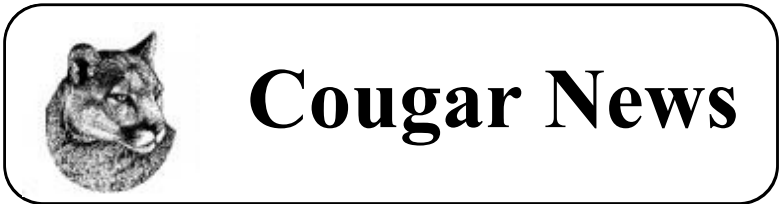


January-February 2013

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A Publication of the Edwards-Knox Central School Board of Education
Teresa A. Hogle, President Rick Brewer Tom O'Brien
Amanda Fuller, Vice-President Lynn Collier Joseph Thomas
Christopher Averill Reggie LaPoint Randy VanBrocklin

FROM THE DESK OF
Suzanne L. Kelly

Dear Community:

We continue to forge ahead with the proposed building renovation project. We have compiled a projected list of possible items. We have asked for input from our staff, Board of Education Members and invited the community in during a recent tour of the district. The list involves more cost saving measures, necessary repairs or replacements than actual building. I invite you to view this list which can be found posted at: <http://www.facebook.com/pages/Edwards-Knox-Central-District/215063095238368>, or on the district web page under Facebook Link. Please share your thoughts with us.

Your child may have come home telling you about the pre-assessments they had to take during September and or October. Come January, teachers will be doing the middle of year assessments to check for growth and or progress for each student. This increase in testing is part of the mandatory component of the Race to the Top initiated last year. For the younger students K-6 testing was done in all of the language arts areas and math. For our older student's grades 7-12, they were assessed in every core academic area. The results of these tests will be used to help teachers know what areas might need to be re-taught or how to provide additional information to their students.

The budget process is underway for the 2013-14 school year. The news from the state education is bleak and we hope to receive the preliminary funding just released last week. This would provide our district with similar funding as last year with a .03 % increase. That sounds much better than the proposal that would cut all grants for our title and support services. But, there is no sense lamenting on this until the governors actual budget is passed in the spring. After all, it truly is Governor Cuomo who will decide our fate.

I hope that the holiday season is happy, safe and provides you with time to enjoy those who mean the most to you in your life.

Sincerely,

Suzanne L. Kelly

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WELCOME ANNE LALONDE SCHOOL BASED HEALTH CENTER NEWS

Anne Lalonde graduated from SUNYIT, Utica, with a BSN and MS, Family Nurse Practitioner in May 2012. Anne received Board Certification July 2012. She previously graduated with her diploma in nursing from St. Elizabeth Hospital School of Nursing, Utica, in 1982. She has lived in and practiced nursing in several states, while working in many different types of clinical practices. Anne and her husband Rick have four children.

ATTENTION RESIDENTS OF THE TOWN OF PIERREPONT

TOWN OF PIERREPONT ~ 864 State Highway 68 ~ Canton, NY 13617 ~ 386-8311 ~
Fax: 379-0415

December 6, 2012

The Town of Pierrepont Town Board would like input from the residents of Pierrepont as to whether they would like a bus available to transport children to the summer swim program at Postwood Park. **Only residents of Pierrepont** would be picked up at designated points. If there is enough interest, we will consider. Since some of our residents have children in the Edwards-Knox Central School District, we asked that this notice be in your newsletter.

Please respond to the Pierrepont Town Clerk by January 4, 2013: Phone: 315-386-8311, or
E-mail: Pierrepont@nnymail.com, or

Mail: Melanie Thomas, Town Clerk, 864 State Highway 68, Canton, New York 13617.

E-KCS SHARED DECISION MAKING COMMITTEE

The E-KCS Shared Decision Making Committee has been meeting to revise our current Shared Decision Making plan and to determine priorities for this school year. The purpose of the plan and committee is to improve the educational performance of all students with input from all stakeholder groups sharing in that responsibility. The E-KCS Shared Decision Making Committee is comprised of the following school and community members: Sue Kelly, Michelle Varian, Amy Lamitie, Mandy Fuller, Cindy Carr, Lois Rader, Jeff Cassidy, Kate Porter, Melanie Morgan, Shelly Cobb, Amy Sykes, Amber Lottie, Brandy Beachard, Chris Thompson, Sarah Rice and Hunter Tuttle.

The Shared Decision Making Committee feels the following issues are priorities for our current school year: reading skills improvement and enhanced communication between the school and community. To support our efforts to improve student's reading skills the committee will be supporting the Read Across America program and increasing awareness of the importance of reading in achieving academic success.

SECOND LIFE SCHOOL PROJECT - Dr. Dana Barry (of Clarkson University) led a group of students from Edwards-Knox Central School for a Problem-Based Learning project with Japan. The students in both countries were taught about radiation and nuclear safety in a virtual classroom. Then they were asked to make calculations using a radiation intensity equation to determine the best material and its optimum thickness for protective shields from radiation. This successful project took place in Second Life on an island owned by Nagaoka University of Technology (NUT) in Japan. Second Life (SL) is an online three dimensional community where avatars do things on behalf of us. After this project was completed, Dr. Barry presented awards at a special celebration party held at Edwards-Knox Central School. Dr. Dana Barry presents Award Certificates to her team members and a Certificate of Appreciation to high school science teacher Amy Sykes for her excellent support.



Pictured from the left, are Ali Thompson, Mrs. Amy Sykes, Dr. Dana Barry, Sarah Rice and Samantha Ellison.

Article from the
St. Lawrence Plaindealer
Tuesday, December 4, 2012



Music Department News January 2013



All-County 2013

The Music Department would like to recognize all the students that were chosen to participate in the All-County Music Festival this year. All-County Festival A will be held January 11th and 12th at Crane. All-County Festival B will be held February 1st and 2nd at OFA. It is an honor to be selected to perform in one of these elite groups made up of the best musicians at each grade level throughout St. Lawrence County. Students are selected based on their performance at the NYSSMA Solo Festival. Congratulations to all these students on such a prestigious honor!

Music Department News January 2013 Cont'd.

All-County 2013 Cont'd.

This year the following students were accepted in Junior High All-County Band: Mackenzie Frary, Emily Lasher, Jada Flanagan, Karlie French, Kayla Covey, Cheyanna Tuttle, Kacee French, Lexi Hebb, Alaina White, James Rice, Jarrett Bullock, Alexa White, and Tyler Jandreau. Four of these students were accepted as first chair of their sections, which means that out of all the Junior High Band students in St. Lawrence County, they are the best on their instruments: Mackenzie Frary (first chair flute), Jada Flanagan (first chair oboe), Karlie French (first chair clarinet), and Alaina White (first chair alto saxophone).

The following students were accepted in Senior High All-County Band: Ross Curley, Sarah Rice, and Nicolas Wolfe.

All-County Junior High Chorus and Senior High Chorus names will be announced in the March newsletter.

Congratulations on so many wonderful performances!

We would like to congratulate our band and chorus students on their many wonderful performances this December. On December 5th, the Jazz Ensemble boosted school spirit with their peppy performances at the Spirit Day Assembly. On December 12, 2012, the Senior High Concert Band, Senior High Percussion Ensemble, Junior High Chorus, Junior High Band, Clarinet Ensemble, Senior High Chorus, and Combined Chorus put on an amazing holiday concert. On December 18, the 5th and 6th Grade Choruses along with the 6th Grade Band gave another wonderful performance to our community. The performances continued with a daytime concert put on by the Senior High Band, Junior High Band, Junior Chorus, and Senior High Chorus, for the 7-12th Grades on December 21st. The busy month of December concluded with an energy boosting performance by the Jazz Ensemble at the Winter Olympics, putting all in the holiday spirit!

Congratulations again to all the band and chorus students! Your hard work and dedication was evident in your outstanding performances! Bravo!

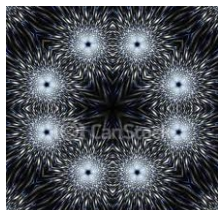
This Year's Musical

This year the Music Department will be putting on the Musical *Fame, Jr.* under the direction of Ms. Carol Strome, on March 22nd and 23rd. "*Fame, Jr.* is the bittersweet but ultimately inspiring story of a diverse group of students as they commit to four years of grueling artistic and academic work. With candor, humor, and insight, the show explores the issues that confront many young people today." This should prove to be an enjoyable and fun experience for all!



Music Department News January 2013 Cont'd.

Kaleidoscope Concert:



The Instrumental Music Department will present the annual Kaleidoscope Concert on Thursday, March 14th at 7:00pm. Each of the major instrumental groups will be performing one piece. These groups include: Senior High Concert Band, Jazz Ensemble, Junior High Band, Junior High Stage Band, and Sixth Grade Band. This will be a concert full of enjoyable variety.

Music in our Schools Month:

The Senior High Band and Senior High Chorus have been selected to participate in the NYSSMA 2013 Music in Our Schools Month celebration at the Empire State Plaza in Albany! This is a great honor for our music groups to be representing our school!

March is Music in our Schools Month! Music in our Schools Month is a month dedicated to recognizing the importance of a music education in creating well-rounded students and to remind us all that school is where all children should have access to performing and making music. The study of music contributes to young people's development through heightened skills in listening, reading, self-expression, and creativity. Active involvement in the arts is essential to the development of our children. In addition to creating well-rounded individuals, studying and performing music reaps many positive benefits. Besides gaining experience and enjoyment from performing, students have the potential to: improve math and reading skills, develop fine motor skills, learn cooperation and teamwork, develop self-discipline, develop responsibility, learn commitment, learn organization, and develop self-confidence through performance. Involvement in a music education teaches students planning, persistence, perseverance, and time management; skills required for success. Research shows instruction in music and the arts has a positive impact on brain development, test scores, study habits, and a student's commitment to school. Studies show that schools with the most access to and support for music and the arts have the highest graduation rates.

The Edwards-Knox Music Department is proud to have 226 students participating in the program from grades 5-12!

Upcoming Music Department Events:

- January 11th and 12th: All-County Festival A
- February 1st and 2nd: All-County Festival B
- March 6th: Senior High Concert Band and Senior High Chorus perform in Albany at Empire Plaza
- Thursday, March 14th at 7pm: Kaleidoscope Concert (Bands 6th-12th Grade)
- March 22nd and 23rd: Fame, Jr. (Musical)
- April 19th and April 20th: NYSSMA Solo and Ensemble Festival
- Tuesday, May 21st at 7pm: 7th-12th Spring Concert
- Thursday, June 6th at 7pm: 4th-6th Spring Concert

ELEMENTARY CORNER

By: Amy Lamitie, Principal

UPCOMING EVENTS

01/01: NO SCHOOL - New Year's Day
01/21: NO SCHOOL - Dr. Martin Luther King, Jr. Day
01/25: end of 2nd marking period – 11:30: students dismissed early
02/01: report cards go home
02/06: 8:30: Awards Assembly for grades 5-8
02/06: 1:15: Awards Assembly for grades K-4
02/06: 6:00 pm: Parents' Association meeting
02/18-02/22: NO SCHOOL - MID WINTER BREAK

FIRST MARKING PERIOD AWARDS KINDERGARTEN

Good Neighbor

Skyler Branchau
Caden Doughty
Myles LaPoint
Jaydon Schnulle

Hard Worker

Zakery Gotham
Adryonna Rider
Heavyn Ward
Ryan Carlin

Nice Manners

Christian VanBrocklin
Aiden Keddy
Tseko Vachev

Music

Bryce Weaver
Allyssa Folsom
Logan Beachard

Art

Harley Charleson
Heavyn Ward
Abbigail Luther

Phys. Educ. Sportsmanship

Zakery Gotham
Aiden Keddy
Elizabeth Jones

GRADE 1

Most Improved

Ethan Gollinger
Gavin Colton
Damon Carpenter

Healthy Attitude

Annabell Butler
Ethan Reynolds

Hard Worker

Lily Lottie
Dylan Averill

Music

Kloey Thornton
Sara Trim Dalton

Art

Madelyn Rowley
Ethan Reynolds
Damon Carpenter

Phys. Educ. Sportsmanship

Lily Lottie
Ethan Reynolds

GRADE 2

Eager Reader

Kayleigh Allen
Cadey Wheat

Most Improved

Maryann Durham
Rian Schnulle

Robert Smith

Healthy Attitude

Rose Wright
Mallory Robinson
Desirae Hollenbeck

Music

Jasmine Nezezon-Sanders
Jacob McDougall

Art

Kaylin Gotham
Kyla Peabody

Phys. Educ. Sportsmanship

Heidi Moore

Leanne Hall

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ELEMENTARY CORNER

By: Amy Lamitie, Principal

FIRST MARKING PERIOD AWARDS CONT'D.

GRADE 3

Effort

Dakota Henry

Levi LaRue

Ryan Daniels

Ryan Lennon

Music

Jace Robert

Kirstin Carlin

Wesley Wylie

Phys. Educ. Sportsmanship

Tyler Scott

Mason White

Ryan Lennon

Citizenship

Violeta DeGroat

Brock Sharlow

Wesley Wylie

Art

Kanika Johnson

Kirstin Carlin

GRADE 4

Effort

Avery Whitford

Joey Griffin

Music

Brielle Stone

Hailey Matthews

Phys. Educ. Sportsmanship

Hannah Hotaling

Lucy Frary

Citizenship

Devin Peabody

Lucy Frary

Art

Alyssa Coller

Shea Ciccirelli

GRADE 5

Effort

Cheyenne Chubb

Rachel Vachev

Angelica Hollenbeck

Music

Karissa Backus

Leeann Gotham

**Physical Education
Sportsmanship**

Abigail Paro

Valaree Hale

Citizenship

Dominick Dinino

Samuel LaRue

Chasen Sheckton

Art

Dominick Dinino

Timothy Hathaway

Chorus

Morghan White

GRADE 6

Effort

Brittany Prow

Kalie Gladle

Martina Whitmarsh

Grace Fenton

Camryn Bullock

Music

Riannon Holly

Martina Whitmarsh

Citizenship

Lindsey Moore

Art

Harley Watson

Camryn Bullock

Phys. Educ. Sportsmanship

Koryn Rowe
Zachary Scott

Band

Collin Curley
Carly Frary

Chorus

Carly Frary

Technology

Spencer Vroman
Kyanne Jeanette

ELEMENTARY CORNER

By: Amy Lamitie, Principal

FIRST MARKING PERIOD AWARDS CONT'D.

**GRADE 3
HONOR ROLL**

Caleb Bowman
Kirstin Carlin
Ryan Daniels
Violeta DeGroat

Joshua Doughty, Jr.
Darrian Gavin
Sara Griffin
Dakota Henry

Kanika Johnson
Aryannah Mettler
Charlotte Mongillo
Walker Typhair

HIGH HONOR ROLL

Anthony Cicciarelli
Henry Hebb
Alisha Marshat

Dekoda Matthews
Jace Robert
Tyler Scott

Mason White
Dylan Wood

OUTSTANDING HONOR ROLL

Kale Harper

**GRADE 4
HONOR ROLL**

Kolby Barbarito
Kody Burwell
Jeffrey Bush
Alyssa Coller

Austin Farr
Hannah Hotaling
Connor Moulton
Devin Peabody

Brielle Stone
Morgan Wheat
Avery Whitford

HIGH HONOR ROLL

Maiya Clary
Lucy Frary

Joey Griffin
Hailey Matthews

Cameron Rowe
Emily Tresidder

**GRADE 5
HONOR ROLL**

Logan Blackmer
Holden Carlin

Abigail Hart
Timothy Hathaway

Angelica Hollenbeck
Chasen Shecton

Samuel Smith
Brandon Stamper

Thorne VanBrocklin
Ethen White
Austin Whitmarsh

HIGH HONOR ROLL

Nolan Blandin
Tyler Bush
Jocelyn Colton
Mohammad Habbal

Valaree Hale
Lindsey Moore
Abigail Paro

Justin Perry
Brittany Prow
Morghan White

OUTSTANDING

None

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ELEMENTARY CORNER

By: Amy Lamitie, Principal

FIRST MARKING PERIOD AWARDS CONT'D.

**GRADE 6
HONOR ROLL**

Camryn Bullock
Collin Curley
Riannon Holly

Kyanne Jeanette
Alexis Klock
Liam Meilleur

Bryan Trombley
Trevor White

HIGH HONOR ROLL

Carly Frary
Parker Harper

Koryn Rowe

Spencer Vroman

OUTSTANDING

Justin Scott

Zachary Scott

Spencer Thomas

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

Kayleigh Allen
Logan Beachard
Beau Bidwell
Adam Brown
Haylee Bullock
Jacob Cleary
Ryan Colton
Hannah Duffy
Dalton Fenton
Carly Frary
Lucy Frary
Darrian Gavin
Kalie Gladle

Joseph Gotham
Joey Griffin, Jr.
Kanika Johnson
Benjamin LaPoint
Myles LaPoint
Erich Lottie
Alisha Marschat
Aryannah Mettler
Tristan Mettler
Heidi Moore
Connor Moulton
Joseph Payne
Elizabeth Perry

Justin Perry
Kaygen Peters
Ethan Reynolds
Koryn Rowe
Connor Snell
Brielle Stone
Bryan Trombley
Spencer Vroman
Harley Watson
Ethen White
Morghan White
Martina Whitmarsh
Carter Wright

POSITIVE BEHAVIOR ON THE BUS AWARD FOR GRADES K-6

Arthur Anson

Bethany Gotham

Ema Gotham

Jonathan Gotham

Zakery Gotham
Joey Griffin
Marin McIntosh

Mallory Robinson
Cameron Rowe
Dylan Wood

FAWN CLUB

Kayleigh Allen

Heidi Moore

DEER CLUB

Tyler Bush
Jocelyn Colton
Collin Curley

Angelica Hollenbeck
Cole Morehouse

Brittany Prow
Zachary Scott

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Common Core Standards: Not your parent's way of learning

By Dawne Gee

LOUISVILLE, KY (WAVE) - Once called the three 'R's' of education, 'Reading, Writing and Arithmetic' is probably referred to as old fashioned in today's academic world. Heather Barnes, a math teacher at Hazelwood Elementary, gets tickled when she thinks of how different today's classroom is compared to classroom of the past. "This isn't how we learned-same as many of the parents," she laughed.

Common Core Standards are not how today's moms and dads learned the foundation for their basic skills.

Karen Waggoner, Staff Developer at Hazelwood Elementary also chuckled and explained, "When all of us were in school, we were taught a process for solving problems. You were taught long division algorithm and the steps to get your answers." $A + B = C$ was the standard formula of days gone by. Now, with common core standards, it's literally a whole new way of thinking and teaching.

Barnes confirmed, **"Common Core ask your student to think more deeply." The new standards are designed with the real world in mind. Common Core is designed to give students the education and the abilities they will need for college and career success.** Barnes pointed out the difference in Common Core, **"They want them to understand why they are doing the things they are doing. They want them to be able to explain why they're doing what they're doing and not just explain it but justify why they are doing it."**

It is an eye opening lesson for student and parent alike. Curious parents who have had a chance to learn their old school lessons using new tricks from Jefferson County Public Schools and Common Core are pretty astonished.

Waggoner also laughed at parents thrilled by the new learning process, "Their eyes are wide open with shock and awe, oh my gosh, that's why that works. The grandparents were in awe at the fact that they never understood why the process they were taught worked. They just knew that's what you did." What you do in class now, you must understand the why and the how before moving on. Another lesson JCPS hopes the families of their students will embrace is INVOLVEMENT.

The school system is proud to announce it is capable of preparing kids for the future, for college or for their dream career.

Hensley explained, **"We're better able to do that if parents are our partners." Your child's education must be a shared pursuit. It is not difficult to do. Barnes listed a few simple but important examples, "Things that parents can do at home are just incorporating those types of critical thinking skills at home. When you're reading a book or reading an article or watching something on TV, asking them those critical skills about characters. Well, why are they doing it like that? Are they comparing, contrasting? How is it the same?"**

It sounds like having a conversation but with the weighty goal of getting your child to use the critical thinking skills Common Core is based on. As a parent and an Elementary Principal, Tom Peterson of Hazelwood Elementary reminds everyone a little common sense goes great with those Common Core Standards.

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"I'm going to get with my teachers and talk to them and see how my son and daughter are doing. That's the most important thing," Peterson underscored. That is one old fashioned idea that will always work when it comes to your child and your child's education.

If you compare Common Core to the once practiced Core Content, you will find repetition of content from one grade to the next no longer exist. There are specific standards at each grade level that build upon one another.

For the first time there are specific standards for all grade levels, k-12 in literacy and mathematics. There are mathematical practice standards that are now outlined and implemented k-12.

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Fall Cougar Athletes Honored

All-Academic Teams

Volleyball: Makenna Ashley, Megan Farr,
Michaela Wilson

Swimming: Brianna Farr, Samantha
Ellison, Hanna Hansen, Sarah
Rice, Alyssa Parker, Shaye
Taylor

Girls' Soccer: Molly Burger, Kate Rowe,
Kate Smith

All-League Honors

Volleyball: Nicole Hendricks (First team)
Kiana Coffey (Sportsmanship)

Girls' Soccer:

Harleigh LeBarge (Second Team)
Jadilynn Bullock (Sportsmanship)

Boys' Soccer: Abe White (First Team)
Jesse Bullock (First Team)
Kaden Dandrow (SecondTeam)
Tyler Tresidder (Sportsmanship)

Team Awards

- Volleyball: Marissa Johnson (Most Inspirational)
Michaela Wilson (Most Improved)
Trennan McCollum (Rookie of the Year)
- Swimming: Catherine Curley (Most Improved)
Alyssa Parker (Coach's Award)
Cheyenne Schwartfigure (Rookie of the year)
- Girls' Soccer: Dakotah Bacon (Rookie of the Year)
Jadilynn Bullock (Best Defensive Player)
Harleigh LeBarge (Best Offensive Player)
Cora Sharpe (Most Improved)
- Boys' Soccer: Jesse Bullock (Senior Leadership)
Tyler Tresidder (Heart Award)
Brent Archer (Most Improved)

Parents of students in Grades 5-8: Please read. This is a copy of the new retention policy accepted by the E-KCS Board of Education in November, 2012.

STANDARDS FOR PROMOTION OR RETENTION IN GRADES 5-8

- * To help prevent students from ultimately receiving a failing grade for the year, a Homework Club will be put in place to meet twice a week with students who find themselves on the failure list at the end of the first marking period, or any marking period thereafter. These students will be allowed to ride the 4:30 bus home at night. Teachers will be hired to provide tutoring from 2:45 – 4:30. Letters will be sent home to parents strongly encouraging them to enroll their child(ren) into this program to avoid end of the year failure. **This program will be free to parents.**
- * Students who fail one course (lower than a 65%) for the first time are encouraged to attend summer school.
- * Students who have failed the same course (lower than a 65%) two years in a row are required to attend summer school for that particular subject area and obtain a passing average in order to be advanced to the next grade level.
- * Students who have failed (lower than 65%) in two core subject areas (math, English Language Arts, science, reading, Spanish, and social studies) in grades 5-8 will be required to attend summer school and obtain a passing average to be advanced to the next grade level. These students will be provided with an individual program designed by their teacher of record to be completed in summer school through an on-line instructional credit recovery program.
- * Students who are required to attend summer school for failing classes and choose not to attend will be automatically retained in their current grade.
- * Students who fail three or more core subject areas in grades 5-8 will be retained in their current grade. Summer school is not an option.
- * Students in grades 5 or 6 who receive a grade lower than 65% in one or two classes are eligible for the E-KCS summer school program. (There are no regional summer schools for elementary level students.)
- * Students in grades 7 and 8 have the following options regarding summer school:
 - If a student's grades in the failed classes are between a 60-64% he/she may attend the E-KCS Summer Program.
 - If a student's grades are below 60% in one or two core subject areas, he/she may attend the regional summer schools provided in the county. Transportation and the cost of these programs are up to the family of each student. If there is room in the E-KCS program, students who receive a 55-59 in only one course and a 60-64 in the other course may be considered for the EKCS program. **There will be a maximum number of twelve students in the E-KCS program and availability is on a first come registration basis.**

STANDARDS FOR PROMOTION OR RETENTION CONT'D.

- If a student's grades are below 60% in two core subject areas, he/she may **only** attend the regional summer schools provided in the county. Transportation and the cost of these programs are up to the family of each student.
- Students receiving a final grade average of 63% or 64% for a course will be allowed the opportunity to complete extra course work to raise that grade to a 65%. There are two criteria that must be met to be afforded this opportunity: a) the student must have completed 80% of the course work and b) the extra work/assignment must be mutually agreed upon by the teacher, student, and administrator, including guidelines and due date.
- If a course becomes unavailable at the regional summer school the E-KCS Summer School will look at the option of an on-line instructional program to fulfill that need.

E-KCS Summer school will be structured each year based on a calendar set by the district. The teacher of record will set up the student's summer school course work based on their knowledge of the students and what units the student needs to redo during the summer from the on-line instructional program. Students will attend school following the predetermined calendar and times set. The students may not miss more than one day of summer school or they will be retained. A certified teacher will oversee the summer school program. The grade earned in summer school may replace work completed during the school year to raise a student's overall average in the course or it may be averaged with the school year cumulative grade to determine a student's overall average in a class.

A student who does not pass one or both courses in the E-KCS summer school program may be retained depending on their progress. Students who need further time will be given assignments to work on at home during the month of August. This decision will be made by a committee composed of the summer school teacher, the administrator, the parent and the teacher of record from the prior year.

A parent has the option to request their child be retained even though the student has met the school's criterion for promotion. If the parent feels that their child might benefit from the gift of time then they should discuss this with their child's teacher.

* If a student is retained prior to grade 5 and is still not meeting the necessary requirements to pass while in grades 5-8, they will be referred to the appropriate educational committee. The committees will be made up of a variety of staff including guidance counselor, administrator, alternative/special education teacher, regular education teacher, school psychologist, and other pertinent members. The committee will review the individual student's academic program, progress, and discuss options including retention as well as the need for additional services or a referral to CSE.

* Students who may have experienced extenuating circumstances will have the opportunity to meet with the educational committee. The outcome will be discussed and resolved by this group.

Information About Bath Salts

The NY Office of Alcoholism and Substance Abuse Services (OASAS) states that bath salts are a type of designer drug that is in powder form. The drug contains “amphetamine-like chemicals.” They can be injected, snorted, or taken orally. Formerly sold in gas stations, head shops, and convenience stores, New York State now bans manufacture and possession of these and similar drugs.

Other names range from the poetic terms Ivory Wave or Vanilla Sky to the misleading term Glass Cleaner. These products are often labeled “Not for Human Consumption” to escape law enforcement.

Contrary to popular belief, some of the recent violent attacks mentioned in the news or on video are not related to “Bath Salts.” However, the class of drugs produces a range of effects from euphoria to extreme energy, insomnia, increased heart rate, excessive sweating, hallucinations, paranoia, and suicidal thoughts. Side effects include addictions, kidney and liver failure, increased blood pressure, and even death.

With any drug, the effects on driving are a concern. Many police officers in New York State have taken courses to help them observe, identify and articulate drug effects that affect driving. There are also Drug Recognition Experts who undertake a highly advanced training and testing program so that they can identify classes of drug-impaired drivers. Along with enforcement training, there is a program for education professionals (such as school principals or nurses) to help them properly evaluate and document drug use.

In July 2012 the federal government adopted a law that banned “Bath Salts” and similar drugs from being sold in the US. While individual states (including New York) have adopted various laws to prevent the sale or possession of this type of designer drug, there have been loopholes in the laws that made it possible to obtain these kinds of drugs on-line.

Also, as specific chemical combinations are banned, home-grown chemists have been adept at altering the formula slightly. Manufacturers have been able to make a drug that is technically legal while still producing a “high.” The new law, co-sponsored by NY Senator Chuck Schumer, prohibits interstate sale of these drugs. The law also bans any similar drug that produces a high, even if it is a variation of the chemical composition of Bath Salts.

For more information, contact Mary Davison by calling 315-379-2306 or e-mailing mdavison@stlawco.org.

What You Can Do?

“ Parents, talk to your teen about alcohol and drug abuse, including use of designer drugs. Discuss risks of all drugs, including prescription and ‘over-the-counter’ drugs. Never let your teen drive if you suspect that he or she is high or impaired in any way.

“ If you suspect someone has used a Bath Salt product, contact the Poison Control Center at 1-800-222-1222.

“ If someone is having difficulty breathing or any severe adverse reaction, call 9-1-1.

“ If you have information about the illegal distribution of Bath Salts or synthetic drugs, call 1-888-99SALTS (1-888-997-2587) or the New York State Department of Health Narcotic Enforcement Agency, narcotic@health.state.ny.us. In the e-mail please provide the name, address (including county) of the establishment engaged in the synthetic drug activity and the type of activity noted (manufacturing, sales, distribution, or possession).

7-12 CALENDAR OF EVENTS

Michelle Varian, Principal

- ★ January 13 1:00-3:00: Community Swim (2nd Sunday of month)
- ★ January 21 NO SCHOOL – MARTIN LUTHER KING, JR., DAY
- ★ January 25 End of 2nd marking period (43 days total)
11:30 am: students dismissed early (contractual ½ day)
- ★ January 30 7-12 report cards go home
- ★ February 1 7-12 report cards signed and returned
- ★ February 6 8:30 am: Awards Assembly for grades 5-8
- ★ February 6 6:00 pm: Parents' Association meeting in library
- ★ February 8 7:00 - 10:00 pm Class of 2015 Valentine's Dance
- ★ February 10 1:00-3:00: Community Swim (2nd Sunday of month)
- ★ February 18-22 NO SCHOOL – MID-WINTER BREAK

HIGH SCHOOL GUIDANCE NEWS

Linda Alford, Guidance Counselor

GRADE 10 STUDENTS VISIT SOUTHWEST TECH



Sophomore students visited Southwest Technical Center on Tuesday, December 11, 2012. 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.



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 senior who has already received her acceptance. This is a list that the guidance office is aware of as of December 12th.



Patricia Colton - SUNY Canton

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

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
Photography I	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

Linda Alford, Guidance Counselor

COLLEGE VISITS

On October 8th & 31st the High School Guidance Office sponsored field trips for interested Juniors and Seniors to explore opportunities available to them at Utica College and LeMoyne College. 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> Apr. 13, 2013 Jun. 08, 2013	<u>Test Date</u> Mar. 08, 2013 May 03, 2013	For more ACT info - www.act.org
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Test Fee: \$35.00
With Optional Writing: \$50.50

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

SAT	<u>Registration Deadlines*</u> Dec. 28, 2012 Feb. 08, 2013 Apr. 05, 2013 May. 02, 2013	<u>Test Dates</u> Jan. 26, 2013 Mar. 09, 2013 May 04, 2013 Jun. 01, 2013	For more SAT info - www.collegeboard.com
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Test Fee : \$ 50.00

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

TERM 1 HONOR ROLL 2012-2013

GRADE 12

Outstanding Honor Roll (95.0-100)

Samantha Ellison

Brianna Farr

Hanna Hansen

High Honor Roll (90.0-94.99)

Jesse Bullock
Terry Hall

Tina Paro
Alison Thompson

Tyler Tresidder

Honor Roll (85.0-89.99)

Zachary Allen
Christopher Davison
Nicholas Davison
Morgan Deon

Katie Hale
Kristina Klock
Brianna Kroniser
Logan McCollum

Alexander McDonald
Alex Parrish
Nicholas Wolf

GRADE 11

Outstanding Honor Roll

none

High Honor Roll

Mackenzzy Allen
Katelind Hill

Alyssa Parker
Sarah Rice

Kate Rowe
Hunter Tuttle

Honor Roll

Austin Brown
Kaden Dandrow
Jesse Fenlong

Kelvin Gordon
Kyle Gotham
Evan Searles

Leonard Walrath
Abraham White
Chloe Wilson

GRADE 10

Outstanding Honor Roll

Darrick Cutway

High Honor Roll

Makenna Ashley
Molly Burger
Megan Farr

Richard Finnerty
Abbie Hale
Katelynn Smith

Shaye Taylor
Michaela Wilson

Honor Roll

Nicholas Davis
Darion Deon
Mason Fountain

Zackary Hollenbeck
Paine Morse
Tucker O'Brien

Daniel Pharoah
Adriana Whitmarsh

GRADE 9

Outstanding Honor Roll

Heather Finnerty

Noah White

TERM 1 HONOR ROLL 2012-2013 CONT'D.

GRADE 12

High Honor Roll

Jason Burke
Catherine Curley

Darian Fenton
Nathan McCoy

Kathrynn Mettler
Caleb Rowe

Honor Roll

Makayla Bacon
Luke Fenton

Anisa Hotaling
Kassidy Keegan

Kelsey White
Trenton White

GRADE 8

Outstanding Honor Roll

Ciara Bates
Jacob Fenlong
Elise Franck

Mackenzie Frary
Karlie French
Arael Scott

Cheyanna Tuttle
Alaina White

High Honor Roll

Jarrett Bullock
Kayla Covey
Alexander D'Agostino

Kara Davis
Brooke Fenton
Daniel Gotham

Tera Mason
James Rice

Honor Roll

Piage Clary
Bailey Coffey
Matthew Colton
Shaylyn DeVito

Emma-Lee Gotham
Kristen Kroniser
Hayleigh LeBarge

Levin McIntosh
James Smith
TiLieghe Sturtevant

GRADE 7

Outstanding Honor Roll

Jada Flanagan
Kacee French
Haven Gotham

Tanner LaPlant
Emily Lasher

Alexa White
Travis White

High Honor Roll

Avery Hawn
Katherine Hebb
Hanna LeBarge

Logan Toohey
Briana Tulip

Esther White
Jacob White

Honor Roll

Alyssa Allen
Alexavier Champagne
Christopher Chubb
Peyton Dafoe

McKayla Meier
Jordan Moore
Haleigh Reynolds
Ashley Robidoux

Katrina Thornton
Marcus Tresidder
Tyler Whitmarsh

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

Alternative Education

Kristina Klock

Auto Technology I

Abraham White

Auto Technology II

Alexander McDonald

Building Trades I

Austin Brown

Dylan Cross

Building Trades II

Terry Hall

Environmental Technology I

Jesse Fenlong

Leonard Walrath

Multi-Occupations I

Christopher Moore

Multi-Occupations II

Zackary Hollenbeck

Paine Morse

There is no substitute for hard work.

~ Thomas Alva Edison

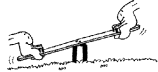
Keep up the hard work!!

Home & School CONNECTION[®]

Working Together for School Success

January 2013

St. Lawrence-Lewis BOCES
NCLB -Title I Services



SHORT NOTES

School "tour"

Spark conversations about your child's day by visiting the school website together. For example, she might see photos of a recent assembly and tell you what she learned from it. Or she could find links to educational websites she uses in class and explain how she solves math problems or plays word games.

Being neighborly

Demonstrate what it means to be a good neighbor. You might turn down your music so it doesn't bother the people in the apartment below you or mention how you're walking on the sidewalk instead of the neighbor's lawn. *Idea:* Ask your youngster how he was neighborly at school (opened a classmate's milk, loaned his neighbor a glue stick).

What's the message?

Here's an interesting way to encourage your child to think critically—and to show her how advertising influences people. Point out billboards and ask questions like, "What's the purpose of that ad?" Then, let her use papers and crayons to design her own "billboard" promoting something she cares about, such as being kind to animals or doing gymnastics.

Worth quoting

"While we try to teach our children all about life, our children teach us what life is all about." *Angela Schwindt*

JUST FOR FUN

Isabel: Did you hear the story about the skunk?

Teacher: No. Tell me.

Isabel: Never mind. It stinks.



Organized for a new year

Getting—and staying—organized can help your child juggle demands and succeed in school. As 2013 gets under way, suggest that he try these ideas for a more organized year.

Declutter

Encourage your youngster to keep his backpack and desk organized. When he gets home each day, have him empty his backpack and put homework assignments and textbooks in one spot. Then, go over papers together, and sign any forms. He might store graded work in empty cereal boxes labeled by subject. At school, he could spend a minute a day cleaning out his desk as he's packing up for dismissal.

Write it down

Using planners and calendars can help your child remember what he needs to do each day. If he has a planner, he should list all assignments and activities. (A small spiral notepad works if your school doesn't give out planners.) Also, have him fill in his events (soccer practice, birthday



parties) on a family calendar. Try using a different color of ink for each person—family members can see their obligations at a glance.

Use time wisely

Remind your youngster that minutes add up. A simple thing like putting tomorrow's snack in his backpack before bed can mean the difference between making the bus and missing it. *Tip:* Ask him how long he needs to get ready for school, and have him set a timer to check. Gradually his estimates will improve, and he'll manage his time better.♥

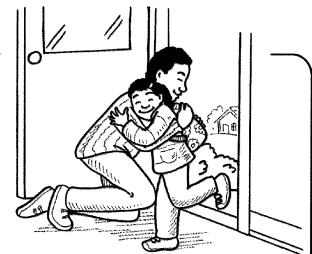
Sharing special moments

Help your youngster feel happy, secure, and loved with these tips.

Make good-byes pleasant. Even if your morning is hectic, let her leave on a positive note ("I'm looking forward to eating pizza with you tonight!").

Leave notes. You might write, "Have a great day," and tuck it in her lunch box, or "Good morning, sunshine," and set it beside her breakfast plate.

Tell stories. The night before a big test or tryouts for the school play, give your child something comforting to think about as she falls asleep. For example, tell her the story of when she was born or when you brought her home.♥



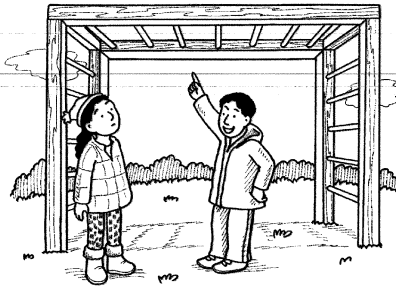
Home & School CONNECTION®

January 2013 • Page 2

Resisting peer pressure

"I dare you to climb on top of the monkey bars." The first time your youngster faces peer pressure, it probably won't be about drinking or smoking. But learning to handle situations at an early age can help her resist more serious pressure later on. Here's how.

Think of responses. Talk about things kids say when they're pressuring each other. *Examples:* "I won't be your friend," "You're a baby," "Your parents



have different financial situations and values, and make sure she understands yours.

Build confidence. Healthy self-esteem can help your youngster brush off peer pressure. Have her participate in activities that let her use her talents, like sports, scouts, or the arts. She will develop skills and character traits to feel good about. And she may make friends who will provide positive peer pressure—encouraging her to help others or work hard, for example.♥

won't know." Together, brainstorm ways she could respond. She might shrug and suggest doing something else. She could even walk away and find another friend to play with.

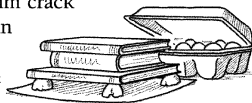
Know your values. When your child asks for expensive boots or her own TV because "everyone" has them, she is reacting to peer pressure. Explain that families

ACTIVITY CORNER

Arches and domes

The ancient Romans realized that building with arches and domes could make structures stronger. Let your youngster see how this principle works—and why arches and domes are still important in our world today.

1. Help him crack two eggs in half and empty the contents.



2. Have him place the shells, domes facing up, on four corners of a sheet of paper.

3. Next, he can stack hardback books, one at a time, on top of the shells. *Tip:* He should make sure the shells don't move as he places the books.

Your child might be surprised by how many books he can pile on before the shells begin to crack. That's because the shape of eggshells—like the shape of arches and domes—allows weight to be distributed evenly.

Idea: Suggest that your youngster look for arches under bridges and domes on buildings around town. How many can he find?♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators, a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com
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Siblings with special needs

Q: Our daughter has cerebral palsy, and our son is jealous of the attention his little sister needs.

What can I do?

A: Helping your son understand his sister's condition can reduce jealousy. You might start by reading a book to him about cerebral palsy, like *Nathan's Wish* (Laurie Lears) or *Rolling Along* (Jamee Riggio Heelan).

Then, look for support groups—your local chapter of The Arc is a good place to start. They might offer activities for siblings to do



together and also introduce him to other children whose brothers or sisters have special needs.

Finally, try to give your son some one-on-one time when you can. If your daughter goes to physical therapy, play games with him in the waiting room. Or let him have a later bedtime, and read

to him after she has gone to bed. If he gets your undivided attention even for a few minutes a day, he will be less likely to resent the time you spend on her care.♥

Good attendance

With cold and flu season upon us, help your child stay healthy and keep up her school attendance with these suggestions:

- Boost her immunity with a balanced diet that includes lots of fruits and vegetables.
- Make sure she gets enough sleep (9–11 hours a night).
- Try for 60 minutes of physical activity a day—regular exercise can also help ward off sickness.
- Avoid the spread of germs with frequent hand washing.
- Ask her doctor if she should get a flu shot.

While it's important for her to be in school, it's also important for her to stay home if she's sick—both so she can recover and so she doesn't make others sick. Check your school's policy for symptoms requiring her to stay home (a rash, a fever within the last 24 hours). If you aren't sure, call the school nurse or your doctor.♥





January 2013 MENU

Mon

Tues

Wed

Thur

Fri

<p>Lunch: 11am to 1:10 pm</p> <p>Lunch K-3: \$1.65 Lunch 4-12: \$1.75 Breakfast: 90¢</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>2 Spaghetti/Sauce Meatballs Spiniach Veggie Bar Milk Fruit</p>	<p>3 Crispy Chicken Veggie Bar Baked Potato Bread Milk Fruit</p>	<p>4 Fishburger or unbreaded baked fish VeggieBar Fresh Veggies Milk Fruit</p>
<p>7 Pillsbury French Toast Veggie Bar Sausage Hash Browns Milk Fruit</p>	<p>8 Chicken Patty Golden Squash (Winter) Veggie Bar Milk Fruit</p>	<p>9 Cougar Vegetable Soup Egg or Tuna salad Veggie Bar Bread Crackers Milk Fruit</p>	<p>10 Taco Salad Day Refried Beans Lettuce, Cheese, Tortilla Chips, Corn, Veggie Bar Milk Fruit</p>	<p>11 Breakfast Day (2) Cereal (2) 4 oz Yogurt or 1 Egg wrap/pizza Veggie Bar Milk Fruit</p>
<p>14 Veg. Chili/Beans Hotdog/Bun Veggie Bar Milk Fruit</p>	<p>15 Deli/Sub Day Ham or Turkey/Cheese/Lettuce/Tomato/Onion Veggie Bar Milk Fruit</p>	<p>16 Shepherd's Pie (Hamburg, Mash Potatoes, Corn) Veggie Bar Bread Milk Fruit Ice Cream</p>	<p>17 Chicken Fajita, Shells, Veggie Bar Peppers & Onions Refried Beans Corn Milk Fruit</p>	<p>18 Tomato Soup Grilled Cheese Sandwich Veggie Bar Milk Fruit</p>
<p>21 Martin Luther King, Jr. Day</p> <p style="text-align: center;">No School</p>	<p>22 Sloppy Joe on a bun Chips Corn Veggie Bar Milk Fruit Regents' Exams</p>	<p>23 Hotdog/Bun or Corn Dog Baked Beans Veggie Bar Milk Fruit Regents' Exams</p>	<p>24 Chicken Patty Golden Squash Veggie Bar Milk Fruit Regents' Exams</p>	<p>25 Pizza Veggie Bar Bread Milk Fruit Regents' Exams</p>
<p>28 Goulash Spinach Veggie Bar Bread Milk Fruit</p>	<p>29 Hamburg/Bun Veggie Bar Italian Casserole Milk Fruit</p>	<p>30 Ravioli Mixed Vegetables Bread Veggie Bar Milk Fruit</p>	<p>31 Turkey Dinner Mashed Potatoes/Gravy, Sweet Potato, Cranberry Sauce, Bread Veggie Bar Milk Fruit</p>	<p style="text-align: center;">Prepayments Happily Accepted</p>

Menu subject to change without notice.



February 2013 MENU

Mon	Tues	Wed	Thur	Fri
<p>Lunch: 11am to 1:10 pm Lunch K-3: \$1.65 Lunch 4-12: \$1.75 Breakfast: 90¢ Lunch every day for everyone: Veggie Bar. Peanut Butter Sandwich</p>		<p>Prepayments Happily Accepted</p>	<p><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></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>1 Breakfast Day (2) Cereal (2) 4 oz Yogurt or 1 Egg wrap/pizza, veggie bar Milk Fruit</p>
<p>4 Pillsbury Pancakes Veggie Bar Sausage Hash Browns Milk Fruit</p>	<p>5 Chicken Patty/Bun Golden Squash Veggie Bar Milk Fruit</p>	<p>6 E-K Chicken Noodle Soup Bread Crackers Egg or Tuna salad Veggie Bar Milk Fruit</p>	<p>7 Taco Day Refried Beans, Lettuce, Cheese Corn, Tortilla Chips, Veggie Bar Milk Fruit</p>	<p>8 Fishburger or unbreaded baked fish Veggie Bar Fresh Veggies Milk Fruit</p>
<p>11 Veg. Chili Beans/ Hotdogs/Bun Veggie Bar Milk Fruit</p>	<p>12 Deli/Sub Day Ham or Turkey/ Cheese/Lettuce/ Tomato/Onion Veggie Bar Milk Fruit</p>	<p>13 Shepherd's Pie (Hamburg, Mash Potatoes, Corn) Veggie Bar, Bread Milk Fruit Ice Cream</p>	<p>14 Chicken Fajita Salad Bar Peppers & Onions Refried Beans Milk Fruit</p>	<p>15 Pizza Veggie Bar Bread Milk Fruit</p>
18	19	20	21	22
<h2 style="margin: 0;">Mid-winter Break</h2>				
<p>17 Goulash Spinach Veggie Bar Bread Milk Fruit</p>	<p>18 Hamburger on a Bun Veggie Bar Italian Casserole Milk Fruit</p>	<p>19 Crispy Chicken Veggie Bar Baked Potato Bread Milk Fruit</p>	<p>20 Ham Dinner Baked Potatoes Sweet Potato Bread Veggie Bar Milk Fruit</p>	

Menu subject to change without notice.

**Welcome Ann LaLonde,
Nurse Practitioner
School-Based Health Clinic**

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

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