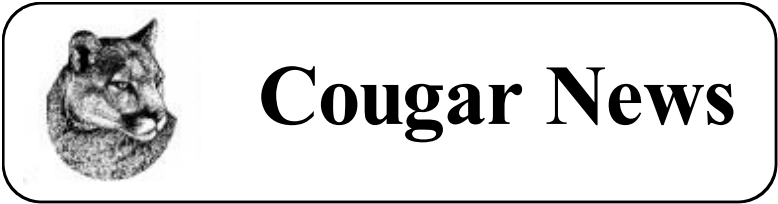


January-February 2014

Log onto www.ekcsk12.org
to download this newsletter.



A Publication of the Edwards-Knox Central School Board of Education
Randy VanBrocklin, President Rick Brewer Tom O'Brien
Reginald LaPoint, Vice-Pres. Lynn Coller Joseph Thomas
Chris Averill Teresa Hogle Thomas Whitmarsh

FROM THE DESK OF
Suzanne L. Kelly

Dear Community:

The dilemma of the Common Core is hitting the media in every venue. Whether you turn on the TV, radio, or open a newspaper, you can't escape the debates. We are left with the question regarding the forethought that went into implementing the Common Core Learning Standards and assessments.

There are so many misunderstandings and misperceptions about the Common Core. The intent of the standards is to promote continuity across the state so that all children learn the same skills. By increasing skills in the areas of Math and English Language Arts, more children will be prepared for college and careers.

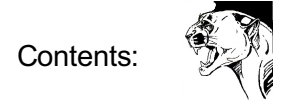
There will not be more assessments given, but there will be different and specifically designed tests that compliment the curriculum.

During the holiday season we had three separate opportunities to be entertained by our children. The performances were well attended and quite successful. We certainly have a lot of incredibly talented students.

Best wishes for peace and joy during the holiday season!

Sincerely,

Suzanne L. Kelly
Superintendent of Schools



Topic	Page
Supt. Comments.....	1
Extended Day	
Food Drive.....	2
H.S. News.....	2-8
Senior Play	
College Spirit Day	
Field Trip	
War of 1812	
Assembly	
School Tool for	
Parents	
Report Cards	
Late Arrival 01/31/14	
New Swim Records	
Athletic Department	
January Calendar	
February Calendar	
H.S. Guidance News	
Financial Aid.....	9
Grading Periods.....	9
College Visits.....	10
ACT/SAT Regis....	10
Southwest Tech...	11
Honor Roll.....	12-14
School Nurse.....	14-16
Elementary News	
Upcoming Dates..	17
1 st Marking Period	
Awards.....	17-20
Elem. Principal's	
Comments...	20-22
Cafeteria News.....	23
January Menu.....	24
February Menu.....	25



EXTENDED DAY STUDENTS PREPARE FOR FOOD DRIVE DONATIONS

These Extended Day Program students were preparing boxes to accept food donations for the local food pantries. From left to right: Carter Wright, Ethen White, Teacher Diane Durham, Leann Gotham, & Cheyanne Ouellette

7-12 High School News **Amy Sykes, Principal**

Congratulations are in order for the outstanding academic performance of our students during the 1st marking period. Please note the Outstanding, High and Honor Roll lists for our students in this newsletter. Thank you to the teachers, students, and parents for their hard work in laying the foundations for a successful school year.

As we enter the next months we look forward to the opportunities that showcase our students' successes and hard work. Some of our students will be attending the All County Band Festival in January and the winter sports season is in full swing.

As we progress through the school year we will continue to realize our district's mission to educate and graduate all students to become productive members of society equipped with 21st century skills. As always, I am available at your request. If there is anything that I or the school can assist you with please do not hesitate to contact us.



Senior Play by Ms. Rickett

On behalf of the Class of 2014, Mrs. Dandrow, and myself, I would like to say a huge thank you to all who came out and supported us at our Senior Play Production. We can't thank the parents, teachers, staff members, friends, and family enough who were there to support us throughout the process. Both performances were stellar and I couldn't be prouder of the students! Good luck, seniors! You all have super bright futures ahead of you!

7-12 High School News Cont'd.
Amy Sykes, Principal

College Spirit Day



The High School Guidance office held the annual College Spirit Day on Wednesday, December 4th. The program was designed to increase awareness of colleges and to encourage high school seniors to complete college applications in a timely manner. Many thanks to Mrs. Finnerty and Mrs. Alford for a fun filled day!

Ms. Mills Class Field Trip by Ms. Mills

Ms. Mills' classroom had a wonderful trip to Watertown, for holiday shopping. We went to Real Deals and the students bought Christmas gifts for their families. Smiles were wide and worn all day long. We then went to Ponderosa where our students behavior was excellent. Thank you to the Parents' Association for the generous donation so the students were able to holiday shop.



7-12 High School News Cont'd.
Amy Sykes, Principal

War of 1812 Assembly

On December 11, students in grades 7-12 participated in an assembly on the War of 1812 with Dave Ruch. Mr. Ruch explored this forgotten and sometimes confusing chapter in America's early history. He helped students to gain a clear understanding of the causes of the war, some of the key events, and of course the final outcome, all the while immersed in an interactive concert targeted to their grade levels and filled with banjos, ballads, bones and humor.

Schooltool 7-12 Parent Access Program

If you have not yet done so, please take advantage of our Parent Access Program through our student data management system, Schooltool. With a Parent Access account, parents and guardians can log on at any time to view information regarding their child's schedule, grades and attendance. Applications are available on the school webpage or by contacting the Guidance Office. Once a completed application is received it will be processed and an email will be sent to verify your account information with instructions on how to proceed.

Report Cards

Parents/guardians will receive two copies of student report cards on Wednesday, February 5th. Please sign one copy and return to the student's home room teacher by February 7th.

Late Arrival on January 31st

School will start at 11:30 am on January 31st for high school students with lunch provided as soon as students reach school.



Extended Day Food Drive

The students in the 4-8 Extended Day Program have been wrapping boxes for the food drive they are hosting to support our local food pantries. The students will be delivering the collected donations and caroling in both the Edwards and Russell communities on December 18th. We would like to thank everyone for their participation and support.

7-12 High School News Cont'd. Amy Sykes, Principal

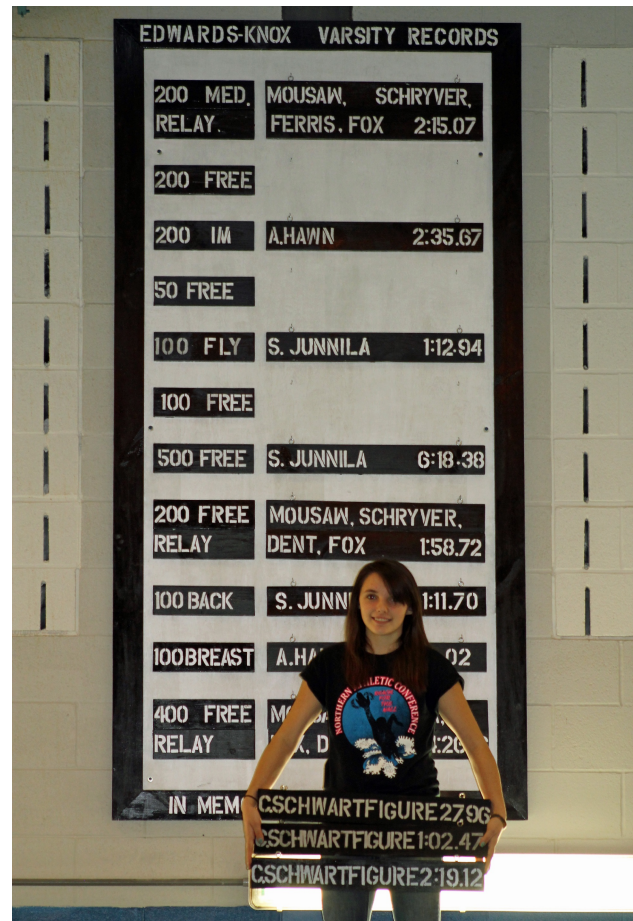
NEW SWIM RECORDS

Sophomore swimmer Cheyenne Schwartzfigure proudly displays her three new records to be placed on the record board in the pool area of E-KCS.

This past swim season Cheyenne broke the 200 freestyle record with a time of 2:19.12, the 50 freestyle with a time of 27.96 and the 100 freestyle with a time of 1:02.47.

The previously held 200 record was a time of 2:22.15 set by Nicole Denesha in 2001. The previously held 50 and 100 freestyle records were 28.04 and 1:03.45 respectively, both set by Megan Bristol in 2006.

The Edwards-Knox community is proud of Cheyenne's accomplishments & looks forward to watching her success in her remaining years as an EK swimmer.



News From the Athletic Department

Edwards-Knox Central just finished a very successful fall season. We would like to congratulate all the teams for their commitment and dedication. We would also like to thank parents/guardians for the support you give our student athletes.

Awards that were given out at the banquet include:

Swimming:

All Academic - Mackenzy Allen, Catherine Curley, Heather Finnerty & Alyssa Parker

Sportsmanship - Catherine Curley

Most Dedicated - Heather Finnerty

Most Improved - Kristen Farr

Rookie of the Year - Emma Gotham

There were also 3 individual records (50, 100 & 200 Freestyle) set by Cheyenne Schwartzfigure.

7-12 High School News Cont'd.
Amy Sykes, Principal

News From the Athletic Department Cont'd.

Girls Varsity Soccer

Best Offensive Player- Dakotah Bacon
Most Improved - Shaye Taylor
Rookie of the Year- Mackenzie Frary
Nike Award-- Molly Burger
2nd team All-Northern Dakotah Bacon, Kate Smith
Sportsmanship - Jadilynn Bullock

Varsity Boys' Soccer:

Abraham White -Team MVP, 1st Team All Northern selection
Dylan Jeanette and Hunter Tuttle -2nd Team All Northern selection
Tucker OBrien -Team Most Improved,
Trent White-Team Rookie of the Year,
Richard Finnerty -All Northern Sportsmanship

Varsity Volleyball:














Marissa Johnson - MVP, Most Team Spirit and was a Patti Baldwin finalist
Nicole Hendricks- 1st team
Kiana Coffey- Sportsmanship and Best Attitude
Cassidy Rubin -Most improved
Makenna Ashley and Megan Farr receive Section X All Northern Academic
The entire team will receive the NYS Scholar Athlete Award



It's coming
shadow?













will he see his

January 2014 High School Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3 	4	5 
6	7	8 	9	10 All County Band Geography Bee Winter Ball	11 	12 Community Swim 1:00 pm
13 	14 BOE Meeting	15	16	17	18 	19 
20 Martin Luther King Day  No School	21	22	23 	24	25 	26 
27 Regents Exams	28 Regents Exams BOE Meeting	29 Regents Exams	30 Regents Exams	31 Delayed start - students arrive @ 11:30 am End of 20 Weeks		

Regents Exam schedule available:
<http://www.p12.nysed.gov/assessment/schedules/hs/hs-114.pdf>

February 2014 High School Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 	2 
3 	4	5 Report Cards go home	6	7 All County Jazz & Chorus	8 	9 Community Swim 1:00 pm
10	11 BOE Meeting 6:30 pm	12	13 	14 Dance	15 	16 
17 No School	18 No School Mid	19 No School Winter	20 No School Break	21 No School	22 	23 
24	25 	26	27	28	 <p style="text-align: right;">I can almost see St. Patrick's Day!</p>	

HIGH SCHOOL GUIDANCE NEWS

Linda Alford, Guidance Counselor

COLLEGE/MILITARY ACCEPTANCES FOR SENIORS

Making plans for the future is an exciting time for our seniors. I am proud of the work they have done and continue to do. Please help me congratulate the following seniors who have already received their acceptances. This is a list that the Guidance Office is aware of as of December 11th:

Paige Gravett - Jefferson Community College
 Marissa Smith - Jefferson Community College



Seniors are encouraged to bring a copy of their acceptance letters to the Guidance Office.

FINANCIAL AID PROCESS

Website: <http://www.ekcsk12.org/Page/558>

1. Apply for a FAFSA Pin
2. Find out your college Financial Aid Deadlines
3. Complete the FAFSA application after January 1st but before the earliest college deadline
4. Complete the TAP application if you plan to attend a college in NYS
5. Check e-mail or other communications
6. Review your SAR (Student Aid Report) and make corrections
7. Send ALL supporting documentation
8. Receive Financial Aid Package from the college
9. Accept all or part of Financial Aid Package
10. Apply for all scholarships you qualify for:

http://www.ekcsk12.org/guidance/senior/pages/financial_aid/scholarshipsearch.htm

GRADING PERIOD CALCULATIONS

Edwards-Knox 9th through 12th grade Honor Roll Calculation and Senior Privileges

Grading period averages are calculated in the following manner:

- *Courses meeting every day count once (1X)
- *Courses meeting every other day count one-half (½ X)
- *BOCES Vo-Tech courses count 3 times (3X)
- *BOCES Math & Science count one-half (½ X)
- * Science lab grades do not count for honor roll they are calculated into course average.

Honor Roll is 85 - 89.99%
 High Honor Roll is 90 - 94.99%
 Outstanding High Honor Roll is 95 - 100%



Example:	Grade	Periods	Quality Points
English 12	70	X 1 =	70
Precalculus	75	X 1 =	75
Physics	80	X 1 =	80
Government	88	X 1 =	88
Health	82	X ½ =	41
Phys. Ed	90	X ½ =	45
Band	95	X ½ =	+47.5
		5.5	446.5

Quality points ÷ number of periods = Term Ave.
446.5 ÷ 5.5 = 81.19% Term average is 81%

HIGH SCHOOL GUIDANCE NEWS Cont'd.

Linda Alford, Guidance Counselor

COLLEGE VISITS



On November 1st & 12th the High School Guidance Office sponsored field trips for interested Juniors and Seniors to explore opportunities available to them at SUNY Canton, SUNY Potsdam and Clarkson University. Students were presented with great information about the college they visited and had an informative tour of the campus.



ACT/SAT TESTING DATES & REGISTRATION DEADLINES

The SAT and ACTs are college entrance tests that some colleges require. Seniors who are planning to go to college and have not yet taken or would like to retake the SAT or the ACT test should consider doing so as soon as possible. The registration deadlines and their test dates are listed below.

Registration materials can be picked up in the High School Guidance Office or can be done on-line at www.collegeboard.com for the SAT and www.actstudent.org for the ACT. The registration process takes some time so students are encouraged to start early, **DO NOT WAIT FOR THE REGISTRATION DEADLINE TO START THE REGISTRATION MATERIALS!** Students should carefully check the catalog of each prospective college to determine whether the examinations are required.

ACT	<u>Registration Deadline*</u>	<u>Test Dates</u>
	Mar. 07, 2014	Apr. 12, 2014
	May 09, 2014	Jun. 14, 2014

Test Fee: \$36.50 Fee waivers may be available in the Guidance Office
With Optional Writing: \$52.50 for students who qualify for a reduced or free lunch.

SAT	<u>Registration Deadline*</u>	<u>Test Dates</u>
	Feb. 07, 2014	Mar. 08, 2014
	Apr. 04, 2014	May 03, 2014
	May 09, 2014	Jun. 07, 2014

Test Fee : \$ 51.00 Fee waivers may be available in the Guidance Office
 for students who qualify for a reduced or free lunch.

* Registration materials must be postmarked by this date.

CEEB/ACT HIGH SCHOOL CODE NUMBER : 334949

Arrangements for special testing situations for students with learning disabilities may be made by contacting the High School Guidance office for the proper paperwork. Paperwork needs to be filed well in advance of the desired test date for modifications. Contact Ms. Alford for more details.

HIGH SCHOOL GUIDANCE NEWS Cont'd.

Linda Alford, Guidance Counselor

GRADE 10 STUDENTS VISIT SOUTHWEST TECH

Sophomore students visited Southwest Technical Center on Wednesday, November 20, 2013. They had the opportunity to visit several technical programs available to Edwards-Knox students to help as they prepare to discuss their course choices for next year. The programs available at this time are: Automotive Technology, Building Trades, Computer & Business Technology, Culinary Arts, Cosmetology, Criminal Justice, Early Childhood Education, Environmental Technology, Intro to Health Careers/Allied Health, Pharmacy Tech and Metalworking Technology.



HIGH SCHOOL GUIDANCE NEWS Cont'd.

Linda Alford, Guidance Counselor

TERM 1 HONOR ROLL 2013-2014

GRADE 12

Outstanding Honor Roll (95.0-100)

Harleigh LeBarge

Kate Rowe

Hunter Tuttle

High Honor Roll (90.0-94.99)

Mackenzey Allen

Katelynd Hill

Alyssa Parker

Jordan Davis

Marissa Johnson

Chloe Wilson

Nicole Hendricks

Honor Roll (85.0-89.99)

Makayla Bartocha

Jesse Fenlong

Patrick Thompson

Austin Brown

Bridget Gladle

Leonard Walrath

Jadilynn Bullock

Kelvin Gordon

Abraham White

Dylon Cross

Kyle Gotham

Cody White

Kaden Dandrow

GRADE 11

Outstanding Honor Roll

Molly Burger

Shaye Taylor

Michaela Wilson

Darrick Cutway

High Honor Roll

Makenna Ashley

Richard Finnerty

Abbie Hale

Mitch DeVito

Danielle Griffin

Christopher Watson

Megan Farr

Honor Roll

Tiara Allen

Paine Morse

Katelynn Smith

Paige Gravett

Sierra Powers

Ross Sprague

Trennan McCollum

Jeremiah Randall

RaeAnn Thomas

Brandon McKim

Cassidy Rubin

Mackenzie Tresidder

Katrina Moore

Cora Sharpe

Adriana Whitmarsh

GRADE 10

Outstanding Honor Roll

Heather Finnerty

Noah White

High Honor Roll

Makayla Bacon

Darian Fenton

Caleb Rowe

Jason Burke

Nathan McCoy

Miranda Smith

Catherine Curley

HIGH SCHOOL GUIDANCE NEWS Cont'd.

Linda Alford, Guidance Counselor

GRADE 10

Honor Roll

Dakotah Bacon
Kaleb Bartocha
Hannah Besaw
Luke Fenton
Anisa Hotaling

Cade Jones
Jarred Meilleur
Christopher Moore
Allison Pharoah

Brent Watson
Kelsey White
Trenton White
Kassandra Whiteford

GRADE 9

Outstanding Honor Roll

Brooke Fenton
Elise Franck
Mackenzie Frary

Karlie French
Arael Scott

Cheyanna Tuttle
Alaina White

High Honor Roll

Kayla Covey
Jacob Fenlong

Daniel Gotham

James Rice

Honor Roll

Jarrett Bullock
Piage Clary
Bailey Coffey
Alexander D'Agostino

Kara Davis
Kristen Kroniser
Hayleigh LeBarge

Tera Mason
James Smith
Dawson Taylor

GRADE 8

Outstanding Honor Roll

Jada Flanagan
Kacee French
Haven Gotham
Tanner LaPlant

Emily Lasher
Hanna LeBarge
Logan Toohey

Briana Tulip
Alexa White
Travis White

High Honor Roll

Peyton Dafoe
Avery Hawn
Katherine Hebb

Christopher Ouellette
Katrina Thornton
Esther White

Jacob White
Tyler Whitmarsh

Honor Roll

Alyssa Allen
Julie Ashley
Alexavier Champagne
Breanna Facey

Hannah Gladle
Madison LaPoint
McKayla Meier

Ashley Robidoux
Damian Sharlow
Marcus Tresidder

HIGH SCHOOL GUIDANCE NEWS Cont'd.

Linda Alford, Guidance Counselor

GRADE 7

Outstanding Honor Roll

Carly Frary
Justin Scott

Zachary Scott
Chakriya Thomas

Spencer Thomas

High Honor Roll

Collin Curley
Kyanne Jeanette

Brittany Prow
Koryn Rowe

Madison Wood

Honor Roll

Blake Bidwell
Camryn Bullock
Jocelyn Colton
Hannah Connors
Grace Fenton

Willow Frizzell
Parker Harper
Riannon Holly
Alexis Klock
Sydney Streeter

Bryan Trombley
Corey Vater
Kassidy Ward
Trevor White
Martina Whitmarsh

BOCES TOP ACHIEVERS (Top 20% of their respective classes)

Allied Health

Harleigh LeBarge
Kate Rowe

Criminal Justice I

Megan Farr

Auto Technology II

Patrick Thompson
Abraham White

Early Childhood Education I

Miranda Smith

Building Trades II

Austin Brown
Dylan Cross

Environmental Technology II

Jesse Fenlong
Leonard Walrath

Computer/Business Tech I

RaeAnn Thomas

Multi-Occupations I

Michael Hollenbeck

Cosmetology I

Michaela Wilson

Multi-Occupations II

Christopher Moore
Brent Watson

Great job!

November Health News Melissa Brown, School Nurse

- Edwards-Knox will be welcoming a new Medical Director in the next month. Christopher LaPoint, working under the direction of Dr. Kruickhank, is looking forward to getting to know the students and staff and will be conducting our physicals and assisting with protocols in the school setting.
- Please remember to update your child's emergency information whenever there is a phone number change. This is extremely important in the case that I need to contact you. If your child becomes sick or is injured at school, it is imperative that I be able to reach you.
- There is no longer a School Based Health Clinic within our school and therefore there is no longer a doctor available to our students. If you feel your child needs to be seen for any reason (sore throat, rash, cough, injury, etc.) then please have them seen by your primary care provider. The School Nurse is not able to diagnose disease or injury. Your concerns are best addressed with your doctor.

Winter Health Reminders from the School Nurse

A healthy school environment requires the cooperation and effort of us all working together. During this time of year we tend to see a higher incidence of strep throat, respiratory and gastrointestinal illnesses. The nurses of Edwards-Knox Central School would like to remind everyone that they can help to protect themselves and their families from many of these airborne illnesses. Follow the *Habits for Good Health* listed below recommended by the Center for Disease Control.

Habits for Good Health

- **Cover your nose and mouth** with a tissue when you cough or sneeze—throw the tissue away after you use it. If you do not have a tissue, cover your mouth and nose with the inside of your elbow. For more information watch the video@ www.coughsafe.com.
- **Wash your hands often with soap and water** especially after you cough or sneeze. If you are not near water, use an alcohol based hand cleaner.
- **Stay away as much as you can** from people who are sick.
- **If you or your child gets the flu, stay home from work or school.** Do not go near other people so that you don't make them sick too.
- **Try not to touch your eyes, nose, or mouth.** Germs often spread this way.
- **Dress for the weather.** Come to school dressed for the winter. Wear layers of loose fitting clothing. Wear mittens and gloves. Wear a hat. Remember, the air that is trapped inside your clothing, warmed by your body heat, is the best protection from the cold.

November Health News
Melissa Brown, School Nurse

Tips for Parents from the School Health Office

Many parents ask, "When is my child sick enough to stay home from school?"

This is not always an easy question to answer! We hope that these tips can help!

A child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff. We suggest making a plan for childcare ahead of time so you will not be caught without a comforting place for your child to stay if he/she is ill.

Our school policy states that you should not send your child to school if he/she has:



- Fever in the past 24 hours
- Vomiting in the past 24 hours
- Diarrhea in the past 24 hours
- Chills
- Sore throat
- Strep Throat (must have been taking an antibiotic for at least 24 hours before returning to school)
- Bad cold, with a very runny nose or bad cough, especially if it has kept the child awake at night.
- Head lice - until your child has been treated according to the nurse or doctor's instructions.



If your child becomes ill at school and the teacher or school nurse feel the child is too sick to benefit from school or is contagious to other children, you will be called to come and take him/her home from school. It is essential that E-KCS always has a current telephone number where you can be contacted during the day and an emergency number in the event you cannot be reached. Please be sure that arrangements can be made to transport your child home from school and that childcare is available in case of illness. If your daytime or emergency phone number changes during the year, please notify E-KCS immediately.

Please call the school's Health Office if you have any questions or concerns.

Ms. Brown, RN, BSN
Edwards-Knox Central School District
315-562-8131, ext. 1518

Ms. Suzanne L. Kelly
Superintendent of Schools
(315) 562-8130
Fax: (315) 562-2477

EDWARDS-KNOX CENTRAL SCHOOL DISTRICT
P.O. BOX 630
RUSSELL, NEW YORK 13684-0630

BOARD OF EDUCATION
Randy VanBrocklin, Pres.
Reginald LaPoint, Vice-Pres.
Christopher Averill
Rick Brewer
Lynn C. Collier
Teresa A. Hogle
Thomas O'Brien
Joseph Thomas
Thomas Whitmarsh
Kay C. Amo, Clerk

Mrs. Amy Sykes
Inter Jr.-Sr. H.S. Principal
(315) 562-8131
Fax: (315) 562-8139

NURSE'S OFFICE FAX: (315) 562-2477

Mrs. Amy Lamitie
Elementary Principal
(315) 562-8132
Fax: (315) 562-8134

Dear Parent or Guardian:

Each school district is mandated by law (section 904) to provide an examination by the school physician of those pupils whose parents do not provide these reports from their family physician. Consequently, a parent does have the right to have their child examined by either their own family physician (at their own cost) or by the school's physician. Christopher LaPoint, Physician's Assistant, does all the physical exams that are done within the school setting. Physicals are required by New York State on all pupils attending grades Kindergarten, 2, 4, 7, and 10. Physicals are also required for any pupil playing sports, for Special Education Students, for all referrals to the Committee on Special Education, for all CSE students who are having a triennial evaluation, for all BOCES first year students who are attending the Health Occupations class, for all entrants from out of state, for all new students attending our school (including Pre-Kindergarten students), and for those requiring working papers.

During the required examination, the FNP checks the skin, eyes, nose, throat, heart, lungs, checks for structural deformities, abdomen, and external genitalia (all males). This examination does not include a vaginal exam nor a breast exam. Height, weight, BMI, blood pressure, pulse, vision, and hearing are done by the school nurse prior to the physical exam. A urine check is also done on all athletes.

A parent has the right to be present for any physical examination given at the school. If a parent so desires to be present, they must notify the school nurse.

It is mandatory that we have a permission slip signed by the parent and returned to the school nurse prior to the scheduled physicals, indicating your decisions regarding this physical.

Sincerely,



Suzanne L. Kelly
Superintendent of Schools

SLK/kca

* * * * *

I give my permission for my child, _____ to have a physical by the school physician.

OR

I will take my child _____ to my own physician (at my own cost). Please send me the screening form so I may present it to my physician. I agree to return this form, once completed, to the school nurse.

Date _____

Signature _____

ELEMENTARY NEWS CONT'D.

Amy Lamitie, Principal

Upcoming Events

1/1-1/3: No School - Holiday Break	2/5: 6 pm: Parents' Association meeting
1/8: 6 pm: Parents' Association meeting	2/6: elementary report cards go home
1/20: No School - Martin Luther King, Jr., Day	2/12: 1:15: K-6 Awards Assembly in auditorium
1/31: end of 2 nd marking period	2/17-2/21: No School - Mid-Winter Break
1/31: 11:30: delayed start for students	

FIRST MARKING PERIOD AWARDS

KINDERGARTEN

Kindness

Bryce Wells
Megan Huckle

Responsibility

Bella Reed
Dominic Dean

Music

Olivia Royce
Quincy Lashua

PE/Sportsmanship

Kacy Knowlton
Allison Gates

Respect

Leighton Dean
Ryan Moore

Honesty

Leland Gollinger
Nickolas Wright

Art

Leighton Deran
Quincy Lashua

FIRST GRADE

Kindness

Adryonna Rider
Gage Coller
Connor Moore

Responsibility

Camryn Huckle
Dominic Ouellette
Dakota Butler
Jacob Morrill

Eager Reader

Cooper Allen
Matthew Blandin
Kiera Fountain

Art

AnnaMarie Guiles
Hannah O'Shea
Tristen Bowman

Respect

Aiden Keddy
Zakery Gotham
Logan Beachard

Honesty

Bryce Weaver
Cooper Johnson
Allyssa Folsom
Andrew Cecot

Music

Myles LaPoint
Jayden Dafoe
Maison McCarthy

PE/Sportsmanship

Grace Goodale
Anthony Ames
Maison McCarthy

SECOND GRADE

Kindness

Annabell Butler
Kloey Thornton

Responsibility

Isaac DeVito
Emma Baker

Eager Reader

Nicholas Brassard
Madelyn Rowley
Everard McPhatter-Davis

Art

Damon Carpenter
Connor Shea
Kyle Reif

Respect

Luther Ames
Ethan Reynolds
Faith Weaver

Honesty

Dylan Averill
Kadein Kelley

Music

Thomas Brabaw
Brooklyn Huckle
Hannah Butler

PE/Sportsmanship

Rylee Typhair
Camerin Hendrick

ELEMENTARY NEWS CONT'D.

Amy Lamitie, Principal

FIRST MARKING PERIOD AWARDS

THIRD GRADE

Kindness

Ema Gotham
Michael Dinino
Nicholas Morgan

Responsibility

Cylee Facey
Marin McIntosh

Eager Reader

Cadey Wheat
Jasmine Nezezon-Sanders
Desirae Hollenbeck

Art

MacKenzie Ouellette
Ethan Stalker

Respect

Mallory Robinson
Kayleigh Allen

Honesty

Gabrielle Facey
Deilia Paro
Mercedes Beck

Music

Derik Connors
Donovan Cota

PE/Sportsmanship

Mallory Robinson
Heidi Moore

FOURTH GRADE

Kindness

Wesley Wylie
Karly Gollinger
Joshua Ellis

Responsibility

Tyler Scott
Walker Typhair

Eager Reader

Alisha Marschat
Henry Hebb

Art

Tyler Scott
Zachary Norback

Respect

Dylan Wood
Violeta DeGroat

Honesty

Kirstin Carlin
Kanika Johnson

Music

Charlotte Commella
Mackalaster Sawyer

PE/Sportsmanship

Ryan Lennon
Jared Lottie
Kanika Johnson

FIFTH GRADE

Kindness

Amanda Rusho
Morgan Facey

Responsibility

Morgan Wheat
Lucy Frary

Eager Reader

Austin Farr
Brielle Stone

Art

Nathan Huckle
Avery Whitford

Respect

Kolby Barbarito
Cameron Rowe

Honesty

Danielle Snyder
Chad Facey

Music

Alyssa Coller
Shea Ciccirelli

PE/Sportsmanship

Devin Peabody
Elise Woods

Chorus

Danielle Snyder

SIXTH GRADE

Kindness

Carter Wright
Logan Blackmer
Alexis Bass

Responsibility

Rachel Vachev
Morghan White
Brittany Prow

Eager Reader

Samuel Smith
Abigail Paro
Jocelyn Colton

Art

Remington Dean
Joseph Hart

Respect

Timothy Hathaway
Chasen Shecton
Tyler Bush

Honesty

Rylee Gotham
Dylan McCarthy

Music

Valaree Hale
Ethen White

PE/Sportsmanship

Kurtis Griggs
Dominick Dinino

Chorus

MaKayla Meilleur

ELEMENTARY NEWS CONT'D.

Amy Lamitie, Principal

**HONOR ROLL AND HIGH HONOR ROLL
GRADE 4**

HONOR ROLL

Caleb Bowman	Ethan Cross	Joshua Ellis	Henry Hebb
Kirstin Carlin	Violeta DeGroat	Sara Griffin	Carter McCarthy

HIGH HONOR ROLL

Darrian Gavin	Alisha Marschat	Tyler Scott	Mason White
Kale Harper	Dekoda Matthews	Walker Typhair	Dylan Wood
Kanika Johnson	Jace Robert		

OUTSTANDING HONOR ROLL

Anthony Cicciarelli	Zachary Norback
---------------------	-----------------

GRADE 5

HONOR ROLL

Kody Burwell	Alyssa Coller	Jahdyra Gooden	Connor Moulton
Shea Cicciarelli	Austin Farr	Joey Griffin	Brielle Stone
Maiya Clary			

HIGH HONOR ROLL

Lucy Frary	Hailey Matthews	Emily Tresidder	Morgan Wheat
Nathan Huckle			

OUTSTANDING HONOR ROLL

None

GRADE 6

HONOR ROLL

Alexis Bass	Dominick Dinino	Mohammad Habbal	Samuel LaRue
Nolan Blandin	Leeann Gotham	Abigail Hart	MaKayla Meilleur
Jordan Collett	John Griffin	Timothy Hathaway	Justin Perry
Remington Dean	Kurtis Griggs	Ethan LaRose	Thorne VanBrocklin

HIGH HONOR ROLL

Tyler Bush	Angelica Hollenbeck	Samuel Smith	Morghan White
Valaree Hale	Abigail Paro	Ethen White	

OUTSTANDING HONOR ROLL

None

ELEMENTARY NEWS CONT'D.

Amy Lamitie, Principal

PERFECT ATTENDANCE FOR 1ST MARKING PERIOD FOR GRADES K-6

Kali Beachard	Evan Folsom	Joseph Payne	Connor Snell
Nolan Blandin	Kiera Fountain	Ethan Reynolds	Brielle Stone
Caleb Bowman	Joey Griffin, Jr.	Adryonna Rider	Holden Tupper
Brady Butler	Kanika Johnson	Mallory Robinson	Ethen White
Hannah Butler	Kadein Kelley	Cameron Rowe	Katelyn White
Jordan Collett	Jacob McDougall	Mackalaster Sawyer	Mason White
Donovan Cota	Marin McIntosh	Lakoata Schwartzfigure	Emily Willard
Leighton Dean	Heidi Moore	Jennika Shippee	Carter Wright
Remington Dean	Jacob Morrill	Samuel Smith	Shanna Wright
Hannah Duffy			

Dear Parents and Guardians of Edwards-Knox Elementary Students:

The Edwards-Knox Elementary School teachers, staff, and administrators are working diligently to shift teaching and learning to align closely with the new Common Core State Standards. Beyond what your child brings home from his or her math or ELA classroom as homework, which is new and different, your child recently brought home a report card that may look different from report cards he or she has received in the past. The report cards may seem unusual and somewhat confusing. The purpose of this letter is to better explain the new measurement system and to describe how the cards will evolve throughout the year.

Instead of seeing a numeric grade from 0-100, you will now see a progress mark of 1, 2, 3, or 4 in grades kindergarten through third grade. These numbers are an expression of your student’s progress against grade-level expectations. For example, if your child is above grade-level in mathematics for a marking period, she will have received a 4. If she is at grade level, which means she is earning an average somewhere between 80 and 96, she will receive a 3. The reason for this shift is to more closely align progress in the classroom with your child’s state assessment results. While there is no 100% guarantee that a child receiving a 4 in math will receive a 4 on the assessment, the relationship between the two should be fairly strong.

Because the elementary school has adopted NYS curricula in English language arts and mathematics, this makes sense. In ELA, for example, mid-unit tests have been designed to measure student progress along the grade level **and** toward the state assessment. If a child is scoring 3s or 4s – grades between 80 and 100 on mid-unit and end-of-unit tests, a parent should feel fairly confident that his or her student is on target to perform strongly on the state assessment **and** that the student is “on track” to remain at grade level. These tests are no different than the sorts of tests students already take, in that they represent the skills and knowledge students should be able to demonstrate at certain points in the school year.

Grades K-3 are at differing places in the process of creating new report cards that are much more closely aligned with **standards** rather than with **courses**. At each grade level, teachers are looking closely at what students need to know and be able to do **each marking period** in order to stay “on track” to finish the year strongly. Dividing out these skills and this knowledge will take the

ELEMENTARY NEWS CONT'D.

Amy Lamitie, Principal

year, as much of what we teach is new and is sequenced differently. This work will also take place at grades 4 through 6, so that in the end the elementary school has a well aligned reporting system for students, parents, and teachers.

To illustrate some of the changes you will see this year, I offer an example taken from our third-grade report card. You may, for example, currently see the following grade on your child's report card for mathematics:

Skills assessed: <ul style="list-style-type: none"> • Operations and algebraic thinking • Number sense and operations • Measurement and data • Geometry 	Q1	Q2	Q3	Q4
	2			

The "2" here indicates that in math, in the first quarter, this student is approaching grade-level expectations, earning on average somewhere between a 65 and 79 on classroom work and assessments. By this time next year, your child's report card will look something like this for mathematics:

	Q1	Q2	Q3	Q4
Represent and solve problems involving multiplication and division with units of 0, 1, 6-9, and multiples of 10	2			
Multiply and divide within 100	2			
Solve problems involving the four operations and identify and explain patterns in arithmetic	2			
Demonstrate an understanding of fractions as numbers				
Solve problems involving measurement and estimation of intervals of time, liquid volumes, and masses of objects				
Demonstrate an understanding of geometric measurement	3			

In this model, the student is approaching grade-level expectations for multiplication and division, based on what he or she is studying. He or she demonstrates a stronger understanding of geometric measurement (specifically area) based on what is being taught in marking period 1.

A student who receives a 4 is a child who consistently demonstrates scores between 96-100 when performing tasks independently and who consistently achieves this high level on mid-unit and end-of-unit tests. While a 4 is an indicator that a student is achieving above grade level *for a marking period*, it should not be confused with a student who should skip a grade because they are doing, for example, fourth-grade work in the third grade. A "4" might best be understood to mean that this

ELEMENTARY NEWS CONT'D.

Amy Lamitie, Principal

student can compute quickly, persevere through long word problems, use multiple strategies to solve problems, and will likely perform strongly in a testing environment where she will need to do high levels of work independently and at fairly quick speeds.

Representing your student's grade-level expectations at the beginning of the year – as a collection of what your student will be expected to know and be able to do – is one way of communicating with families about grade-level topics and skills. Additionally, because the adopted curriculum is specific as to when topics are taught, this form of reporting is able to show you that in the first marking period your son or daughter was not exposed to fractions or to specific measurement principles.

Please bear with us as we make the shifts necessary to create report cards that deliver important information to you about what your student knows and is able to do. Schools region-wide, state-wide, and nation-wide are going through this very same process. Educators at our school want to get the process right and want to be able to utilize the student management system to automate the process and make it more accessible to our families. This undertaking takes a great deal of time.

Please do not hesitate to call or e-mail with questions about this new form of reporting student progress.

Sincerely,

Amy Lamitie

Cafeteria News

Kathy Whitmarsh, Cook Manager

Susie Bond has written an article that I thought some of you may find interesting so I have included excerpts for your information. I have also included her contact information as it appears in the Florida Today article.

Which is best; Greek yogurt or regular yogurt? Actually, they are both good, and your choice depends on what you want from your yogurt. So what exactly is the difference between regular and Greek yogurt? The traditional method of making Greek yogurt involves straining regular yogurt, removing much of the liquid (whey). The remaining solid is thick and concentrated, and contains approximately twice as much protein as regular yogurt.

A 6-ounce serving of Greek yogurt contains about 17 grams of protein, whereas a same-sized serving of regular yogurt contains about 9 grams of protein. Greek yogurt might be a better choice if you are consuming yogurt as part of a meal and have no other major source of protein at that meal.

Regular yogurt, on the other hand, is a much richer source of calcium. The process of straining regular yogurt to make Greek yogurt removes much of the calcium-rich whey. Typically, regular yogurt

Cafeteria News

Kathy Whitmarsh, Cook Manager

contains about 250 to 300 mg of calcium per serving. Greek yogurt contains about 150 to 200 mg. If you are depending on your yogurt to provide a significant source of calcium, regular yogurt would be a more appropriate choice.

Whether you choose Greek or regular, look for those with less saturated fat and added sugar. The best choice is always plain, with no sugar added. Add your own fruit and flavorings. **Susie Bond is a registered/licensed dietitian and nutritionist with Health First's Pro-Health & Fitness Centers. Contact her at 321-434-8745 or susie.bond@health-first.org.**

On a different note, I would like to remind people that anyone can visit MySchoolBucks.com and log on with their students school I.D to see the history of the students Breakfast/Lunch for the past 30 days. You can have it let you know with e-mail if your student's account is getting low also. If you choose to pay the fee you can put money on your student's account. You can still put money on a student's account simply by sending the money to school at no additional cost.

As the new HHFKA (Healthy, Hungry Free Kids Act) of 2010 has become a part of our lunch life at school, with this year comes the next phase of the act. Breakfast is required to have at least 3 items; a Fruit/Veg, and Grain. After ½ has been served for the week you may add a protein choice which may or may not count as part of the meal, plus liquid milk. Next year if nothing changes the child will take a ½ cup of fruit/veg and will be offered 1 cup, which they may take. I will try to explain the new regulations a little each time so you may share them with your student, or hopefully the students are reading this article themselves. The school is obligated to abide by these federal regulations.

In closing, this snippet may help to rein the New Year in right. We need to remember eating a snack is not bad if we eat the correct snack, in the right portion size, it may actually help us keep our weight on track.

What snacks burn fat?

Eating snacks with the right ratio of nutrients, with the right calories, will help keep your body energized and help you lose weight. Protein (plus exercise) fuels the growth of lean muscle mass, which boosts metabolic rate and increases calorie burn. Fiber, meanwhile, helps improve digestion and keeps you from binging on fats and sugars. So while there's no food that will literally "burn fat" while you eat it, smart choices with these ingredients will help your body operate at maximum efficiency. Bowerman suggests snacks under [200 calories](#), with 10 grams of protein and close to 5 grams of fiber. It is another opinion to try to keep your snacks closer to 100 calories. 1 apple is about 100 calories, and apple juice (4oz) is about the same. However if you eat an apple you will be more apt to feel full than if you drink 4oz of apple juice. These are the kinds of things we need to think about with our snacks. Portion is important; for instance eating almonds is a great snack, but if you eat ½ a can of almonds it is not. Portion out your almonds in small snack bags or buy snack packs that are around 100 calories per serving and don't just trust yourself to open the can and have a snack.

I hope these food for thought items help your New Year off to a good start. I hope you have the best of Holidays and a Happy 2014!

Kathleen Whitmarsh
Cook/Manager



January 2014 MENU

Mon

Tues

Wed

Thur

Fri

<p>Lunch: 11am to 1:10 pm</p> <p>Lunch K-3: \$1.75 Lunch 4-12: \$1.80 Breakfast: \$1.00</p> <p>Lunch every day for everyone: Veggie Bar. Peanut Butter Sandwich</p>				
<p>Kathy Whitmarsh Cafeteria Manager 562-8130, ex. 1507 Fax: 562-2477 kwhitmar@ekcsk12.org P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684</p>	<p>Breakfast 7:40 a.m. Every Day Cereal, Graham Cracker, Milk, Juice Breakfast: 90¢</p>	<p>Prepayments Happily Accepted</p>		
<p>6 Blueberry Waffles Veggie Bar Sausage Tator Tots Milk Fruit</p>	<p>7 Pulled Pork BBQ Veggie Bar Baked Potato Bread Milk Fruit</p>	<p>8 Cougar Vegetable Soup Crackers/egg or tuna sandwich Veggie Bar Milk Fruit</p>	<p>9 Taco Salad Day Rice, Lettuce, Cheese, Tortilla Chips, Corn Veggie Bar Milk Fruit</p>	<p>10 Tomato Soup Grilled Cheese Sandwich Veggie Bar Carrots Milk Fruit</p>
<p>13 Veg. Chili w/ beans Hotdog/bun Veggie Bar Milk Fruit</p>	<p>14 Deli/Sub Day Ham or Turkey w/ cheese, lettuce, onion, tomato Veggie Bar Milk Fruit</p>	<p>15 Spaghetti/sauce Meatballs or string cheese Spinach Veggie Bar Milk Fruit</p>	<p>16 Chicken Fajita Veggie Bar Peppers & Onions Rice, Corn Milk Fruit</p>	<p>17 Fishburger or unbreaded baked fish Veggie Bar Fresh Veggies Milk Fruit</p>
<p>20 Martin Luther King, Jr. Day No School</p>	<p>21 Sloppy Joe/Bun Chips Veggie Bar Corn Milk Fruit Ice Cream</p>	<p>22 Chicken, Cranberry Salad walnuts, bread or tortilla chips, Golden Squash Veggie Bar Milk Fruit</p>	<p>23 Turkey Dinner Mashed Potatoes Sweet Potatoes Veggie Bar Bread, Milk Fruit & Ice Cream</p>	<p>24 Tomato Soup Grilled Cheese Sandwich Veggie Bar Fresh Veggies Milk Fruit</p>
<p>27 Hotdogs/Bun Baked Beans Veggie Bar Milk Fruit</p>	<p>28 Hamburg/Bun Tator Tots Veggie Bar Milk Fruit</p>	<p>29 Veg. Chili w/ beans Hotdog/bun Veggie Bar Milk Fruit</p>	<p>30 Chicken Patty Golden Squash Veggie Bar Milk Fruit</p>	<p>31 Pizza Variety Veggie Bar Bread Milk Fruit Late Arrival. School starts at 11:30.</p>
<p>Regents Exams</p>	<p>Regents Exams</p>	<p>Regents Exams</p>	<p>Regents Exams</p>	

Menu subject to change without notice.



February 2014 MENU

Mon	Tues	Wed	Thur	Fri
		Prepayments Happily Accepted	<i>Do you think you qualify for free and reduced meals? If so, our school receives many benefits. Please apply or call us to discuss your eligibility.</i>	
3 Pillsbury Pancakes Veggie Bar Sausage Hash Browns Milk Fruit	4 Sloppy Joe Chips Veggie Bar Milk Fruit	5 E-K Vegetable Soup Crackers/egg or tuna sandwich Veggie Bar Milk Fruit	6 Taco Salad Day Rice, Lettuce, Cheese, Tortilla Chips, Corn Veggie Bar Milk Fruit	7 Fishburger or unbreaded baked fish Veggie Bar Fresh Veggies Milk Fruit
10 Veg. Chili Beans/ Hotdogs/Bun Veggie Bar Milk Fruit	11 Deli/Sub Day Ham or Turkey/ Cheese/Lettuce/ Tomato/Onion Veggie Bar Milk Fruit	12 Pulled Pork BBQ Baked Potato Veggie Bar Milk Fruit Ice Cream	13 Chicken Fajita Salad Bar Peppers & Onions Corn Refried Beans Milk Fruit	14 Pizza Variety Veggie Bar Bread Milk Fruit
17	18	19	20	21
	<h2>Mid-Winter Break</h2>			
24 Goulash Spinach Veggie Bar Bread Milk Fruit	25 Hamburg/Bun Veggie Bar Vegetable Soup Milk Fruit	26 Chicken Patty/Bun Golden Squash Veggie Bar Milk Fruit	27 Turkey Dinner Mashed Potatoes Salad Bar Cranberry Sauce Bread Milk Fruit	28 Tomato Soup Grilled Cheese Sandwich Veggie Bar Carrots Milk Fruit
Kathy Whitmarsh Cafeteria Manager 562-8130, ex. 1507 Fax: 562-2477 kwhitmar@ekcsk12.org P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684	Breakfast 7:40 a.m. Every Day Cereal, Graham Cracker, Milk, Juice Breakfast: 1.00	I can almost see Spring coming!	Lunch: 11am to 1:10 pm Lunch K-3: \$1.7 Lunch 4-12: \$1.80 Breakfast: \$1.00 Lunch every day for everyone: Veggie Bar. Peanut Butter Sandwich	

Menu subject to change without notice.

Late Arrival on January 31st

School will start at 11:30 am on January 31st for all students with lunch provided when the students reach school.

Edwards-Knox Central School
P.O. Box 630
Russell, NY 13684-0630

Non-Profit Organization
US Postage
PAID
Edwards, NY 13635
Permit No. 3

TO: BOXHOLDER