### March-April 2014

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FROM THE DESK OF Suzanne L. Kelly

Dear Community,

Recently the Commissioner came out with some changes to slow down the rollout of the Common Core State Standards. This came as a result of deep strife from parents and special interest groups. Despite these modifications the increase in academic rigor remains the focus.

There were five areas where the Commissioner felt there was a need to ease off a bit. These included a technical piece in the data, documentation and compiling of scores to extend Academic Intervention Services (AIS) for more flexibility in the areas of Social Studies and Science, putting a 1% cap on testing at the local level, to extend the hold harmless portion of the APPR for teachers and principals for one more year, and lastly to use a phase-in process to begin with this year's 3<sup>rd</sup> grade students (cohort 2022) to be fully integrated with the tests or the Common Core State Standards. These are welcomed changes and we hope to see more as time goes on.

We have begun the budget process for the 2014-15 school year and will continue with this function over the next couple of BOE meetings. Although the budget hearing will not be until May 13, 2013, this is a lengthy process and requires extensive time and commitment.

This year there will be two seats open for the Board of Education. If you are interested in running, please come sit-in on a meeting to familiarize yourself with the role and functions of the BOE. Petitions will be due by April 21, 2014 at 4:00 P.M. in the District Office.

We have many exciting events and activities coming up over the next couple of months. Our community does such a fine job coming out and supporting our students. A special thanks to all of you.

Spring is coming; hold on!

Sincerely,

Suganne Kell

Suzanne L. Kelly



# **Cougar News**

A Publication of the Edwards-Knox Central School Board of Education Randy VanBrocklin, President Reggie LaPoint, Vice-President Christopher Averill

Rick Brewer Lynn Coller Teresa Hogle Tom O'Brien Joseph Thomas Thomas Whitmarsh

Contents:



Topic

Page

Supt. Comments.....1 7-12 News......2-7 Principal Letter Geography Bee STAR Reading Winter Olympics Music Department Yearbook News Upcoming Events Musical Elementary News..8-11 Adm. Intern Letter Grandparents' Breakfast Book Fair Parent Night Parent Conferences Upcoming Events Guidance News College Acceptances Gateways for Srs. 9-11 Planning HOBY 8<sup>th</sup> Gr. Planning ACT/SAT Cafeteria News March Menu April Menu

# 7-12 News Amy Sykes, Principal

To all Edwards-Knox Students and Parents:

The first semester and mid-year tests are over and we find ourselves a few weeks into the second half of the year. The second quarter report cards were sent home February 5. As with each quarterly and interim report, review the information to assess the progress that has been made this year and to create a suitable plan for the third quarter that addresses needs or trouble spots. This is essential given our promotion requirements. Please review our student handbook for more information on promotion and retention policies.

The testing season will begin in April with the ELA state assessment for all 3-8<sup>th</sup> grade students followed by the math state assessment at the end of the month. Please help us by making sure that your child is getting a good night's sleep and has a healthy breakfast. We know that this combination, along with a positive outlook and appropriate preparation, help to ensure success! Our goal is reach the highest level of achievement for all of our students!

Our Spring Conferences will be held on March 12<sup>th</sup> from 3:30-7:30 pm with the 8<sup>th</sup> Grade Planning Night starting at 6:30 pm in the auditorium. Parents can help ensure their student is on the right path by participating in conference nights.

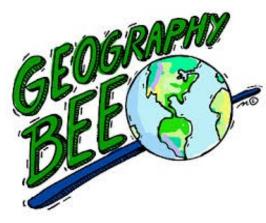
In the February meeting of the Board of Regents, a Work Group of the Board developed a report entitled *The Path Forward: Common Core Learning Standards, Assessments, and Teacher & Principal Evaluation in New York State*, which can be found online at: <u>http://www.regents.nysed.gov/meetings/2014/February2014/214p12hea3.pdf</u>

Our 7-12<sup>th</sup> grade students will not see an immediate impact with the changes implemented at this meeting. Under the changes, students who graduate in 2022 would be the first group that would have to meet higher graduation requirements. That means the new standards will fully apply to students who are currently in fourth grade. The strongest adjustment will be minimum passing scores of 80 on the Common Core Math Algebra Regents and a 75 on the Common Core Regents ELA exam. Other smaller changes were also presented and I encourage you to review the report.

Congratulations to our winter sports teams and band participants in their recent events.

As always, feel free to contact me with questions, comments and concerns: 562-8131, ext. 1510.

#### January & February Events



#### Edwards-Knox Central School Holds National Geography Bee Competition

The school-level National Geography Bee was held at Edwards-Knox Central School on Friday, January 10<sup>th</sup> in the Auditorium. Students from grades 4<sup>th</sup> – 8<sup>th</sup> qualified to participate in the Geography Bee and participated in 5 preliminary rounds of a variety of questions in regards to US geography, state specific geography, and questions about continents. Ten students then advanced to the Final Round. Those students that participated in the Final Round were Blake Bidwell (7th), Bryan Trombley (7th),

Liam Meilleur (7th), Travis White (8th), Avery Hawn (8th), Tanner LaPlant (8th), Parker Harper (7th), Carly Frary (7th), Emily Tresidder (5th). The Final Round is a double elimination round, which ended with three students advancing to the Championship Round. Tanner LaPlant (8th), Liam Meilleur (7th), and Blake Bidwell (7th), were each given three questions to battle it out to earn first place. Blake Bidwell and Tanner LaPlant finished as runner-ups and Liam Meilleur was named the 2014 Edwards-Knox Geography Bee Champion. Liam Meilleur then took a qualifying test that was submitted to the state. Liam will be notified by the National Geography Bee state-level organizers if he qualifies to compete at the state competition. GREAT JOB ALL GEOGRAPHY BEE COMPETITORS AND WE LOOK FORWARD TO NEXT YEAR'S COMPETION!



#### STAR Reading Assessment

During the weeks of January 14<sup>th</sup>-24<sup>th</sup> students in grades 7 through 12 participated in the second Standardized Testing and Reporting (STAR) Reading assessment for the year. The purpose of the online STAR assessments program is to provide information to teachers about student growth and achievement in reading. STAR Reading provides teachers with a tool to screen and progress monitor students who need reading intervention. STAR Reading also provides an instrument that allows teachers to establish goals and monitor a student's progress during the year.

#### January Regents Exam Testing

Despite regular classes being held from January 27<sup>th</sup>-30<sup>th</sup>, some 10<sup>th</sup> through 12<sup>th</sup> grade students spent time preparing and taking many of the NYS January Regents and RCT Exams. The next regents exam testing period for students is June 17-25. The June 2014 schedule is available at the following website address: http://www.p12.nysed.gov/assessment/schedules/2014/regents-614updated2.pdf

#### Winter Olympics Event

The early dismissal on the last school day in December caused the postponement of the annual Winter Olympic Events in the high school to Friday, January 31st. Students volunteer to participate in a variety of contests between classes including games such as: tug of war, izzy dizzy, charades, reindeer race, balloon pop and pie eating. The winners of this year's events were the SENIORS! Congratulations to the Class of 2014!





#### Music Department News

Edwards-Knox has been well-represented this year throughout the county and beyond by our very talented and high-achieving band and chorus students. Area All-State hosted a festival at Indian River Theatre for the Performing Arts, where four of our band students and two of our chorale students were selected to perform in ensemble that was comprised of the highest level NYSSMA scores in three counties. Band members were: Ross Curley, Hannah Besaw, Darian Fenton, and Karlie French. Chorus students were: Nick Wolfe and Makayla Bartocha.

All-County Festival A was held at the Crane School of Music on January 9 & 10, and featured the All-County Jr. High Band, and the High School Chorus. Students were chosen to be in these ensembles by their NYSSMA solo scores from last spring. The highest achieving students were selected to be in these ensembles. Jr. High Band members were: Emily Lasher, Haven Gotham, Jada Flanagan, Kacee French, Katharine Hebb, Zachary Scott, Alexa White, Spencer Thomas, Collin Curley, Trevor White, and Marcus Tresidder. High School Chorus members were: Anisa Hotaling, Makayla Bartocha, Nick Wolfe, and Kara Davis.

All-County Festival B was held at Massena High School on February 7 & 8, and featured the High School Band, Jr. High Chorus, and Elementary Chorus. High School Band members were: Mackenzie Frary, Darian Fenton, Karlie French, Makenna Ashley, Hannah Besaw, and Nick Wolfe. Jr. Chorus members were: Martina Whitmarsh, Chakriya Thomas, Haven Gotham, and Lexi Hebb. Elementary Chorus members were: Jordan Collette, Valaree Hale, Katelyn White, Morghan White, Ethan White, and Mohammad Habbal.

All performances were of the highest quality and were enjoyed by all. It was impressive for Edwards-Knox to have such strong representation at all of these festivals. Students are currently busy preparing solos for this year's NYSSMA solo festival to qualify for All-State and All-County ensembles for next year's festivals.



# Cougar News - March-April 2014









#### Yearbook News

The Yearbook staff has been working on this year's book, they are very talented and have designed the cover and taken many of the pictures that we will be using.

If you have a picture you would like us to consider you can send it by email to pdaniels@ekcsk12.org, or send it in to school.

Sale of the yearbook is still going on. If you buy before May 1st it is \$40, after it will be \$45, for an extra \$5 if you order by April 1st you can personalize your book. You may also order your book on line, go to the extracurricular page on the EKCS web page then click on the yearbook link to buy a yearbook.

Thank you to everyone who has helped the yearbook be successful.

#### Upcoming Events

March 7 - End of 25 week progress

March 12 - 11:30 am dismissal with Spring Conferences from 3:30-7:30 pm

March 12 – 6:30 pm 8<sup>th</sup> grade Planning Night

March 21 – No School for Students – Staff Development Day

March 26 – Gateways for seniors

April 1-3 – ELA tests for grades 3-8 from 8:00-10:30 am

April 4-5 - NYSSMA Solo and Ensemble Festival

April 5 – The Rockin' Tale of Snow White (Musical) at 7:00 pm

April 6 – The Rockin' Tale of Snow White (Musical) at 2:00 pm

April 7 – 7:00 pm Spring Band Concert (Bands 5<sup>th</sup>-12<sup>th</sup> Grade)

April 10 – 10:30 am The Blue Project Assembly for grades 5th-8th

April 11 – 11:30 am dismissal for Students - End of 3<sup>rd</sup> Marking Period

April 14-21 – No School Spring Break

April 23 – NHS sponsored Red Cross Blood Drive from 9 am – 2 pm in elementary gym

- April 25 Tentative NHS Induction Ceremony
- April 24 Report cards go home

April 28 – Report cards signed and returned

April 30-May 2 – Math tests for grades 3-8 from 8:00-10:30 am



#### Edwards-Knox Central School Presents a Musical The Rockin' Tale of SNOW WHITE

Saturday April 5<sup>th</sup>, 2014 at 7 PM Sunday April 6<sup>th</sup>, 2014 at 2 PM Pre-Sale Tickets Available February, 2014 5\$ EACH! Come and enjoy a rockin' good fairy tale time!

# Elementary News Lura Hughes, Administrative Intern

Dear Community,

As the Administrative Intern at EKCS for the remainder of the 2013-2014 school year, I am honored to be able to take this opportunity to briefly tell you a little about myself. My name is Lura Hughes and I have been a lifelong resident of Edwards. I graduated from Edwards Central School in 1986, at which point I attended SUNY Potsdam where I received my certification in Elementary Teaching, with a background in psychology and anthropology. It was soon after that I was hired by EKCS as a 4<sup>th</sup> grade teacher.

In the past twenty-two years, I have had the good fortune to work with many of the students in this district as an elementary teacher. As a general education teacher, I have had the distinct privilege of teaching at multiple grade levels, most recently at the 6<sup>th</sup> grade level. Personally, I have always found working with the students and parents in this community to be inspiring, encouraging, and positive.

I realize the education of children is a difficult job, and it cannot be accomplished to its fullest without the assistance and continued support of parents and the surrounding community. Please know that I am open to, and welcome, your questions and concerns. It is my focus to maintain effective lines of communication between home and school.



Lura K. Hughes 315-562-8132 (ext. 1535)

# Elementary News Cont<sup>°</sup>d. Lura Hughes, Administrative Intern



# Mark Your Calendar - Upcoming Events for the Week of March 10th

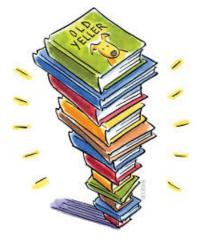
# Grandparents' Breakfast

The Edwards-Knox Elementary School is planning our annual "Grandparents' Breakfast." This is a wonderful event that is designed for all elementary students. We would cordially like to invite all grandparents, or surrogate grandparents, to come to the school and enjoy breakfast with their grandchild/grandchildren. The event will take place on Tuesday, March 11 for grades K-2 and Thursday, March 13 for grades 3-6 at 8:00 a.m. As in the past, if there are multiple grandchildren in different grade levels, please feel free to choose one of the dates and specify on the return slip the date and names of all the children involved. This year tickets are available in advance and will be sent back to you color coded to show advance payment. Watch for the letter, as it will be arriving home with students shortly.

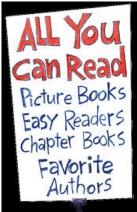
On a final note, as a safety measure, please sign in and obtain a visitor pass upon entering the building. All students will be held in the auditorium until their grandparent/s arrive. As you sign in, your grandchild will be notified in the auditorium that you are on your way to pick them up. We thank you in advance.

## Book Fair

The Book Fair, sponsored by the Parent Association, will also take place the week of March 10<sup>th</sup>. Students will be allowed to visit the Book Fair with their classrooms during the week to browse and purchase books. The Book Fair will be open during Grandparents' Breakfast, Parent Conferences, and during the Common Core Parent Night as well.



Any questions or concerns, please contact Jamie Gotham.



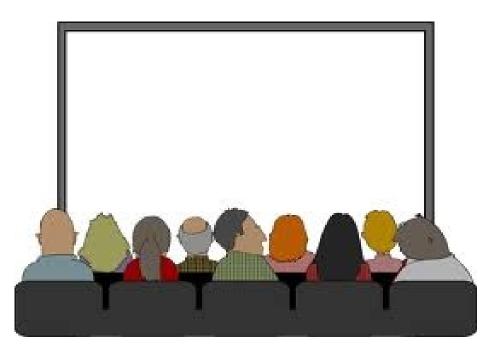
# Elementary News Cont<sup>°</sup>d. Lura Hughes, Administrative Intern

### Parent Night

One of the common discussions heard around the State Education Department has been that of the new Common Core Standards, and the questions asked by parents in our community have reflected these concerns as well. As concerned parents, caregivers, and community members we ask ourselves what we can do to help our students be successful with the swift adjustment in expectations. How do we ease ourselves and our children into, and through, these transitions?

It is with eagerness that I inform you of an incredible opportunity coming to the building the evening of Thursday, March 13, 2014. Ms. Becky DuPrey, an instructor at SUNY Potsdam presently dedicating her year to helping districts make the transition to the Common Core Standards, will be presenting materials, supplies, and information for grades PreK-6 at a Parent Night. Ms. DuPrey has created parent kits that offer detailed information about the standards, as well as practical suggestions on how to support lessons that are being taught in the classroom. Also included in these kits are games that parents can play with their children that will help to reinforce the math standards.

Please plan to attend with your child if possible. This is an opportunity that we are extremely fortunate to have available to us. The evening presentations will begin at 5:30 p.m. and will be broken into half-hour intervals to accommodate different grade-levels. More information in regard to specific times will be forthcoming.



# Elementary News Cont d. Lura Hughes, Administrative Intern

# Parent Conferences

Parent Conferences are scheduled for March 12<sup>th</sup> from 3:30-7:30. This is a very important time for teachers and parents to touch base with each other, as we will be at the 25-week marking point. Watch for notification from your child's teacher in regard to scheduling a conference with him/her. If you do not receive notification in regard to a conference, feel free to contact the teacher. Your child's teacher will welcome the opportunity to meet with you in regard to your child's progress.



Summary of Important Dates for March and April			
March 10-14	Book Fair		
March 11, March 13	Grandparents' Breakfast		
March 12	11:30 Dismissal/Parent Conferences (3:30-7:30)		
March 13	Parent Night (Common Core Standards)		
March 21	No School for Students/Staff Development Day		
April 1-3	ELA Tests for Grades 3-8		
April 2	Parent Association Meeting in Library		
April 11	End of 3 <sup>rd</sup> Marking Period/11:30 Dismissal		
April 25	Elementary Report Cards		
April 29	Awards Assembly K-6 @ 8:15		
April 30	Spring Band Concert Grades 5-12 @ 7:00 p.m.		
April 30-May 2	Math Tests for Grades 3-8		



# HIGH SCHOOL GUIDANCE NEWS

Linda Alford, Guidance Counselor

#### COLLEGE/MILITARY ACCEPTANCES

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 February 11<sup>th</sup>:

Jadilynn Bullock - SUNY Canton Molly Burger - The Clarkson School Derek Clark - SUNY Canton Ross Curley - SUNY Canton, SUNY Plattsburgh, SUNY Potsdam Jordan Davis - Alfred State, SUNY Canton Bridget Gladle - SUNY Canton Kyle Gotham - SUNY Canton Paige Gravett - Jefferson Community College Nicole Hendricks - SUNY Canton Katelynd Hill - SUNY Canton Marissa Johnson - Hartwick College, U. Of Southern Maine, U. Of New England, Husson U., SUNY Oswego, U. Of New Hampshire, SUNY Cortland, Utica College, Wells College, Rhode Island College, U. of Rhode Island Harleigh LeBarge - Franklin Pierce U., SUNY Potsdam Mazug Moore - Jefferson Community College Alyssa Parker - SUNY Canton Marissa Smith - Jefferson Community College, Mohawk Valley CC Hunter Tuttle - Penn State Cody White - SUNY Canton



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

#### GATEWAYS FOR SENIORS

Edwards-Knox Seniors will soon participate in "Gateways 2014". This program is offered by the Office of Educational Partnerships and is designed to give all St. Lawrence County seniors the opportunity to practice the skills needed to obtain a job. On March 26<sup>th</sup> students will experience mock job interviews, have their resume critiqued, and have discussions about their communication skills. There will be over 100 employers from the area to help with this endeavor.

#### PLANNING FOR NEXT YEAR FOR 9<sup>th</sup> - 11<sup>TH</sup> GRADE STUDENTS

Starting in February, all 9<sup>th</sup> through 11<sup>th</sup> grade students and their parents/guardians will meet with Ms. Alford regarding schedules for next year. We will discuss student school records, the current school year and plan for next year. We will talk about required courses as well as elective courses in some areas, including Advanced Placement and college courses for older students. Parents/guardian are invited and encouraged to attend.

Linda Alford, Guidance Counselor

#### HOBY YOUTH LEADERSHIP CONFERENCE FOR SOPHOMORES

The HOBY Leadership Conference is a wonderful leadership building opportunity and Edwards-Knox will nominate one 10<sup>th</sup> grade student to attend. The Conference will be held May 30- June 1 at SUNY Oswego. There is no cost to the student to attend, however, you will be required to provide your own transportation. Part of the cost for you to attend will be paid for by Edwards-Knox.

HOBY (Hugh O'Brian Youth Leadership) seeks to recognize and develop leadership potential.

HOBY motivates and develops future leaders, preparing them for positions in their schools and helping them to expand the talents that will serve them and their communities well in the future. HOBY goes about fulfilling its purpose through a seminar designed to teach students to think critically, to enhance their leadership skills, and learn more about free enterprise, including democracy, volunteerism, and service to their communities.

Leadership seminars give ambassadors hands-on practice at being a leader through participation in leadership, team building activities, icebreakers, simulations, and motivational experiences.

Shortly, I will be asking sophomores if they would be interested in representing Edwards-Knox at this wonderful event. Please discuss this and encourage your 10<sup>th</sup> grader to ask for a chance to be nominated!

#### 8th GRADE HIGH SCHOOL PLANNING NIGHT

Eighth graders and their parents are invited to a high school orientation on Wednesday, March 12<sup>th</sup> at 6:30pm in the auditorium. There will be several presenters offering information on course options, requirements for high school and graduation, Regents exams, diploma options, school policies and programs at Southwest Tech. Students will receive their proposed classes for 9<sup>th</sup> grade along with a folder with informational materials. The program should conclude at approximately 8:00pm. Please note that Spring Conferences are also scheduled for this evening 3:30-7:30pm. We hope to see you there!

Linda Alford, Guidance Counselor

#### 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	<b>Registration Deadlin</b>	ne* <u>Test Dates</u>
	Mar. 07, 2014	Apr. 12, 2014
	May 09, 2014	Jun. 14, 2014
Test Fee: \$3	86.50	Fee waivers may be available in the Guidance Office
With Option	al Writing: \$52.50	for students who qualify for a reduced or free lunch.

SAT	<b>Registration Dead</b>	ine* <u>Test Dates</u>
	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.

Linda Alford, Guidance Counselor

#### **TERM 2 HONOR ROLL 2013-2014** GRADE 12

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

none

#### ŀ

Alyssa Parker

Abraham White

High Honor	Roll (	<u>(90.0-94.99)</u>
enlong		arissa Johnson

Mackenzy Allen Jadilynn Bullock Kaden Dandrow Jordan Davis

Jesse Fenlong Bridget Gladle Nicole Hendricks Katelvnd Hill

Tyler LaPlante

Marissa Smith

Kate Rowe Harleigh LeBarge Hunter Tuttle Leonard Walrath

Patrick Thompson Cody White

Austin Brown Kyle Gotham

#### GRADE 11

Honor Roll (85.0-89.99)

**Outstanding Honor Roll** 

Molly Burger Megan Farr

#### High Honor Roll

Danielle Griffin Shave Taylor Christopher Watson Makenna Ashley Mackenzie Tresidder Michaela Wilson Darrick Cutway Abbie Hale

Honor Roll

Tiara Allen Mitch DeVito

**Richard Finnerty** Connor Gotham

Paine Morse Cassidy Rubin

**RaeAnn Thomas** Adriana Whitmarsh

Chloe Wilson

#### **GRADE 10** Outstanding Honor Roll none

#### High Honor Roll

Makayla Bacon Jason Burke

Darian Fenton Heather Finnerty

Nathan McCoy Caleb Rowe

Noah White

Honor Roll

Dakotah Bacon Kaleb Bartocha Catherine Curley Luke Fenton Anisa Hotaling Christopher Moore Miranda Smith Brent Watson

Kelsey White Trenton White

# Good job!

Linda Alford, Guidance Counselor

TERM 2 HONOR ROLL 2013-2014 Cont'd. <u>GRADE 9</u> <u>Outstanding Honor Roll</u>					
Elise Franck Mackenzie Frary	Karlie French Arael Scott	Cheyanna Tuttle	Alaina White		
		onor Roll			
Jacob Fenlong	Brooke Fenton	Daniel Gotham	James Rice		
	Hono	or Roll			
Jarrett Bullock	Alexander D'Agostino	Hayleigh LeBarge	James Smith		
Piage Clary	Kara Davis Michael Hollenbeck	Tera Mason Levin McIntosh	Dawson Taylor Hunter Thomas-Peters		
Bailey Coffey Kayla Covey	Kristen Kroniser	Levin McIntosh	numer momas-relets		
	<u>GR</u>	<u> </u>			
		g Honor Roll			
Jada Flanagan Kacee French	Avery Hawn Katherine Hebb	Tanner LaPlant Emily Lasher	Alexa White Travis White		
Haven Gotham	Ratienne fiebb				
Madison LaPoint	Christopher Ouellette	Logan Toohey	Esther White		
Hanna LeBarge Jordan Moore	Katrina Thornton	Briana Tulip	Jacob White		
	Hone	or Roll			
Alyssa Allen	Peyton Dafoe	Ashley Robidoux	Tyler Whitmarsh		
Julie Ashley	Breanna Facey	Michael Shecton			
GRADE 7					
Carly Franc		g Honor Roll	Spancer Thomas		
Carly Frary Justin Scott	Zachary Scott	Chakriya Thomas	Spencer Thomas		
High Honor Roll					
Parker Harper	Kyanne Jeanette	Koryn Rowe			
Honor Roll					
Camryn Bullock	Willow Frizzell	Brittany Prow	Martina Whitmarsh		
Hannah Connors Collin Curley	Riannon Holly	Brandon Stamper	Madison Wood		



HIGH SCHOOL GUIDANCE NEWS CONT'D. Linda Alford, Guidance Counselor

#### TERM 2 HONOR ROLL 2013-2014 Cont'd.

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

Allied Health Harleigh LeBarge Kate Rowe

Auto Technology II Patrick Thompson

Building Trades I Keegan Chapin

Building Trades II Austin Brown

Computer Tech I RaeAnn Thomas Cosmetology I Michaela Wilson

Criminal Justice I Megan Farr

Early Childhood Ed I Miranda Smith

Environmental Tech II Jesse Fenlong Leonard Walrath

<u>Multi-Occupations I</u> Michael Hollenbeck

Multi-Occupations II Christopher Moore

"Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's when you've had everything to do, and you've done it." ~ Margaret Thatcher

### Cafeteria News Kathy Whitmarsh, Cook/Manager

The Edwards-Knox Cafeteria and Manager Kathleen Whitmarsh would like to invite families, teachers, students, administration, and staff to join in celebrating the 2014 International School Meals Day (ISMD) on March 6, 2014. The purpose of the International School Meals Day is to raise awareness of the importance of food and nutrition in education and to share school feeding experiences from across the community and around the world.

Schools around the world will be celebrating International School Meals Day (ISMD) by promoting healthy eating and learning; using the theme, <u>Food Stories</u>. Stories, like food, communicate the culture of peoples and their dreams for a healthier and better future. Food brings communities together. Just a thought of a summer BBQ, a field day, or a fair brings all kinds of thoughts of food and fun. It might be good for parents or grandparents to share with children, some of the things they ate when they were younger. Perhaps classrooms can connect with other classrooms and share their food stories. Maybe the favorite food they have eaten in a restaurant, or at home.

Good nutrition and a healthy lifestyle are as important to a child's and an adult's overall success as the curriculum that our schools teach, as the medical profession is telling us every day. USDA's School Breakfast Program is an opportunity to remind everyone how important it is that every child starts the day with a nutritious breakfast. Schools can promote healthy eating to reflect the new school meal standards and smart snacks while incorporating nutrition education into classroom learning using many of the educational materials USDA has developed through Team Nutrition at



http://www.fns.usda.gov/team-nutrition and MyPlate at http://www.choosemyplate.gov.

We hear how important it is for young people; but many of us that are older are struggling with weight issues, blood pressure, and other health issues brought on in part by the foods that we eat.

I have an age-apprporiate item to present to every student that comes through the lunch line on March 6, 2014; a small item to remind us about something nutritious. I have enough for each student, whether or not they buy lunch, and my hope is that no one gets missed. These items are meant to be helpful in pointing to a better eating lifestyle.

"Grandparents' Breakfast" will be held again this year. You may already have the order forms by the time you read this. We always look forward to this and we know the children look forward to it as well. If you would send back the slips with the number or people attending and which day you plan to attend, it is very helpful. This allows us to plan for enough food and still not be wasteful.

As we draw nearer to Spring, let's try to spring ahead in our goal to eat healthier this year.

Cougar News - March-April 2014



# March 2014 MENU

Mon	Tues	Wed	Thur	Fri
Lunch: 11am to 1:10 pm Lunch K-3: \$1.75 Lunch 4-12: \$1.80 Breakfast: \$1.00 Lunch every day for everyone: Veggie Bar. Peanut Butter Sandwich				
<b>3 Chicken</b> <b>Patty</b> Golden Squash Veggie Bar Milk Fruit	<b>4 Hamburg/</b> Bun Veggie Bar Milk Fruit	5 Chicken Alfredo/Pasta Broccoli Veggie Bar Milk Fruit Ice Cream	6 Grilled or Buffalo Chicken Baked Potato Veggie Bar Milk Fruit	<b>7 Fishburger</b> or unbreaded baked fish Veggie Bar Fresh Veggies Milk Fruit
<b>10 Corn Dog</b> Vegetable Soup Bread Veggie Bar Milk Fruit	11 Chicken Patty Squash Veggie Bar Milk Fruit Grandparents' Breakfast	12 Hotdog/bun Corn Veggie Bar Milk Fruit <sup>1</sup> ∕ <sub>2</sub> Day of School	13 Hamburger/ Bun Baked Potato Broccoli Veggie Bar Milk Fruit Grandparents' Breakfast	<b>14 Tomato</b> <b>Soup</b> Grilled Cheese Sandwich Veggie Bar Carrots Milk Fruit
<b>17 Irish</b> <b>Soup Meal</b> (Corned Beef, Potato, Carrot, Cabbage) Chicken Patty/ Bun Veggie Bar Milk Fruit	<b>18 Sloppy Joe/Bun</b> Chips Veggie Bar Corn Milk Fruit	<b>19 Cherry</b> Chicken Rice Broccoli Veggie Bar Bread Milk Fruit Cookie	20 Taco Salad Day Rice, Lettuce, Cheese, Tortilla Chips, Corn Veggie Bar Milk Fruit	21 STAFF DEVELOPMENT DAY
<b>24 Goulash</b> Spinach Veggie Bar Bread Milk Fruit	25 Deli/Sub Day Ham or Turkey/ Cheese/Lettuce/ Tomato/Onion Veggie Bar Milk Fruit	<b>26Pasta/Tomato</b> <b>Soup</b> Deli Meat or Tuna/ Bread, Crackers Veggie Bar Milk Fruit	<b>27 Turkey</b> Dinner Mashed Potatoes Sweet Potato Cranberry Sauce Bread, Veggie Bar Milk Fruit	28 Pizza Variety Veggie Bar Carrots Milk Fruit
<b>31 Hamburg/</b> <b>Bun</b> Veggie Bar Golden Squash Milk Fruit	Lunch Choice: Mon, Tues, & Fri: Pizza Wed & Thurs: Chicken Nuggets	Breakfast 7:40 a.m. Every Day Cereal, Milk, Juice Breakfast: \$1.00	Prepayments Happily Accepted	Kathy Whitmarsh Cafeteria Manager 562-8130, ex. 1507 Fax: 562-2477 <u>kwhitmar@ekcsk12.org</u> P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684

Menu subject to change without notice.

Cougar News - March-April 2014





# April 2014 MENU

Mon	Tues	Wed	Thur	Fri	
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, , Milk, Juice Breakfast: 1.00	Prepayments Happily Accepted	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.		
	Lui	nch: 11am to 1:10	pm		
Lunch K-3:	\$1.75	Lunch 4-12: \$1.8	0 Brea	akfast: \$1.00	
Lunch	every day for every	yone: Veggie Bar.	Peanut Butter Sa	ndwich	
Lunch Choice: Mon, Tues, & Fri: Pizza Wed & Thurs: Chicken Nuggets	<b>1 Sloppy Joe/</b> Bun Chips Veggie Bar Corn Milk Fruit	2 Chicken, Cranberry Salad (marinated chicken or chicken nuggets Walnuts Bread Veggie Bar Milk Fruit	<b>3 Taco Salad</b> <b>Day</b> Rice, Lettuce, Cheese, Tortilla Chips, Corn Veggie Bar Milk Fruit	<b>4 Tomato</b> <b>Soup</b> Grilled Cheese Sandwich Veggie Bar Carrots Milk Fruit	
<b>7 Hamburg/ Bun</b> Veggie Bar Golden Squash Milk Fruit	8 Chicken Parmesan or Chicken Patty Spaghetti Broccoli, Veggie Bar, Bread or Bun Milk Fruit	9 <b>Hotdog/bun</b> Baked Beans Green Beans Veggie Bar Milk Fruit	<b>10 Chicken</b> Fajita Veggie Bar Peppers/Onions Corn Milk Fruit Ice Cream	<b>11 Fishburger</b> or unbreaded baked fish Veggie Bar Fresh Veggies Milk Fruit	
14 1	5 1	6 17	18		
21 Spring Break	Spri 22 Chicken Patty Golden Squash Veggie Bar Milk Fruit	<b>DATE:</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>10</b> <b>1</b>	<b>24 Turkey</b> Dinner Mashed Potatoes Sweet Potato Cranberry Sauce Bread, Veggie Bar	<b>25 Pizza</b> Variety Veggie Bar Bread Milk Fruit	
<b>28 Hamburg/</b> Bun Veggie Bar Broccoli Green Beans Milk Fruit	29 Deli/Sub Day Ham or Turkey/ Cheese/Lettuce/ Tomato/Onion Veggie Bar Milk Fruit	<b>30 Chicken</b> Pasta Soup Deli Meat or Tuna/ Bread, Crackers Prince Albert Veggies Veggie Bar Milk Fruit	Milk Fruit 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.

March 11 & 13, 2014: Grandparents' Breakfasts

March 12, 2014: Spring Conferences; 11:30 dismissal of students

March 21, 2014: Staff Development Day - no school for students

April 5 & 6, 2014: Musical: The Rockin' Tale of Snow White

April 30, 2014: Spring Band Concerts Grades 5-12

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**