The Bulldog Bulletin

Alden Primary School – October 2026

A Note from Mr. Stepnick

Dear Primary School Families,

It's hard to believe that we've already completed our first month of school. We hope your child is excited about their new class and is enjoying each day here at Alden Primary! October will be a fun and busy month!



Character Cases & PAWsome Tickets

In October, teachers will begin paying special attention to students who are going above and beyond to show kindness, generosity, and respect for their school. Students who are "caught being PAW-some" may be rewarded with a ticket that will go into one of our grade-level buckets. Each Monday morning, tickets will be drawn from these buckets to be exchanged for prizes in our two Character Cases in the PS foyer.



Safety Week: October 5th-9th is our first district-wide "Safety Week" of the year. During this week, students are traditionally exposed to a variety of school safety drills and tips for personal safety & well-being outside of school. This year, we will conduct several state-mandated drills including fire drills with blocked exits, and a lockdown drill. In addition, volunteer firefighters from the Townline Fire Department will be visiting Alden Primary School to discuss fire safety tips and to show students the trucks and equipment that they use on a regular basis.

School Picture Day

October 15th

Students do not need to purchase pictures, but all students will get to have their picture taken for PowerSchool entry and for our school yearbook. If your child is on our "Do Not Photograph" list, their photo will not be included in the yearbook.

Picture packages may be ordered online or with the Inter-State order forms.



If students are absent on Picture Day, we will have a make-up date in mid-November!



Halloween Festivities: We are excited about our annual APS Halloween Parade on October 30th! Although visitors are not possible for this event, we know that students will still be excited to dress up for one another and parade around the school! Last year, we were able to share video footage of the parade and we plan on doing something similar for families this year. Please see the enclosed flyer for some important details about our parade.

Fall Fest - October 22nd

Thank you to our Primary School PTO and everyone who has already volunteered to help with our Fall Fest activities on Thursday, October 22nd! These holiday rotations are a fun way to give students something extra to look forward to every couple of months.



Friday, October 23rd - NO SCHOOL

Primary School Arrival

Primary School doors are open for drop-off from 7:40 - 8:00 AM each morning. If your child eats breakfast in our cafeteria, we recommend arriving as close to 7:40 AM as possible, so students have time to sit and eat.

Primary School breakfast ends at 8:10 AM each morning, so students have time to get unpacked in their classrooms before announcements.

If you arrive after 8:00 AM, please plan to escort your child into the building to complete a tardy note in the Main Office.



AM Drop-Off – 7:40 AM – 8:00 AM
Breakfast – 7:40 – 8:10 AM
Announcements – 8:20 AM





Parent Pick-Up

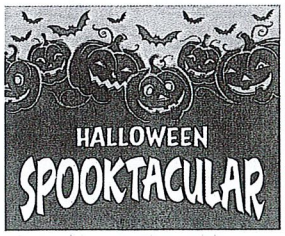
IMPORTANT: Our ACSD Transportation Department/Bus Garage does not have anything to do with student pick-up procedures. Pick-up passes and student pick-up are building level processes that need to be arranged through the Primary School Main Office. Please do NOT call the Transportation Department to adjust your child's pick-up schedule. Any changes to our daily pick-up lists are authorized by Mrs. Ryan.

News and Notes:

*Please see the attached letter regarding our Halloween traditions and festivities at the end of the month.

*If students are absent for Picture Day, we will have a retake date in November. Students will be able to have their picture taken at that time.

*Mark your calendars for the Halloween Spooktacular and Trunk or Treat events sponsored by the Alden Substance Abuse Coalition (23rd/24th).



*Temperatures are quickly beginning to drop. Please ensure that students are prepared for chilly mornings at the bus stop with sweatshirts and light jackets. Many classes go outside in the AM and a sweatshirt or light jacket is highly recommended each day.

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Sabres Day Wear blue & gold!  BOE Mtg. 6:30 PM	2 Early Dismissal Parents: 10:40 Buses: 11:00	3
5	6	7 	8	9	10
12 Columbus Day (No School)	13 PTO Meeting 6:30 PM	14	15 Picture Day! 	16 Spirit Day Wear blue & gold! 	17
19	20	21 Unity Day Wear orange! 	22  BOE Mtg. 6:30 PM	23 Conference Day	24 Halloween Spooktacular and Trunk or Treat
26 Wear Red 	27 Halloween Accessory Day 	28 Teamwork Day 	29 Hero Day 	30 Halloween Wear  Halloween Parade!	31 

District-Wide Safety Week

Alden Primary School
Excellence in Education

11197 Broadway, Alden, NY 14004 (716) 937-9116 ext. 6191

HALLOWEEN PARADE

One of our most exciting traditions at Alden Primary School is our annual Halloween Parade! Students enjoy dressing up in their costumes and seeing the creativity of their classmates!

In order for our parade to continue to be successful, we are asking that all of our families assist us with several things. Please review the bullet points below for additional information.

- Due to safety concerns and lack of space, **visitors are not permitted** at our parade.

- We typically plan for our parade to be held indoors in the Primary School hallways. The weather is difficult to predict, and we do not want students to have to cover their costumes up with coats/sweatshirts. This could change if the weather is unseasonably warm.

- Our parade usually takes place in the afternoon and communication to the classrooms will be difficult at this time. If possible, please **do not plan for any early dismissals** on October 30th. If this is unavoidable, please contact the Main Office ASAP.

- Students should be able to handle putting the majority of their costume on themselves. Teachers and staff can assist with difficult tasks like zippering and buttoning, but they will not be able to apply things like make-up and hair dye.

- Because we want our families to be able to share in the excitement of this day, we are planning to record our parade and share the footage through our website. We will do our best to get the video uploaded as quickly as we can! Students on our "Do Not Photograph List" will not be visible in the video unless one-time permission is given (signed consent form required).

General Parade Reminders

- **Students should not wear their costumes to school.**
- **Fake weapons are not permitted.**
- **Be considerate of others: no fake blood or excessive gore that could frighten young classmates.**



11197 Broadway Street
Alden, New York 14004

(716) 937-9116, ext. 6137
www.aldenschools.org

Messages from the School Health Office

Hand, Foot & Mouth Disease

Cases of hand, foot & mouth disease have been reported throughout schools in Western New York. Hand, foot and mouth disease is a viral infection caused by a strain of Coxsackie virus and causes a blister-like rash that involves the hands, feet and mouth. The infection usually occurs in children under 10 years of age, but occasionally can occur in young adults. The virus is spread by direct contact with nose and throat discharge, blisters and feces of infected people. The illness is typically mild and complications are rare. There is no specific treatment, but rather symptom management aimed at fever control and maintaining good oral hydration. Children who feel ill, have open weeping blisters/uncontrolled drooling with mouth sores, or have a fever should be excluded from group settings (including school) until the fever is gone and the child feels well. To prevent spreading HFMD, wash your hands often, avoid touching your face, clean and disinfect surfaces, and avoid close contact with others. For more information, please visit https://www.cdc.gov/hand-foot-mouth/about/index.html or https://www.health.ny.gov/diseases/communicable/hand_foot_mouth/fact_sheet.htm.

Cold and Flu Season

It can be difficult to decide whether to send children to school when they wake up with symptoms of an illness or complaints that they do not feel well. The following are a few indicators that your child may be too ill to attend school:

- Persistent fever greater than 100.4 F
- Vomiting and/or diarrhea due to illness
- Persistent coughing that causes discomfort.
- Sore throat and fever that lasts for more than 48 hours.
- A pronounced rash (including boils, sore, or bumps), especially if accompanied by other symptoms such as fever, swelling, etc.
- Significant nasal discharge, especially if accompanied by facial pain or headache.
- Severe ear pain or drainage from the ear.
- Any condition that you may think to be serious and/or contagious.

When it comes to cold and flu season, the best offense is a good defense. Remind your children to discard used tissues promptly; not to share personal items; to cover their mouths when they cough or sneeze; to keep their hands away from their face; and to wash hands thoroughly and often with soap and warm water.

If your child is running a fever, please do not administer medicine and then send him/her to school because as soon as the medicine wears off, you are apt to get a call from the school nurse asking to pick up your child. It is better to let your child stay in bed with a fever and take their medications home until they are well enough to learn for a full day.

If you must keep your child home from school, please notify the Attendance Office at 716-937-9116, ext. 3111 or via text at 716-215-7694, or by email at attendance@aldenschools.org before the start of the school day. Feel free to contact Mrs. Heineman, our school nurse, with any questions or concerns at 937-9116, ext. 6137 or by email at mheineman@aldenschools.org.

(Continued on back)

Fight the Flu

at Home and School

Influenza (flu) spreads easily and can make people very sick, especially kids. You can help stop flu!

Flu symptoms include:

Fever or chills, body aches, cough, sore throat, headache, runny or stuffy nose, feeling very tired. Some people, especially children, may have stomach problems and diarrhea. Unlike a cold, the flu comes on very suddenly.

Prevent flu!

- Flu vaccine is the best protection against the flu. It is recommended every year for everyone 6 months and older.
- Get the flu vaccine for you and your children every year! It helps make flu sickness milder or prevents it completely.
- Getting the vaccine early in the fall means you and your children will be protected when flu season starts.
- Make sure people close to your children, like babysitters and relatives, are also vaccinated.
- The vaccine is especially important for young children, older adults, and people of all ages with certain health conditions. The flu can make asthma, diabetes, heart, and lung conditions worse.

If your child gets the flu:

- Your child will need plenty of rest and lots of fluids.
- Keep your child home from school for at least 24 hours after their fever is gone without using fever-control medicine. This helps avoid giving the flu to others.
- Talk with your child's health care provider before giving a child any over-the-counter medicine.
- Never give your child or teenager aspirin or any medicine that has aspirin in it. Aspirin can cause serious problems for children or teenagers who have the flu.
- Young children and those with certain medical conditions, like asthma, diabetes, and heart or lung disease, are at greater risk for getting seriously ill from the flu.
- If your child gets flu symptoms, call their health care provider and ask if antiviral treatment is right for them.
- If you are worried about your child, call their health care provider.

Don't spread flu!

- Stay home if you are sick.
- Wash hands often with soap and water for at least 20 seconds.
- If soap and water aren't handy, use an alcohol-based hand rub.
- Cough or sneeze into a tissue or your elbow, not your hands. Put used tissues in the trash.
- Avoid touching your eyes, nose, and mouth. That's how germs spread.
- Stay away from people who are sick.

health.ny.gov/flu

NEW YORK STATE | Department of Health

RED RIBBON WEEK

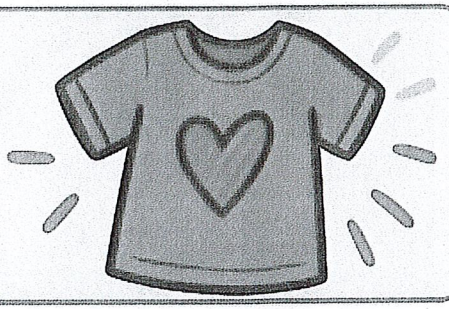
OCTOBER 26 – 30, 2026

Bulldogs Make Really Excellent Decisions!

MONDAY 10/26

WEAR RED

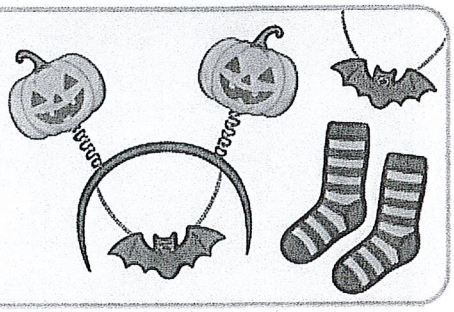
We are RED-Y to be healthy!
Wear RED to show you are RED-Y to make healthy choices!



TUESDAY 10/27

HALLOWEEN ACCESSORY DAY

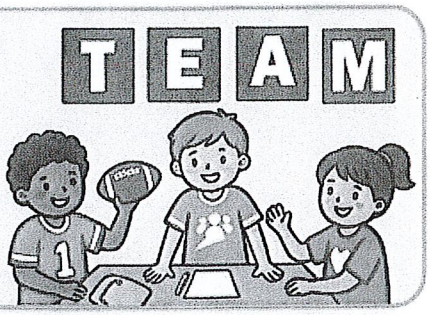
Wear your favorite Halloween necklace, headwear, socks, etc!



WEDNESDAY 10/28

TEAMWORK DAY

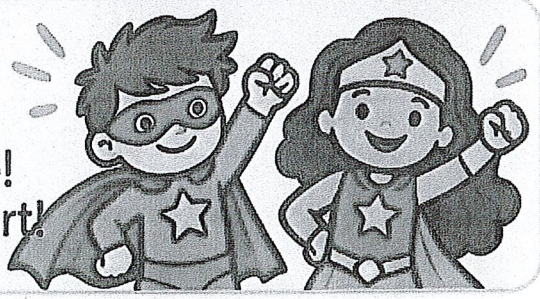
Pick a favorite team and wear to support teamwork!



THURSDAY 10/29

HERO DAY

Use the power to stay drug free!
Wear your favorite superhero shirt!



FRIDAY 10/30

HALLOWEEN WEAR

Keep your brains and bodies healthy!
Show some spooky spirit and wear your favorite Halloween clothes!



SUBSTITUTE TEACHERS NEEDED

MAKE A DIFFERENCE
– in the –

ALDEN CENTRAL SCHOOL DISTRICT



Alden Primary School
Excellence in Education

1 FANTASTIC BENEFITS!

Pay up to
$160
a day

2 WE INVEST IN YOU!

Fingerprinting Reimbursement

3 NO CERTIFICATION? NO PROBLEM!

We Are Willing to Train!
(Uncertified Applicants Welcome)

4 UNMATCHED FLEXIBILITY!

- Flexibility with Family Schedules
- Choose Your Areas of Interest
- Pick Your Available Days of the Week

Curious & Want to Find Out More?

CONTACT MR. STEPNICK AT 716-937-9116 EXT. 6191

Alden Substance Abuse Prevention Coalition

HALLOWEEN SPOOKTACULAR

TRUNK OR TREAT



THE FIRST 20 VEHICLES TO SIGN UP WILL RECEIVE

500 PIECES OF CANDY!

FROM THE COALITION TO HELP GET YOU STARTED!



Decorate your trunk, get creative, and come enjoy an afternoon of Halloween fun while giving back to our community. This is a great opportunity to spend some fun family time together and help make Halloween extra special for local children!

SATURDAY, OCTOBER 24, 2026 | **3:00 – 5:00 PM** | **ALDEN TOWN PARK**

Interested in participating?
Contact Jackie Bailey at (716) 597-5787

Let's Make It a Spooktacular Community Event!

CANDY ★ COSTUMES ★ COMMUNITY ★ FAMILY FUN

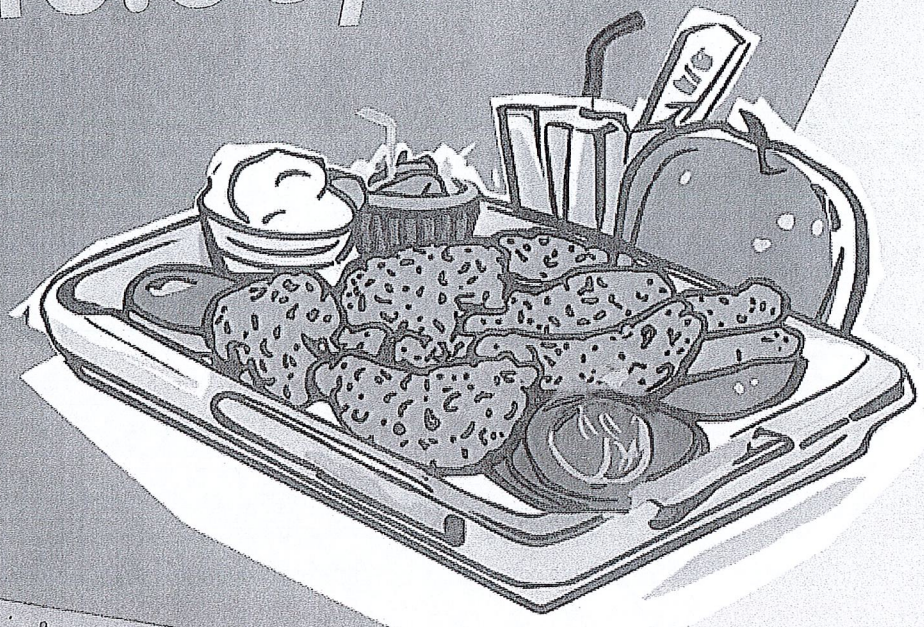
• ALDEN CENTRAL SCHOOL DISTRICT •

NOW HIRING

SUBSTITUTE LUNCH MONITORS

$16.00/hr

Apply Here!



Join Our Team!

Questions? Call Lisa Valentin, School Lunch Manager

716-937-9116 ext. 4186

https://aldenschools.schoolspring.com

Great opportunity to work while your children are in school!

BREAKFAST

OCTOBER 2026

Alden Primary School

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **Warm Buttered Bagel** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)	2 **Warm Cinnamon Roll** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)
5 **Mini Cinni** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)	6 **Banana Bread with Graham Crackers** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)	7 **Sausage, Egg & Cheese on a Biscuit** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)	8 **Warm Buttered Bagel** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)	9 **Warm Apple Cinnamon Roll** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)
12 Columbus Day NO SCHOOL	13 **Chocolate Chip OR Blueberry Muffin Top with Graham Crackers** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)	14 **Sausage, Egg & Cheese on a Croissant** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)	15 **Warm Buttered Bagel** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)	16 **Warm Raspberry Swirl Roll** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)
19 **Mini Pancakes** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)	20 **Apple Cinnamon Muffin with Graham Crackers** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)	21 **Sausage, Egg & Cheese on a Bagel** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)	22 **Warm Buttered Bagel** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)	23 Superintendent Conference Day NO SCHOOL for students
26 **Mini Waffles** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)	27 **Chocolate Chip French Toast** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)	28 **Sausage, Egg & Cheese on a Biscuit** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)	29 **Warm Buttered Bagel** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)	30 **WG Halloween Donut** Assorted Cereal w/Graham Crackers Assorted Juice Choice (1)

Each student is entitled to 1 free breakfast and 1 free lunch meal daily. 2nd Meal Prices: Breakfast: @PS $1.85. A La Carte items are NOT free and must be paid for. Various items available.
Daily Items: Milk Variety, Fresh and Canned Fruit Variety. **Always Offered:** Cold Cereal & Graham Crackers, Pop-Tart Meal & Yogurt Meal.
Interested in working as a Lunch Monitor or Food Service Helper (regular or substitute)? Contact the Food Service Department Manager at 716-937-9116 X 4186.
This Institution is an equal opportunity provider. Menu is subject to change.

OCTOBER 2026

Alden Primary School

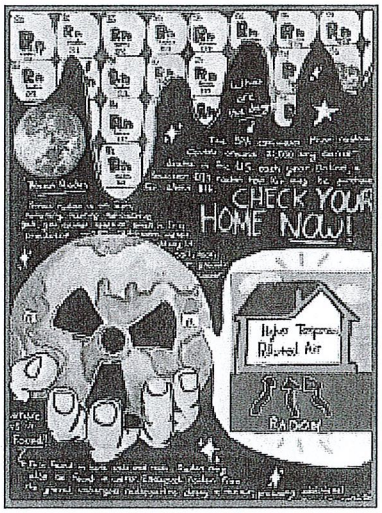
LUNCH

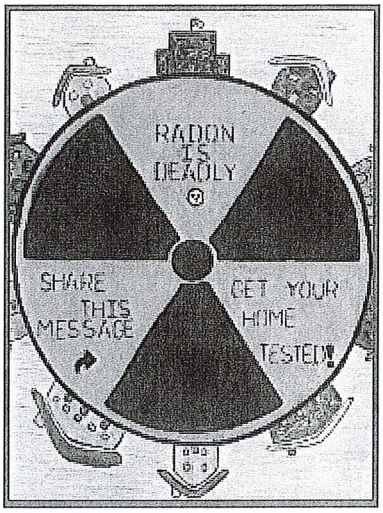
Monday	Tuesday	Wednesday	Thursday	Friday
			1 **Chicken Tenders** Goldfish Crackers Broccoli Baby Carrots	2 Early Dismissal K-12 NO LUNCH
5 **Popcorn Chicken** Cheez-It Crackers French Fries Carrots	6 **Taco in a Bag** **OR Soft-Shell Taco** Seasoned Rice Black Beans Corn & Salsa	7 BRUNCH LUNCH **Emoji Waffles** Sausage Links Hashbrown Patty Maple Glazed Carrots	8 **Macaroni & Cheese** Dinner Roll Garden Salad Zucchini	9 **Pizza Crunchers** with marinara sauce Broccoli Veggie Boat
12 Columbus Day NO SCHOOL	13 **Strong Man** **Mighty Nuggets** Seasoned Rice Green Beans Corn	14 **Hot Diggity Dog** **Corn Dogs** Heartzel Pretzels Baked Beans Carrots Carnival Cookie	15 **The Amazing** **Alfredo Act** Dinner Roll Garden Salad Broccoli	16 **The Flying Pizza** **Extravaganza** Baby Carrots Celery Sticks with dipping sauce
19 **Chicken Patty** **on a Bun** French Fries Baked Beans	20 **Taco in a Bag** **OR Soft-Shell Taco** Seasoned Rice Diced Tomatoes Corn & Salsa	21 **Mozzarella Sticks** with marinara sauce Broccoli Carrots	22 **Spaghetti &** **Meatballs with sauce** Garlic Breadstick Garden Salad Green Beans	23 Superintendent Conference Day NO SCHOOL for students
26 **Hamburger OR** **Cheeseburger on a Bun** Baked Beans Broccoli	27 **Nachos Grande** Seasoned Rice Black Beans Diced Tomatoes Corn & Salsa	28 BRUNCH LUNCH **French Toast Sticks** Sausage Links Hashbrown Patty Maple Glazed Carrots	29 **Grilled Cheese** **& Tomato Soup** Garden Salad Green Beans	30 **Bat Nuggets** Pumpkin Pretzel Trick or Treat Tots Spooky Trees Zombie Ice Cream Cup HAPPY HALLOWEEN!

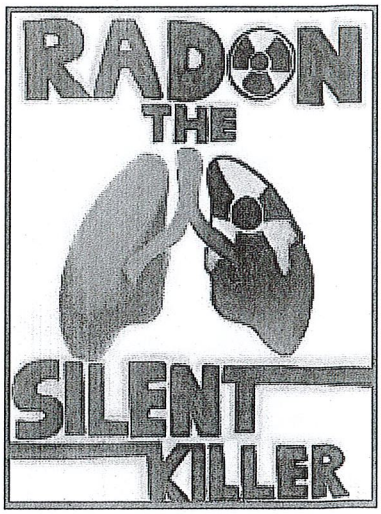
Each student is entitled to 1 free Breakfast and 1 free Lunch meal daily. 2nd Meal Prices: @Lunch: PS $2.95.
A La Carte items are NOT free and must be paid for. Various items available.
Daily Items: Milk Variety, Fresh and Canned Fruit Variety.
Always Offered: Pizza, Yogurt Lunch & PB&J.**ICE CREAM AVAILABLE FRIDAY FOR PURCHASE $1.00-$2.25
This institution is an equal opportunity provider. Menu is subject to change.

Introducing Cafeteria Circus
National School Lunch Week Oct 12-16, 2026
Step Right Up for Delicious Meals & Big Top Fun!

Teach Kids about Radon







Radon posters wanted November 1, 2024

You can't see or smell it, yet radon is the second leading cause of lung cancer. Teach kids about the health risks of radon gas in homes. Help spread the word about the importance of testing your home for radon.

Who can participate?

Students age nine to 14 years old who are sponsored by a teacher, parent, or club leader. Only one entry per child.

Win up to $100 and a chance for $1,000 in the National Radon Program's annual poster contest

Poster Topics

- What is radon?
- Where is radon found?
- Where does radon come from?
- Radon can cause lung cancer.
- Test your home for radon.

Sign up

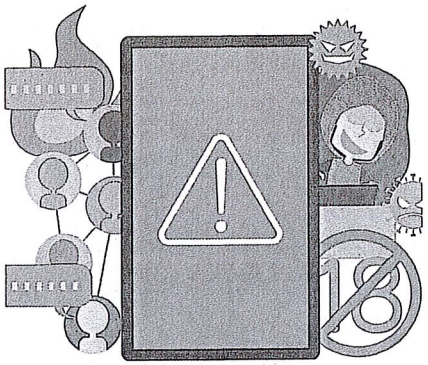
NEW YORK STATE | Department of Health

www.health.ny.gov/radon

10/24

FBI Buffalo Presents:

DIGITAL DANGERS



Behind the Screens: The Hidden Risks Facing our Youth

A virtual presentation by FBI Buffalo in collaboration with the FBI Buffalo Citizens Academy Alumni Association

DATE
NOVEMBER 19, 5:45 PM-7:30PM

Location

Alden Middle School Library,
13250 Park St., Alden, NY
This is a virtual program that will be viewed at the Alden Middle School Library.

Registration

To register for the presentation:
scan the QR code, click here or contact the Alden Family Center at mhoward@aldenschools.org or 716-937-9116 x2158

The content of this presentation includes frank discussions about sensitive topics, and it is geared toward parents and adults only; it is not intended for young children to be present.

The host of this watch group is prohibited from sharing the link to the presentation. The purpose of limiting access to the link is to ensure we can speak about these important topics in a safe environment.
This one-time presentation will not be recorded.

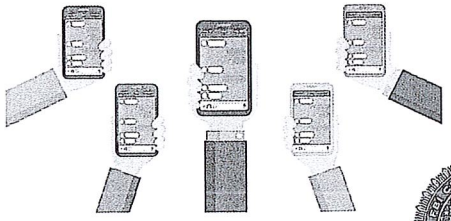
DETAILS

Digital Dangers is a virtual presentation designed to inform parents, educators, and school communities about today's most pressing online safety concerns and provide resources for parents and educators to use at home and in the classroom.

Join us for this virtual online safety event exploring how seemingly harmless online interactions can turn into threats of manipulation and violence against our youth.

For this virtual presentation, FBI Buffalo invites schools in Western New York to host in-person Watch Groups, where parents and educators from participating schools can view the presentation and be empowered to help prevent the children in their lives from becoming victims.

Questions? Contact mhoward@aldenschools.org



FBI Buffalo Citizens Academy Alumni Association is a nonprofit organization

BUFFALO

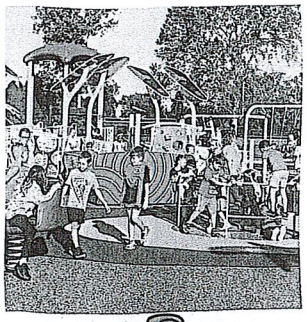


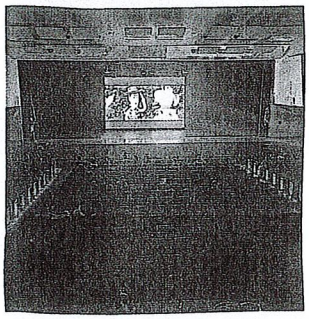
October PTO Newsletter

HELLO ALDEN PRIMARY FAMILIES!

What an AWESOME first month back to school we've had-- and with a BRAND NEW playground, too! Our first event was a blast- we hosted kiddos and their families for our Back-to-School Movie night at the HS aud, complete with snacks and Toy Story 4. And we kicked off our first fundraiser by selling over 1,600 mums between the Primary & Intermediate schools! Here's what's coming up this month:









October Calendar at a Glance

- 10/2: Custodian Appreciation Day!
- 10/2: Early Dismissal
- 10/12: No School
- **10/13: PTO Meeting @ 6:30 in the Cafeteria**
- 10/15: Picture Day
- 10/16: Last Day for Apparel Sale!
- 10/22: Fall Fest
- 10/30: Halloween Parade

Happy Custodian Appreciation Day!

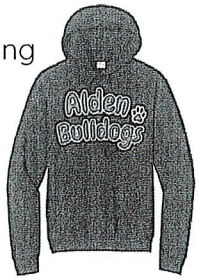


- We are so grateful for our dedicated custodians at APS who work tirelessly to keep our school clean, safe, and welcoming every day. Thank you!!!

Fall Apparel Sale

- COMING SOON!

We have tons of options to purchase for all your clothing needs- kids and parents too! Order info coming soon!



September PTO Meeting Minutes

- Follow the QR code to see what was discussed at our last meeting- hope you can join us in October!

UPCOMING VOLUNTEER OPPORTUNITIES

Please contact us if you are interested in any of the following opportunities!

- Primary Post/Book Barn (starting in January- Flexible schedule- must be volunteer trained!)
- Picture Day volunteers 10/15 (See QR Code)
- Fall Book Fair is coming up 11/3 - 11/5. Volunteers will be needed- stay tuned!

Picture Day Volunteer Sign Up HERE

October PTO Meeting

Our next meeting is **Tuesday, October 13th at 6:30 in the Cafeteria**. Come meet other parents, hear about upcoming events, and share your ideas. We'd love to see you there! KIDDOS WELCOME!

STAY CONNECTED! FOLLOW US!

/aldenprimarypto aldenprimarypto@gmail

Scan the QR code to visit our LinkTree for ALL the links on the happenings at Alden Primary PTO!

ALDEN FAMILY CENTER

Stay up to Date

Remind
Class code **@46eeka**

Located in the Middle School,
13250 Park St., 716-937-9116 x2158
mhoward@aldenschools.org

October 2026

The **Alden Family Center** offers short term mental health services and referrals to community resources to individuals in the district. The Center also runs wellness and educational programs and presentations throughout the school year.

"The true heroes of life are not the triumphant victors, but the defeated who find a ray of hope." – Elizabeth Lukas

Center Spotlight: Holiday Food and Gift Giving Program

Each year, the Alden School District receives generous donations from local community members, churches, and organizations to support students and families during this time. As a way to understand the needs of our families in the district and support those who may benefit from this program, we have created a form as a way for families to request some extra support, including food, meals, and gifts during Thanksgiving and the holiday season.

Holiday Meal and Gift Giving Program 2026

*If you find yourself in need during this holiday season and would like to make a request to participate in this program, please click **here**, scan the QR code or contact the Family Center. This form is confidential and will not be shared with anyone outside of the school counseling offices and the Family Center.*

Monthly Focus: Building Kids' Confidence at Any Age

When you're thinking about your child's confidence, you want them to feel capable and secure. Every child is unique, with their own needs and pace, and that's perfectly okay. The good news is that building confidence and healthy self-esteem can happen at any age, and there are simple, meaningful ways you can support your child along the way. Below are some tips on things you can do as a parent or caregiver to help nurture your child's confidence and self-esteem.

- **Don't get upset about mistakes** - Help kids see that everyone makes mistakes and the important thing is to learn from them, not dwell on them.
- **Encourage them to try new things -** Attaining new skills makes kids feel capable and confident that they can tackle whatever comes their way.
- **Allow kids to fail** - It's natural to want to protect your child from failure, but trial and error is how kids learn.
- **Praise perseverance** - Learning not to give up at the first frustration or bail after one setback is an important life skill.
- **Help kids find their passion** - Exploring their own interests can help kids develop a sense of identity, which is essential to building confidence.
- **Celebrate effort** - Praising kids for their accomplishments is great, but it's also important to let them know you're proud of their efforts regardless of the outcome.
- **Expect them to pitch in** - They might complain, but kids feel more connected and valued when they're counted on to do age-appropriate jobs.

To learn more about how to build your child's confidence and self-esteem, click **here.**

Community Impact : Halloween Spooktacular

This year, the Alden Substance Abuse Prevention Coalition will be hosting the Spooktacular event again on Friday, October 23rd, and Saturday, October 24th, from 6-9 PM. There will also be a TRUNK or TREAT from 3pm-5pm on Saturday the 24th. This spectacular Halloween event includes a haunted hike on the Joe Panza Nature Trail with lots of student and community participation. This family-friendly event is a great way to celebrate the fall season, get involved, and support the Alden community.

When: Friday, October 23rd and Saturday, October 24th from 6 pm-9 pm,
Where: Alden Town Park

For more information on this event, click here or contact the Alden Family Center.

Important Dates:

Click on the program title for more information and registration

October Open Art Studio: for Middle School Students
Tuesday, October, 27th 3:40 pm-4:20 pm
Alden Family Center - Middle School

Digital Dangers: Behind the Screens: The Hidden Risks Facing Our Youth
A Program for Parent and Caregivers
Tuesdays, November 19th, 6 pm-7:30 pm
Alden Middle School Library

Resources around WNY

Screenagers Under the Influence: October 22nd at 630 pm

The Amherst Youth and Community Coalition is offering a free showing of the documentary "Screenagers: Under the Influence" This addresses vaping, drugs and alcohol in the digital age. It is appropriate for adults and students 13+. Click **here** to learn more.

UB Brainy Bulls Tutoring Program

The University at Buffalo in collaboration with the Graduate School of Education **offers FREE tutoring services** to local students in grades 5–12. and are available in all subjects. To learn more or sign up for a tutoring session, click **here**.

Energy Affordability Program

To learn more about the Energy Affordability Program (EAP) that provides income-eligible consumers with a discount on their monthly electric and/or natural gas bills, click **here.**

Parent & Caregiver Podcast

The Parenting Pair: How to Raise a Teen Who Makes Good Decisions (Even When You're Not Watching)

How do you raise a teen who makes good decisions on their own — even when you're not there to guide them? In this episode, child and adolescent psychologists Dr. Suzanne Allen and Dr. Annalise Caron tackle a question every parent of a tween or teen asks at some point: my child wants more freedom, but can they actually handle it? Click **here** to listen

Building Connections

This month we will be highlighting:

Buffalo Futures

What is it?

Buffalo Futures empowers young people ages 16-24 by providing connection to basic needs supports, and equitable access to workforce training, and careers. Success coaches are ready to listen to your dreams for the future, explore your options, and assist you with identifying your next step toward a great career.

This online platform is supported by a group of Buffalo organizations and employers who are here to help you get the training and support you need. Our local network of service providers and resources are free, and available to communities within the Greater Buffalo region.

Who does it serve?

It serves young people ages 16-24 who live in the Western New York Area. There are in-person and virtual appointments available.

Getting Connected: For more information, go to their website, https://buffalofutures.com/about-us or click **here**. If you have questions about the program or how to get connected, contact the Alden Family Center.

2026 RED RIBBON DRAWING ACTIVITY

Buster Bison wants you to join the Drug Free Team!

- Students - Draw and color a picture of yourself below doing something healthy, fun, and drug free. Sign and date the bottom.
- Adults - Mail the completed sheets back to WNY United by 12/18/26! First Come, First Serve - limited number of vouchers distributed due to MLB rules.

- Fill in ALL the information to the right.
- Mail to: Red Ribbon Drawing, WNY United, PO BOX 335, Orchard Park, NY 14127 postmarked by 12/18/26
- First 2500 entries will receive a ticket voucher (good for two tickets) to the Bisons Red Ribbon Game

Red Ribbon Game may be changed or canceled due to unforeseen circumstances

Name:_____

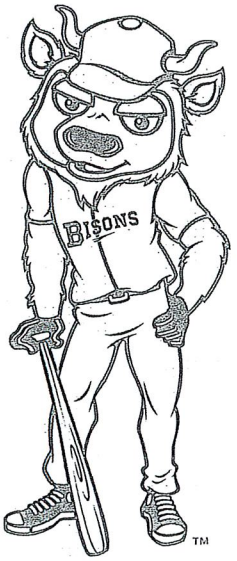
School:_____

Grade:_____ Classroom #:_____

Teacher:_____

Where to mail the voucher: home or school?_____

_____



I JOINED THE DRUG FREE TEAM!

Sign:_____ Date:_____

Genesee Amateur
Hockey Association

BEGINNER ICE HOCKEY

Learn to Play Hockey Program



The David M. McCarthy Memorial Ice Arena
22 Evans Street (next to Batavia Fire Department) – Batavia NY
For Boys & Girls 4 - ? Years Old
(No Prior Skating Experience is Needed!)
Register at: *Bataviaramparts.com/beginner*

Session I for 15 weeks is $150 & Session II for 15 weeks is $150
*****Register for Both Sessions and SAVE $50**
Program Starts Saturday, October 3rd at 8 am

The Beginner Parent Orientation will be on September 30th @ 6 PM at the Rink. Meet the coaches and learn more!

* *

Don't go through life without goals, play hockey! GO RAMPARTS!