plan features a structured timeline consisting of a planning year followed by three distinct phases for implementation.
- Enhanced Stakeholder Engagement: The state is committed to incorporating additional opportunities for stakeholder feedback throughout the process.
- Focus on Planning and Professional Development: The plan allocates time for thorough planning, professional learning opportunities, and clear communication among all participants.

This approach ensures a collaborative and well-supported implementation of the recommendations for our school communities. To ensure that the proposed changes are implemented effectively, this plan adopts an intentional phased approach that allows for thorough planning, professional learning opportunities, and valuable stakeholder feedback as the state transitions from our current system.

For more information regarding these changes please visit the NYS Education Department website and click on the Featured Story entitled "NY Inspires: A Plan to Transform Education in New York State."

Finally, please remember to visit the Barker CSD website and complete the Student Digital Resources form for our current school year. The District will be collecting this important information until January 21, 2025.

If you have any questions regarding your child's educational program, or the instructional program of our school, don't hesitate to reach out to me. You can email me at ccornwell@barkerbsd.net, or reach me by phone at 716-795-3388.

Yours in education,
Christian Cornwell
Coordinator of Curriculum & Professional Learning/AP
ccornwell@barkerbsd.net
716-795-3388

FROM THE DESK OF MR. LEARO

As we approach the midpoint of the school year, I would like to share some of the great work we are doing here at Barker.

Barker has joined a Trauma, Illness & Grief (TIG) consortium comprised of districts in Orleans and Niagara counties. Our TIG Team went through an intensive 5-day training this summer consisting of:

- Session 1: Grief & Loss
- Session 2: Trauma
- Session 3: Chronic & Acute Illness
- Session 4: Suicide Risk & Assessment
- Session 5: Threat Assessment
- Session 6: Implementation
- School Violence
- Commemoration & Memorialization
- Critical Incident Stress Management (CISM)



What is TIG?

TIG is a comprehensive training and crisis response network for K-12 education and beyond. The program model trains networks of school-based professionals to meet the holistic needs of students and equips them with evidence-based crisis response skills, resources and ongoing technical support to help students and adults cope with trauma, violence, illness, death and grief in the school setting. The goal of TIG is to strengthen and grow our districts capacity to prepare to have appropriate support for students and staff in place to help minimize risk for crisis, respond more effectively and efficiently, and recover quickly by promoting healthy recovery strategies in the event of a traumatic incident. The Orleans/Niagara Consortium teams are linked to one another for support, and also with the resources of the entire consortium, along with Orleans and Niagara counties resources. The TIG Consortium provides and receives back-up TIG support whenever a response plan exceeds the impacted district's resources.

TIG's Mission:

To promote well-being in naturally occurring areas of connection by building capacity among professional and natural helpers to effectively respond to needs that may arise from experiences of trauma, illness, and grief.

What is the purpose of the District TIG Team?

The purpose of the District TIG Team is to facilitate and assist with the systematic response to tragedy and crisis within the district. Membership is comprised of district staff members who have completed the comprehensive 5-day TIG training. Children are affected more than we might assume by major and minor losses. Traumatic events and serious illnesses or deaths of family members or friends, as well as members of their school family can have a profound impact on these young lives. Even tragic community events, not directly experienced by a child, can leave an indelible mark. Grieving children are more likely to struggle in school, and experience symptoms of depression, anxiety, and social withdrawal. In recognition of this reality the Barker Central School District has made a commitment to providing needed support for those who experienced trauma, illness, or grief.

What is a crisis that could affect the school community?

A crisis can be an unpredictable, tragic event or situation that the potential to cause a state of upset and disorganization. Crises can happen before, during or after school and on or off school campus. Crises range in scope and intensity from incidents that directly or indirectly affect a single student to ones that impact the entire community. In essence, a crisis is a situation where schools could be faced with inadequate information, not enough time, and insufficient resources, but in which district leaders, in collaboration with the District Crisis

Team and the TIG Team must make one or many crucial decisions. Some examples are severe, chronic or life-threatening illness of a student, staff member or family member; death of a student, staff member or significant person to a student or staff member; traumatic event, suicide, serious accident, fire, violent school intrusion, community/national/world crisis event or natural disaster.

“Students carry much more to school than lunch and a backpack; working together can lighten their load” – National Association of School Psychologists

Thank you all for your continued support of our District and our students. If you have any questions regarding the TIG Team or the information shared above, please don't hesitate to reach out to me.

Mark Learo
Director of Instructional Services/AP
mlearo@barkerccd.net
716-795-3350



(L-R): Chief Jon Miller, Officer Bill Nagel.

SRO CORNER

Greetings to the Barker Central School Community.

It's that time of year again where the leaves are almost done dropping from the trees and being replaced by freezing rain and snow. As we progress into the winter months we would like to remind everyone to please drive safely, and appropriately to meet the weather and road conditions as they frequently can change this time of year.

Please be cautious when you drive into the student drop off and pick up lot off Quaker Rd. Remember it's a double laned loop while you are waiting, and to be courteous as you merge into one lane to drop off and pick up your children.

As always, remember that if you see something or hear something that doesn't sound quite right to please report. If you have any questions or concerns please feel free to contact us at 716-255-0503.



Happy Holidays from all your Barker School SRO's.



FROM THE DESK OF DR. LOVE

Dear Barker Central School Community,

As we approach the holiday season, I wanted to take a moment to reflect on the successes and milestones we've reached this fall and share some exciting updates and upcoming events for our students and families. It's been a busy and productive time at Barker Central School District, and I'm grateful for the continued support and involvement of our entire community.



We kicked off the year with a fantastic Homecoming celebration that brought our students, staff, and families together. From dress-up days and pep rallies to the parade, games, and dance, it was truly a celebration of Barker pride. I want to extend my heartfelt thanks to the Student Council, class officers, advisors, staff, families, and local organizations such as the Somerset Police Department and Barker Fire Department for making this event so special. It's moments like these that remind us all of the strong sense of community we share.

This year, we've also introduced a revamped Student of the Month program. Focused on recognizing students who exemplify the values from our District's Strategic Plan, this new initiative allows teachers, department teams, and staff from all areas of the school to nominate students who embody our core principles. I'd like to thank the Grain House for generously donating pizza for the students and the PTO and Barker Lions Club for providing "Be a Bulldog" t-shirts for our honorees. It's always a joy to celebrate our students in meaningful ways.

As we moved into the Thanksgiving season, we embraced the spirit of giving through multiple food and gift drives. Pratt Elementary hosted its annual "Boat Load of Good" food drive for the local pantry, while the Junior High and High School Student Councils collected food and turkey donations. Additionally, the EClub organized an Operation Christmas Child gift drive, and our own Barker Holiday Gift Drive will help spread cheer during the holiday season. We are proud of how our students and families continue to demonstrate generosity, showing the true heart of our community.

Pratt Elementary celebrated the end of Trimester 1 with a series of fun events. These include a live concert by Glenn Colton, the Holiday Follies competition, dress-up days, and Breakfast with Santa—with a live performance from our talented High School dance class. These events provided a wonderful opportunity for students to be a part of an audience, participate in friendly competition, and celebrate all of the successes and hard work from the first trimester.

I also want to update you on our ongoing efforts to gather feedback from our community regarding the Code of Conduct, specifically around our cell phone and dress code policies. We recently conducted a survey to gather input from students, staff, and parents, and we are carefully reviewing the responses. The majority of participants preferred to keep the current policies in place, though there were valuable suggestions for adjustments, particularly concerning cell phone use and dress code flexibility. We are forming a committee made up of students, parents, staff, and Board members to further explore these suggestions and ensure that any changes we make align with the needs of our students while maintaining a safe and equitable learning environment. Your voice matters, and we will continue to involve stakeholders as we move forward with this important work.

Looking ahead to January, our High School students will be preparing for the mid-year Regents Exams. In the spring, our students in grades 3-8 will participate in the NYS ELA and Math Exams, and our 5th and 8th graders will take the NYS Science Exam. These exams are an important part of their academic journey, and we are confident they will continue to rise to the challenge. We know our students are prepared, and we will continue

to support them as they approach these assessments.

Finally, I want to thank all of our parents, staff, and community members for your continued partnership in supporting our students. We could not do this important work without you. As we enter the holiday season, I encourage you to take time to reflect on all that we've accomplished together and enjoy the moments of joy and connection with your families.

Wishing you all a wonderful holiday season!

Sincerely,
Micaela M. Love, Ed.D.
mlove@barkerksd.net
716-795-3832

101 Dalmations cast of characters (Middle, L-R): Mr. Learo (Horace), Dr. Love (Cruella de Vil) and Mr. Cornwell (Jasper) with the Pratt Elementary staff as the dalmations at the Pratt Elementary Halloween assembly.



AFS EXCHANGE STUDENT AT BCS

Barker High School has joined AFS-USA in bringing the world to students, teachers and community through inviting an exchange student sponsored by the U.S. Department of State to Barker High School during the 2024-2025 school year. Barker has earned a medallion because Qiessa Alwani from Indonesia is part of the YES Program.



The Kennedy-Lugar Youth Exchange and Study Program (YES) was initiated in 2002 to build bridges between Americans and people in countries of strategic importance. This program includes scholarships for U.S. high school students to study abroad and for students from countries such as Indonesia, Ghana, Mozambique, and Thailand to be part of U.S. schools for the academic year.

"This medallion should be seen as a symbol of both recognition and pride as it marks a decision that Barker has made to expose our students to diverse cultures, attitudes, beliefs, and languages helping them be life-ready no matter where their next steps take them," stated Jill Woerner, Senior Director of Education and Outreach to Schools AFS Intercultural Programs – USA.

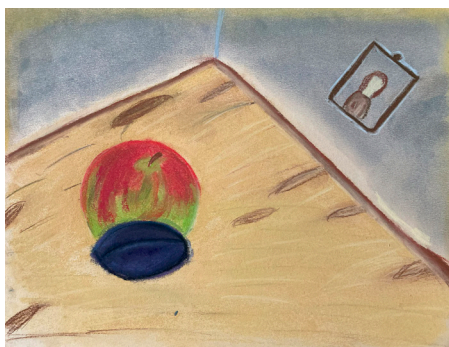


Qiessa Alwani displays an apple she used in a drawing in Ms. Feltz's HS art Drawing class. See her artwork on page 12.

In the spring, a certificate will be presented to Barker HS as another gesture of gratitude.

HIGHLIGHTING STUDENT ARTWORK

High School student artwork from 2024-2025 school year.



(Clockwise from upper left): **Kylie Lemise** - Blotted Ink Drawing and Watercolor. **Sara Meza Ray** - Drawing. **Madison Stephan** drawing in courtyard. Turn to page 32 to view her drawing. **Mariela Canales Reyes** - Botanical Drawing. **Peyton Bradley** - Blotted Ink Drawing Watercolor. **Jillian Fisk** - Blotted Ink Drawing. **Qinessa Alwani** - Drawing. **Logan Wagner** - Painting.



SNAPSHOTS FROM THE 2024-2025 SCHOOL YEAR

The first four months of the school year provided many fun and exciting events and activities for the students at Barker Central School. Community service projects, Homecoming, Halloween, Thanksgiving, winter concerts and spirit weeks were just a few of the many highlights that have taken place this school year.



(Clockwise from upper left and L-R): The Barker HS Dance Class performs a Halloween routine. Logan Flint and Leo Volkosh present their Literary Pumpkins. The 5th & 6th grade chorus performs at the Pratt Halloween assembly. Ariane Watts photo bombs Adalyn Snell, Erinn Lanighan and Isabella Becker at the junior high Halloween dance. The 5th & 6th grade band plays at the Halloween assembly.

HIGH PRAISE FOR MUSIC STUDENTS

The Barker music program has already had a successful year. In addition to the high school fall concert, Elementary Halloween assembly, and the three holiday concerts December 11-13, our students have been busy with musical honors outside of school.

On October 26th and 27th, five Barker students: Alexis Dauphinee, Shelby Dauphinee, Connor Dwyer, Sahara Holland and Julia Kalynycz, were selected to perform in the third annual Buffalo State College High School Honor Choir.

Olivia Voss and Addisyn Weller were selected to perform in the Jr. High Area All-State Treble Choir on November 1st and 2nd at Akron Central School. This was the first of three NYSSMA events for which students are selected based on last year's NYSSMA Solo Festival Scores.

On Sunday, November 10th, Alexis Dauphinee, Shelby Dauphinee, Chloe Duchow, Connor Dwyer and Isabella Gatto performed for the Barker Veteran's Day dinner.

The Sr. High Area All-State festival was held on November 22nd and 23rd at SUNY Fredonia. Naomi Bish and Alexis Dauphinee were selected for the Treble Chorus and Riley Marciszewski was selected for the Concert Band, playing Baritone.

Receiving an especially high honor was Julia Kalynycz (pictured top right). Julia was selected for the Conference All-State Mixed Chorus. This is the highest level of selection in the state. Julia spent December 5-8 in Rochester learning and performing with students from all over New York. She is the third Barker student to receive this honor in 15 years and, because of it, she is eligible for the Eastern Division Honors Ensembles held in Connecticut.

On December 14th forty-three students in grades 5-12 performed at the NCMEA solo festival at Lockport High School in hopes of gaining membership to the 2025 All-County Ensembles.

Congratulations to all of our phenomenal students for so much wonderful work!

*(Top-Bottom and L-R): **Julia Kalynycz** was selected for the Conference All-State Mixed Chorus. **Olivia Voss** and **Addisyn Weller** were members of the Jr. High Area All-State Treble Choir. **Alexis Dauphinee** and **Naomi Bish** were selected for the Sr. High Area All-State Treble Choir while **Riley Marciszewski** played Baritone in the Sr. High Area All-State Concert Band.*





HONORS PASS RECEPTIONS

High honors pass receptions took place on Friday, September 20th and Wednesday, December 11th to recognize students in grades 9-12 for their achievement of being on the High Honor Roll (95% and higher). The program was started last spring as a new student-driven initiative that was implemented for students in Grades 9-12 and will continue again this year.

41 students were invited to a Cookies in the Courtyard celebration in September and 50 students attended the Lollipops in the Library event in December during their lunch or lunch study hall where they received their honors pass and further instructions on using the pass for special school privileges. First quarter recipients were based on their quarter 4 averages from last year. Second quarter recognition was based on the current school year's 1st quarter.

(Top-bottom and L-R): Summer Duchow, Evangeline Harris and Meghan Mallon attended Cookies in the Courtyard.



6TH GRADERS CONSTRUCT MONTHLY CRAFTS

In September, Pratt Elementary 6th graders enjoyed making paper plate Bulldogs to promote being Bulldog Brave. As the oldest grade level in the Elementary, they made one for each classroom to encourage their younger counterparts to do the same. Below right, Chase Worrells, Jacob Linkowski, Jason Li, Eddy Roessler, Bryce Remington, Logan Sera work on Bulldog Brave project.

A weaved place mat was their November craft that displayed what they were thankful for. These were designed to be a centerpiece on their family's dinner table. Below left, Kian Baker, Marshal Demonico, Ally Douville, Nora Gow, Layla Kempf assemble their Thanksgiving place mats.



In October, the students made swirled pumpkins that they could keep for themselves or give to someone special. December's project was making ornaments.

(Top-bottom and clockwise from lower left): Kian Baker, Marshal Demonico, Alexandria Douville, Elanor Gow and Layla Kempf assemble their Thanksgiving place mats. Chase Worrells, Jacob Linkowski, Jason Li, Edward Roessler, Bryce Remington and Logan Sera work on Bulldog Brave project.

SEWARD WINS LIONS CLUB POSTER CONTEST

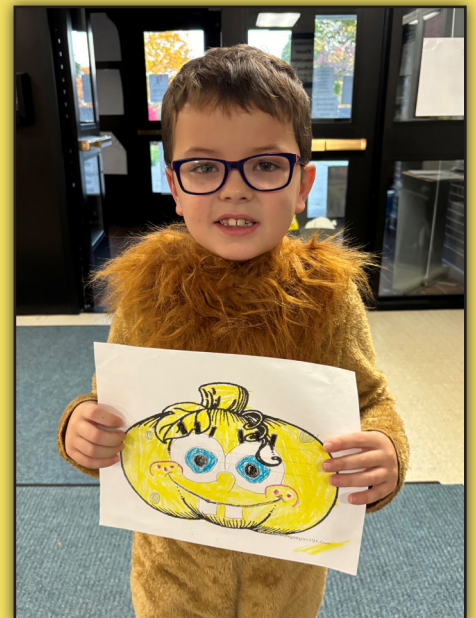
The annual Lions Club Peace Poster Contest winner was recently selected. Lions Club member and Barker Jr.-Sr. High School science teacher, Mr. Joel Strong presented prizes to Pratt Elementary School 6th grader Tessa Seward for her winning entry.



JR. HS STUDENT COUNCIL COLORING CONTEST WINNERS

The Barker Junior High Student Council sponsored it's annual pumpkin coloring contest and recognized the winning entries of the following Pratt Elementary students (Pictured below L-R):

- Maxon Luczak - 4th Grade
- Levi Luckman - Kindergarten
- Naomi Wrobel - 1st Grade
- Cameron Kinne - 3rd Grade
- Tessa Seward - 6th Grade
- Avery Snell - 5th Grade
- Benson Wagner - PreK
- Hank Williams - 2nd Grade



PRATT STUDENTS SELECTED AS FINALISTS IN UNITED WAY CONTEST



Six Pratt Elementary School students were selected as finalists in the United Way of Greater Niagara's drawing contest. Congratulations to Emma Benham, Olivia Clyde, Felicity Hames, Amelia Linkowski, Adeline Wahl, and Jakob Wahl on their submissions. Adeline Wahl's drawing was selected as the winner.

(Above and L-R pictured with Dr. Love and Mrs. Phillips): **Amelia Linkowski, Olivia Clyde, Adeline Wahl, and Jakob Wahl**, were finalists in the United Way of Greater Niagara's 2024 Drawing Contest. Not pictured: **Emma Benham, Felicity Hames**. **Adeline Wahl's** drawing received the most online votes.

THANKSGIVING DAY PARADE COMPLETE WITH BALLOONS

Pratt Elementary 2nd graders have learned about the history of the Macy's Thanksgiving Day parade, the engineering process required to create the parade balloons, and about the extraordinary work behind the scenes that leads to the big event. Prior to the Thanksgiving break, the students put their creations on display in the annual 2nd grade Thanksgiving parade which made it's way through the Elementary and Jr.-Sr. High School buildings.



(L-R): **Sutton Kleitz, Samantha Bigelow, Quinn Bernard and Trevor Vaughn** lead the Thanksgiving parade. **Preston Hangartner and Aubrie Schwab** display their balloon creations.



SENIOR CLASS COMMUNITY SERVICE

On October 9th, twenty-seven students from Mrs. Monaco's Participation in Government class took part in a community service field trip to Golden Hill State Park. The students assisted in winterizing the park by raking, weeding, picking up acorns, and deadheading flowers. Students also walked the trails on site, collected pine boughs, and helped to construct a large wreath for the park's annual Christmas at the Lighthouse celebration.



The students learned about the history of the property including the 30 Mile Point Lighthouse and the Drake House. Many thanks to Park Manager Renee Campbell and the rest of the crew at Golden Hill State Park for making this a worthwhile and enjoyable experience.

Students, not pictured, who helped prepare the site for the Christmas at the Lighthouse event included: Noah Buyea, Ayame Crenshaw, Alexis Dauphinee, Shelby Dauphinee, Owen Donovan, Summer Duchow, Evangeline Harris, Meghan Mallon, Trevor Mietlowksi, Jake Munn, Wyatt Payne, Noah Sandolini and Eliza Young.



(Top to Bottom, Clockwise from upper left): Mariela Canales Reyes, Daniela Salazar-Chavez, Jasmin Reyes Farias, Ella Taylor, and Sahara Holland work on constructing a large wreath. (L-R): Qiessa Alwani, Isaac Monaco, Elizabeth Samson, Ryan Fisk, Mikala Woock, Michael Kalynycz, Nathan Popovich, Tristen Garcia, Caleb Alexander, Dakota Mandaville and Kyla Drake take a break from raking and clean up. Kyle Rounds and Augustino Ciraoilo participated in the Water for South Sudan walk.

WATER FOR SOUTH SUDAN

After reading the book, "A Long Walk To Water," Mrs. Dudek's 7th grade ELA students participated in the Water for South Sudan project. The book chronicles the many challenges faced by Nya, a young girl in South Sudan who walked 16 miles everyday for water. The water they drink in South Sudan is muddy and very contaminated water. The students walked the track with weights to have a better understanding of what it was like to walk the distance carrying the water.





DONATIONS A PLENTY

In September, Barker Central School participated in the Huddle for Hunger with FeedMore WNY and contributed to the over 31,000 pounds of nonperishable food donations benefiting FeedMore WNY and its 400 hunger-relief agencies and programs in Chautauqua, Cattaraugus, Erie and Niagara Counties. Students were asked to bring food donations to their first period classrooms/homerooms for an official donation count. Food was then moved to the barrels that were provided. Barker was able to completely fill the 3 barrels received, weighing in at 665 pounds.

Winners of the internal challenge for a donut party were Mrs. Dudek's class in the Jr.-Sr. High and Mrs. Mocarski's class in the Elementary. Junior High Student Council assisted with the collection and movement of the donations.



The annual Pratt Elementary Boat Load of Good food collection took place in November. Each day was a different theme, suggesting specific categories of goods brought in for collection.

The final total was 900 items collected. Grade 4 was the big winner as they won all 5 days of the competition and walked away with \$125 in Tops and Amazon gift cards, compliments of the Barker PTO, who sponsored the Boat Load of Good Grade Level Contest.

Also in November, the High School once again participated in the annual Turkey Challenge where clubs, teams, groups and individuals donated \$10 turkeys for a total of \$1,165 to surpass last years total of \$1,120. Donations were received included: Cross Country, the Barker Support Staff Union, BTU, Conservation Club, Varsity Club, Golf, GSA, EClub, Tennis, AFS, Junior High Student Council, International Club, Class of 2027 and Field Hockey.

(Top-bottom and L-R): Savannah Kelsey, Alexis Carges, Isabella Becker and Liam Sherwin assisted with the Huddle for Hunger. Liam Garcia, Jackson Dunkelberger and Madelene Carpenter help out with a Boat Load of Good. The Turkey Challenge board was posted outside the high school library.



ECLUB SPREADS ANNUAL HOLIDAY CHEER AND PROVIDES COMMUNITY SERVICE SUPPORT

EClub Jr.-Sr. High members participated in Operation Christmas Child again this year. This outreach program collects shoebox gifts-filled with fun toys, school supplies and hygiene items and delivers them to children in need around the world. "I feel really great knowing that kids across the world get to open Christmas presents that I helped out with," stated EClub member Kaya Lloyd.

The generous donations from EClub members and their families, community members and the faculty and staff at Barker Central School helped EClub members successfully make 38 gift-filled shoeboxes and raise \$200.00! Kenzie Rose shared, "I feel good that I get to help others."

EClub participated in community service at the PAWS Animal Shelter in Albion and the Babcock House on Lake Road in the Town of Somerset. EClub members helped clean different parts of the shelter and also spent time with the cats and dogs. "I wanted to go to PAWs Animal Shelter to help and spend time with animals. I think community service is important because it helps others," maintained Madison Stephan.

At the Babcock House the club assisted with decorating for the Victorian Christmas event. "I volunteered because it is a fun thing to do with friends. Leah and I helped decorate the kitchen in the Babcock House for Christmas," said Lauren Zglinicki. "More people should come to the Babcock House to see the historic background and to learn more about it!"

Leah Witkop mentioned, "I volunteered to help decorate because every year it is so much fun and just calm. Lauren and I decorated the kitchen by hanging up garlands and wreaths, along with decorating the chandelier. I had a lot of fun like always!"



(Top to bottom and L-R): Lauren Zglinicki and Leah Witkop decorate for Christmas. EClub members display their Operation Christmas Child boxes: Rebecca Thering, Eva Kelsey, Jillian Fisk, Kaya Lloyd, Hailey Dodge, Nicholas Heidemann, Kaylee Stoll, Gabriel Nestoros, Madison Stephan, Qiessa Alwani.

PHOTOGRAPHY CLUB VISITS ERIE CANAL



Photography Club students took a trip to Lockport to take photos along the picturesque Erie Canal and have dinner at Reid's. Piper Brinson commented, "My favorite part of the trip was getting to look at beautiful nature and animals, and having fun with friends."

When asked what her favorite photo was that she took Kaya Lloyd replied, "I can't pick favorites but I think the photo of Hailey kneeling on the rock is very funny. I like the photos I got of birds flying because I think they look very cool. I had an awesome time!"

(Counter clockwise from upper left) Piper Brinson on the Murphy Way bridge near Reid's. Rebecca Thering preps for the shot while Kaya Lloyd and Hailey Dodge watch the subject. Sal Brinson shows an image he captured.



Student Artwork (L-R): Leah Witkop - Blotted Ink Drawing Painting. Lauren Zglinicki - Blotted Ink Drawing Painting.



NATIONAL GUARD CHALLENGE

On November 7th and 8th the National Guard visited Barker High School and brought along an inflatable course for the students to navigate. In addition to SSG Louis Chraston talking to the students about the United States Army, students participated in push up and plank challenges. Winners over the two days were:

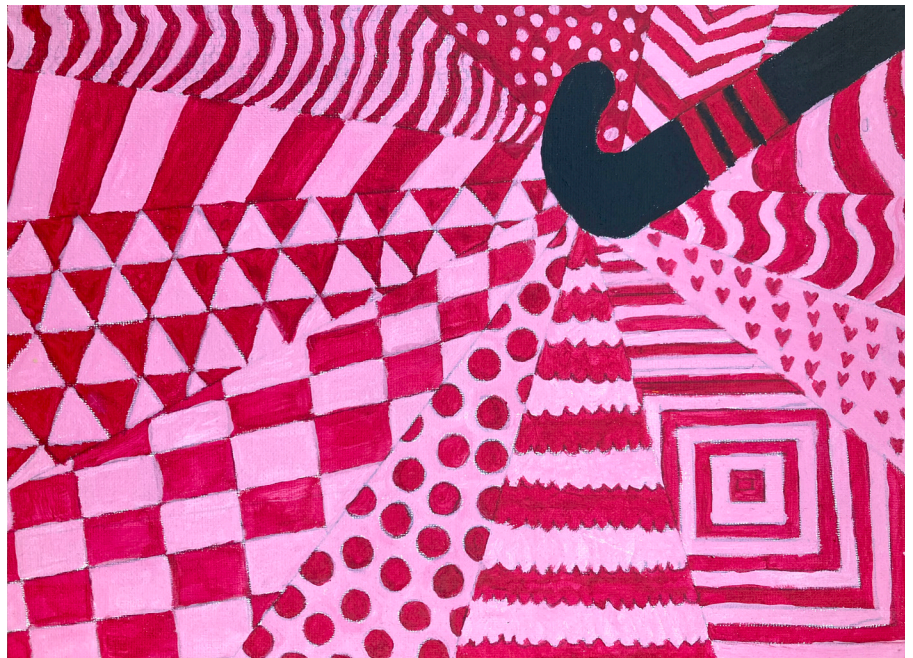
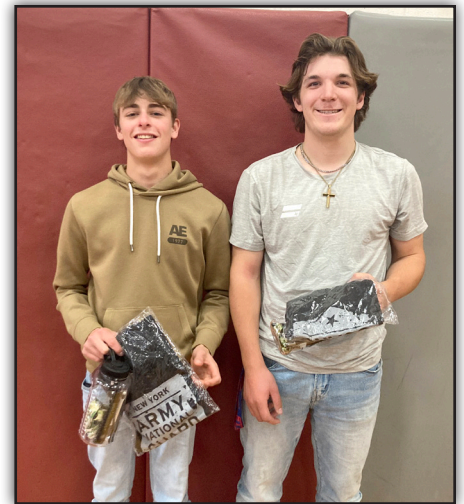
Push Up Challenge:

- Day 1, Male: Noah Sandolfini - 80
- Day 1, Female: Mikala Woock - 45
- Day 2, Male: Luke Fay - 130
- Day 2, Female: Jordan Kinne - 50

Plank Challenge:

- Day 1, Male: Jackson Hauser - 6:22
- Day 1, Female: Kaylee Stoll - 4:16
- Day 2, Male: Jack Schwab - 10:03
- Day 2, Female: Mariela Canales - 6:39

(Upper left, top to bottom and L-R):
Luke Fay. Jackson Hauser, Noah Sandolfini. Mikala Woock, Kaylee Stoll, Mariela Canales Reyes. Ashton Ark - Blotted Ink Watercolor Painting. Milayna May - Painting.



THE SPORTS PAGE

The fall sports season produced 1 championship team, 4 Niagara-Orleans League 1st Team All Leaguers and 5 scholar-athlete teams.



Niagara-Orleans League, 1st Team All-League:

- Madilyn Detschner - Field Hockey
- Gabriel Nestoros - Cross Country
- Madelina Pavlock - Field Hockey
- Peyton Wagner - Cross Country
- Mikala Woock - Cross Country

Scholar-Athlete Teams:

- Boys Cross Country
- Girls Cross Country
- Field Hockey
- Golf
- Girls Soccer



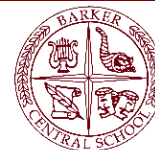
Follow Barker Bulldogs Athletics on X: @BarkerBulldogs
Visit the Barker website for more Athletics information: www.barkerbsd.net/athletics
To view the Athletes of the Week, visit www.barkerbsd.net/aotw



2024 N-O League Undefeated (12-0) Boys Cross Country Champions (Front, L-R): Head Coach Paul DerSarkissian, Oscar Dergel, Owen Harris, Carson Marvin, Luke Fay, Peyton Wagner, Isaac Monaco, Samuel Liuzzi, Matthew Meza Ray, Assistant Coach Sharon Lamb. **(Back, L-R):** Riley Marciszewski, Logan Wagner, Matthew Jordan, Dominic Cimato, Lucas Nestoros, Gabriel Nestoros, Grayson Prynn, Daniel Goodwin, Jackson Prynn, Sabatino Ciraolo.



Community Education Program Winter 2025 Classes



Please register by January 10, 2025

to ensure that your class is not canceled due to low enrollment.

Most classes begin January 13th and conclude by the mid-March.

No Classes: Jan. 20, 29, February 17-21, April 14-21

Online Registration: Community Ed has an online platform for its registration and payment processing which started last semester. Check the website for more information and to register at: www.barkercsd.net/adulted. If you have any questions about registering or need assistance, please contact Mary Eadie at meadie@barkercsd.net or 716-795-3110. We understand computers and ability to connect may be an issue for some which we are happy to help with.

As so many classes are social occasions, the new platform has a friends and family registration component available which will enable one person to easily register their family members and circle of friends with just a click to participate in a class together. Even better, you are able to register for as many classes as you or they'd like at the same time. Registration can be done on a computer or, if you are on the go, your phone.

As up to date class information is important, the Instructors and the Community Ed Director will now be able to communicate with the participants through email in a timely manner. Discounts, credits, class information will all be provided through the platform quick and easy.

If you have any questions about using CourseStorm and/or registering please contact Mary Eadie at: 716-795-3110 or meadie@barkercsd.net and she will be happy to help you.

**To Register - Go to: Barkercsd.net/adulted or
Go to Barkercsd.net, click on *District* section, then *Community Ed* and follow the links.
Class changes, updates, and a calendar can be found there too.**

Community Programs

Community Band	High School Band Room	Mondays, 7:00 – 9:00 PM
The Barker Community Band has been performing music in Barker and neighboring communities for over 40 years. This ensemble makes appearances at charity events, churches, parks and schools. It is a year-round course and is open to anyone with a background in instrumental music. Questions – contact Marcia Frost at rmfrost88@yahoo.com		
Contact: Marcia Frost	Free but participants must be registered.	
AARP Smart Driver	High School Cafeteria Double Door Entrance #51	Saturday, March 22, 2025 10:00 AM – 4:30 PM
This AARP Smart Driver™ Course includes a focus on areas where drivers could benefit from additional training. Any age driver is welcome to participate. A minimum of 15 people are required to hold this class. Participants of the course may qualify for a discount on their automobile insurance and for a 3-point reduction on their driver's license for any points previously accrued for moving violations. <u>Check with your insurance provider for specifics.</u> To received reduced cost, registration must include AARP #.		
Instructor: Dick Pattison	Cost: \$30.00 AARP Members / \$35.00 Non-Members. (No Senior Discount)	

Regular In-House Classes/Programs

Basketball	New Location Elementary Gym	Starts January 15	Mondays & Wednesdays, 7:00 – 9:00 PM No Classes 1/20, 1/29, 2/17, 2/19
Competitive basketball for the recent and not-so-recent player. A congenial atmosphere is maintained to ensure that all participants have an enjoyable evening. No instruction will be provided.			
Sorry, adults only, No STUDENTS, and you must be registered to participate.			
Instructor: Jared Morgan	\$50.00 (Seniors \$25.00)		8 weeks
Body Sculpting	Elementary Gym	New Start Date January 28	Tuesdays & Thursdays, 7:45 - 8:45 PM No Classes 2/18 & 20
This fast-paced class will help you strengthen, tone and shape your body. Following the interval training concept, low impact movements are alternated with weight-bearing exercises to challenge and meet your fitness goals. You will need a mat and weights. Trisha is a certified and experienced fitness instructor.			
Instructor: Trisha M. Hook	\$50.00 (Seniors \$25.00)		8 weeks
Ceramics	Room 183 High School Art Room	Classes: February 27, March 6, 13, 20	Thursdays, 6:00 - 8:00 PM
Create functional and decorative pieces with a variety of hand-building techniques. Class is for beginners. No experience is necessary and all skill levels are welcome.			
There is a separate \$25 lab fee (no Senior discount for Lab fee) for materials to be paid with registration.			
Instructor: Krista Beth Feltz	\$30.00 (Seniors \$15.00) Class Fee + Lab of \$25		4 weeks
Cookie Time! New!!	High School Cafeteria	March 10	Monday, 5:30 - 7:30 PM
Are you a cookie monster or know someone who is? If so, plan to have share a few hours with other cookie enthusiasts and have a fun time decorating cookies for yourself or to share! The Cookie Cottage in Wilson will bring six pre-made cookies for you to use your imagination on to decorate. Bring an apron and be ready to learn different techniques, tips and tricks make your own personalized, beautiful, delicious cookies. It is a class guaranteed to make you smile and leave you with a treat!			
Instructor: Christine Hannam	\$17.00 (No Senior Discount)		1 Day
Crochet For All Skill Levels	Room 183 High School Art Room	Starts January 27	Mondays, 6:30 – 8:00 PM No classes 1/20, 2/17
Twisted and hooked! For experienced and beginners. Learn the basic steps in crocheting and how to read a pattern to create your own special treasures! Each class will cover different parts of crocheting. We will discuss additional materials you will need to buy for a specific project that you could make during the remainder of classes if you so choose. You will need to bring a skein of medium yarn and an “H” hook to start.			
Instructor: Demerise Eadie	\$40.00 (Seniors \$20.00)		8 weeks
Family/Lap Swim	Pool High School	Starts January 27	Mondays & Wednesdays, 6:30 – 7:30 PM No Classes 1/29, 2/10, 2/17, 2/19
Family or individual swim time. An area will be designated for lap swimming. Please note if you will lap swim, family swim, or both when registering. Family Swim must register each participant – one cost per family for family swim.			
Parents must accompany students and stay in the pool area at all times.			
Staff Lifeguards	\$50.00 (\$25.00 Seniors)		8 weeks

Greeting Card Class	Room 183 (Art Room) January 30, February 13 Room 240 (HS Chem. Room) Feb. 27, Mar. 13, 27	Thursdays, 6:00 – 8:00 PM Classes: Jan. 30, Feb. 13, 27, Mar. 13, 27
Do you enjoy stamping, coloring and scrapbooking but don't have the time to do large projects? Come join us and make greeting cards! Each week we will demonstrate cards using stamping, coloring with Copic markers, watercolor, embossing and more. We provide all of the materials to make 5 complete cards with envelopes. You will need to bring a tape/dot runner with refills or a bottle of liquid glue. Dot runners may be purchased at Walmart or any large craft store. Lab Fee: \$13 per class for materials, pay at class, no discount for lab fees		
Instructor: Mary Kersch	\$30.00 (Seniors \$15.00)	5 weeks
Hall Walking	Starts January 13	Mondays – Thursdays, 6:00 – 8:00 PM No Walking 1/20, 1/29, 2/17-21
What better way to exercise than walking! Come walk with us in the halls of Barker Central School. Please wear comfortable clothing and good walking shoes or sneakers. You may bring a water bottle, or water fountains are available. This exercise is designed for all ages and levels. Coat hooks are available by Room 161 near the art rooms with the skylights. If you bring your child(ren) to walk, they must be with you at all times. Hall walkers must be registered and sign-in each night at the High School south side entrance.		
No Instructor	Free	8 weeks
Knitting: For All Skill Levels	Room 183 High School Art Room	Starts January 21 Tuesdays, 6:00 – 8:00 PM No Class 2/18
Learn the creative and fun activity of knitting! This class is for experienced and beginner knitting. Each week will focus on a different topic, including tools, stitches, patterns and history. You will need to bring a pair of single-point knitting needles and a skein of yarn (any size will do for this first practice session). We will discuss additional materials you will need to buy for a specific project that you will make during the remainder of classes.		
Instructor: Karen Davis	\$45.00 (Seniors \$22.50)	8 weeks
Medicare 101: Understanding Your Options	High School Cafeteria	May 20 Tuesday 6:00 – 7:30 PM
Medicare is Confusing! What are Parts A, B, C & D? When do I have to enroll? What will I pay? What is a Medicare Advantage Plan? What is a Medicare Supplement Plan? What about late enrollment penalties, Extra Help, EPIC or Medicare Savings Programs? What kind of plans might work best for me? This class will help people understand how the federal Medicare program works and provide a general overview of the variety Medicare insurance options available to beneficiaries. Jason Myers is the owner of JBM Health & Wealth Consulting, LLC.		
Instructor: Jason Myers	Free – you must register to attend.	1 Day
Quilting: Peaceful Dreams!	Room 183 High School Art Room	March 22 Saturday 9:00 AM – 3:00 PM
Sleep tight on hand-made pillow cases you will make that will become a family heirloom. Join Janice and friends and enjoy the day quilting and maybe share some of your sewing memories and/or tips too. It will be a fun and relaxing day to also share ideas between other quilters of all levels of experience as you work on a beautiful keepsake!		
Instructor: Janice Stoll	\$30.00 (Seniors \$15.00)	1 Day
R.A.D. Defensive Systems Course	Elementary Cafeteria (Cafetorium) Ladies Only	March 5, 12, 19, 26 Wednesdays 6:00 – 9:00 PM
The RAD system of self-defense is specifically tailored 4-week course offered by the Town of Somerset Police Department that is designed for women to develop and enhance their options for self-defense. The course is broken down into 4 sessions of 3 hours each and consists of both PowerPoint instruction and hands on tactics. Additional information can be received at the Somerset Police Department. Fee includes materials provided for course. Free to any High School female student.		
Instructor: Somerset Police	\$40.00 (Seniors \$20)/Free to Female HS Students	4 Weeks

Stained-Glass Keepsakes New!!	Room 160 (Tech Wing) (By HS Art Room Entrance)	January 22 February 26 March 26 April 23	Wednesdays 6:00 – 8:00 PM Each date is a separate class to register for.
Everyone is artistic! Enjoy this introductory class to stained glass. Have fun creating a keepsake that is for yourself, a family member, or a friend. This course is meant for all stained-glass skill levels. The pieces will be cut out and ground and you will learn to foil and solder them together. January's project you would select from a snowman or winter bear face, buffalo, or Bills theme creation. Bring a friend and create a memory and treasure at the same time! February is a spring or bird theme, March will be St. Patty's and a different theme, and April will be a spring, summer, or bird theme. Each class date is a separate registration.			
Instructor: Linda Leggett	\$60.00 (No Senior Discount) per class		4 weeks
Stretch and Tone Your Body	Elementary Gym	New Start Date - January 28	Tuesdays & Thursdays, 6:45 – 7:45 PM No Classes 2/18 & 20
This class is for everyone - men and women! Do you want to feel better, get active and have fun too? Come join Trisha for this class that focuses on stretching, joint movement, flexibility, and strength training. All exercises are done standing or sitting in a chair. There is no exercising on the floor. We have a good time socializing and exercising. Trish is a certified fitness instructor.			
Instructor: Trisha M. Hook	\$50.00 (Seniors \$25.00)		8 weeks
Volleyball	High School Gym	New Start Date - January 21	Tuesdays & Thursdays, 7:00 – 9:00 PM No classes 2/18, 2/20
Mixed volleyball for all skill level players to participate in a fun environment so all have an enjoyable evening. Sorry, adults only, No STUDENTS, and you must be registered to participate.			
Instructor: Jim Harris	\$50.00 (Seniors \$25.00)		8 weeks
Water Aerobics	High School Pool	January 27	Mondays & Wednesdays, 5:30 – 6:30 PM No Classes 1/29, 2/10, 2/17, 2/19
This water aerobics class will instruct participants through very low impact aerobic exercise that encourages cardiovascular fitness. Come firm and tone those muscles through water resistance workouts using rhythmic exercises put to music for you. Instructors are certified lifeguards. All workouts will be in the shallow end of the pool. Class size is limited to 30 participants.			
Instructor: Beth VeRost	\$50.00 (Seniors \$25.00)		8 weeks
Wine Glass Painting	Room 183 High School Art Room	March 27	Thursday 6:00 - 8:00 PM
Painting is not just for the canvas! Create your own custom wine glass, hand-painted by you! Price includes 2 wine glasses & glass paint. Examples provided, but feel free to bring in your own ideas! This class is designed for those that don't have much painting experience, to an advanced painter. The process is simple and you will love your finished product! Supply fee of \$10 per person. Please bring a small box or container to bring your glasses home in. Lab fee: \$10.00 - no discount for lab fee, fee due upon registration and listed as a separate item from the class to register for.			
Instructor: Krista Beth Feltz	\$20.00 (Seniors \$10.00)		1 Night
Yoga	Room 446 (Elementary Building, behind the Library)	Starts March 26	Wednesdays 7:00 – 8:00 PM
In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion. Please bring a yoga mat with you.			
Instructor: Molly Burke	\$50.00 (Seniors \$25.00)		8 weeks

Online Classes/Programs

Year-end can be hectic and stressful while still joyful. Join an online class in the comfort of your home and take some time just for you or with someone! Information will be sent to you after registering as to how to connect, most use Zoom.

Health & Wellness

Vitamins & Herbs: Facts & Fallacies	Online	Tuesday, January 21, 7:00 – 8:30 PM
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Confusion abounds about vitamin supplements. Do you need them? Which ones are best? How do you choose? In this workshop, you will learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. (The instructor DOES NOT sell any supplements). Also, we'll discuss what current research says about: antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, as well as Collagen, Glucosamine Chondroitin, Melatonin, Ginkgo, Ginseng & Echinacea.

Instructor: Janice Novak	\$30.00 (\$15.00 Seniors)		1 night
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Soothe Those Achy Joints	Online	Monday, January 27, 7:00 – 8:30 PM
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Do you have joints that ache – a knee or hip or back? Whether you have arthritis, bursitis or just creaky joints, this workshop is for you. Joint lubrication exercises are quite simple and easy to do yet produce rather remarkable results by helping to free your joints of pain. We'll also discuss which nutrients are needed to help keep your joints healthy.

Instructor: Janice Novak	\$30.00 (\$15.00 Seniors)		1 night
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Heart Health for Women	Online	Monday, February 3, 7:00 – 8:30 PM
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Heart disease is the number one killer of women. Symptoms are different for women than for men so many symptoms are ignored or go unrecognized. You have the power to control, prevent, and in some cases, reverse heart disease. We'll discuss signs, symptoms, and risk factors of a heart attack, hormones and your heart, foods that can help prevent and reverse heart disease, helpful nutrients, exercises, and the four numbers you need to know that could save your life.

Instructor: Janice Novak	\$30.00 (\$15.00 Seniors)		1 night
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Posture & Osteoporosis Workshop: Building Better Bones	Online	Tuesday, February 11, 7:00 – 8:30 PM
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Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? You'll learn simple techniques to improve posture and stand straighter. We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Learn how to reduce the risk of osteoporosis and how to re-gain bone mass. We'll discuss the latest research findings on nutrition, minerals and trace minerals needed for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing. You will need a resistance band or tube for some of the exercises.

Instructor: Janice Novak	\$30.00 (\$15.00 Seniors)		1 Night
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Acupressure to Relieve Stress, Anxiety & Insomnia	Online	Tuesday, February 25, 7:00 – 8:30 PM
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Acupressure is an ancient healing art and self-help tool. It can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the Nine Master Pressure Points which are the most helpful and frequently prescribed to help and assist every system in your body.

Instructor: Janice Novak	\$30.00 (\$15.00 Seniors)		1 Night
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Acupressure for Sinus Relief	Online	Monday, March 10, 7:00 – 8:30 PM
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Acupressure is an ancient, Eastern healing technique that involves pressing or kneading key points on the body to release energy blockages and simulate energy flow through pathways called meridians. Continual sinus problems have become epidemic in both children and adults. You can find relief by stimulating the many points that relieve sinus blockages, headaches and more.

Instructor: Janice Novak	\$30.00 (\$15.00 Seniors)		1 Night
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Techniques to Activate Your Brain's Creativity Center	Online	Tuesday, March 18, 7:00 – 8:30 PM
Learn the many things you can do to tap into your brain's creativity center. We'll discuss and do ancient breathing patterns to activate the right side of your brain where creativity lives. We'll do acupressure points that offer instant clarity and calm. You'll learn the Energy Medicine technique called 'Thumping' to activate creative centers as well as how colors play a role in brain function. You'll leave class with a bunch of new tools to help you be your best before endeavoring on any creative activity.		
Instructor: Janice Novak	\$30.00 (\$15.00 Seniors)	1 Night
Acupressure to Relieve Migraines, Headaches, Nausea & Vertigo	Online	Monday, March 31, 7:00 – 8:30 PM
<i>Acupressure is a healing technique that works with how energy flows through your body. Just as you have blood that flows through vessels, you have energy that flows through pathways called meridians. Acupressure involves pressing or massaging key points on the body to stimulate energy flow which can offer great relief with no side effects. We will focus on the points that relieve and prevent migraines and headaches as well as nausea and vertigo.</i>		
Instructor: Janice Novak	\$30.00 (Senior \$15.00)	1 Night
Women, Weight & Hormones	Online	Tuesday, March 4, 7:00-8:30 PM
<i>Are you finding no matter how well you watch what you eat or how much you exercise weight is not budging? Your inability to lose weight probably has more to do with hormone levels than anything else. Until imbalances are corrected, trying to lose weight will be like shoveling sand against the tide. We'll discuss which hormones are involved and what can be done to correct imbalances; concrete solutions for controlling appetite and cravings; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to have your hormone levels checked reliably; what steps need to be taken to safely break the vicious cycle of hormone related weight gain.</i>		
Instructor: Janice Novak	\$30.00 (Senior \$15.00)	1 Night
De-age Your Brain	Online	Tuesday, April 8, 7:00 – 8:30 PM
Current research shows lifestyle and diet have a big effect on HOW the brain ages. Cognitive function, which covers all aspects of perceiving, thinking and reasoning, CAN improve. And the very good news is no matter what your age there are things you can begin to do today to improve how quickly and effectively brain cells communicate with each other. We'll discuss which 'superfoods' reduce the damaging effects of toxins and inflammation on the brain and which nutrients are great for memory, attention, processing information and reducing stress. You'll learn simple, easy strategies to help your brain stay healthy and alert.		
Instructor: Janice Novak	\$30.00 (Senior \$15.00)	1 Night
Mudras: The Ancient Art of Hand Yoga	Online	Tuesday, April 15, 7:00 – 8:30 PM
Mudras, or 'yoga of the hands' has been recognized for centuries as a simple yet effective healing tool. In ancient India, mudras were believed to be the key to spiritual, mental, and physical wellbeing and that regular practice of the hand positions can rejuvenate body and mind. The hand positions are easy to do, take minutes to perform and can be done almost anywhere at any time. Mudras can be used to relieve anxiety, stress, digestive issues, weight loss, bloating, insomnia and more.		
Instructor: Janice Novak	\$30.00 (Seniors)	1 Night
Feet, Knees and Ankles	Online	Tuesday, April 29, 7:00 – 8:30 PM
Have you taken a good look at your feet, ankles or knees lately? They support the weight of your entire body. Take off your shoes and socks, roll up your pants and look in a mirror. Do your ankles roll in? Are your arches flat? Do you have bunions or calluses? Are your toes straight or do they bend in? Does your big toe pull in towards the other toes? Do your knees lock back? Do your kneecaps turn in or pull outward? In this workshop, you will learn simple things to help correct these common problems.		
Instructor: Janice Novak	\$30.00 (Senior \$15.00)	1 Night

Cooking Classes Online

Sweethearts' Delights: Éclairs & Paczki Online **Saturday, February 1, 5:00 – 7:30 PM**

Valentine's Day is most celebrated with sweets and chocolates gifted as an expression of love. Learn to make two dreamy mouthwatering sweets to share or give to your sweetheart, family, friends or loved ones on Valentine's Day this year! During this class, you will learn to make a decadent French pastry known as a Chocolate Éclairs filled with sweet vanilla pastry cream and covered in chocolate ganache, and another wonderfully rich yeasted desert known as Paczki (Polish Doughnuts) filled with preserves or pastry cream. The steps for each dessert will be simplified so that any home cook will be able to create professional looking and tasting desserts for Valentine's Day. Both desserts will make for a very special and memorable Valentine's Day!

Instructor: Tess Georgakopoulos	\$45.00 (No Senior Discount)	1 Night
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Marry Me Gnocchi with Chicken & Homemade Breadsticks! Online **Friday, March 28, 6:00 – 8:30 PM**

Spring is in the air, and nothing says "I love you" more than a handcrafted from-SCRATCH meal like Chef Tess' Marry Me Gnocchi with Chicken and Breadsticks. Learn to create this delicious memorable meal for your family, friends, or someone special, then sit back and enjoy the compliments! On the menu: Hand crafted gnocchi bathed in a homemade silky, rich, flavor-packed sauce, paired with perfectly cooked and seasoned chicken breasts, and a side of homemade BREAD STICKS! A Restaurant quality meal that is guaranteed to become a family favorite in your dinner rotation!

Instructor: Tess Georgakopoulos	\$45.00 (No Senior Discount)	1 Night
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Dim Sum: Shu Mai Drum Dumplings & Wontons Online **Saturday, April 26, 5:00 – 7:30 PM**

No need to look any further for restaurant quality Dim Sum than your own kitchen! Dim Sum, loosely translated to "touch the heart", refers to a Chinese or Cantonese meal consisting of numerous small appetizers or finger foods traditionally enjoyed in restaurants. A dim sum meal therefore is considered a shared dining, social experience that can last for hours. Dim Sum meals often include some sort of dumpling, and two of the most popular dumpling options are open faced drum dumplings called "Shu Mai" and other dumplings called "Wontons". Join Chef Tess for one of her newest classes where she will guide you in the step-by-step process of creating these delightful restaurant quality Dim Sum dumplings with two different meat and veggie fillings, and store-bought wrappers. Learn to shape, fill and cook these tender, light, fluttery bites of deliciousness in your own home for a memorable dim sum get together. Serving, freezing and reheating tips will also be shared.

Instructor: Tess Georgakopoulos	\$45.00 (No Senior Discount)	1 Night
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Music Classes

Guitar for the Hopelessly Busy Person Online **Tuesday, April 8, 6:30 – 9:00 PM**

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using Zoom and is partly hands on instruction and partly lecture/demonstration. Students take the online class and then follow that up with their own private study and practice by using our follow up video lessons and the online book which they begin using in the first seminar. Optional monthly question and answer session after the class is held is offered for any interested students. Ages 13+

Instructor: Craig Coffman	\$60.00 (No Senior Discount)	1 Evening
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Piano for the Hopelessly Busy Person Online **Monday, April 7, 6:30 – 9:30 PM**

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Class is held online using Zoom and is partly hands on instruction and partly lecture demonstration. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Students take the online class and then follow that up with their own private study and practice by using our follow up video lessons and the online book which they begin using in the first seminar. Optional monthly question and answer session after the class is held is offered for any interested students. Ages 13+

Instructor: Craig Coffman	\$60.00 (No Senior Discount)	1 Evening
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WAIVER AND RELEASE OF ALL CLAIMS:

By registering and participating in the Community Education Program, registrants agree to this agreement. The agreement is between named participant registered and the Barker Central School District (including the Barker Central School District Community Education Program, its Community Education Director/Coordinator, its Community Education Instructors, and other related members, agents, authorized guests, and affiliated organizations.) The participant will be participating in the following Community Education activities and/or classes as acknowledged here and through registration process. The participant further agrees to abide by the policies of the Barker Central School District and its Community Education Program, including the Code of Conduct.



Registrant hereby states that s/he does not have any ailments or physical condition that would prevent or inhibit her/him from fully participating in the specified activities and/or classes. Participant understands that there is a risk of injury inherent in the foregoing community education classes and/or activities. Participant hereby accepts and assumes all risks inherent in the specified Community Education classes and/or activities. Participant undertakes this activity at their own risk. Participant voluntarily assumes full responsibility for any losses, property damage, or personal injuries sustained in the specified activities and/or classes. Participant further agrees to hold harmless and indemnify the Barker Central School District from any and all claims, demands, actions and costs that might arise out of participation in the specified activities and/or classes.

In consideration for the opportunity to participate in the Barker Central School District Community Education Program, to the maximum extent permitted by law, the Participant hereby releases the Barker Central School District, its Board of Education members (in their official and unofficial capacities), its employees, and its volunteers from any and all liability, claims, costs, expenses, attorney fees, demands, actions, and causes of action, whatsoever, arising out of or related to any losses, damages, or injuries (including death) that may be sustained during participation in the Barker Central School District Community Education Program or while on the premises of where the classes and/or activities are conducted.



Participant further agrees that the Barker Central School District will not be liable to the Participant for any damages, losses, personal injury or property damage, caused by or resulting from any cause whatsoever, including but not limited to the negligence of the Barker Central School District, the Barker Central School District Community Education Program, its Community Education Director/Coordinator, its Community Education Instructors, or other related members, agents, authorized guests, or affiliated organizations.



Join a Community Class & Make Memories!

BARKER CENTRAL SCHOOL DISTRICT
1628 QUAKER ROAD
BARKER, NY 14012

NON PROFIT ORG
US POSTAGE
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PERMIT 3
MIDDLEPORT NY

POSTAL CUSTOMER
BARKER, NY 14012

Barker Central School District
1628 Quaker Road
Barker, NY 14012

Board of Education

Randall B. Atwater, President
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Micaela M. Love, Ed.D.

**Coordinator of Curriculum &
Professional Learning/Assistant**

Principal

Christian Cornwell

**Directory of Instructional
Services/Assistant Principal**

Mark Learo

Business Administrator

Michael Carter

District Clerk

Mary Eadie

District Mission Statement:

We will provide a school environment that fosters respect, compassion, tolerance, and nurtures life-long learners who make meaningful contributions to society.

*(Below): Drawing by **Madison Stephan**.*



COMING SOON - The Barker musical theater production of *SHREK!* is coming to the stage in the Herbert F. Ludwig Auditorium Friday, March 7 - Sunday, March 9, 2025. Keep an eye on the BCS website for more information.