



Tiger Tracks

May 2025

www.akronschools.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:

Greetings and Nya:wëh sgë:nö', Students and Families!

As the end of the school year approaches, we wanted to take a moment to highlight some important events and reminders for the upcoming weeks. First, the majority of students' overall average can be determined by their success during the fourth marking period and final exam. We continue to encourage the use of our review opportunities both during 9th period and review sessions while also frequently checking your progress on the student/parent portal. [Advanced Placement \(AP\) exams](#) will be beginning shortly and [regents review sessions](#) have been in full swing! Student attendance and punctuality the last few weeks of school is crucial. Please ensure that your child attends school daily and reach out immediately with any attendance concerns.

The following are upcoming events and additional information:

- * High School Scholastic Awards Ceremony on May 28th (6pm)
- * HS Music Awards Concert June 6th at 7:00 pm.
- * The Academic and Athletic Award Ceremony is scheduled for Thursday, June 12th from 8:15-10:45 am in the Auditorium.
- * The Senior Video and Senior Picnic will be held following the Academic Award Ceremony.
- * Mandatory senior safety seminar is scheduled for Friday, June 13th.
- * Senior Farewell Walk is scheduled for June 13th after the Safety Seminar (Approximately 11:00 am)
- * Last day of regular High School student attendance is Friday, June 13th. [Linked here is the exam week schedule.](#)
- * Study Resources: Encourage your child to take advantage of study resources available, including review sessions, study guides, and tutoring support. Additionally, our Academic Learning Center will be available to students during exam week.
- * Prom is scheduled for Friday, June 13th at Pearl Street. For important information regarding prom, [please read here.](#)



We look forward to our remaining weeks together. Please reach out if you have any questions or concerns. Go Tigers!

Nya:wëh and Go Tigers!
Mr. Dimitroff and Mrs. Reedhardt.

Important April Dates...

05.05.25 AP Biology Exam
05.07.25 AP Literature Exam
05.08.25 SOM Luncheon
05.08.25 Petition Sheets Due
05.09.25 AP US History Exam
05.09.25 Grade Level Meeting
05.12.25 AP Calculus Exam
05.12.25 Failure Forms Distributed
05.13.25 AP Environmental Science Exam
05.13.25 BOE Mtg.
05.16.25 Dept. Mtg.
05.16.25 AP Physics Exam
05.19.25 Failure Forms Due
05.20.25 Budget Vote
05.22.25 Ineligible/Restricted Pass Lists Out
05.26.25 Memorial Day **(NO CLASSES)**
05.28.25 Honors Breakfast
05.28.25 Honors Ceremony
05.28.25 BOE Meeting
05.30.25 Tiger Tracks Published



Are you interested in Arts, Recreation, Sports, or Swimming and working with youth? If so, the Newstead Rec. department is recruiting staff members for this Summer!

Returning Staff members are asked to e-mail Mr. Roland, by Friday, May 9th to share interest.

New Candidates need to submit application materials to the Newstead Town Hall no later than Friday, May 9th, for the summer rec. program.

If you're interested in becoming a Lifeguard or Swim Instructor for the Summer Season, the Lifeguard Registration needs to be turned in by Friday, May 16th.

The Lifeguard Certification Course will be held on Saturday, May 31st.

Please note candidates must be at least 16 years of age and submit working papers to participate.

Applications are available on the Town of Newstead website under the "Recreation tab" at www.newsteadrec.com, or contact Mr. Roland, the Recreation Director, at 716-392-7657.

HS STUDENT COUNCIL'S

FOOD DRIVE

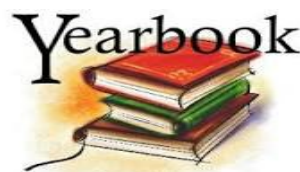
TO BENEFIT CANTERBURY WOODS
RETIREMENT HOME



**UNEXPIRED &
NON PERISHABLE
CANNED FOOD
ONLY**

**Thursday, 5/8-
Thursday, 5/15**

**Homeroom with
the most
donations will
win Paula's
Donuts!**



Order a 2025 HS Yearbook: (Online)

**Click Here to purchase
online**

**Akron Code: 4015
(in-person)**

**Click Here to purchase in
person**

STUDENT SUPPORT SERVICES

Happy Spring! The student support office is working on the scheduling process for the 2025-26 school year. Students have previously made their course selections. Please reach out to your counselor with any questions that you may still have regarding scheduling.

AP exams take place in May. Students have been busy reviewing and preparing. Good luck to all students taking these exams. If current juniors are interested in taking the ACT or SAT exams, you will need to register for them on the following websites: act.org and collegeboard.com. Included in these websites are the registration process and helpful information regarding these college placement exams.

We also want to remind you that the fourth quarter is important, as well as finals, to keep up the continued efforts. There are less than 40 days left this school year! As graduation approaches, we will also be communicating with the seniors as well. Please remember to check your emails, lots of important information will be shared this way.

SOCIAL WORKER



May is Mental Health Month 2025



TURN
AWARENESS»
INTO ACTION

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

4
Try sharing your mental health story on social media or with close friends. This brave act can help reduce stigma in your community.

5
Our physical health is linked to our mental health. Find some time to move your body today in whatever way feels right for you.

6
Take some time today to de-stress and unwind. Do a hobby you enjoy—or try a new one if you don't have a go-to hobby.

7
Practice good sleep habits. Resist the urge to zone out on social media or watch TV and make your room cool, dark, and quiet. Aim for 8 hours of sleep.

8
Create a "calm space" in your home. Include things that help you relax, like your favorite blanket or book. Use this space when you need time to yourself.

9
Take some time to reflect on the causes you care about. Think of one way you can support these causes, whether it is with your time, donations, etc.

10
Spend 10 minutes doing a journaling exercise. Write down whatever is on your mind and notice how you feel when you finish.

11
Mother's Day: Send a "thank you" card or text to someone in your life today. Sharing gratitude can help you feel more positive too.

12
Help yourself while helping others: Declutter by donating old clothes, toys, books, etc. Clearer spaces can help your mind feel clearer as well.

13
Try a breathing exercise to feel more calm and grounded. Inhale for 4 seconds, hold for 4, exhale for 4, and hold again for 4. Repeat as needed.

14
Read this affirmation today whenever you need it: "We're all first-time humans. Give yourself grace as you keep learning and changing."

15
Today is Mental Health Action Day! Visit mhanational.org to find out more about how you can take action to support mental health efforts.

16
Go somewhere you've never been. This could be as simple as taking a different route home. Mixing it up can be refreshing and open you up to new possibilities.

17
Spend some time with a furry friend to lower stress hormones and boost your mood. If you don't have a pet, see a friend who does or volunteer at a shelter.

18
Your mind functions best when your basic needs are met. Do your best to drink at least 64 ounces of water today to stay hydrated.

19
Think of one person whom you'd like to strengthen your relationship with. Schedule a time to connect on the phone or to meet in person.

20
You deserve rest and you do not need to earn it. Take a nap, sit quietly in nature, or enjoy your lunch break without working.

21
Try a new coping skill today. Some examples are: belly breathing, progressive muscle relaxation, playing with a pet, or watching your favorite movie.

22
What causes matter to you? Think of one way you can support these causes, whether it is with your time, donations, etc.

23
Reflect on what boundaries you need to live a more peaceful life. If you feel ready, communicate your boundaries to the people involved.

24
Connect with your spirituality if this is something you want to explore. Try joining a faith community, spending time in nature, volunteering, etc.

25
Look for a community event to attend. Some examples of this might include a local film festival, a community potluck, a sports game, etc.

26
Memorial Day: Plan a cookout or game night with loved ones. Connecting with people you care about can increase your happiness.

27
Experiment with a new recipe, write a poem, paint, color, or try a Pinterest project. Creative expression and overall well-being are linked.

28
Try asking someone: "How are you, really?" today to get a better sense of how they're doing, deep down.

29
Make a list of your strengths! If this feels hard, try asking people close to you what they think your top 3 strengths are.

30
Plan a break for yourself. You could ask your boss for time off, think of things you might want to do on vacation, consider a "staycation," etc.

31
Write a letter to yourself to celebrate all the actions you've taken this month to support mental health.

Monthly Goals

-
-
-
-
-
-

Get more information and resources.

mhanational.com/may

MHA
Mental Health America

SENIORS Class Of 2025

The Class of 2025 is continuing to prepare for the fun senior festivities that will take place this June including prom & the annual senior picnic. We will be asking for some parent volunteers / donated items for the senior picnic that will take place on 6/12/25. We will be sending out a signup sheet for seniors/parents to sign up in May.
Thank you for all of your support and Go Tigers!

FRESHMEN Class Of 2028

We will be holding a Cornhole tournament fundraiser on Thursday May 22nd at 245pm on the football field! Entry fee is \$5 for students and \$10 for teachers.
Please see a freshman officer or Mr. Ilardi/Ms. Polanski with any questions!

WE WOULD LIKE TO CONGRATULATE THE FOLLOWING STUDENTS' ACHIEVEMENTS



Erie 1 BOCES Kenton Career & Technical Center is pleased to announce that Tyler Constantino has been chosen as the March 2025 Student of the Month for the Electrical Systems II Program. Students are selected based on attendance, scholastic achievement, citizenship or character and qualities that make a person an excellent candidate for the work force (such as dependability and punctuality). The nomination was provided by the instructor.

Congratulation to Athletes of the week:

*April 7th - Thunder Hallett for Lacrosse
April 17th - Hunter Haist for Baseball,
April 17th - Hannah Liss & Anna Bergman for Track
April 24th - Jamie Bower for Flag Football*

Congratulations March Students of the Month

ART – MYA GREDZICKI
BAND – BRAYDEN LAMONT
BUSINESS – ELLA LISS
CHORUS – DAMIIANA MONTONDO
ORCHESTRA – KYLIE MANGIONE
ENGLISH – AVA MACDONALD
SPANISH – BRIANA WIND
BOCES – JACK DEAN
HEALTH – BRYNN JENDRESKEY
MATH – KILEY KUMPF
PHYS. ED – JORDAN SMITH
SCIENCE – ADELIADIE MANDELL
SOCIAL STUDIES – RICHARD GLENA
TECHNOLOGY – ANDREW BERGMAN



Congratulations April Students of the Month

ART – CANDICE WICK
BAND - KAYLEIGH CAREY
BUSINESS – AVA FOX
CHORUS – EMMA FINK
ORCHESTRA – EVA SAGE
ENGLISH – EVAN BERRY
SPANISH – BROOKE MILHOLLEN
BOCES – JACOB MATTHIES
HEALTH – CHUCKIE REBMANN
MATH – GABRIELLE TRUGLIO
PHYS. ED. – ASKER SIKORA
SCIENCE – NATHANIEL GEHL
SOCIAL STUDIES – TREY HALEY
TECHNOLOGY – TYLER STAHL



*Featured in the
April Media Production [April Newsletter](#):
Akron News Show Episode 7!
Music Department DC Trip Recap!
Wellness Day Recap!
Senior Pets!
Teacher Podcast Featuring Mrs. Bennett!*



Welcome to May!

As we approach the final stretch of the school year, we're focusing on some of the most important topics in personal health: Healthy & Unhealthy Relationships, Consent, and Sexual Health & Preventative Measures. These conversations are essential for understanding how to build respectful relationships and make informed choices about your body and future.

May Focus: Relationships, Consent, Reproductive and Sexual Health

Class Topics:

1. Healthy vs. Unhealthy Relationships:

- Identifying signs of respect, trust, and equality.
- Recognizing red flags like control, manipulation, or disrespect.

2. Reproductive Health/Sexual Health & Preventative Measures:

- Life stages of development
- Reproductive Health and Anatomy
- Learning about methods of protection
- Understanding the importance of STI prevention and regular health check-ups.

This month we will welcome Crisis Services to discuss healthy and unhealthy relationships as well as the Erie County Department of Health Voices Program who will focus on the importance of protective measures.

Healthy Habit of the Month: Speak Up for Yourself

Whether it's about boundaries in a relationship or making choices that align with your values, speaking up with confidence is a skill that will serve you throughout life. Practice using "I" statements and being direct, honest, and respectful.

Final Project Reminder:

Your final health project is due May 22nd. Make sure you've:



Met all rubric requirements



Complete your reflection



Submitted any necessary components (articles, interview correspondence etc.)

Community Service Hours Due Soon!

If you haven't completed your 5 hours of community service, please get those in ASAP! Reach out if you need help finding opportunities or logging your hours. Hours are Due May 16th!



The past few weeks we've been looking at chronic absenteeism at ACS. The latest issue of American Educator has an article entitled, "Back to School: Supporting and Engaging Students to Reduce Chronic Absence". Clearly absenteeism is an issue bigger than ACS. However, one of the statistics that the American Educator offers is that American Indian/Native students have the second highest group rates of absenteeism. Ugh.

Chronic absenteeism is defined as missing 10% or more of school. The article in American Educator does offer four categories about why students miss too much school: Barriers, Aversion, Disengagement, and Misconceptions. A few of their many reasons really hit home. Lack of challenging, culturally responsive instruction; family responsibilities; assume students must stay home for any symptom of illness; biased disciplinary and suspension practices. The list they provide clearly defines mutual reasons why kids stay home. (TBH, I have heard a few reasons that they did not list...) It requires the joint efforts of home and school to close the gap of our chronic absenteeism. We can do it!



We have received a lot of questions concerning children's car seats and seatbelts recently, so here are the guidelines for children riding in vehicles.

The driver is responsible for ensuring every passenger under the age of 16 is restrained in a seatbelt or approved and properly installed car seat.

Every child under the age of four must be secured in a federally approved child safety seat, that is properly attached to the vehicle. A child that weighs more than 40 pounds may be restrain in a booster seat using a lap & shoulder harness belt. Children ages 4 thru 7 must use a booster seat with lap & shoulder belt, or a child safety seat that meets the height and weight recommendations of the manufacturer.

A child that is more than 4 feet 9 inches tall or weighs more than 100 pounds, may use a lap and shoulder harness seatbelt. They must be able to sit straight up against the seatback with the knees comfortably bent over the front edge of the seat. It is recommended that children under 12 stays in the back seat.

For safety reasons, infants should be restrained in a rear facing car seat as long as they are physically comfortable.

Don't purchase a car seat from a consignment shop, you don't know it's history (if it was involved in a crash and has hidden damage), also car seats do have expiration dates. The materials degrade over time, being subjected to temperature variations.

Many local police agencies have trained officers that will check and/or install your car seat.

Your child is your most precious possession, let's keep them safe.

GO TIGERS

Stay safe and Go Tigers.





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

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.