



# Tiger Tracks

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

January 2025

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:

*Greetings and Nya:wëh sgë:nö*

Happy New Year!

As we step into 2025, we are excited and optimistic about the opportunities ahead. At Akron High School, our commitment to fostering a supportive, inclusive, and enriching environment for all students remains unwavering. Together, we will continue to prioritize academic excellence, personal growth, and community engagement. Let's make this a year of collaboration and achievement, where every student thrives and reaches their full potential.

Thank you for your partnership and dedication to our school community. Here's to a successful and rewarding year!

Nya:wëh and Go Tigers!

Mr. Dimitroff and Mrs. Reedhardt

## Important January Dates...

- 1 New Year's Day (NO CLASSES)
- 9 Petition Sheets Due
- 9 SOM Luncheon
- 11 Snowball Dance 7-9 pm
- 15 BOE Meeting
- 16 Student Council Leadership Summit 8-12 pm at Akron
- 20 Martin Luther King Day (NO CLASSES)
- 21 Regents Exams (*English Language Arts- Morning*)
- 22 Regents Exams (*Geometry/US History & Government- Morning. Algebra I- Afternoon*)
- 23 Regents Exams (*Global History & Geography II- Morning*)
- 24 Regents Exams (*Living Environment- Morning*)
- 24 MP2 Ends
- 29 Grades Due
- 29 Record Keeping Day (NO CLASSES)
- 29 BOE Meeting
- 31 Tiger Tracks Published



We would like to thank everyone who supported us last month at our holiday pop-up shop in the elementary school! We would like to congratulate Nathaniel Gehl for winning the holiday basket giveaway! We appreciate all of our customers and can't wait to hold future pop-ups in the upcoming months.



New Year, New Style! The Tigers Den is happy to announce our new jewelry collection. We have earrings for sale from artisans Jeweled Creations by Lynn and Renee's Designs and Pura Vida orange and black bracelets. Get one for yourself, friends, and family for the new year!

The Tigers Den school store takes debit/credit cards as well as Apple Pay!

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



## Social Worker Support Center

"Thank you to everyone who generously donated and supported this year's Giving Tree. Over 174 gifts were donated!"



Happy New Year! We hope you have been enjoying this wonderful holiday season with family and friends. The school year is going by fast with midyear approaching. Students will need to do their best to prepare for any mid-term exams they will have. This is a good time to evaluate ways to improve if needed for the second semester. There will be some changes in student schedules when the second semester starts, please reach out if you have study halls that you would like to fill.

Counselors will be meeting with all juniors for their individual meetings during the months of January and February. We will be discussing important information with them including scheduling and a full transcript review with courses needed for graduation. We will also cover career goals and ways we can assist them with their future plans.

Our sophomores have been provided information regarding all of the BOCES programs available to them for their junior and senior year. Interested students signed up to attend BOCES during the week of December 2nd. Sophomores have been encouraged to meet with their counselor ASAP with any questions or concerns they may have about attending BOCES. These vocational programs have been an outstanding opportunity for many of our students to pursue.

During Junior Seminar we hosted Mr. Kyle Schwindler. Kyle is an admissions representative from Niagara University. Kyle gave an excellent presentation covering the current college admissions process. We encourage you to take the time to review his attached presentation.

[https://mail.google.com/mail/u/0?ui=2&ik=d43ea0453e&attid=0.1&permmsgid=msg-f:1818626335432287932&th=193d0f043e9ca6bc&view=att&disp=safe&realattid=f\\_m4re1u210&zw](https://mail.google.com/mail/u/0?ui=2&ik=d43ea0453e&attid=0.1&permmsgid=msg-f:1818626335432287932&th=193d0f043e9ca6bc&view=att&disp=safe&realattid=f_m4re1u210&zw)



Congratulations to the following student who has been accepted into college:

**Nicholas Fry:**

Canisius University

## SENIORS Class Of 2025

The Class of 2025 just finished up a successful mattress sale and shoe drive fundraiser. We sold 25 mattresses during our one-day mattress sale event. The senior class would like to thank everyone that purchased a mattress, donated shoes, or spread the word about our fundraisers. The senior class is looking forward to a relaxing holiday break. Thank you for all of your support.  
Go Tigers!

## SOPHOMORES Class Of 2027

The Class of 2027 encourages everyone to come out and support student government at the basketball concessions this winter sports season!

## JUNIORS Class Of 2026

The Class of 2026 would formally like to invite any high school student to the Semi Formal Dance "A Dance Under the Stars" on Saturday, January 11th from 7-9 PM. Tickets are \$10 and will be sold during both lunches from 1/2-1/10.

## FRESHMEN Class Of 2028

Have a great holiday break! Make sure you get your tickets for the Winter Semi-Formal and support the Junior Class!

Tiger Leap Gift Card Awarded to:  
Cooper Rebman; Jenna Krampen, Cody Warren and Lucien Breton

**ART** – Camilla Re  
**BAND** – Aubrienne Baltzley  
**BUSINESS** – Emma Leonard  
**CHORUS** – Maddison Hall  
**BOCES** – Kaitlyn Bower  
**PHYS. Ed** – Avery Wolfe  
**ORCHESTRA** – Kelsey McIntyre



**November**  
**Students of the Month**

**ENGLISH** – Ayden Wilson  
**SENECA** – Kitana VenPelt  
**HEALTH** – Amon Bentley  
**MATH** – Abbie Gerstung  
**SCIENCE** – Madilyn Jelson  
**TECH** – Nicholas Fry

### **ATHLETES OF THE WEEK:**

Week of December 6<sup>th</sup>: Syras Jonathan & Averi Monkelbaan  
Week of December 13<sup>th</sup>: Abby Gerstung & Cameron Wild

***Congratulation to all of our Fall Sports teams as they have met the requirements to be honored as Scholar Athlete Teams! Congratulation to all of our student athletes and coaches.***

Boys Cross Country - 92.82  
Football - 91.72  
Boys Soccer - 92.61

Girls Cross Country - 92.74  
Game Day Cheer - 91.15  
Girls Soccer - 97.72

Field Hockey - 95.74  
Golf - 90.88  
Volleyball - 92.75

Plus, a throwback award winning video from last spring!

Happy New Year Tigers! This month's PTA meeting will be held January 8th at 7:00pm in H190. Keep an eye on our Facebook page this month for our Adam's Apple fundraiser. We will be selling delicious gourmet caramel apples with delivery just in



## January Focus: Nutrition Essentials

Happy New Year! Welcome back! January is the perfect time to refocus on healthy habits, starting with **nutrition**. This month, we'll learn how to fuel our bodies and minds by understanding food labels, choosing the right portion sizes, and making balanced food choices that support our overall health.

### Class Topics:

## 1. Understanding Food Labels:

Learn how to read food packaging to identify key information, including:

- Serving sizes
- Calories and nutrients (fats, proteins, carbs)
- Added sugars and sodium content

## 2. Portion Control:

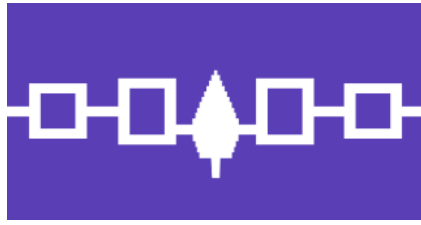
Discover the difference between portion size (what you eat) and serving size (recommended amount) and learn practical tips for eating balanced portions.

## Healthy Habit of the Month: Mindful Eating

Pay attention to your body's hunger and fullness cues. Eating slowly, avoiding distractions (like phones or TV), and enjoying your meals can help prevent overeating and improve digestion.

### Nutrition Tip:

Start small! Even one healthy swap—like choosing water over soda or a fruit over chips—can make a big difference in your health over time.



## **Native American Office News**

As the calendar turns from December to January, schools prepare to welcome the New Year with renewed energy, a fresh start, and a chance to set new academic goals. This transition is an exciting time, filled with opportunities for growth and reflection. Both educators and students embark on this journey with hopes of creating a productive, positive, and engaging environment for the months ahead.

The start of the New Year provides students with the perfect opportunity to reassess their goals and expectations. After the winter break, they return to school with a sense of rejuvenation, often determined to tackle academic challenges with more enthusiasm. Whether it's improving grades, developing new study habits, or engaging in extracurricular activities, the New Year serves as a motivational reset.

Teachers play a key role in helping students channel their energy into constructive goals. Setting achievable targets and encouraging students to create personal resolutions can foster a sense of ownership over their learning. Some schools even incorporate activities that help students reflect on their progress, celebrate their successes, and think critically about how to overcome any obstacles they may face.

In multicultural classrooms, educators encourage students to share their own cultural practices, creating a space for mutual learning. This cultural exchange not only broadens students' worldviews but also builds respect for different backgrounds and traditions. Whether it's through art, music, or storytelling, the New Year offers a unique opportunity for schools to promote global citizenship.

As students and teachers return to school after the break, it's crucial to prioritize mental health and well-being. The New Year serves as a reminder to focus on self-care and stress management, especially after the often-chaotic holiday season. Schools are increasingly implementing mindfulness practices, counseling services, and wellness programs to support both students and educators in maintaining a balanced, healthy mindset.

In many ways, the New Year symbolizes a fresh start—both personally and professionally. Schools take this opportunity to reflect on the past and look ahead to the future. By setting goals, embracing new practices, and building stronger communities, schools help students and teachers alike create a positive, supportive environment in which they can succeed.

The New Year reminds us all that learning is a lifelong journey. With the right mindset, schools can turn this new beginning into an enriching, transformative experience for everyone involved. Through collaboration, dedication, and a shared commitment to growth, schools can pave the way for a successful and fulfilling year ahead.



Yes, a new year is upon begun. A time for resolutions and renewal. The first semester will be ending soon and some of our students will be taking regents exams.

This can be a very busy and sometimes frustrating time for some of us.

Make time for yourself to relax and enjoy some me time.

Mother nature may be taking us a winter rollercoaster of temperatures and precipitation. Keep warm and stay safe.



### 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.

