

# January-February 2012

Log onto [www.ekcsk12.org](http://www.ekcsk12.org)  
to download this newsletter.



# Cougar News

A Publication of the Edwards-Knox Central School Board of Education  
Teresa A. Hogle, President      Rick Brewer      Thomas O'Brien  
Amanda Fuller, Vice-Pres.      Lynn Collier      Joseph Thomas  
Chris Averill      Malissa Hale      Randy VanBrocklin

## SUPERINTENDENT'S COMMENTS

Suzanne L. Kelly

Dear Residents:

December provided us with many occasions to showcase the talents of our students. Our holiday program and concerts were well attended and thoroughly enjoyed by all. The hard work and preparation was evident and greatly appreciated.

As 2011 comes to an end the new year 2012 finds us beginning the process of preparing for the 2012-13 school year budget. The challenges of this task are great and with the current fiscal situation that plagues both our nation and state, we must look to creatively build a plan that maintains the pride and integrity of this district. This is the time to join forces and work cooperatively as a school and community.

We have felt the scorn of necessary cutbacks and may be forced once again to sacrifice further. I encourage you to get involved with discussions as they are happening and be part of the budget solution. Join us at upcoming Board of Education meetings on 01/03, 01/17, 02/06, 02/21, 03/05, 03/19, 04/02, and 04/16. Our budget presentation will be held on Tuesday, May 8, 2012.

For those who may not be able to attend these meetings, we have two new means for you to share your suggestions or ask questions. Go to [www.ekcsk12.org](http://www.ekcsk12.org) and look for our Cost Savings Suggestion tab. Also, Mr. Remington's Computer Applications class has created a Facebook page to provide budget information to help keep you informed. This too can be found as a link on our webpage.

As a district we continue to work with our teachers to build the newly required evaluation process. The group has met several times to discuss the possible alternatives and methods of delivery. We hope to bring a final draft to the Board of Education in the next couple of months.

I want to extend a heartfelt wish of peace and joy to you and your family for the new year.

Sincerely,

*Sue Kelly*

Contents:



Topic	Page
Supt. Comments.....	1
Guidance News.....	2-4
College / Military Financial Aid	
Grading Calculations College Visit ACT/SAT Regis. Southwest Tech	
7-12 Term 1	
Honor Rolls.....	4-6
7-12 News.....	7-10
AFS News Important Dates Principal's Letter Hero Assembly Cyberbullying	
Elem. Art News.....	11
Elem. News.....	12-17
Cafeteria News.....	18
Menus.....	19-20



## 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 9<sup>th</sup>.



Rachel Brazeau - Penn View Bible Institute  
 Benjamin Fuller - Tiffin U., University of Findlay, Mansfield U.,  
 California U. Of Pennsylvania, Gannon U.  
 Lucas Fuller - University of Northwestern Ohio  
 Alexia Hawn - Siena College  
 Veronica White - Walsh U., Utica College, Daemen College,  
 Gannon U.

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

### FINANCIAL AID PROCESS

Website: [http://www.ekcsk12.org/guidance/senior/pages/financial\\_aid/financialaid.htm](http://www.ekcsk12.org/guidance/senior/pages/financial_aid/financialaid.htm)

1. Apply for a FAFSA Pin
2. Find out your college Financial Aid Deadlines
3. Complete the FAFSA application after January 1<sup>st</sup> 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](http://www.ekcsk12.org/guidance/senior/pages/financial_aid/scholarshipsearch.htm)

### GRADING PERIOD CALCULATIONS

<p style="text-align: center;"><b>Edwards-Knox 9<sup>th</sup> through 12<sup>th</sup> grade Honor Roll Calculation and Senior Privileges</b></p> <p>Grading period averages are calculated in the following manner:</p> <ul style="list-style-type: none"> <li>*Courses meeting every day count once (1X)</li> <li>*Courses meeting every other day count one-half (½ X)</li> <li>*BOCES Vo-Tech courses count 3 times (3X)</li> <li>*BOCES Math &amp; Science count one-half (½ X)</li> <li>* Science lab grades to not count for honor roll they are calculated into course average.</li> </ul> <p>Honor Roll is 85 - 89.99%                  High Honor Roll is 90 - 94.99%                  Outstanding High Honor Roll is 95 - 100%</p>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; border-bottom: 1px solid black;">Example:</th> <th style="text-align: left; border-bottom: 1px solid black;">Grade</th> <th style="text-align: left; border-bottom: 1px solid black;">Periods</th> <th style="text-align: left; border-bottom: 1px solid black;">Quality Points</th> </tr> </thead> <tbody> <tr> <td>English 12</td> <td>70</td> <td>X 1 =</td> <td>70</td> </tr> <tr> <td>PreCalculus</td> <td>75</td> <td>X 1 =</td> <td>75</td> </tr> <tr> <td>Physics</td> <td>80</td> <td>X 1 =</td> <td>80</td> </tr> <tr> <td>Spanish IV</td> <td>88</td> <td>X 1 =</td> <td>88</td> </tr> <tr> <td>Health</td> <td>82</td> <td>X 1 =</td> <td>82</td> </tr> <tr> <td>Phys. Ed</td> <td>90</td> <td>X ½ =</td> <td>45</td> </tr> <tr> <td>Band</td> <td>95</td> <td>X ½ =</td> <td>+47.5</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">6</td> <td style="text-align: right;">487.5</td> </tr> <tr> <td colspan="4" style="border-top: 1px solid black; padding-top: 5px;">                     Quality points ÷ number of periods = Term Ave.  <b>487.5 ÷ 6 = 81.25% Term average is 81%</b> </td> </tr> </tbody> </table>	Example:	Grade	Periods	Quality Points	English 12	70	X 1 =	70	PreCalculus	75	X 1 =	75	Physics	80	X 1 =	80	Spanish IV	88	X 1 =	88	Health	82	X 1 =	82	Phys. Ed	90	X ½ =	45	Band	95	X ½ =	+47.5			6	487.5	Quality points ÷ number of periods = Term Ave. <b>487.5 ÷ 6 = 81.25% Term average is 81%</b>			
Example:	Grade	Periods	Quality Points																																						
English 12	70	X 1 =	70																																						
PreCalculus	75	X 1 =	75																																						
Physics	80	X 1 =	80																																						
Spanish IV	88	X 1 =	88																																						
Health	82	X 1 =	82																																						
Phys. Ed	90	X ½ =	45																																						
Band	95	X ½ =	+47.5																																						
		6	487.5																																						
Quality points ÷ number of periods = Term Ave. <b>487.5 ÷ 6 = 81.25% Term average is 81%</b>																																									



**COLLEGE VISITS**



SUNY Canton

On November 8<sup>th</sup> & 15<sup>th</sup> the High School Guidance Office sponsored field trips for interested Juniors and Seniors to explore opportunities available to them at SUNY Canton and SUNY Oswego. Students were presented with great information about the college they visited and had an informative tour of the campus.



SUNY Oswego

**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](http://www.collegeboard.com) for the SAT and [www.actstudent.org](http://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.

<b>ACT</b>	<b><u>Registration Deadline*</u></b>	<b><u>Test Date</u></b>	
	Mar. 09, 2012	Apr. 14, 2012	For more ACT info - <b><a href="http://www.act.org">www.act.org</a></b>
	May 04, 2012	Jun. 09, 2012	

**Test Fee: \$34.00**  
**With Optional Writing: \$49.50**

Fee waivers may be available in the Guidance Office for students who qualify for a reduced or free lunch.

<b>SAT</b>	<b><u>Registration Deadlines*</u></b>	<b><u>Test Dates</u></b>	
	Dec. 30, 2011	Jan. 28, 2012	For more SAT info - <b><a href="http://www.collegeboard.com">www.collegeboard.com</a></b>
	Feb. 10, 2012	Mar. 10, 2012	
	Apr. 06, 2012	May 05, 2012	
	May. 08, 2012	Jun. 02, 2012	

**Test Fee : \$ 49.00**

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.***

**GRADE 10 STUDENTS VISIT SOUTHWEST TECH**

Sophomore students visited Southwest Technical Center on Tuesday, December 13, 2011. 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, and Metalworking Technology.

**TERM 1 HONOR ROLL 2011-2012**  
**GRADE 12**

**Outstanding Honor Roll (95.0-100)**

Caleb Fuller

**High Honor Roll (90.0-94.99)**

Janna Fountain  
 Alexia Hawn  
 Kevin McNamara

Kyrsten Phelps  
 Shelby Searles  
 Michael Smith

Veronica White  
 Takumi Yamada

**Honor Roll (85.0-89.99)**

Kylie Averill  
 Dillion Coffey  
 Cierra Colton  
 Claire Davis  
 Benjamin Fuller

Lucas Fuller  
 Kendra Horne  
 Jacob Kingrey  
 Mercedes Mackin

Harlee Marschat  
 Kristopher Matthie  
 Brittany Moore  
 Brody White

**GRADE 11**

**Outstanding Honor Roll**

none

**High Honor Roll**

Brianna Farr  
 Alexander McDonald

Tina Paro

Alison Thompson

**Honor Roll**

Zachary Allen  
 Jesse Bullock  
 Chistopher Davison

Morgan Deon  
 Samantha Ellison  
 Alex Parrish

Tyler Sharpstene  
 Tyler Tresidder  
 Nicholas Wolf

## HIGH SCHOOL GUIDANCE NEWS CONT'D.

Linda Alford, Guidance Counselor

### GRADE 10

#### Outstanding Honor Roll

Mackenzy Allen

Hunter Tuttle

#### High Honor Roll

Makayla Bartocha  
Kaden Dandrow  
Katelynd Hill

Alyssa Parker  
Sarah Rice

Kate Rowe  
Chloe Wilson

#### Honor Roll

Ross Curley  
Jesse Fenlong  
Kyle Gotham

Nicole Hendricks  
Marissa Johnson  
Harleigh LeBarge

Leonard Walrath  
Abraham White

### GRADE 9

#### Outstanding Honor Roll

Molly Burger

Darrick Cutway

Shaye Taylor

#### High Honor Roll

Makenna Ashley  
Richard Finnerty

Katelynn Smith

Michaela Wilson

#### Honor Roll

Kennedy Bell  
Nicholas Davis  
Megan Farr

Mason Fountain  
Rhiannon McBride  
Brandon McKim

Paine Morse  
Mackenzie Tresidder

### GRADE 8

#### Outstanding Honor Roll

Catherine Curley  
Darrian Fenton

Heather Finnerty  
Nathan McCoy

Noah White

#### High Honor Roll

Makayla Bacon  
Luke Fenton

Kassidy Keegan  
Caleb Rowe

Trenton White

## HIGH SCHOOL GUIDANCE NEWS CONT'D.

Linda Alford, Guidance Counselor

### Honor Roll

Dakotah Bacon  
Jason Burke  
Rebecca Hathaway  
Anisa Hotaling

Danielle Moore  
Tyler Shecton  
William Smith

Kelsey White  
Morgan Williams  
Nicolas Wolfe

### GRADE 7

#### Outstanding Honor Roll

Brooke Fenton  
Elise Franck

Mackenzie Frary  
Karlie French

Cheyanna Tuttle  
Alaina White

### High Honor Roll

Ciara Bates  
Jarrett Bullock  
Paige Clary  
Kayla Covey

Jacob Fenlong  
Tera Mason  
Levin McIntosh

James Rice  
Arael Scott  
James Smith

### Honor Roll

Norman Clark  
Matthew Colton  
Alexander D'Agostino  
Shaylyn DeVito  
Lilly Gladle

Daniel Gotham  
Emma-Lee Gotham  
Tyler Jandreau  
Kristen Kroniser  
Dylon Peabody

Jared Robert  
Aubrey Snell  
Mykenzie Toohey  
Taylor Whitmarsh

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

#### Auto Technology II

Lucas Fuller

#### Environmental Technology I

Tyler Sharpstene

#### Cosmetology II

Harlee Marschat

#### Multi-Occupations I

Paine Morse

#### Criminal Justice II

Caleb Fuller

#### Metalworking Technology II

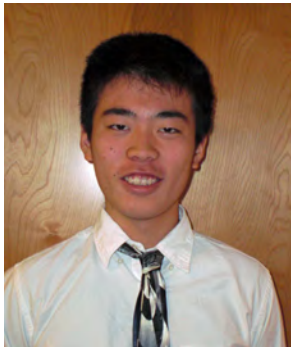
Trevor Whitmarsh

## 7-12 NEWS

Michelle Varian, Principal

## AFS NEWS

The AFS foreign exchange program is alive and well at Edwards-Knox! We have one foreign exchange student attending our school this year. Takumi Yamada (TK) is from Japan and is living with Mr. and Mrs. Kevin Archer from the village of Edwards.



We welcome Takumi and hope he enjoys his year with us here at Edwards-Knox. As he learns about our culture and schools, he is also very eager to share information about his culture. If you get the chance, be sure to say hello and get to know this wonderful young ambassador of peace and understanding in the world.

We are always looking for new host families. If you are interested in possibly hosting a student for next year, see Margie LaPoint.

## Important Dates from the High School

- Dec. 23, 2011 - Jan. 2, 2012 No School - Winter Break
- January 3, 2012 - No late bus
- January 16, 2012 - No School - Martin Luther King, Jr. Day
- January 17, 2012 - No late bus
- January 24-27, 2012 - Regents Exams (All students attend school)
- January 27, 2012 - End of 2<sup>nd</sup> Marking Period (20 weeks)  
Students dismissed at 11:30
- Jan. 30 - Feb. 3, 2012 - Homecoming/Spirit Week
- February 1, 2012 - 7-12 report cards distributed to students
- February 2, 2012 - Parent Association meeting in library 6:00 PM
- February 3, 2012 - 7-12 report cards signed and returned
- February 8, 2012 - 5-8 awards assembly (8:30 AM)
- February 20-24, 2012 - No School - Mid-Winter Break
- February 27-29, 2012 - The Learning Arts (Arts in Education) in Residence program

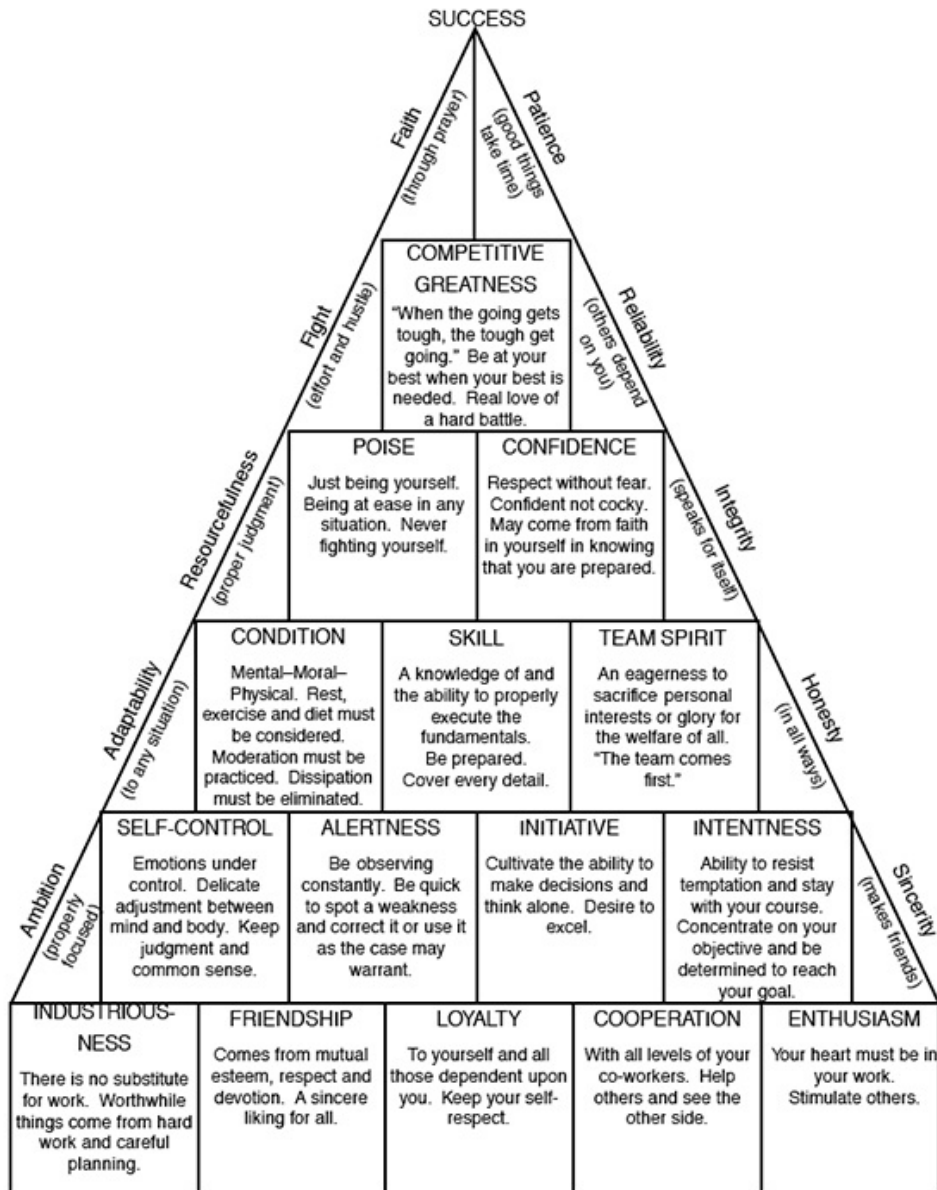
# 7-12 NEWS

Michelle Varian, Principal

From the desk of the Principal:

John Wooden is a legendary basketball coach and spent his lifetime studying success. John Wooden created his "Pyramid of Success" based on the characteristics and traits necessary to excel in life, whether it is in school, athletics, or the workforce. Please take time to discuss the wisdom of Mr. Wooden with your children and the values he believes in.

## John Wooden's Pyramid of Success



January is the time New Year's resolutions are typically made. All of us want our children to be successful. From the chart above determine what strengths and weaknesses your child possesses. Help your child pick one or two weaknesses and start to work on that area so as they strive to be successful they develop the necessary tools.

Have a great 2012 year. May it be the best one yet!!  
 Michelle Varian



## 7-12 NEWS

Michelle Varian, Principal

Our students have been discussing the term “hero” and have submitted essays that recognize a hero in their lives. In January the school will host a “Hero’s Assembly” to recognize some of the heroes the students have nominated. Here are some of the definitions of what a hero is that our students have written.

*“A hero is not one who wears a cape or a mask, but one who gives willingly of himself or herself every day changing the lives of others.”*

Miss Stone

*“A hero is someone who respects others and does anything for his or her family.”*

B.M.

*“A Hero is someone who helps someone in need.”*

C.R.

*“A hero is someone who encourages others to be their best.”*

D.T.

*“A hero is someone who inspires you. Another thing that comes to my mind when I think of a hero is someone who helps people out.”*

T.W.

*“A hero is someone you look up to. I also think of someone you want to be like.”*

J.S.

*“A hero is someone who does something without being asked. He also doesn’t take anything in return.”*

J.B.

*“A hero is someone who inspires you. A hero could also be someone you look up to, someone you want to be like.”*

A.W.

*“A hero is a person who helps whoever no matter what. A hero is nice, caring and will help no matter how much time or money it takes.”*

B.C.

*“A hero is someone who is not only a child’s role model, but a person who can help people who need it; put a smile on a sad someone’s face; and inspire the world. A hero is a person who doesn’t fight, but will fight for what he/she loves and cares about.”*

T.S.

## 7-12 NEWS

Michelle Varian, Principal

### **Cyberbullying : Identification, Prevention, and Response**

#### **What is cyberbullying?**

Kids have been bullying each other for generations. The latest generation, however, has been able to utilize technology to expand their reach and the extent of their harm. This phenomenon is being called cyberbullying, defined as: *"willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices."* Basically, we are referring to incidents where students use computers or cell phones to harass, threaten, humiliate, or otherwise hassle their peers. For example, youth will commonly send hurtful text messages to others or spread rumors using cell phones or computers. Kids have also created web pages or profile pages on social networking sites making fun of others. With cell phones, adolescents have taken pictures in a bedroom, a bathroom, or other locations where privacy is expected, and posted or distributed them online. More recently, some have recorded unauthorized videos of other kids (or adults) and uploaded them for the world to see, rate, tag, and discuss.

#### **What are some of the negative effects that cyberbullying can have on a person?**

There are many negative outcomes associated with cyberbullying that reach into the real world. First, we have heard numerous examples of victims feeling depressed, sad, angry, and frustrated. As one teenager has stated: "It makes me hurt both physically and mentally. It scares me and takes away all my confidence. It makes me feel sick and worthless." Many kids who experience cyberbullying also reveal that they were afraid or embarrassed to go to school. Research has also found a link between cyberbullying and low self-esteem, family problems, academic problems, school violence, and delinquency. Cyberbullying victims also report having suicidal thoughts, and we are aware of at least six examples where youth who experienced cyberbullying ended up taking their lives.

#### **Where does cyberbullying commonly occur?**

Cyberbullying occurs everywhere across cyberspace, but it shouldn't come as a surprise that it occurs most often where teens congregate. Initially, many kids hung out in chat rooms and as a result, that is where a lot of cyberbullying took place. These days, most are drawn to social networking web sites, a fact that has increased the potential for cyberbullying in these online environments. Instant messaging on the Internet or text messaging via a cell phone also appear to be common mediums over which cyberbullying occurs. We are also seeing it happen with portable gaming devices and in 3-D virtual worlds and social gaming sites.

#### **Why is cyberbullying becoming a major problem?**

Cyberbullying is a growing problem because more and more kids are using and have completely embraced the Internet and Internet-based interactions. Many kids go online every day for school work, to keep in touch with their friends, to play games, to learn about celebrities, or for many other reasons. Because the Internet and cell phones have become an important part of their lives, it is not surprising that some kids have decided to use the technology to be malicious or threatening to others. The fact that there is a measure of anonymity, and that it is easier to be cruel using typed words rather than spoken words face-to-face also contributes to the problem. And because some adults have been slow to respond to cyberbullying, many cyberbullies feel that there are little to no consequences for their actions.

## ELEMENTARY ART ROOM NEWS

Hello from the Elementary Art Room!



I am very excited to say that we had an artist from our school chosen to be a finalist in the Artist of the Week contest on Artsonia! Kayleigh Allen in Ms. Felix's 1<sup>st</sup> grade was a finalist the week of October 31<sup>st</sup>. Her Popsicle stick "Spookley the Square Pumpkin" was featured in the contest with 11 other PreK-3<sup>rd</sup> grade students from around the U.S.

Kayleigh received a certificate from Artsonia to recognize her great art skills. She received 1,095 votes in the 4 days the polls were open.

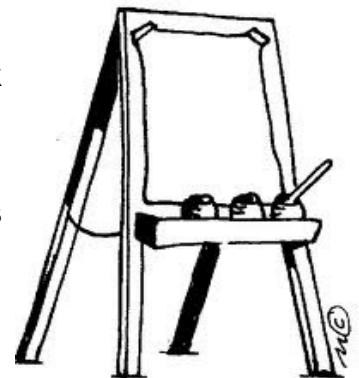
Thank you everyone for your support! The winning artist in the competition had a total of 1,373 votes which means she wasn't that far behind! Next time we will win it for our artist for sure!

Artsonia is a great website that I use to upload student artwork onto an internet art gallery. On Artsonia, families can create fan clubs, artist statements and comment on student artwork. Merchandise such as coffee mugs, t-shirts and notebooks can be purchased with student artwork on them. Any time merchandise is ordered, Artsonia donates 15% back to the school for art supplies.

Artsonia also donates a \$50 gift certificate to the winning artist of the Artist of the Week contest and a \$100 gift certificate to the school of the winning artist.

Every Elementary student has an Artsonia account if they returned an approved permission slip last year or this year. I upload all artwork onto the art gallery. If you don't know your child's username and password please contact me and I will gladly share their information! Artsonia is a wonderful tool for displaying the talent of our students and I hope everyone can find enjoyment in using it with their child!

Mrs. Impey



## ELEMENTARY CORNER

By: Ron Burke, Principal

**T**he Elementary School is again participating in the Read to Succeed Program sponsored by Six Flags Amusement Parks and Discovery Education. The program is designed to promote recreational reading by children in grades kindergarten through six. This is a voluntary program where students who log six hours of recreational reading between now and February 1, 2012, will be awarded with a single one-day admission ticket to a Six Flags amusement park. The nearest park that is participating in the program is in Lake George. If your family chooses to participate in this program, the reading logs must be returned to school by February 1, 2012. For more information, visit [www.readtosucceed.discoveryeducation.com](http://www.readtosucceed.discoveryeducation.com).

### A Special Thanks

Wellington Swem, Jr., of the Gouverneur Elk's Lodge, gave our third grade students a special gift, their very own dictionary. This is the seventh year the Elk's have been so generous!



### UPCOMING EVENTS

1/2:	NO SCHOOL (New Year observed)
1/16:	NO SCHOOL (Martin Luther King, Jr. Day)
1/27:	end of 2 <sup>nd</sup> marking period
1/27: 11:30 am:	STUDENTS DISMISSED EARLY
2/2: 6:00 pm:	Parents' Association meeting in library
2/3:	elementary report cards go home
2/8: 8:30 am:	Awards Assembly for grades 5-8
2/8: 1:00 pm:	Awards Assembly for grades K-4
2/20-2/24:	NO SCHOOL (Mid-Winter Break)



## ELEMENTARY CORNER

By: Ron Burke, Principal

### FIRST MARKING PERIOD AWARDS

#### KINDERGARTEN

##### Good Neighbor

Annabell Butler  
Faith Weaver

##### Nice Manners

Andrew Cecot  
Hannah Butler

##### Art

Emma Baker  
Ethan Reynolds

##### Hard Worker

Brady Butler  
Kadein Kelley  
Nicholas Brassard

##### Music

Macy White  
Christian Hawkins

##### Phys. Educ. Sportsmanship

Carter Shatraw  
Hannah Butler

#### GRADE 1

##### Most Improved

Curtis Mannix  
Rian Schnulle  
Lyndon Briggs

##### Hard Worker

Michael Dinino  
Deilia Paro

##### Art

Asa Douglass  
Cylee Facey

##### Healthy Attitude

Cadey Wheat  
Cylee Facey  
Donovan Cota

##### Music

Cadey Wheat  
Ariah Martinez

##### Phys. Educ. Sportsmanship

Maryann Durham  
Deilia Paro

#### GRADE 2

##### Eager Reader

Alisha Marschat  
Kaden Sharpstene  
Hannah Duffy

##### Healthy Attitude

Joshua Ellis  
Dylan Wood

##### Art

Violeta DeGroat  
Brock Sharlow

##### Most Improved

Levi LaRue  
Kirstin Carlin

##### Music

Caleb Bowman  
Bethany Gotham

##### Phys. Educ. Sportsmanship

Kale Harper  
Dekoda Matthews

# ***GREAT JOB!***

## ELEMENTARY CORNER

By: Ron Burke, Principal

### FIRST MARKING PERIOD AWARDS CONT'D.

#### GRADE 3

##### Effort

Peter Parrish  
Morgan Facey

##### Music

Shea Cicciarelli  
Cameron Rowe

##### Physical Education

Sportsmanship  
Dalton Fenton  
Kaiden Martinez

##### Citizenship

Alyssa Collier  
Kolby Barbarito

##### Art

Alyssa Collier  
Morgan Wheat

#### GRADE 4

##### Effort

Alexis Bass  
Valaree Hale  
Skyler Sanford

##### Music

Rachel Vachev  
Morghan White

##### Physical Education

Sportsmanship  
Rachel Vachev  
Dominick Dinino

##### Citizenship

Carter Wright  
Holden Carlin

##### Art

Leeann Gotham  
Dominick Dinino

#### GRADE 5

##### Effort

Grace Fenton  
Corey Vater

##### Music

Carly Frary  
Koryn Rowe

##### Physical Education

Sportsmanship  
Carly Frary  
Collin Curley

##### Citizenship

Jocelyn Colton  
Mackensie Briggs  
Parker Harper

##### Art

Siara Harpole

##### Chorus

Siara Harpole

##### Computer Technology

Teacher's Award -  
Koryn Rowe  
Effort Award - Zachary Scott

#### GRADE 6

##### Effort

Zebulyn Curtis  
Michael Shecton  
Madison LaPoint

##### Citizenship

Haleigh Reynolds  
Katharine Hebb

##### Music

Jada Flanagan  
Alexa White

## ELEMENTARY CORNER

By: Ron Burke, Principal

### FIRST MARKING PERIOD AWARDS CONT'D.

#### GRADE 6 CONT'D.

##### Art

Seneca Wright  
Alyssa Allen

##### Band

Emily Lasher  
Alexa White

##### Computer Technology

Teacher's Award -  
Alexa White  
Effort Award -  
Craig McCormick

##### Phys. Educ. Sportsmanship

Tyler Whitmarsh  
Tanner LaPlant

##### Chorus

Haven Gotham

#### GRADE 3

##### HONOR ROLL

Kolby Barbarito  
Shelbie Briggs  
Shea Ciccirelli  
Jacob Cleary  
Gage Dean

Zebulon Douglass  
Trey Durham  
Chad Facey  
Austin Farr  
Kurt McCormick

Devin Peabody  
Kaygen Peters  
Amanda Rusho  
Danielle Snyder  
Elise Woods

##### HIGH HONOR ROLL

Maiya Clary  
Alyssa Coller  
Lucy Frary  
Joey Griffin

Hailey Matthews  
Connor Moulton  
Cameron Rowe  
Brielle Stone

Emily Tresidder  
Morgan Wheat  
Avery Whitford

#### GRADE 4

##### HONOR ROLL

Karissa Backus  
Eagen Baker  
Holden Carlin  
Dominick Dinino  
Jonathan Gotham  
Leeann Gotham

Rylee Gotham  
Mohammad Habbal  
Joseph Hart  
Timothy Hathaway  
Samuel LaRue  
Erich Lottie

Jennika Shippee  
Samuel Smith  
Connor Snell  
Thorne VanBrocklin  
Ethen White  
Luke Whiteford  
Carter Wright

##### HIGH HONOR ROLL

Alexis Bass  
Logan Blackmer  
Nolan Blandin

Lloyd Douglass  
John Griffin  
Valaree Hale  
Abigail Hart

Abigail Paro  
Justin Perry  
Morghana White

## ELEMENTARY CORNER

By: Ron Burke, Principal

### FIRST MARKING PERIOD AWARDS CONT'D.

#### GRADE 5

##### HONOR ROLL

Blake Bidwell  
Camryn Bullock  
Collin Curley  
Siara Harpole

Riannon Holly  
Ian McIntosh  
Brittany Prow  
Brandon Stamper

Sydney Streeter  
Bryan Trombley  
Corey Vater

##### HIGH HONOR ROLL

Tyler Bush  
Jocelyn Colton  
Parker Harper

Cole Morehouse  
Koryn Rowe  
Spencer Thomas

Austin Whitmarsh  
Madison Wood

##### OUTSTANDING

Carly Frary

Justin Scott

Zachary Scott

#### GRADE 6

##### HONOR ROLL

Hanna LeBarge

Briana Tulip

##### HIGH HONOR ROLL

Alyssa Allen  
Alexavier Champagne  
Zebulyn Curtis

Avery Hawn  
Katharine Hebb  
Tanner LaPlant

Jordan Moore  
Katrina Thornton  
Logan Toohey

##### OUTSTANDING

Jada Flanagan  
Kacee French

Haven Gotham  
Emily Lasher

Alexa White  
Travis White

# FANTASTIC!



## ELEMENTARY CORNER

By: Ron Burke, Principal

### PERFECT ATTENDANCE FOR 1<sup>ST</sup> MARKING PERIOD FOR GRADES K-4

Karissa Backus  
Adam Brown  
Brady Butler  
Jacob Cleary  
Violeta DeGroat  
Asa Douglass  
Lloyd Douglass  
Zebulon Douglass  
Hannah Duffy  
Trey Durham

Dalton Fenton  
Kaylin Gotham  
Leeann Gotham  
Henry Hebb  
Cade Huckle  
Kanika Johnson  
Andrea Kerr  
Jared Lottie  
Curtis Mannix  
MaKayla Meilleur

Heidi Moore  
Elizabeth Perry  
Justin Perry  
Kyle Reif  
Michael Shatraw  
Connor Snell  
Ethan Stalker  
Brielle Stone  
Kloey Thornton

### POSITIVE BEHAVIOR ON THE BUS AWARD FOR GRADES K-4

Justin Fenlong  
Mallory Robinson

Cameron Rowe

Dylan Wood

### FAWN CLUB

Alexis Bass

### PERFECT ATTENDANCE FOR 1<sup>ST</sup> MARKING PERIOD FOR GRADES 5-6

Julie Ashley  
Camryn Bullock  
Grace Fenton  
Jada Flanagan  
Carly Frary  
Kacee French

Avery Hawn  
Katharine Hebb  
Royce Lottie  
Jordan Moore  
Justin Scott  
Sydney Streeter

Bryan Trombley  
Harley Watson  
Alexa White  
Kera Whitmarsh  
Tyler Whitmarsh

### DEER CLUB

Collin Curley

Lindsey Moore

Zachary Scott

# GREAT WORK!

**CAFETERIA NEWS**  
**Kathleen Whitmarsh, Manager**

Dear Residents:

Please note that if you are trying to deposit money on your children's Nutrikids accounts, the Nutrikids website will be unavailable from December 28-29, 2011.

November was National Diabetes Month but diabetes is a killer that strikes at any time and to anyone. Diabetes is one of the nation's leading causes of death and disability. In St. Lawrence County, diabetes affects more than 8.2% county residents. For that reason I wanted to talk a little about the enemy that is walking among us.

An estimated 25.8 million children and adults (of whom 7.0 million are undiagnosed) have diabetes and are at risk for disabling and life-threatening complications, such as heart attack and stroke, and kidney, eye, and nerve disease. Another estimated 79 million adults have pre-diabetes and are at high risk for diabetes. Research shows that Type II diabetes and much of the illness and premature death caused by diabetes can be prevented or delayed.

Type I diabetes is an auto immune disease. The body thinks the islet cells are enemies and kills them. It usually strikes a family member who has a history of family Type II diabetes. There are warning symptoms just before it is full blown. Some of the symptoms can include thirst, frequent urination, dry skin on your feet, and itchy palms. Type I diabetes often requires insulin shots or an insulin pump to stabilize a person's glucose levels.

Type II diabetes in most cases can be controlled and even prevented with a proper diet and regular exercise. It has the same complications for our health as Type I. If left untreated, it can cause blindness, heart problems, feet problems, kidney problems, and a host of other problems. By controlling our weight and lifestyle, many people are able to stave it off. Sometimes pills are used to lower blood sugars, and sometimes insulin is needed. Oftentimes in the case of Type II diabetics, losing some weight and watching what we eat could lead to eliminating diabetes.

As we approach the new year, it might be wise to work together as a family with exercise and eating healthy. It is not just childhood obesity, but adult obesity as well that we should be concerned with. The New Year gives us a fresh opportunity to show a little more consideration for this machine we call a body. Let's try to fuel it better, water it more often, polish it up, and take it for a spin around the block to show it off a little more often. We only have one body and one life, and for the sake of those who love us, let's work a little harder to make it a little healthier year.

Sincerely,

Kathleen Whitmarsh  
Cook/Manager



# JANUARY 2012 MENU

Mon

Tues

Wed

Thur

Fri

<p><i>Did you file a new free and reduced meal application? If you qualify for these lunches, our school receives many benefits. Please apply or call us to discuss your eligibility.</i></p>		<p><b>Kathy Whitmarsh</b> Cafeteria Manager 562-8310, ex. 1507 Fax: 562-2477 <a href="mailto:kwhitmar@ekcsk12.org">kwhitmar@ekcsk12.org</a> P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684</p>		<p><b>Breakfast Every Day</b> Cereal, Milk, Juice Some Days: Bagels/ Cream Cheese, English Muffins, Danish, fresh fruit, breakfast bars, donuts, eggs.</p>		<p><b>Prepayments Happily Accepted</b></p>			
<p><b>2 NO SCHOOL</b>  <b>NEW YEAR OBSERVED</b></p>		<p><b>3 Hamburger Bun</b> Tortilla Chips &amp; Salsa Corn Milk Fruit</p>		<p><b>4 KFC Wild Wings</b> Cole Slaw Tossed Salad Milk Fruit</p>		<p><b>5 Chicken Dinner Mashed Potatoes</b> Peas Bread Milk Fruit</p>		<p><b>6 Fishburger on a bun</b> <b>Unbreaded Fish</b> Fresh Veggies Mixed Veggies Milk Fruit</p>	
<p><b>9 Pizza</b> Green Beans Milk Fruit</p>		<p><b>10 Chicken Patty / bun</b> Broccoli Milk Fruit</p>		<p><b>11 Pillsbury Pancake</b> Sausage Hash Browns Milk Fruit</p>		<p><b>12 Chicken Fajita</b> Peppers &amp; Onions, Rice, Corn Milk Fruit</p>		<p><b>13 Chicken Noodle Soup</b> Tuna or Egg Sandwich Fresh Carrots Milk Fruit</p>	
<p><b>16 No School</b>  <b>Martin Luther King Day</b> </p>		<p><b>17 Hot Dog/ Bun</b> Mac &amp; Cheese Mixed Veggies Milk Fruit</p>		<p><b>18 Chicken Nuggets</b> Pasta Salad w/ Veggies Bread Milk Fruit</p>		<p><b>19 Taco Day</b> Rice, Lettuce, Cheese, Corn Milk Fruit</p>		<p><b>20 Tomato Soup</b> Grilled Cheese Sandwich Milk Fruit</p>	
<p><b>23 Ravioli</b> Green Beans Milk Fruit Ice Cream</p>		<p><b>24 Chicken Patty/Bun Unbreaded Chicken</b> Broccoli Milk Fruit</p>		<p><b>25 Hot Dog/ Bun</b> Baked Beans Mixed Veggies Milk Fruit</p>		<p><b>26 Hamburger on a bun</b> Tortilla Chips &amp; Salsa, Corn Milk Fruit</p>		<p><b>27 Pizza</b> Fresh Veggies Milk Fruit</p>	
<p><b>30 Goulash</b> Tossed Salad Bread Milk Fruit</p>		<p><b>31 Sausage or Corn Dog</b> Peppers/Onions Frozen Veggies Milk Fruit</p>		<p><b>Peanut Butter &amp; Jelly and subs offered every day as a lunch choice. Milk, fruit, &amp; vegetable every day. Chef Salad Tue &amp; Thur. Trail Mix most days.</b></p>				<p><b>Breakfast: 7:45 A.M.</b>  <b>Lunch: 11:00 A.M. - 1:00 P.M.</b></p>	

**Menu subject to change without notice.**



# FEBRUARY 2012 MENU

Mon                      Tues                      Wed                      Thur                      Fri

<b>Kathy Whitmarsh</b> Cafeteria Manager 562-8310, ex. 1507 Fax: 562-2477 <a href="mailto:kwhitmar@ekcsk12.org">kwhitmar@ekcsk12.org</a> P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684	<b>Breakfast Every Day</b> Cereal, Milk, Juice Some Days: Bagels/Cream Cheese, English Muffins, Danish, fresh fruit, breakfast bars, donuts, eggs.			<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>	
Peanut Butter & Jelly and subs offered every day as a lunch choice. Milk, fruit, & vegetable every day. Chef Salad Tue & Thur. Trail Mix most days.	<b>1 Hamburger /Bun</b> Tortilla Chips w/ Salsa Corn Milk Fruit	<b>2 Chicken Dinner</b> Mashs Potatoes Green Beans Cranberry Sauce Bread Milk Fruit	<b>3 Fishburger</b> on a bun Unbreaded Fish Mixed Veggies Fresh Veggies Milk Fruit		
<b>6 Pizza</b> Green Beans Milk Fruit  Class Picture Day	<b>7 Chicken</b> Patty on a Bun Unbreaded Chicken Broccoli Milk Fruit	<b>8 Pillsbury Pancakes</b> Sausage Hash Browns Milk Fruit	<b>9 Chicken Fajita</b> Peppers/Onions, Rice, Corn Milk Fruit	<b>10 Vegetable Soup</b> Tuna or Egg Salad Sandwich Fresh Veggies Milk Fruit	
<b>13 Ravioli</b> Green Beans Milk Fruit Ice Cream	<b>14 Hot Dog/ Bun</b> Mac & Cheese Mixed Veggies Milk Fruit	<b>15 Chicken Nuggets</b> Pasta Salad w/ Veggies Bread Milk Fruit	<b>16 Taco Day</b> Rice, Cheese, Lettuce, Corn Milk Fruit	<b>17 Tomato Soup</b> Grilled Cheese Sandwich Milk Fruit	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	
	<h2 style="margin: 0;">MID-WINTER BREAK</h2>				
<b>27 Chicken Patty/Bun</b> Unbreaded Chicken Broccoli Milk Fruit	<b>28 Sausage or Corn Dog</b> Peppers/Onions Frozen Veggies Milk Fruit	<b>29 Hamburger on a bun</b> Tortilla Chips & Sales Mixed Veggies Milk Fruit		<b>Breakfast:</b> 7:45 A.M.  <b>Lunch:</b> 11:00 A.M. - 1:00 P.M.	

Menu subject to change without notice.



**SCHOOL RESUMES TUESDAY, JANUARY 3, 2012**  
**Monday, January 16, 2012 - Martin Luther King, Jr. Day**  
**January 24-27, 2012 - Regents Week - All Student In Attendance**  
**February 20-24, 2012 - President's Day / Mid-Winter Break**

---

**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**