



**INFORMATION FOR THE  
2025-2026 SCHOOL YEAR**

# MEET THE 8 GOLD TEAM

## MR. TRAVIS MUMMA



**Quote:** Whether it's sports, video games, or anything else, everything you have an interest in has its own history!

**Favorite Things:** Time with family, Traveling, Working Out, Coaching Football, and Movies

**Best Thing About Being a Teacher:** Seeing students connect the past to the present.

## HISTORY

ROOM 314

- 9 years of teaching experience (4<sup>th</sup> year at CV)
- Bachelor's Degree in Social Studies from Delaware Valley University
- Master's Degree in Curriculum & Instruction from Eastern University
- Advisor for the new Comic Club with Mr. Catwood!



# MEET THE 8 GOLD TEAM

## MS. SUSAN GRAMMER



**Quote:** "One child, one teacher, one book, and one pen can change the world"

—Malala Yousafzai

**Favorite Things:** Family, Friends, DOGS, COFFEE, Adventures, Traveling, Gardening, Decorating, and DIYs.

**Best Thing About Being a Teacher:**

Seeing my students become better readers and writers and thinkers.

**ELA**  
ROOM 315

- 32 years of teaching and all at CV!
- Bachelor's Degree in English from James Madison University
- Master's in Education and Instruction.
- Master's Degree in Language and Literacy with Reading Certification from Millersville University
- Originally from Virginia.
- Advisor for FCS, Fellowship of Christian Students



# MEET THE 8 GOLD TEAM

## MRS. KELSEY KNOX



**Quote:** “Be more concerned with your character than your reputation, because your character is what you really are, and your reputation is merely what others think you are” —John Wooden

**Favorite Things:** Being with family, music, coaching and playing sports (especially volleyball), drawing and painting

**Best Thing About Being a Teacher:** Seeing a student have that ‘lightbulb’ moment when something clicks!

## MATH ROOM 316

- 3<sup>rd</sup> year at CV, coming from Warwick HS
- Teaches Math 8 and Algebra
- Bachelor’s Degree in Mathematics, Concentration in Secondary Education from Regent University
- Master’s Degree in Curriculum and Instruction at Western Governors University
- Volleyball Coach at Lancaster County Christian School



# MEET THE 8 GOLD TEAM

## MR. CURTIS CATWOOD



**Quote:** Science is the best! Your student is going to love this year, and I look forward to meeting them!

**Favorite Things:** Family, Friends, TV shows, Comics (DC & Marvel), Coffee, Pizza, and Labs/Demos!

**Best Thing About Being a Teacher:** Being a role model and encouraging students to love science as much as I do!

## SCIENCE ROOM 317

- 4th year at CV (5th year, if you count student teaching!)
- Bachelor's Degree in Meteorology & Communications from Millersville University
- Master's in Special Education from Wilkes University
- Secondary Earth Science Certification
- From Limerick, PA
- An advisor for the new Comic Club, GSA, and Yearbook!





# MEET THE 8 GOLD TEAM

## MRS. RACHEL HOOVER



**Quote:** I am looking forward to helping our English Learners grow and learn this year. I am so glad you are here.

**Favorite Things:** Reading, family vacations, learning languages.

**Best Thing About Being a Teacher:**  
Helping students reach their maximum potential in school.

**ESL**  
ROOM 319

- 26 Years of Teaching (Starting year 20 at Conestoga Valley!)
- Bachelor's Degree in Elementary Education from Messiah College
- Master's Degree in Curriculum and Instruction from Eastern Mennonite University
- English as a Second Language Certification from EMU
- Originally from New York



# 8 GOLD INFORMATION

## STAYING CONNECTED WITH THE TEAM:

Subject	Extension	Email
History	2314	travis_mumma@conestogavalley.org
ELA	2315	susan_grammer@conestogavalley.org
Math/Algebra	2316	kelsey_knox@conestogavalley.org
Science	2317	curtis_catwood@conestogavalley.org
ESL	2319	rachel_hoover@conestogavalley.org

## THIS YEAR'S SUPPLY LIST:

- A sturdy three-ring binder (2" or 3") with dividers or folders for each class.
- Earbuds – for independent workstations or activities (can be Bluetooth or with a wire, compatible with iPad) (\*please leave expensive earbuds, gaming headphones, and AirPods at home)
- Leak-proof water bottle
- Loose-leaf/notebook paper & graph paper
- Pencil case with pencils, colored pencils, markers, pens, dry-erase markers, highlighters, a ruler, and a personal pencil sharpener

**\*Required for Algebra:** TI-84 Plus - there are several to choose from in this family of graphing calculators. This calculator will also be used throughout high school.

**\*Suggested for Math 8:** TI-30XIIs - the same calculator used last year in 7th grade.

***\*You may purchase your own calculator or borrow one from the school. Students who borrow calculators must return them in good condition at the end of the school year, or they are responsible to cover the cost.***

# 8 GOLD INFORMATION

## INTERESTED IN SETTING UP YOUR BINDER BEFORE THE FIRST DAY? *[OPTIONAL!]*

Use the following labels to organize your binder tabs. You may want a section for each subject:

- Math (or Algebra)
- Science
- History
- ELA
- 2 Additional sections for specials (Unified Arts)

## NEED A HAND WITH GATHERING SCHOOL SUPPLIES? *WE ARE HERE TO HELP.*

Reach out to your student's advisory teacher or our amazing 8th-grade counselor, Mr. Bob Capolupo. His email is [bob\\_capolupo@conestogavalley.org](mailto:bob_capolupo@conestogavalley.org). You may also talk to our school social worker, Ms. Jena Mable, for assistance. Her email is [jena\\_mable@conestogavalley.org](mailto:jena_mable@conestogavalley.org).

ANY FAMILIES INTERESTED IN DONATING EXTRA SCHOOL SUPPLIES FOR OTHER STUDENTS PLEASE HAVE YOUR STUDENT BRING THEM IN THE 1ST FEW WEEKS OF SCHOOL.

***COMPLETELY OPTIONAL AND GENUINELY APPRECIATED!***

**SUGGESTED ITEMS: BINDERS, PENCIL POUCHES, NOTEBOOKS, PENCILS, RULERS, CALCULATORS, EARBUDS/HEADPHONES, INDIVIDUAL TISSUE PACKS, & DISINFECTANT WIPES.**



# 8 GOLD INFORMATION

## TO DO BEFORE SCHOOL STARTS

FOR STUDENTS	FOR PARENTS
<ol style="list-style-type: none"><li>1. Log in to Schoology &amp; join the 8 Gold Page using the course code: <b>X5DW-R758-W3CC7</b>. Go here: <a href="https://tinyurl.com/259xsre8">https://tinyurl.com/259xsre8</a>, if you need HELP.</li><li>2. Preview the 8 Gold in-person Schedule: <a href="https://tinyurl.com/mstau8ku">https://tinyurl.com/mstau8ku</a></li><li>3. Log into <u>PowerSchool</u> &amp; look over your class schedule. <b>Write down your Advisory teacher's name</b> &amp; room number.</li></ol>	<ol style="list-style-type: none"><li>1. Fill out the <u>8 Gold Information Form</u>.</li><li>2. Make sure you have a <u>parent Schoology account</u>.</li><li>3. Make sure you have access to <u>PowerSchool</u>. (<u>User Guide</u>) (<u>Spanish User Guide</u>)</li></ol>

## ACCESSING COURSEWORK

Most coursework is available through Schoology. Once enrolled in the courses, you will be able to see class materials, take assessments, and communicate with teachers through the messaging feature. Parents are also able to connect on Schoology. Instructions on how to access & use your parent account can be found here! <--

## POWERSCHOOL SIS

Power School will continue to be our gradebook system this year and will house all our student information. This is where you can check grades, submit attendance information, and keep other important documents on file with the district. 8 Gold teachers will faithfully update grades. Please check weekly!

8 Gold has the middle lunch slot at 11:24AM. We encourage students to take advantage of the grab-n-go breakfast in our cafeteria each day before homeroom/advisory. If needed, with teacher permission, students can bring an appropriate snack to school to eat quickly during class. We just ask that you avoid bringing peanuts & tree nuts into the 8 Gold Pod!

# ASK BEFORE



# YOU SNACK!

No tree nuts or peanuts in this space!



# SAVE THE DATES!

8/14/25 - Cruise the Halls and Food Truck night! From 5:30-7:30 pm

8/20/25 - First day of School

8/29/25 - Early Dismissal @ 11:40 am

9/1/25 - No School Labor Day

9/5/25 - MS Picture Day/Health Screenings

9/18/25 - Early Dismissal @ 11:40

9/19/25 - No School for Students

9/22/25 - No School for Students

## 2025-2026 SCHOOL CALENDAR:

**CLICK HERE**



INTERESTED IN GETTING CONNECTED TO THE  
CV COMMUNITY? *CLICK THE LOGOS BELOW!*



**SCIENCE**  
CLASS WITH CATWOOD



ON WEDNESDAYS  
**We wear**

**2025-2026**  
STUDENT CALENDAR

**SEPTEMBER**

**ORANGE FOR MUSIC  
EDUCATION**

ALL DONATIONS GO TO:



**OCTOBER**

**PINK FOR BREAST  
CANCER RESEARCH**

ALL DONATIONS GO TO:



**NOVEMBER**

**TEAL FOR HOSPICE  
CARE MONTH**

ALL DONATIONS GO TO:



**DECEMBER**

**RED FOR A ONE DAY  
GIVE ON 12/3/2025**

ALL DONATIONS GO TO:



**JANUARY**

**PURPLE FOR  
PANCREATIC CANCER  
RESEARCH**

ALL DONATIONS GO TO:



**FEBRUARY**

**GREEN FOR YOUTH  
MENTAL HEALTH**

ALL DONATIONS GO TO:



**MARCH**

**BLACK FOR  
M.S. RESEARCH**

ALL DONATIONS GO TO:



**APRIL**

**BLUE FOR AUTISM  
AWARENESS MONTH**

ALL DONATIONS GO TO:



**MAY**

**YELLOW FOR CYSTIC  
FIBROSIS RESEARCH**

ALL DONATIONS GO TO:



**NOTE:** Wear the associated color each Wednesday of each month and **optional donations can be made to lunch collectors on Wednesdays at school lunches.** Pay attention to the morning announcements for important updates.

In December, donations can be made at lunch during the One Day Give on 12/3/2025.

# FOR **PARENTS**



Dr. Metzinger's Monthly Newsletters are a great way to stay connected to upcoming events and need-to-know information.

Click the image above to read her most recent newsletter, and don't forget to look for more newsletters this year!