



# Tiger Tracks

**November 2024**

**[www.akronschoools.org](http://www.akronschoools.org)**

Akron Central School District acknowledges that we gather on the traditional lands of the Tonawanda Seneca Nation and honor the sovereignty of all of the members of the Haudenosaunee. We honor the contributions of the Indigenous Peoples and will make a commitment to honor the land of those who have walked before us.

## A message from the Principals:

***Nya:wëh and GO TIGERS!***

Dear Parents and Guardians,

November is a time for reflection and gratitude. It invites us to pause, appreciate the world around us, and recognize what we're thankful for. A simple daily practice of naming two things you're grateful for, one thing you're proud of, and one thing you're looking forward to can significantly uplift our spirits.

We are incredibly thankful for the dedication of our faculty and staff, who consistently put our students first. The wonderful school and community events that have occurred over the past few months, along with the commitment to provide opportunities through the fall and winter, have most certainly made a positive impact. Thank you!

November is Native American Heritage Month, a time to recognize and celebrate the rich and diverse cultures, traditions, and contributions of Native Americans to our nation. At AHS, we are dedicated to fostering awareness and understanding of Native American cultures and histories.

Akron is proud to kick off the month of November and host the NYSSMA Music Festival this weekend, November 1st and 2nd—an enormous undertaking by our music department that offers fantastic opportunities for our students both here and in the surrounding areas.

Please mark your calendars for Friday, November 8th for early dismissal at 1:30pm and the closing of the marking period. We encourage you to monitor your child's progress through ParentPortal and reach out to teachers with any questions or concerns. Communication is key to meeting our students' needs, and we are committed to working together for successful outcomes.

November 8th will also be the designated day for high school students to participate in our social, academic, emotional, behavioral, and risk screening (SAEBRS). The screener is given to our students to assess behaviors, emotional strengths, and areas of growth in students so that school faculty and staff can know who and how to support them. It has been a great way to help support the needs of our students.

As Veterans Day approaches, we want to take a moment to honor and express our heartfelt gratitude to all veterans within our community and beyond. Observed on November 11th, Veterans Day is a time to pay tribute to the courageous men and women who have served and continue to serve our country in the armed forces.

Lastly, we invite our parents and guardians to participate in our in-person Parent/Teacher conferences on Tuesday, November 26th from 4:30-7:30 pm and Wednesday, November 27th from 8:00-11:30 am, additional information regarding conferences will be sent out by November 11th.

***Nya:wëh and GO TIGERS!***

*Mr. Dimitroff, and Ms. Reedhardt*

## Important November Dates...

### November

- 1 NYSSMA Music Festival
- 2 NYSSMA Music Festival
- 6 Photo Retake 11am–1:30 pm
- 6 Blood Drive (8-2:30)
- 6 BOE Meeting
- 8 MP1 Ends
- 8 HS Staff PM only Conference Day – HS only Dismissal at 1:30 pm
- 11 Veterans Day (NO CLASSES)
- 13 Winter Parent-Athlete Mtg.
- 14 SOM Luncheon
- 20 BOE Meeting
- 21 Report Cards on line
- 21 Ineligible/Restricted Pass Lists Out
- 25 NHS Candidacy Meeting
- 26 Parent/Teacher Conf. (4:30-7:30)
- 27 Parent/Teacher Conf. (8-11:30) (NO CLASSES)
- 28-29 Thanksgiving Recess (NO CLASSES)
- 27 Tiger Tracks Published



The Tiger's Den will be providing samples throughout the month of November for you and all your friends to try! Visit us Monday-Thursday 9th period, while supplies last, to taste test different snacks that we offer. November samples are shown in the picture below.

November 4th-8th- Dill Pickle Pop Daddy Pretzel  
November 12th-15th- Waffle Cone Muddy Bites  
Cookies and Cream  
November 18th-22nd- White Cheddar Pop Daddy Popcorn



We also have new apparel for purchase! We have both lightweight and heavyweight hoodies in black and light tan. Stop down and see our two new designs that were created by alumni Rob Chase.

We appreciate all of your support throughout the course of this school year! Your support will help us reward two Class of 2025 seniors with \$1000 scholarships pursuing a business-related field.

The Tiger's Den school store takes debit/credit cards and Apple Pay!

**Follow us @akronschoolstore on Instagram!** We post updates on promotions, sampling, and everything the school store has to offer.



It's hard to believe we are nearing the end of the 1<sup>st</sup> quarter already! With that being said, we encourage everyone to attend parent-teacher conferences on 11/26 and 11/27. This month's PTA meeting will be held on November 13<sup>th</sup> at 7:00PM in room H190. The PTA is also currently running a golf umbrella sale. You can purchase your 60" oversized black and orange Akron golf umbrella for \$25 online at <https://19western.memberhub.com/store>. Umbrellas will be delivered to the school on a weekly basis and be sent home with your student.



Counselors have met with all seniors for their individual meetings. A review of their transcript and graduation requirements has been completed as well as college and career readiness. We will continue to assist our seniors with their post high school career plans. Those seniors who plan to attend college need to make sure they submit their college applications in a timely manner. You also need to complete the financial aid process.

Marking period, one is always a good indicator of where students are headed academically. If students are failing, focus needs to be on working hard to turn things around before the year progresses. Students are reminded to utilize 9th periods working with their teachers for help as well as our academic learning center.

Representatives from surrounding colleges, including Tech colleges, and Recruiters from the Armed Service Branches continue their visitations during all lunch periods to be able to reach out to students and answer any questions they may have.



Things to always consider, and communicate:

**Safety at home:** Children should feel, and be safe at home  
Clear away clutter  
Keep cleaners and medications out of reach  
Test fire alarms and have a plan

**Food Safety:**  
Break or cut up large foods to make them easier to eat  
Monitor what they are eating and drinking

Enjoy the good times, stay on track, reach out for resources and help if needed, and communicate with your kiddos!

**Go Tigers!**

November brings the end of the first marking periods and trimesters throughout the school. It is also the time of year when the leaves have mostly fallen, we are thinking cooler weather, warmer foods, and busy holidays approaching. During all of this, let's not forget what unique potential dangers our kiddos face in their everyday lives, in and out of school.

**Safety in the car:**  
Everyone is required by law to wear a seat belt  
Ensure your kiddo is in the correct car seat or booster seat if they are still required to sit in one

**Water Safety:**  
Monitor kiddos in and around swimming areas or water sources  
Provide adequate swimming and safety materials



As the school year continues and we approach the holiday season it's natural to feel a bit more stress. This month, we'll focus on identifying common stressors and building healthy coping strategies to help you manage stress effectively.

### November Focus: Understanding Stressors and Healthy Coping Strategies

**Identifying Stressors:** We'll discuss various stressors students commonly experience, such as academic pressure, social expectations, and personal challenges. Understanding what causes stress is the first step to managing it.

**Healthy Coping Strategies:** We'll explore different ways to cope with stress, focusing on practical methods you can use in your daily life, including:

- **Mindfulness and Deep Breathing:** Revisiting techniques to stay present and calm in high-stress situations.
- **Time Management:** Learning how to prioritize tasks and avoid last-minute cramming to reduce academic stress.
- **Physical Activity:** Understanding how regular exercise can relieve stress by releasing endorphins and improving focus.
- **Journaling and Creative Outlets:** Expressing your thoughts and emotions through writing, art, or music to help process and manage stress.
- **Support Systems:** Recognizing the value of friends, family, and mentors in providing emotional support.

**Stress-Relief Challenge:** This month, try a "5-Minute De-Stress Break" each day:

1. Take five deep breaths.
2. Focus on something you're grateful for.
3. Do a quick stretch to relax your body.
4. Reflect on one thing you accomplished today.

Consistently practicing small stress-relief exercises can help build resilience over time.

Remember, stress is a natural part of life, but managing it is key. Don't be afraid to reach out for help—talk to friends, family, or a counselor if you need extra support.

## Social Worker Support Center



The Giving Tree will be in the HS Cafe starting Tuesday, November 12th to provide Christmas gifts for families in need. Each ornament on the Giving Tree has an item from a child's wish list. Please consider taking an ornament before Thanksgiving break for some Black Friday shopping! Items can be returned unwrapped, with the ornament attached to Mrs. Bowen's office (H-111) by Friday, December 13th. Please contact Mrs. Bowen with any questions and thank you in advance for your support.





## SENIORS Class Of 2025

The Class of 2025 is having a great start to their senior year! They just wrapped up their last homecoming week along with working football concessions! Thank you for all of your support.

The Senior class will be holding a mattress sale on November 16th from 9-4pm at Akron High School. Come out and get a great price on many great mattress options! Please reach out to Miss..Lucarelli in the Middle School with any questions.

The senior class will also be collecting new and gently used shoes. The shoe drive will run through November 1. Each school has a box in their main office to drop shoes off. Please take the time to clean out your closets, ask your friends and families, or maybe pick up a couple of pairs on clearance to donate.

Go Tigers!

## FRESHMEN Class Of 2028

Thanks for everyone's help to create a successful homecoming week! Be on the lookout for a future fundraiser that we will put on!

attendance  
**MATTERS**

### Reporting Absences

The District has a dedicated phone line and email address in each building for a parent or guardian to report a child's absence from school. Absences should be reported as early as possible to:

High School (716) 542-5009 OR

[HSAttendance@akronk12.org](mailto:HSAttendance@akronk12.org)

If the absence is reported by phone, the parent or guardian will receive an automated call from the District alerting and/or confirming the student's absence. The student must present a note to the main office, signed by the parent or guardian indicating the date(s) and reason for the absence upon their return to school. If the absence is reported by email, the parent must indicate the child's name, grade level, and reason for the absence.

Attendance can be the single most important factor in a student's academic success. Akron Central School takes student attendance very seriously and works to assist students with poor attendance in both policy and practice.

## JUNIORS Class Of 2026



The Class of 2026 had a fantastic homecoming week! It was capped off with a first place finish in the float competition"



## Native American Office News

Tardiness, the act of being late, can affect various aspects of life, from professional settings to personal relationships. While everyone runs late occasionally, chronic tardiness can lead to negative consequences. Whatever the reason for being late, late is late - especially in a school setting. Poor time management, procrastination, inability to appreciate traffic or weather, possibly juggling too many responsibilities all can lead to being tardy. Those factors can have many impacts. In high school, if a student is tardy three times without an excuse from home, it could lead to detention. Not only that, it causes stress to the student. I can usually see when a child has had a crazy, rushed morning at home. It is no bueno. I hope we all know what happens when a student misses seat time too. So let's plan ahead, set alarms, double check those alarms, reflect on patterns and recognize priorities. Being on time (or early) sends a real positive message!

## Akron Media Production Newsletter October 8, 2024

*Upcoming  
Akron News Show Debut Episode!  
Homecoming Content!*



**Ella Liss and Hannah Liss:** Debut the first episode of the year for Akron Sports Review! (Recapping the month of September)

[LINK](#)

Akron Media Production worked together to capture this year's powderpuff game!

[Powderpuff](#)

**Isla Blair** and **Kendall Vohwinkel** explore the halls on Akron High School's homecoming spirit week! [Spirit Week 2024](#)

**Rieley Stuber** features the Athletes of the Week from 9/30 -10/4, Cam Wild and Riley Doctor

[AOW](#)

**Isla Blair:** Features the Athletes of the Week from 9/16-9/20, Avery Wolfe and Morgan Tomporowski!

[LINK](#)



**Kendall Vohwinkel:** Features the Athletes of the Week from 9/23-9/27, Kylee Rebmann and Ava Fox!

[LINK](#)

## WHAT?

NEW...

Toothbrushes  
Toothpaste  
Deodorant  
Shampoo  
Conditioner  
Body Wash  
Socks  
(NO RAZORS)



## WHERE?

All hygiene products can be brought right into students' classrooms. (Any community donations can be brought to the main entrance).



# OPERATION TOOTHBRUSH IS RETURNING TO ACS!

## WHY?

All the products collected will be donated to the Akron/Newstead Food Pantry to help the community during the upcoming holiday season!

## WHEN?

From October  
18th until  
November 7th



**We thank you for your generosity!**