Pennies for Change

5th Graders “Unite” To Help The “Day of Caring”

The 5th graders at Appleby participated in the United Way’s “Day of Caring” for the third year in a row. The students pulled together and donated 7850 pennies ($78.50) to the cause.

The students will continue to collect pennies throughout the year for their “Pennies for Change” Project.
Dear Marathon Students and Community Members,

We have had a strong start to our school year. Students at both Appleby and the Junior/Senior High School have jumped back into the school year with energy and enthusiasm. One of our goals this year is to raise student achievement. We will do this by focusing on:

1. **Graduation Rates:** (7-12) Obtain a building graduation rate that exceeds 90%.
2. **Attendance:** (UPK-12) No more than 10% of the student body will be chronically absent.
3. **Course Failure:** (4-12) decrease the percentage of students who are failing one or more courses building wide by 10%.
4. **State Test:** a. Increase proficiency (65% or higher/level 3, 4 or 5) in each course by 10%.
   b. Increase mastery (85% or higher/college credit/level 4 or 5) in each course by 10%.
5. **ELA:** (UPK-6) increase the number of students collectively UPK-6th who are reading and writing at grade level or have made a year’s worth of growth by 10% by the end of the school year (UPK-6).
6. **Math:** (UPK-8th) increase mastery (85%) of math facts collectively UPK-8th by 10%.

You may ask, “How can I help my child be more successful?”  
1) Make sure they attend school daily. Students who miss even one day find it harder to complete missed work and make the connections necessary to understand the material.  
2) Review your child’s 5-week report. If they are failing a course, have them talk to their teachers and tell you how they can improve their grade.  
3) Take every opportunity to read to your child or make sure they are reading independently. This will help them increase their vocabulary and be able to better express themselves.  
4) Encourage them in their math facts. The faster they can add, subtract, multiple and divide, the easier the more complicated math functions will be as they move forward. Your support at home makes a big difference.

Mr. Martin, our Junior/Senior High School principal, has taken a job at OCM BOCES. He has done an excellent job here at Marathon and we wish him well. Mr. Mike Carboine, a respected, retired administrator from Homer CSD, will become our interim principal beginning October 21st. He will be working with Mr. Martin to become familiar with our district and our students prior to the 21st. Mr. Carboine will remain with us until we have hired a new Jr./Sr. High School principal. We will not be rushing the process. Our intent is to make sure all stake holders have the opportunity to be part of the interview process, ensuring we find an excellent match for our Marathon community.

If you have any question, please don’t hesitate to contact me at (607) 849-3117 or via email at rstone@marathonschools.org.

Sincerely,
Mrs. Rebecca Stone

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**Student/Parent Access to Grades**

Marathon Central School District will be providing access to attendance, contact information, and discipline for students in UPK-12th grade. Parents of students in grades 7-12 can get access to student grades.

Grades and assignments are available online for parents/guardians. We just need an email address to send the instructions for signing up. If parents already have an email on file with us, it should have already been sent. Students grades 7-12 can even go to the app store and put in the URL https://marathon.schooltool.cnyric.org/schooltoolweb/ Students who do so then will receive notifications each time a teacher inputs a grade.

We hope this will help you stay better informed on your students’ progress.
Open Letter to Parents

The letter below is an open letter to all parents and guardians of students in the district. This letter is being published to be in compliance with the Every Student Succeeds Act passed by the Federal Government. This is the reauthorization of the ESEA Title I Program.

Marathon Central School District
Post Office Box 339
One Park Street, Marathon, NY 13803
Telephone: 607-849-3117                                Fax: 607-849-3305

Dear Parent/Guardian,

I am writing in compliance with provisions of the Every Student Succeeds Act to inform you that, because your child’s school receives Title I federal funding, you have the right to request information regarding the professional qualification of your child’s classroom teacher(s). Specifically included is your right to know the following:

- Whether the teacher has met State qualification and licensing criteria for the grade levels and subject areas in which the teacher provides instruction;
- Whether the teacher is teaching under emergency or other provisional status through which State qualification or licensing criteria have been waived;
- The baccalaureate degree major of the teacher and any other graduate certification or degree held by the teacher, and field of discipline of the certification or degree; and
- Whether your child is provided services by paraprofessionals and, if so, their qualification.

In addition to the above information you will be notified if your student has been taught for four or more consecutive weeks by a teacher who does not meet the applicable state certification requirements at the grade level and subject area in which the teacher has been assigned. [ESSA 1112(e)(1)(B)(ii)]

Should you wish to exercise your right to obtain the above information about your child’s teacher, please contact the Office of the Superintendent of Schools in writing at the above address to make your request.

Should you have any questions concerning the above, please do not hesitate to call the district office at 849-3117.

Sincerely,
The School District Administration

FAMILY PHOTO NIGHT

November 1, 2019
Appleby Elementary Room 305
5:00 – 8:00 p.m.

Package A: 1 pose only – 7 prints for $10.00
Package Includes:
1 – 8 x 10
2 – 5 x 7s
4 – 4 x 6s

Package B: 2-4 poses – CD for $5.00

Pictures/CDs will be available for pick up in Room 305 or sent home with the student.

Please call Laurie Tebbe at 849-3127 to schedule your sitting time with Diane Courtney.

Sitting times will be spaced 15 minutes apart.
Payment is expected at time of sitting.

This event is sponsored by CAPCO’s Marathon Family Center & Diane Courtney Photography.

Emergency School Closings:

Emergency School Closings: Parents will be notified by phone using the K12 Alerts. Only students’ primary contact will be notified. Also Emergency closings due to weather will be broadcast over the following radio and television stations between 6:00–7:00 am.

Radio Stations:
- 1290 AM - WNBF (Binghamton)
- 1360 AM - WKOP (Binghamton)
- 98.1 FM – WHWK (Binghamton)
- 99.1 FM – WAAL (Binghamton)
- 101.5 FM – WXHC (Homer)
- Cayuga Radio Group (Ithaca)

Television Stations:
- WBNG – Channel 12 (Binghamton)
- WIVT – Channel 34 and 9 (Binghamton)
- WTVH – Channel 5 (Syracuse)
- WNN - (Binghamton and Syracuse)
- Spectrum News (Vestal & Syracuse)
- WICZ - TV8
MARATHON CENTRAL SCHOOL DISTRICT’S ACCEPTABLE USE AGREEMENT FOR USE OF THE INSTRUCTIONAL COMPUTER NETWORK AND INTERNET

Student use of the Instructional Network with all of its resources and the Internet in either of the Marathon Central Schools must agree to the following terms and conditions:

Terms and Conditions: Students agree to seek information that has educational value in the context of the Marathon Central School District setting. This means that students are seeking information directly related to course and class work in the school. The Instructional Network and its resources, including Internet access, should not be used for personal reasons.

The rules: Network administrators will have access to storage areas in the same manner that school administrators have access to school lockers. Network administrators will also have access to review communications and contents of directories to maintain system integrity and insure that the system is being responsibly used. Users are expected to remain within allocated electronic storage space. Users are responsible for deletion of files that take up excessive storage space or are no longer needed. No profane, abusive or impolite language should be used on the Instructional Network nor should materials be accessed that are not in line with the rules of school behaviors. A good rule to follow is never view, send, or access materials that students would not want their teachers or parents to see. Should inappropriate material be encountered by accident, it should be reported to the classroom teacher immediately.

Acceptable Use: The purpose of the Instructional Network is to support research and education by providing access to unique resources and the opportunity for collaborative work. The use of the Instructional Network must be in support of education and research, and it must be consistent with the educational objectives of the schools. The following guidelines should be followed to prevent loss of Instructional Network privileges:

- Do not use a computer technology to harm other people or their work.
- Do not damage the computer, the network or any peripherals in any way.
- Do not interfere with the operation of the network by installing illegal software, shareware, or freeware.
- Do not violate copyright laws.
- Do not view, send, or display offensive messages or pictures.
- Do not share Students password with another person.
- Do not waste limited resources such as disk space or printing capacity.
- Do not trespass in another person's folders, work or files.
- Do not transmit any material in violation of any United States federal or state regulation. This includes, but is not limited to: copyrighted material, threatening, harassing, or obscene material, or material protected by trade secret.
- Do not use the computer for personal commercial purposes, personal financial gain or other non-instructionally related purposes or gains.
- Do not transmit viruses over the Instructional Network.
- Do not attempt to log on to any computer as a system administrator, or attempt to by-pass or remove any security component, or use any inappropriate material in the computer.

Privileges:
The use of the Instructional Network and its resources, including the Internet, is a privilege, not a right, and must be treated with the highest ethical standards. Inappropriate use will result in the cancellation of students’ privileges by the school administrator or the Technology Coordinator. Students have the full responsibility for the use of their accounts, and under no conditions should they share an account or a password with any other person.

Warranties:
The school or district is not responsible for loss of data resulting from delays, non-deliveries, mis-deliveries, or service interruptions caused by any reason. Use of any information obtained from the Internet is at student’s own risk. The Marathon Central School District cannot be responsible for the accuracy or quality of information obtained through the Internet Service Provider. It is student’s responsibility to verify the integrity and authenticity of information. The Marathon Central School District makes a reasonable attempt to filter inappropriate material; however, no filtering system is absolute. If sites are received over the Instructional Network that are inappropriate and brought to the attention of the district or school, every effort will be made to block the site(s).

Security Issues:
Security on any computer is a high priority, especially when the system involves many users. If students identify a security problem on the Instructional Network or the Internet, Students must notify a teacher, technology coordinator or the principal immediately.

Vandalism:
Any act of vandalism may result in the imposition of penalties, including, but not limited to, revocation of access privileges, school disciplinary action and legal action. Vandalism is defined as any attempt to harm or destroy data or hardware or to change the operating configuration of any computer or any networks connected to the computer. This includes, but is not limited to, the uploading or creation of computer viruses.

For District policies go to https://main.wnyric.org/policies/marathon.nsf and search ‘Student Use of Personal Technology’ and ‘Acceptable Use Policy’
New Appleby & High School Staff

Michael Carboine - Interim High School Principal
  Mr. Carboine joins MCS as an interim to cover the vacancy left by Mr. Josh Martin. He is a retired administrator from Homer CSD.
  Mr. Carboine began his career as PE teacher and coach in Dryden. He transitioned to the assistant high school principal/dean of students at Dryden in 1997 and to the high school principal position in the Cortland City School District in 2001. He comes highly recommended and will be a great fit during this time of transition.

Robert (Bobby) Bergman - 8th grd Math
  I graduated from SUNY Cortland in the Spring of 2019 and am excited to be teaching Math 8 at Marathon. I grew up in Ithaca, NY and now live in Cortland with my wife and dog. I am a devoted Yankee and Jets fan. I have enjoyed math since a young age and bringing real-life examples to help make math fun. I value providing support to students and filling in any necessary gaps in their knowledge; I look forward to sharing my passion for learning with my students.

Joleen Wingenbach - Elementary Aide
  I graduated high school from Cincinnatus Central School and knew I always wanted to work with kids. I have been substituting at Marathon since 2017, and knew I wanted to make it a permanent career choice. I love the staff and the students here and want to make each day a positive one!

Alexis Froio - High School Art
  I am originally from Central Square and went to school there. Later I went to college at SUNY Oswego where I majored in graphic design in my undergrad. I worked as a graphic designer for a little bit before I decided that I wanted to pursue a master’s degree in art education. A few years later, here I am working for Marathon! I am absolutely in love with the community here, everyone is so kind and supportive. The students themselves are amazing and very interested in art! They have produced wonderful art pieces and continue to surprise and impress me with their creativeness. I hope to continue working with this school and community for years to come!

Valerie Widdall - 6th grade
  My name is Valerie Widdall and I grew up just down the road in Whitney Point, NY. I attended SUNY Cortland for both my undergraduate degree and my masters and I will be done with my doctorate in education this fall from Binghamton University. Prior to joining the team here at Marathon, I worked at SUNY Cortland in the childhood/early childhood program teaching pre-service elementary teachers. As part of my job with Cortland, I worked as a Professional Development School liaison with Appleby Elementary and was able to see first-hand what a wonderful place this school is to work. So far, I have enjoyed working with 6th graders and very much value the close-knit community I have found here at Marathon.

James Faughnan - HS Science
  Ashley Howe - Elementary Aide

Successful Ag Fair

MCS FFA welcomed community members, and students from Marathon and surrounding districts to come enjoy the School Agriculture Fair. The day is used to promote the many industries in Agriculture and educate about those industries. This year we had over 20 business and organizations take time out of their day to come and share their knowledge within their industry. Students grades Kindergarten - 12th grade came to the fair and learned about everything Agriculture has to offer. With less than 2% of the industry being involved in production agriculture, we strive to show students how they can be a part of agriculture, even if they are not growing the food we consume. A big thank you to the following businesses for being a part of our day: FSA (farm service agency), Page Seed, US Federal Forester Mr. Olsen, Dig Safe 811, CCE Cortland County Farm to School, and Horticulture, Marathon Firemen, MAVAC, R&M (seed consultants, CFD, Miraco), Cortland Sheriff Dept., CNY Maple Festival Committee, Jennifer Doty, Coleman's, Simpson's Exotic Pheasants, Broome County CCE - Ag in the classroom, NBT Bank, Ridge Creek Farm, FFA-Aquaculture class, and Gutchess Lumber. All of these exhibitors put in great effort to have active displays for our school and community!
Marathon FFA receives Living to Serve Grant from National FFA Organization

INDIANAPOLIS (Friday, September, 17, 2019/National FFA Organization) – The Marathon FFA chapter in Marathon, NY has been awarded a Yearlong Living to Serve Grant in the amount of $3,000. The nationwide program provides grant money to local FFA chapters to support yearlong service-learning projects that address needs related to community safety; environmental responsibility; hunger, health and nutrition; and community engagement.

Marathon FFA plans to help address environmental responsibility by focusing on cleaning up the areas along the waterway and taking samples of water and aquatic life to check health, growth rate, and quality.

The program provided over $260,000 to FFA chapters in 32 states. The 2019-2020 Yearlong Living to Serve Grants are sponsored by CoBank, Tractor Supply Company, Cargill, Chevrolet and CSX. For more information and a complete listing of sponsors, visit FFA.org/livingtoserve.

The National FFA Organization provides leadership, personal growth and career success training through agricultural education to 653,359 student members who belong to one of 8,568 local FFA chapters throughout the U.S., Puerto Rico and the U.S. Virgin Islands.

MCS FFA Club

Please follow the MCS FFA-NY Facebook page to stay current with all activities and events that are taking place within the FFA chapter. Chapter members were involved in many opportunities over the summer from attending Camp Oswegatchie to exhibiting animals at the local, and state fairs. We have many activities planned this year.

WANTED - Full & Part Time

In the following areas
TEACHERS - ALL AREAS (PK-12)
(minimum 2 years of college – submit resume)

TEACHER AIDES
NURSES
BUS DRIVERS (Training provided)
CAFETERIA HELPERS
CLEANERS (evenings)

MARATHON CENTRAL SCHOOL
Cortland Co. Civil Service
Application to:
Marathon Central School
District Office
P.O. Box 339
Marathon, NY 13803

Appleby News & Notes

Greetings:

This morning, October 9th, we had our first Morning Program of the new school year. It was a wonderful celebration of individual and group accomplishments or achievements. I left the gym feeling a sense of tremendous pride in our students and staff.

On Friday the 11th, the Marathon Fire Department invited all our students to visit the Fire House. Last year, when we visited, we had a tremendous day of learning about fire safety. Grade levels were scheduled at various times throughout the day to rotate through stations. Thank you MFD!

September was Attendance Awareness Month. If children don’t show up for school regularly, they miss out on fundamental reading and math skills and the chance to build a habit of good attendance that will carry them into high school, college and careers. Attendance matters as early as UPK. Studies show that children who miss too many days in their first few years of school can struggle academically in later years. We understand that children will get sick and need to stay home, but every effort should be made to get your children to school as much as possible. Just a few missed school days a month can add up to nearly 10 percent of the school year which decreases student’s ability to read at grade level by nearly 35 percent. Let’s make Attendance Awareness a year around priority. And please let us know if we can do anything to help.

Each Friday, staff and students are asked to wear orange and/or black to show school spirit and pride. Thank you to all of those who have participated.

The school year is off to a tremendous start and it wouldn’t have been possible without the assistance and efforts of our parents, students, faculty and staff of Appleby Elementary. Thank you for all that you do for our school!

Looking Ahead...

October 23rd Elementary Student Council Blood Drive, 3-7 pm
October 28th Picture Retakes
November 1st End of the 1st Quarter
November 12th P/T Conferences
November 18th Awards Program: Grades 3-6 at 8:30

DONATE BLOOD!!

The National Honor Society will sponsor a blood drive on November 18th from 8:45 am to 1:45 pm in the High School Auditorium. Every donor will receive a Brownie Sundae for donating. All blood types are desperately needed. To schedule a specific time for donating blood please contact the High School, 849-3251 and leave the information for Mrs. Eaton.
Safety Leadership at Marathon Schools

Marathon School District is once again on the cutting edge of safety. This year the district finished equipping all of its buses with three-point lap/shoulder seat belts. New York State only requires lap belts and most states do not require belts on school buses at all. However, with all the benefits offered and the improvements made to seat belts, Marathon decided to move ahead in the interest of student safety and install the latest equipment.

Over the years, improvements have been made to keep passengers safer inside buses. Starting in 1977 padded high-backed seats were required. If you have ever sat in one of these seats, you know they are also spaced closely together. This is by design. In the event of a crash or a short stop, students are contained in a small padded area. This safety feature is known as “compartmentalization”.

In 1987 New York was the first state in the nation to put seat belts on school buses. However, these were only lap belts. At that time concerns arose about the actual performance of these devices. The two-point restraints had only limited ability to protect students. There was also the fear that they would slow down students if they had to get off the bus quickly in an emergency.

Since this time a lot of research has gone into resolving these issues. Three-point belts have been developed that do not reduce the number of children who will fit in a seat. These restraints have been tested in side impact and rollover crashes. It was discovered that rather than slowing bus evacuation, the seat belts protected students from serious injury in a crash and allowed them to exit buses more quickly afterward. Also, the fear that students might hang suspended and not be able to release the seat belt buckle has been addressed. Seatbelts now meet a standard that requires that the amount of pressure needed to release the buckle is the same whether there is weight pulling against the belt or not.

In 2017 the National Highway Traffic Safety Administration recommended the installation and use of belts on buses as long as this would not reduce the number of children who would have access to the protection of riding a school bus. Currently legislation requiring seat belts on school buses has been enacted in six states and is pending in another twenty-four.

Our own testing has found that students can release their buckles in a matter of seconds. During the open house at Appleby many students climbed aboard a demonstration bus seat in the lobby. They showed their parents just how quickly they could latch and unbuckle. The seat will remain at the elementary school in case you would like to see it yourself or if you would like to have any future Olympians try it out.

Marathon Schools are leading the way in safety.

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<thead>
<tr>
<th>Class/Organization</th>
<th>Sale Type</th>
<th>Start Date/End Date</th>
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<tbody>
<tr>
<td>Class of 2023</td>
<td>Pie &amp; Cheese Cake</td>
<td>10/11/19 – 10/28/19</td>
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<tr>
<td>Class of 2020</td>
<td>Holiday Chocolate</td>
<td>10/21/19 – 11/4/19</td>
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<tr>
<td>Class of 2021</td>
<td>Halloween Dance</td>
<td>10/25/19</td>
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<tr>
<td>FBLA</td>
<td>Beef Sticks</td>
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<td>Class of 2021</td>
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<tr>
<td>Music Boosters</td>
<td>Paddle Party</td>
<td>11/7/19</td>
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<td>Band</td>
<td>Citrus</td>
<td>11/14/19 - 11/21/19</td>
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<tr>
<td>Student Council</td>
<td>Poinsettia Sale</td>
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<tr>
<td>SADD</td>
<td>Holiday Grams</td>
<td>12/9/19 - 12/13/19</td>
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<tr>
<td>Class of 2022</td>
<td>Holiday Dinner</td>
<td>12/13/19</td>
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<tr>
<td>Class of 2023</td>
<td>Soup &amp; Dip</td>
<td>1/3/20 – 1/17/20</td>
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<tr>
<td>FFA</td>
<td>Strawberry Sale</td>
<td>1/22/20 – 2/11/20</td>
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<td>FBLA</td>
<td>Carnations</td>
<td>1/29/20 – 2/13/20</td>
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<tr>
<td>Band</td>
<td>Coffee &amp; Mixes</td>
<td>1/30/20 – 2/13/20</td>
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<tr>
<td>Class of 2022</td>
<td>Snack Sales</td>
<td>2/10/20 - 3/2/20</td>
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<tr>
<td>Class of 2020</td>
<td>Spring Chocolate</td>
<td>3/2/20 - 3/16/20</td>
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<tr>
<td>Class of 2023</td>
<td>Spring Fling</td>
<td>3/6/20</td>
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<tr>
<td>Class of 2021</td>
<td>Dinner Texas Roadhouse</td>
<td>3/12/20</td>
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<tr>
<td>Class of 2020</td>
<td>Cards for a Cause</td>
<td>3/16/20 - 3/30/20</td>
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<tr>
<td>Class of 2023</td>
<td>Senior Auction/Jr Concessions</td>
<td>3/28/20</td>
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<tr>
<td>FFA</td>
<td>Hanging Basket Sale</td>
<td>3/31/20 – 4/21/20</td>
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<tr>
<td>Field Hockey</td>
<td>Candy Bar Sale</td>
<td>4/18/20 – 5/31/20</td>
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<td>JH</td>
<td>Semi-Formal</td>
<td>5/8/20</td>
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<tr>
<td>Class of 2023</td>
<td>Dinner</td>
<td>5/8/20</td>
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<tr>
<td>Field Hockey</td>
<td>Can &amp; Bottle Drive</td>
<td>5/30/20</td>
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<tr>
<td>Class of 2022</td>
<td>K-6 Father/Daughter Dance</td>
<td>6/12/20</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Car Wash/Bake Sale</td>
<td>6/20/20</td>
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Financial Aid Night

Do you want help filling out the FAFSA?

Sarah Hicks, Assistant Director of Financial Aid at Tompkins Cortland Community College will assist in preparing the FAFSA

Wednesday, November 20th
5:30pm in room 204

Please feel free to contact Jenny Camenga with any questions at 849-3229

CLASS of 2022

HOLIDAY DINNER

FRIDAY, DEC. 13th
High School Cafeteria
4:30pm – 6:30pm

Adults: $10.00
Children (4-10) $5.00
Under 4 FREE
Find Us On Facebook

Marathon Central School District is now on Facebook. Go to: https://www.facebook.com/MarathonCSD/
Or go to Facebook.com and in the search box type in ‘marathon central school district’.
Our Facebook page is updated regularly and contains pictures, events, and announcements in a timely fashion. For additional information, please contact the District Office at 849-3117.

Big changes coming to Box Tops – A heads up!!

Are Box Tops clips going away?
Eventually, yes, the physical clips are going away, and the Box Tops program will become digital-only. With thousands of products and hundreds of brands, this will take some time, but that will be the eventual direction of the program. We’ll continue to honor all physical clips until they reach their expiration dates, so we expect that coordinators will be sending in valid clips.

How does the new program work?
At its core, the Box Tops for Education program structure and purpose remain the same – to help schools get what they need. The main difference is how schools will earn – instead of clipping, checking expiration dates, bundling and submitting, all Box Tops will be earned digitally via receipt scan, using the Box Tops app.

When will package changes occur?
Most packaging with the new Box Tops branding (removing physical clips) will be available on products by the end of calendar year 2019.

What about the products on shelf in stores that have clipable Box Tops as the program transitions?
Don’t worry! We will continue to accept clipped Box Tops until they expire.

What about ecommerce and digital receipts?
Recognizing the growth of ecommerce and digital receipts, we are prioritizing functionality of our app to accept electronic receipts for Box Tops redemption.

PTSA News

Marathon PTSA Meeting Dates:
All meetings are at 6:30pm at Appleby Conference Room - Unless otherwise stated
Sept 9th Oct 21st
Nov 18th Jan 13th
Feb 10th Mar 9th
Apr 13th May 11th 6 pm @ High School Cafeteria- Before Board Of Education Meeting
June 8th

Santa's Secret Shop- December 2nd (Monday)-
Dec 6th (Friday)
Check our Facebook Page for all updates.

Appleby Open House
BMI NOTIFICATION

As part of a required school health examination, a student is weighed and his/her height is measured. These numbers are used to figure out the student’s body mass index or “BMI”. The BMI helps the doctor or nurse know if the student’s weight is in a healthy range or is too high or too low. Recent changes to the New York State Education Law require that BMI and weight status group be included as part of the student’s school health examination. A sample of school districts will be selected to take part in a survey by the New York State Department of Health. If our school has been selected to be part of the survey, we will be reporting to New York State Department of Health information about our students’ weight status groups. Only summary information is sent. No names and no information about individual students are sent. However, you may choose to have your child’s information excluded from this survey report.

The information sent to the New York State Department of Health will help officials develop programs that make it easier for children to be healthier.

If you do not wish to have your child’s weight status group information included as part of the Health Department’s survey this year, please print and sign your name below and return this form to:

Marathon Central School District
Appleby Elementary
24 Albro Rd. PO Box 339
Marathon, NY 13803

Please do not include my child’s weight status information in the 2019-2020 School Survey.

Print Child’s Name ___________________________ Date ___________________________

Print Parent’s Name ___________________________ Parent’s Signature ___________________________
What is the best way to protect myself and my family from the flu? Everyone 6 months of age or older should get the flu vaccine as soon as it is available in your area. There are also steps you can take in your daily life to help protect you from getting the flu, such as: wash your hands often with soap and water or an alcohol-based hand rub, avoid touching your eyes, nose, or mouth as germs spread this way, try to avoid close contact with sick people, practice good health habits and get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food, cover your nose and mouth with a tissue when you cough or sneeze, and if you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

Family Health Network has qualified healthcare professionals that can help you with early prevention for seasonal flu and recommend that you make an appointment to get vaccinated. Stop into or call one of the health centers located in Cortland, Cincinnatus, Marathon, and Moravia to make your appointment today to get the flu vaccination. Family Health Network accepts all new patients, regardless of their ability to pay. Family Health Network also offers a sliding fee scale to help reduce the costs of your bill, if eligible. For more information, feel free to call 607-753-3797.

School-Based Health Center

Welcome back to another exciting school year from the staff at the Marathon School Health Clinics! As a reminder, our clinic is available at no out-of-pocket costs to the students at MCS. We are an all inclusive doctor’s office in your child’s school. Our services include: treatment for acute illnesses, monitoring of chronic illnesses, physicals, immunizations, and allergy injections as needed. If you are new to Marathon School and wish to enroll, please call for an enrollment packet.

If you wish to have your child seen for an acute illness, remember you may notify us by note or calling. If your child is home ill, you may also call for an appointment and bring your child in to the clinic as well.

NYS recommends a yearly physical, but requires them in prek/kindergarten, 1st, 3rd, 5th, 7th, 9th, and 11th grades. At school health, we will offer your child a physical each year. We are sending out sign-ups for physicals at the start of the school year. If your child receives a physical at another doctor’s office, please have a copy sent in for your child’s health record here.

Flu season is fast approaching. If you would like them to have the flu shot, please contact us. Again, we are recommending that all children receive this year’s flu vaccination; especially anyone with a history of breathing problems such as asthma.

If you have any questions about School Health, please feel free to contact Teresa at the high school at 849-3900 or Carol at Appleby at 849-3180.

In addition to our medical services, our school health program will be providing preventative dental services to 2nd & 3rd grades twice this year. The dental services include oral health education and promotion, dental screenings and referrals, sealants, cleanings, fluoride varnish applications, case management and assisting in the establishment of a dental care home as needed. Be on the lookout for a dental folder to be sent home with your child. Please sign and return all forms. Thank you for supporting our program. We look forward to a great school year.

Marathon School Health Staff

Community Turns Out to Welcome New Staff at Ice Cream Social

Friends of Rachel’s Club

Roughly 160,000 students skip school every day for fear of being bullied. It doesn’t have to be this way. Rachel Joy Scott’s vision of starting a chain reaction of kindness and compassion is the basis for our mission: Making schools safer, where bullying and violence are replaced with kindness and respect. Since 2015, the Friends of Rachel Club at Marathon High School has taken this mission and run with it, bringing fun events like the Positivity Tree, National Kindness Day, P.S. I Love You Day which occurs every February and May the Forth (Star Wars) Day to increase positivity in school. If you have any fun ideas you’d like to see, we are open to all ideas. The Friends of Rachel Club is open to any and all students interested. We welcome everyone! Our meetings are held every Wednesday morning at 7:50am in the Guidance Office.

"I have this theory that if one person can go out of their way to show compassion, then it will start a chain reaction of the same. People will never know how far a little kindness can go."

—Rachel Joy Scott
Fitness Center Schedule
(Located in the basement of the South Wing of the High School)

Monday & Wednesday:
6:30 - 7:30 a.m.
3:15 - 4:15 p.m.
6:00 - 7:30 p.m.

Tuesday & Thursday:
3:15 - 4:15 p.m.
6:00 - 7:30 p.m.

Friday:
6:30 - 7:30 a.m. ONLY

Open for all community members when supervisor on duty.
Must have an orientation before using fitness center.
Cost is $1/day, $7/month, $50/year
Please contact Michelle Sweeney @ 849-3219 or Karen Funk @ 849-3999 if you are interested in an orientation or supervising the fitness center.

New York State Assessments for the 2019-20 School Year

Students in grades 3-8 will be taking assessments in both English Language Arts and Math. Students in grades 4 & 8 will also be tested in Science.

Grades 3-8 ELA - March 25-27, 2020 (paper),
March 24-31, 2020 (computer based);
Grades 3-8 Math - April 21-23, 2020 (paper),
April 20-27, 2020 (computer based);
Science Performance Test Grades 4 & 8 - May 18-29, 2020;
Science Written Test Grades 4 & 8 - June 1, 2020;
January Regents - January 21-24, 2020;

The requirements for graduation for incoming ninth grade students include regents exams to graduate with either a Regents or Advanced Regents Degree. The State has also raised the passing grade on all regents to 65.

If you have questions or concerns, please contact the Elementary Office, 849-3281 or the HS Guidance Office, 849-3229.

AFTER SCHOOL SNACKS!
Marathon Athletic Department
Brown Bag Nutrition Program

Is your junior-senior high student hungry at the end of the day---with sports and activities still to come before dinner at home?

Box lunches available after school every day
Sandwich/Wrap (3 choices), pretzels, fruit, and cold drink: $5
Salad, chips, and drink $5.50

Please see the cashier at breakfast or lunch to order meals. (Tax will be added to adult meals)

Telephone Directory of District Offices

Appleby Health Office 849-3180
Appleby Main Office 849-3282
Bus Garage 849-3295
Business Office 849-3226
Cafeteria - Francis Zaryski 849-3149
CAPCO 849-3127
District Office & Fax Number 849-3117/3305
Family Health Network (Appleby/HS) 849-3900
Guidance Office 849-3229
HS Health Office 849-3210
HS Main Office 849-3252
Special Education/CSE 849-3169

Annual Holiday Concerts

December 12 - 7:00 PM
Jr/Sr High Concert
High School Auditorium

December 17 - 6:00 PM
Appleby Concert
Elementary Large Gym

EARLY DISMISSAL!

Each year school districts throughout New York State are mandated to conduct a “GO HOME EARLY DRILL”. This drill is designed to test the districts readiness to react to an emergency of any nature that would necessitate students being dismissed and sent home earlier than normal. In coordination with other schools in Cortland County, as well as the McEvoy BOCES, we will be conducting this drill on Friday, December 20, 2019.

All students in the Marathon Central School District, as well as students from this district placed in programs elsewhere in the county, will be dismissed at 2:30 p.m. at Appleby and 2:50 p.m. at HS on this day. Therefore, students will be arriving home approximately 15 minutes earlier than normal.

We greatly appreciate your assistance and cooperation in meeting this important safety requirement.
November/December 2019 Events
The Family Resource Center is NOW located in room 305 at Appleby Elementary School.
Hours: Mondays & Tuesdays 9 a.m. to 3 p.m.
INSIDE THE FAMILY CENTER

PARENT & ME INSTANT ARTIST: November 18th 5:30 -7:00 Appleby Room 305; $40 for 1 adult and 1 child (4th-6th grade only) to paint two pictures. 24 spots. Dinner provided. Reserve and pay online: https://theinstantartist.com/event-registration/?e=1457

FAMILY PHOTO NIGHT: Diane Courtney will take family photos on Friday, Nov. 1st 5-8 p.m. in Appleby Room 305. Call 849-3127 to set up a sitting time. Package A - $10 for 1 pose and 7 pics. Package B- $5 for 2-4 poses and 1 CD.

ANGEL TREE HOLIDAY ASSISTANCE: (Birth-14 Years) Families in the Marathon School District that are in need of holiday assistance this year, please sign up for the Angel Tree Program by calling Sue Light or Judie Hill at 607-849-3282 or Laurie Tebbe at 607-849-3127. Forms will be sent home with report cards. Forms are due to the Appleby Office by Friday, November 8th. Gifts will be distributed on Wednesday, December 18th at the Marathon Methodist Church.

HEAP (Home Energy Assistance Program): Regular HEAP program opens in November. Call Cortland County DSS at 607-428-5400 or apply on the website: http://www.cortland-co.ny.us/687/Home-Energy-Assistance-Program-HEAP

CLOTHING CLOSET’S COAT DRIVE & GIVEAWAY
Gently Used & Clean Fall and Winter coats can be dropped off in Appleby Room 305 on Mondays and Tuesdays or during Appleby’s Open House.
The Center also collects clean and gently used clothing and shoes. Call or stop by the Center on Mondays OR Tuesdays, if you are in need of any clothing or shoes.

CLOTHINGS AT MARATHON FOOD PANTRY
The clothing volunteers will be bringing clothes to the Marathon Food Pantry on November 5th. The volunteers are there on the 1st Tuesday of each month

CAPCO SERVICES: Call 607-753-6781
- Early Head Start/Head Start
- Consumer Directed Personal Assistance Program
- Energy Services
- WIC - 1st Wednesday of each month at the Marathon Presbyterian Church
- Tutoring & Assistance with Test Assessing Secondary Completion (TASC)
- Family Essentials (Clothing & Shoes)
- Healthy Families Program

FOOD SENSE: Call Gretchen Garrow at 607-836-6319 to find out more info on this buyer’s club and take advantage of low food prices each month. Pick-up at Loaves & Fishes at the Grace Episcopal Church on 13 Court Street (Use ramp.) Sign up for the next month when you pick up your food.

SNACK BACKPACK PROGRAM The Family Center collects non-perishable food items. If you would like to donate, please drop off your healthy food donations in room 110 at the Marathon High School. This program is for income-eligible families. Contact the Center if you are in need of assistance.

AROUND THE COMMUNITY

MARATHON FOOD PANTRY The Pantry is open every Tuesday at 4:00-5:30 p.m. in the Old Town Hall.

ANGEL TREE COMMUNITY ANGELS If you would like to help a family in the Marathon area this holiday season, pull a tag or two off the Angel Tree. Shop for the child on the tag. You do not need to wrap the gifts. The Angel Tree will be set up at the NBT Bank in Marathon the week of November 11th. Please return gifts & wrapping paper with the number tag attached to the gift to NBT Bank by December 13th. Contact Sue Light or Judie Hill at 849-3282 or Laurie Tebbe at 849-3127, if you have questions.

COMMUNITY BASKETS Volunteers needed to help bake cookies on Dec. 12th, fill baskets on Dec. 13th and distribute baskets on Dec. 14th. Contact Corey Bliss for more info.

PECK MEMORIAL LIBRARY NEWS:
Contact Mary Franks at 849-6135

Peck Book Club:
4th Thursday of the month at 6 p.m. at Peck Library.

HeART:
Sandy Yahner’s art group meets the first 3 Tuesdays of each month at 6:15 p.m. at Peck Library.

Preschool Story time:
Tuesdays at 10:30 a.m. at Peck Library.

Alzheimer Caregiver Support Group:
4th Thursday of the month at 2 p.m. at Peck Library.

Knitting & Crocheting Group:
Wednesdays at 3 p.m. at Peck Library. Sue Dellow facilitates the group.

Zentangle & Builder’s Best:
Call Peck Library for information.

MAPLE SENIOR CENTER NEWS: Closed Nov. 11th
Contact: Anita Doty at 849-3884
Marathon Civic Building (The Office for Aging)
- Mon. – Fri. 8:00 a.m. - 3:30 p.m.
- Coffee & Tea hour 9:00am everyday
- Monday: Penny Bingo, Dominoes, Billiards, Wii Bowling at 10:30am; Pinochle & Cards 12:30pm
- Tuesday: Loosen up, limber up stretch band & walking 10:30am - 11:00 am
- Second Tuesday of the month: Pancake Brunch 9 - 12
- Wednesday: Quarter Day & Bingo 12:30pm following with Cards
- Fourth Wednesday: Birthday & Holiday Celebrations
- Thursday: Wii Bowling, Billiards, Dominoes, & Cards 10:30am; 1st & 3rd Thursday: Chip Bingo 12:30pm
- Fourth Thursday of the month: Pancake Brunch 9 - 12
- Friday: Open activities

Lunch reservations needed, but not on Brunch Days: December 10th & 26th; Thanksgiving Celebration Nov. 27th.

MARATHON AREA HISTORICAL SOCIETY:
Contact Connie White at 849-3960. Meetings are the last Monday of the month at 7 p.m. in the Old Town Hall on Brink Street. Holiday Dinner in November. All are welcome!
### NOVEMBER 2019

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|        |        |         |           |          | Class of 2021  
Cookie Dough  
Sale  
IAC Cross  
Country  
Championships  
Boys Soccer  
Girls Soccer |
| 3      | 4      | 5       | 6         | 7        | 8      | 9        |
| MTA Meeting  
Athletic Booster  
Club 6 PM HS  
Café         | ES Faculty  
Meeting       | BOE Meeting  
6:30 pm HS  
Library   | Cross Country  
Sectional  
Championships  
Music Booster  
Paddle Party  
6:30 PM  
Angel Tree Slips  
Due            |
| 10     | 11     | 12      | 13        | 14       | 15     | 16       |
| NO SCHOOL  
Veteran's Day  
Observed  
Varsity Winter  
Sports Begin   | No School  
Parent/Teacher  
Conference  
JH/HS Faculty  
Meeting    | Teen Institute  
Conference  
(14th-17th)  
Band Citrus  
Fruit Sale  
Appleby Awards  
Program Report Cards  
NYS Championships  
Cross Country  
Field Hockey  
Boys Soccer  
Girls Soccer |
| 17     | 18     | 19      | 20        | 21       | 22     | 23       |
| NYS Championships  
Field Hockey  
Boys Soccer  
Girls Soccer  
Honor Society  
Blood Drive  
PTSA Meeting ES 6:30 PM  
FAPSA Night  
5:30 PM Rm 204  
Student Council  
Poinsettia Sale  
Sr. Citizen  
Dinner  
“POP” Dodgeball Tournament 7 PM  |
| 24     | 25     | 26      | 27        | 28       | 29     | 30       |
| Health & Wellness Meeting 7:30 AM  |          |         | THANKSGIVING BREAK          |          |        |          |

### DECEMBER 2019

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| MTA Meeting  
Winter Sports  
Pictures  
Athletic Booster  
Club 6 PM HS  
Cafe          | Torchlight  
Submission  
Date  
BOE Meeting  
6:30 pm HS  
Library  
Angel Tree Gifts  
Due @ Bank  
Class of 2022  
Holiday Dinner |
| 8      | 9      | 10      | 11        | 12       | 13     | 14       |
| ES & JH/HS  
Faculty Meeting  
Spanish Club HS  
Holiday Food  
Drive SADD  
Holiday Grams  
SANTA SECRET SHOP  
9:30 AM  
Angel Tree Gift  
Pick-Up  
@ Family  
Resource Center  
ACT            |
| 15     | 16     | 17      | 18        | 19       | 20     | 21       |
| Health & Wellness Meeting 7:30 AM  
Appleby Holiday Concert 6 PM  
District Wide  
Emergency Go Home Drill, Dismissal 15 min Early Dismissal  
Torchlight Mail Date  
CHRISTMAS RECESS  
CHRISTMAS RECESS  |
| 22     | 23     | 24      | 25        | 26       | 27     | 28       |
| Christmas Recess Begins  
Girls Basketball Holiday Tournament  
Girls Basketball Holiday Tournament  
Girls Basketball Holiday Tournament  
Girls Basketball Holiday Tournament  |

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CHRISTMAS RECESS

PAGE 13—THE TORCHLIGHT—OCTOBER 25, 2019
ATHLETIC ELIGIBILITY
MAKE-UP DATES
ALL MEETINGS ARE IN
ROOM 209

Option 1:  Mon, Oct 21st ..........5:30-7:30 PM
Option 2:  Fri, Nov 8th ............3:15-5:15 PM
Option 3:  Mon, Jan 6th ............3:15-5:15 PM
Option 4:  Wed, May 4th ..........5:30-7:30 PM

Prior to attending the makeup meeting you must com-
plete two brief online courses through
www.nfhslearn.com. The Student Course Options
through the NFHS are:
1-Concussion Management,
2-Understanding Vaping & E-Cigarettes,
3-Student Mental Health & Suicide Prevention,
4-Sportsmanship,
5-Sports Nutrition,
6-Social Media for Students,
7-Captains Course (2+ hrs),
8-Bullying, Hazing, and Inappropriate Behaviors and
9-Appearance & Performance Enhancing Drugs,
Substances.

You may register for free to take these courses at
www.nfhslearn.com

At the makeup meeting you will also watch the video
from June Presentation and take a multiple choice test
on the Athletic Code.

A FUN EVENT FOR
RUNNERS & WALKERS

Marathon Community Scholarship Foundation’s
Marathon’s 5K Run/Walk for the Scholars
June 27th at 9:00 AM

Applications available at
www.marathonscholarshipfoundation.org

Section IV Tournament Time for Fall
Sports is Coming Soon
Why not Come Cheer on the
Olympians!

49TH ANNUAL INTERSCHOLASTIC
JV & VARSITY ATHLETIC AWARDS NIGHT

Thursday, June 18th at 6:00 PM-High School Auditorium

The Athletic Awards Night is an opportunity for all JV & Varsity Athletes to receive recognition for their accomplishments during the Fall, Winter and/or Spring Season. Since all Junior Varsity and Varsity Athletes will be recognized with their Junior Varsity and/or Varsity Letter we encourage all Athletes and their Parents to attend this special evening of recognition.
The Marathon Athletic Department now uses a web based scheduling program called rSchoolToday.

rSchoolToday provides a very powerful Web based calendar for the athletic department that can share schedules to both e-mails and cell phones.

To receive electronic schedules and notifications to your cell phone and e-mail you can register on the schools website under the ATHLETICS TAB and then click on the SCHEDULE SIGN UP PAGE to complete the registration or use the following url.

www.marathonschools.org/schedule-signup.html

When prompted you should select all the sports that you wish to follow and receive notifications of changes and/or cancellations.

DOWNLOAD THE APP TO YOUR SMART PHONE

Search for rSchoolToday in your APP Store and follow prompts to select the Marathon Schedule.

THE ACTIVITY SCHEDULER FOR ALL YOUR ATHLETIC SCHEDULING NEEDS

DODGEBALL TOURNAMENT

Friday, November 27th, 7:00 PM

Open to Students Grades 4-12 and Coaches, Faculty & Community Members

For More Information
Visit the Pure Olympian Performance Page @ www.marathonschools.org

Class of 2020 Butterfly Release

Immediately Following Graduation
Marathon Village Green
June 28, 2020

The Butterfly Release Program

The release program is being provided to allow parents, family, and friends the opportunity to celebrate the hard work of any individual graduating senior. You will have the opportunity to recognize, through words, your support for a graduate by having your personalized message printed in a Commemorative Butterfly Release Ceremony Program. In addition, a video of the event will be available to download for all participants who purchased a butterfly.

Please support this program and take the opportunity to recognize your loved ones by releasing a monarch butterfly following graduation ceremony. By releasing a butterfly, you are also symbolizing the letting go of your loved one so they may fly free and experience the opportunities that await them in the world.

For More Information Contact
Aliesha Howard,
20howarda@marathonschools.org

MARATHON ATHLETIC HALL OF FAME
2020 INDUCTION CEREMONY

Pending nomination selections, the Marathon Athletic Hall of Fame will have its induction ceremony on Friday, June 27, 2020. The ceremony, which is open to the public, will take place in the auditorium at approximately 7:00 PM. This year the committee will focus on the year 2010, However, we will accept applications reflective of earlier dates.

For more information, look at the nomination process at www.marathonschools.org, or contact the main office at the high school 607-849-3251 to receive an application. Applications are due January 15th, 2020.
EMBRACE*EDUCATE*EMPOWER

Ag Fair Day  Fire Prevention