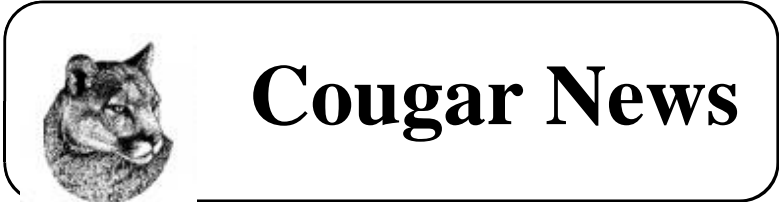


March-April 2012

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 Coller      Joseph Thomas  
Chris Averill      Malissa Hale      Randy VanBrocklin

## SUPERINTENDENT'S COMMENTS - Suzanne L. Kelly

Dear Community,

The revenue expectation of the executive budget aid proposal for Edwards-Knox Central School from the Governor's Budget shows a potential 2.25% increase in funding over last year's budget. The overall increase to the state education budget was 4.1%.

Throughout the next few board meetings we will continue to present the remaining departmental budgets. The months of March and April will allow us to look at the initial draft budgets proposed and begin to finalize our numbers for our budget presentation to the community on May 8, 2012.

Be sure to go onto the school district webpage at [www.ekcsk12.org](http://www.ekcsk12.org) to see each departments draft budget. These can be found under the Community section, then click on Board of Education and on 2-6-12 and 2-21-12 under supporting documents.

Estimated Aid	2011-2012	2012-2013	Difference
Foundation Aid	\$6,877,634	\$6,877,634	0
Universal Pre-K	\$107,927	\$109,582	+\$1,655
Boces & Special Svc.	\$801,151	\$814,246	+\$13,095
High Cost Excess	\$281,298	\$231,885	-\$49,413
Hardware & Technology	\$12,110	\$11,725	-\$385
Soft, Library, Textbooks	\$47,641	\$47,084	-\$557
Transportation	\$746,586	\$809,607	+\$63,021
High Tax Aid	0	0	0
Gap Elimination	-\$771,181	-\$581,386	+\$193,795
Building	\$1,088,050	\$1,077,894	-\$10,176
<b>Total</b>	<b>\$9,306,326</b>	<b>\$9,516,274</b>	<b>+\$209,948</b>

We continue to encourage the public to attend our Board of Education meetings at 7:00 p.m. on the first and third Monday of each month. The meetings will be held in the Media Center. If you can't make our meetings our legislators need to know how you feel about the school funding and the impact it has on our children. Take a moment and drop an email to:

Patty Ritchie <http://www.nysenate.gov/senator/patty-ritchie/contact>  
Ken Blankenbush <http://assembly.state.ny.us/mem/Ken-Blankenbush/contact/>  
Addie Russell <http://assembly.state.ny.us/mem/?ad=118&sh=contact>  
Joseph Griffo <http://www.nysenate.gov/senator/joseph-griffo/contact>

Sincerely,

Sue Kelly



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## 7-12 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 February 9<sup>th</sup>:

#### Institute



Kylie Averill - SUNY Plattsburgh  
Rachel Brazeau - Penn View Bible

Claire Davis - Utica College, Keuka College  
Karl Dumoulin - Paul Smith's  
Janna Fountain - SUNY Plattsburgh  
Benjamin Fuller - Tiffin U., University of Findlay, Mansfield U.,  
California U. of Pennsylvania,  
Gannon U., Mercyhurst College  
Lucas Fuller - University of Northwestern

#### Ohio

Alexia Hawn - Siena College, LeMoyne College  
Cameron Koster - East Michigan U.  
Mercedes Mackin - SUNY Plattsburgh

Harlee Marschat - SUNY Canton  
Kyrsten Phelps - SUNY Potsdam, SUNY

#### Plattsburgh

Veronica White - Walsh U., Utica College, Daemen College,  
University of Findlay, Gannon U.,  
D'Youville College  
Scott Whitmarsh - SUNY Canton

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

**ASVAB TESTING FOR JUNIORS**

The **ASVAB** (Armed Services Vocational Aptitude Battery) **Career Exploration Program** is designed to help students learn more about themselves and the world of work, to identify and explore potentially satisfying occupations, and develop an effective strategy to realize their goals.

The ASVAB Career Exploration Program is a tool to help make career decisions. The program centers on:

- Identifying interests, skills, and work-related values
- Matching interests and skills with occupations
- Learning where and how to get information on different careers
- Developing career decision-making skills



Juniors will participate in this program at school on **Wednesday, March 21, 2012, from 8:00-11:15 am.**

**Sign up in the Guidance Office by March 14.**

## 7-12 Guidance News Continued

### SPRING 2012 SAT PREP COURSE AT CLARKSON UNIVERSITY

The SAT Prep Course consists of six sessions that focus on critical reading, writing, and math. During the first session, students take a pretest and test-taking strategies are discussed. Subsequent sessions focus on each of the three content areas. During the last session, a full-length practice SAT test is given. Students experience what the real SAT will be like. Test scores are given to students as well as the correct answers to help prepare them for the actual test. **Registration deadline is Monday, March 12, 2012. Pick up registration form in the Guidance Office or download it from the "Guidance Forms" button on the E-K Guidance web page.**

**Class information** - Class meets at Clarkson University, BH Snell Hall 175

**Date & Time:** Saturdays, March 17 – April 21, 2012, from 1:00 – 3:00 p.m.

**(No class on April 7<sup>th</sup> due to Spring Recess)**

Practice SAT – April 28, 1:00 p.m.

**Cost:** \$139 (Includes book and materials)

**Mail form and payment to:**

Test Preparation, Clarkson University, P.O. Box 5790, Potsdam, NY 13699-5790.

Questions? Call 268-3998 or e-mail [testprep@clarkson.edu](mailto:testprep@clarkson.edu).

**CHECK OUT THE GUIDANCE WEB PAGE:** [www.ekcsk12.org/guidance](http://www.ekcsk12.org/guidance)

Click on the 7-12 Guidance page to find great information about graduation requirements, SAT and ACT testing information, college search links, financial aid & scholarship information, career exploration, military links, honor roll, Regents exam schedule, Guidance calendar for upcoming events, and more! It changes often, so be sure to refresh your page!

**GRADE 12**

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

Janna Fountain

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

Kylie Averill  
Caleb Fuller  
Lucas Fuller

Alexia Hawn  
Kendra Horne  
Kevin McNamara

Shelby Searles  
Michael Smith  
Veronica White

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**7-12 Guidance News Continued**

**Honor Roll (85.0-89.99)**

Dillion Coffey  
Claire Davis  
Lateia Gravett

Mercedes Mackin  
Kristopher Matthie  
Kyrsten Phelps

Brody White  
Trevor Whitmarsh  
Takumi Yamada

**GRADE 11**

**Outstanding Honor Roll**

None

**High Honor Roll**

Morgan Deon  
Samantha Ellison

Brianna Farr

Alexander McDonald

**Honor Roll**

Zachary Allen  
Christopher Davison  
Katie Hale

Terry Hall  
Tina Paro  
Alex Parrish

Alison Thompson  
Nicholas Wolf

## **GRADE 10**

### **Outstanding Honor Roll**

Mackenzzy Allen  
Hunter Tuttle

### **High Honor Roll**

Kaden Dandrow  
Kyle Gotham  
Nicole Hendricks

Katelynd Hill  
Alyssa Parker  
Sarah Rice

Kate Rowe  
Chloe Wilson

### **Honor Roll**

Makayla Bartocha  
Ross Curley  
Jordan Davis

Harleigh LeBarge  
Abraham White  
Cody White

Jesse Fenlong  
Bridget Gladle  
Marissa Johnson

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## **GRADE 9**

### **Outstanding Honor Roll**

Molly Burger  
Darrick Cutway

### **High Honor Roll**

Richard Finnerty  
Abbie Hale

Katelynn Smith  
Shaye Taylor

Michaela Wilson

### **Honor Roll**

Makenna Ashley  
Kennedy Bell  
Nicholas Davis

Megan Farr  
Rhiannon McBride

Paine Morse  
Adriana Whitmarsh

## **GRADE 8**

### **Outstanding Honor Roll**

Nathan McCoy  
Noah White

**High Honor Roll**

Dakotah Bacon  
Makayla Bacon  
Catherine Curley

Darian Fenton  
Heather Finnerty

Caleb Rowe  
Trenton White

**Honor Roll**

Jason Burke  
Luke Fenton  
Rebecca Hathaway

Anisa Hotaling  
Kassidy Keegan

Allison Pharoah  
Kelsey White

**GRADE 7**

**Outstanding Honor Roll**

Elise Franck  
Mackenzie Frary

Karlie French  
Cheyanna Tuttle

Alaina White

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**High Honor Roll**

Ciara Bates  
Kayla Covey  
Jacob Fenlong

Brooke Fenton  
Kristen Kroniser

Levin McIntosh  
Arael Scott

**Honor Roll**

Jarrett Bullock  
Paige Clary  
Shaylyn DeVito

Emma-Lee Gotham  
Tera Mason  
James Rice

James Smith  
Tileigh Sturtevant  
Taylor Whitmarsh

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

Congratulations to recipients of the SWT Top Achiever's recognition!! These are students who have worked diligently to get good grades Second Quarter!

**Auto Technology II**

Lucas Fuller

Brody White

**Building Trades**

Terry Hall

## **Criminal Justice II**

Caleb Fuller

### **7-12 NEWS**

From the desk of Mrs. Varian

The focus of our school is academics, but the question remains, is that all there is to education? Have we done our job just because a student can memorize the multiplication table, score high on a state test, or read a book? Our school is committed to producing well-rounded individuals who will be successful in life.

Student government recently planned, organized, and executed a fantastic Homecoming/Spirit week for the 7<sup>th</sup> through 12<sup>th</sup> grade students. What value is there to the Homecoming activity? Students collaboratively planned and worked together toward a common vision or goal. Students put their talents to use in the area they are best at within the group project. Students begin to respect other students for their abilities to work with their hands and to be creative. (By the way, our seventh graders were the overall winners of this event. That built some pride in them!)

Our English department hosted a Hero's Assembly as a culmination of their writing lesson based on the "Hero" theme. What did our students learn from this experience? Heroes can be everyday people within the community. They aren't superheroes, just super people that do extra ordinary things.

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### **7-12 NEWS CONTINUED**

From the desk of Mrs. Varian

Our basketball teams and cheerleaders have put in countless hours participating in practices and games, being ambassadors for our school. What have they learned? Practice and perseverance pay off. The quality of effort you put into practice increases or decreases your skill level. A team supports each other and every person within the team plays a vital role, no matter if you are a starter or not. Carrying yourself with pride is important no matter what the outcome of the game is.

Our students participated in the All-County Band and Music Festival. Our tenth through twelfth graders attended the Pendragon Theater's production of "To Kill a Mockingbird" at Lisbon Central School. Our Homework Excellence Club students spent the day skating in Massena as a reward for completing all their homework assignments for the entire term. We have a cast of about 25 students working diligently on the musical "Cinderella," learning their lines, learning their music, and mastering their dance steps. FFA meets regularly with Mr. Gault as they undertake projects and activities.



The students at EKCS continue to benefit from a well-rounded education. Look for our students to give back to the community in April on our Community

Service morning. Feel free to contact the high school office if you have ideas for connecting our students with our communities (562-8131). We want our students to understand that giving back to their community is a responsibility that makes our community better.

### **Cyberbullying: Identification, Prevention, and Response (continued)**

#### **How is cyberbullying different from traditional bullying?**

While often similar in terms of form and technique, bullying and cyberbullying have many differences that can make the latter even more devastating. First, victims often do not know who the bully is, or why they are being targeted. The cyberbully can cloak his or her identity behind a computer or cell phone using anonymous email addresses or pseudonymous screen names. Second, the hurtful actions of a cyberbully are viral; that is, a large number of people (at school, in the neighborhood, in the city, in the world!) can be involved in a cyber-attack on a victim, or at least find out about the incident with a few keystrokes or clicks of the mouse. The perception, then, is that absolutely everyone knows about it.

Third, it is often easier to be cruel using technology because cyberbullying can be done from a physically distant location, and the bully doesn't have to see the immediate response by the target. In fact, some teens simply might not recognize the serious harm they are causing because they are sheltered from the victim's response.

Finally, while parents and teachers are doing a better job supervising youth at school and at home, many adults don't have the technological know-how to keep track of what teens are up to online. As a result, a victim's experience may be missed and a bully's actions may be left unchecked. Even if bullies are identified, many adults find themselves unprepared to adequately respond.

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## **7-12 NEWS CONTINUED**

### **From the desk of Mrs. Varian**

#### **What are the biggest challenges in the fight to stop cyberbullying?**

There are two challenges today that make it difficult to prevent cyberbullying. First, many people don't see the harm associated with it. Some attempt to dismiss or disregard cyberbullying because there are "more serious forms of aggression to worry about." While it is true that there are many issues facing adolescents, parents, teachers, and law enforcement today, we first need to accept that cyberbullying is one such problem that will only get more serious if ignored. The other challenge relates to who is willing to step up and take responsibility for responding to inappropriate use of technology. Parents often say that they don't have the technical skills to keep up with their kids' online behavior; teachers are afraid to intervene in behaviors that often occur away from school; and law enforcement is hesitant to get involved unless there is clear evidence of a crime or a significant threat to someone's physical safety. As a result, cyberbullying incidents often slip through the cracks. Indeed, the behavior often continues and escalates because they are not quickly addressed. Based on these challenges, we collectively need to create an environment where kids feel comfortable talking with adults about this problem and feel confident that meaningful steps will be taken to resolve the situation. We also need to get everyone involved - youth, parents, educators, counselors, law enforcement, social media companies, and the community at large. It will take a concerted and comprehensive effort from all stakeholders to really make a difference in reducing cyberbullying.



## **Are there any warning signs that might indicate when cyberbullying is occurring?**

A child or teenager may be a victim of cyberbullying if he or she: unexpectedly stops using their computer or cell phone; appears nervous or jumpy when an instant message or email appears; appears uneasy about going to school or outside in general; appears to be angry, depressed, or frustrated after using the computer or cell phone; avoids discussions about what they are doing on the computer or cell phone; or becomes abnormally withdrawn from usual friends and family members.

Similarly, a child or teenager may be engaging in cyberbullying behaviors if he or she: quickly switches screens or closes programs when you walk by; gets unusually upset if computer or cell phone privileges are restricted; avoids discussions about what they are doing on the computer or cell phone; or appears to be using multiple online accounts (or an account that is not their own). In general, if a youth acts in ways that are inconsistent with their usual behavior when using these communication devices, it's time to find out why.

## **What can parents do?**

The best tack parents can take when their child is cyberbullied is to make sure they feel (and are) safe and secure, and to convey unconditional support. Parents must demonstrate to their children through words and actions that they both desire the same end result: that the cyberbullying stop and that life does not become even more difficult. This can be accomplished by working together to arrive at a mutually-agreeable course of action, as sometimes it is appropriate (and important) to solicit the child's perspective as to what might be done to improve the situation. If necessary, parents should explain the importance of scheduling a meeting with school administrators (or a teacher they trust) to discuss the

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## **7-12 NEWS CONTINUED**

**From the desk of Mrs. Varian**

matter. Parents may also be able to contact the father or mother of the offender, and/or work with the Internet Service Provider, Cell Phone Service Provider, or Content Provider to investigate the issue or remove the offending material. The police should also be approached when physical threats are involved or a crime has possibly been committed.

Overall, parents must educate their kids about appropriate online behaviors (and kids must follow these guidelines!). They should also monitor their child's activities while online – especially early in their exploration of cyberspace. This can be done informally (through active participation in your child's Internet experience, which we recommend most of all) and formally (through software). Cultivate and maintain an open, candid line of communication with your children, so that they are ready and willing to come to you whenever they experience something unpleasant or distressing when interacting via computer or cell phone. Teach and reinforce positive morals and values that are taught in the home about how others should be treated with respect and dignity. Parents may also utilize an "Internet Use Contract" and a "Cell Phone Use Contract" to foster a crystal-clear understanding about what is and is not appropriate with respect to the use of technology. Within these documents, both the child and the parent agree to abide by certain mutually-acceptable rules of engagement. To remind the child of this pledged commitment, we recommend that this contract be posted in a highly visible place (e.g., next to the computer). When there are violations to this contract, immediate consequences must be given that are proportionate to the misbehavior, and that leave an impact. Kids need to learn that inappropriate online actions will not be tolerated. Victims of cyberbullying (and the bystanders who observe it) must know for

sure that the adults who they tell will intervene rationally and logically, and not make the situation worse. If a parent discovers that their child is cyberbullying others, they should first communicate how that behavior inflicts harm and causes pain in the real world as well as in cyberspace. Depending on the level of seriousness of the incident, and whether it seems that the child has realized the hurtful nature of his or her behavior, consequences should be firmly applied (and escalated if the behavior continues). If the incident was particularly severe, parents may want to consider installing tracking or filtering software, or removing technology privileges altogether for a period of time. Moving forward, it is essential that parents pay even greater attention to the Internet and cell phone activities of their child to make sure that they have internalized the lesson and are acting in responsible ways.





Research shows that **parents** remain the **number one influence** in their children's life.

### Did you know

- Most kids who consume alcohol do so in their own home or in the home of a friend.<sup>1</sup>
- One out of three 13-year-olds in New York State has tried alcohol.<sup>1</sup>
- Forty-nine percent of high school seniors in NYS have consumed alcohol in the past 30 days - that's more than 100,000 seniors. Thirty-one percent of seniors reported at least one episode of binge drinking (consumption of five or more drinks for men and four or more drinks for women at one time) during the past two weeks.<sup>1</sup>
- Nearly 52 percent of NYS students in grades 7-12 reported their parents had never talked to them about the dangers of underage drinking. Research suggests that kids whose parents talk to them about underage drinking and drug use are up to 50 percent more likely not to begin using.<sup>2</sup>
- Research indicates the brain continues to develop into the midtwenties. Alcohol use can have a detrimental effect on the developing brain.<sup>3</sup>
- A teenager who begins drinking before the age of 15 is seven times more likely to have an alcohol abuse or dependence issue later in life than someone who waits until age 21 to drink alcohol.<sup>4</sup>

### 5 W's of talking to your kids about underage drinking

**Who:** All Parents, and any adult with an interest in the well-being of youth, need to talk about underage drinking to kids. Even if your child doesn't drink, research shows that your child can be negatively influenced by peer use of alcohol.

**What:** TALK to your children about the dangers of alcohol use. Know you are not alone - there are many resources that can assist you with having this conversation.

**Where:** TALK in your home, during meals, in the car, at the game. Always keep the lines of communication open.

**When:** The younger you begin the conversation, the less likely your child will choose to drink.

**Why:** Parents remain the single greatest influence over their children's behavior. Alcohol affects the mind and body in often unpredictable ways. Teens lack the judgment and coping skills to handle alcohol wisely. This can lead to problems at school, and your child being more likely to be involved in violent crime, sexual assault, traffic-related crashes, and robbery.



NEW YORK STATE  
OFFICE OF ALCOHOLISM & SUBSTANCE ABUSE SERVICES  
*Addiction Services for Prevention, Treatment, Recovery*

David A. Paterson, Governor • Karen M. Carpenter-Palumbo, Commissioner

250 Western Avenue • Albany, New York 12203 • 518-475-3660 • www.oasas.state.ny.us



It is illegal to drink underage 21 in New York State.

# Tips for how to talk to your kids about underage drinking

Talking to your child about underage drinking can be difficult. Here are some tips to help get the conversation started:

For more information  
please visit:  
[www.talk2prevent.com](http://www.talk2prevent.com)

- There are several community resources that can assist you with talking to your kids about the dangers of alcohol use. Your family doctor, your child's teacher, school personnel, local law enforcement, and your local prevention provider are all there to help.
- Look for opportunities to talk to your child when you are both attentive and can avoid distractions.
- Listen to what your child has to say. Respecting your child's views can go a long way with getting your child's attention.
- Talk about parental and cultural expectations surrounding alcohol use and be a positive role model.
- Role play effective ways to say no to drugs and alcohol.
- Using your own discretion, talk openly. Be prepared to answer the tough questions, including questions about your own drug and alcohol use.



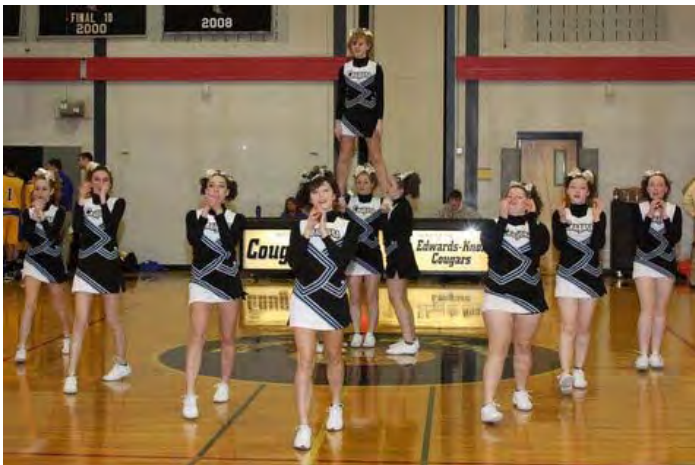
**1-877-8-HOPENY**  
Find Help for 1-877-846-7369  
Alcoholism, Drug Abuse, Problem Gambling

1. New York State Office of Alcoholism and Substance Abuse Services, Youth Development Survey, 2008.
2. Partnership for a Drug Free America, 2009.
3. National Institute on Alcohol Abuse and Alcoholism, 2010.
4. NSDUH, 2006.



# Winter Sports

The winter season is coming to a close with our basketball players and cheerleaders having represented our school positively. Success is measured by more than the win-loss column. Thank you to the parents and community fans for attending the games and competitions. Your dedication to our students is well appreciated! Thank you to the coaches for their commitment to our programs. Thank you to the families of the coaches who lose much time with their mom or dad, husband or wife, during the winter season and support our students on the side line at many games. Thank you to Mrs. Brewer, the Athletic Director who organizes scorekeepers, timers, and game supervisors, officials being paid, games being rescheduled, ineligibility lists and practice schedules.



## 2011-2012 Varsity Basketball (At the time of newsletter deadline)

The 2011-12 regular basketball season has come to an end bringing high expectations and hopes of the Cougars making a run at the Class D Championship. We ended the season with a 12-6 record, five of those losses coming to Chateaugay and Madrid, two teams ranked in the top 10 in NYS!! The guys have put a lot of hard work in and look to avenge the losses in the playoffs if given the opportunity. This year's team is made up of 5 seniors: Ben Fuller-captain, Ryan Meilleur-captain, Caleb Gillan, Don Williams and our foreign exchange student from Japan, Takumi Yamada. 7 Juniors: Nick Wolf, Nick Davison, Brent Archer, Tyler Tresidder, Jesse Bullock, Chris Davison and Ryan Gollinger. 2 Soph. : Abe White and Kaden Dandrow.



Coach Foster

### 2011-2012 JV Basketball

I would to say thank you to all the JV boys Basketball players for playing this season. Your desire to play the game, willingness to get better and dedication to the Cougar's Basketball program is greatly appreciated. Don't measure your season by your team's record but by the individual skill level achievements that you have accomplished. Take advantage of the opportunities here today because they may never come again. You all continuously improved as the season progressed, never giving up, and I look forward to working with all of you in the future. Once again thank you.



"ALL IN" Coach Davison

# DON'T GIVE UP!!

The girls' varsity basketball season should not be defined with wins and losses (5-13, 4-8 league), but with the improvement these girls made all season. Comparing the first half of the season to the second half, many strides were made. In that second half, we had some very tough battles with power teams such as Harrisville, Madrid-Waddington, and Chateauguay. This group of nine has worked hard this season and fought through many injuries to be where they are. Congratulations to the girls' varsity basketball team for a very successful season!

Mr. Montgomery

# GOOD JOB!!



EKCS Drama Club presents



Saturday, April 28, 2012 – 7:00 p.m.

Sunday, April 29, 2012 – 5:30 p.m.

Pre-sale tickets - \$5.50 (includes sales tax)

Contact the HS office at 562-8131 or purchase from a cast member.

Tickets at the door - \$7.00 (includes sales tax)

### Cinderella: Help Needed

Volunteers are needed to construct sets, paint, collect props, advertise, and sell snacks at intermission.

The following props are still needed:

- |   |  |
|---|--|
| Twinkle/Christmas lights                        | Fake shrubbery/trees                         |
| A carriage                                      | Fake or real pumpkin                         |
| “glass” slippers (plastic clear or white shoes) | Eye glasses (without a prescription in them) |
| Dish towel                                      | Fire poker                                   |
| 12 chef’s                                       | 12 chef’s apron                              |
| Steward apron                                   | A big key with a chain                       |
| Robe (for King)                                 | A hand fan                                   |
| 3 small bouquets of fake flowers                | Cloak/coat (for Cinderella)                  |
| A small wooden pedestal table                   | Old Black iron                               |
| Vintage looking couch with 2 chairs             | Fancy little table with tablecloth           |
| Kettle/cauldron                                 | Old hat boxes                                |
| 2 carts with wheels                             | Fake pies and meats                          |
| Watering can                                    | Wooden and straw broom                       |
| Cloth   | Ribbons                                      |
| Small wheel barrow                              | Old wooden shovel                            |
| 2 Herald trumpets                               | A wand and crown/tiara                       |
| Dressing /privacy wall                          | King’s throne type chair                     |
| Queen’s throne type chair                       | Big fake roasted turkey and lobster          |

Lumber and/or cash donations accepted.

Food donations for intermission accepted as well.

Contact Diane Rice 562-1327 or 573-4692

## **ELEMENTARY PRINCIPAL'S CORNER**

By: Ronald Burke

### **Upcoming Events**

3/1: 6:00 pm: Parents' Association meeting in library  
3/7: end of 25 week progress reporting  
3/12: 10:00 am: grades 5-6 to OCP in Ogdensburg  
3/15: 11:30 am: students dismissed early  
3/15: 3:30-7:30 pm: Elementary Spring Conferences  
3/15: Elementary Progress Reports for grades 5-6 go home  
3/16: NO SCHOOL FOR STUDENTS; STAFF DEVELOPMENT DAY  
4/5: end of 3<sup>rd</sup> marking period  
4/5: 11:30 am: students dismissed early  
4/5: 6:00 pm: Parents' Association meeting in library  
4/6-4/13: NO SCHOOL  
4/20: report cards go home  
4/26: 8:30 am: K-4 Awards Assembly  
4/26: 1:45 pm: 5-8 Awards Assembly

It is hard to believe that we are now past the half-way point in the school year! In the sense of renewal that is found in spring, parents are encouraged to continue their efforts in helping their children succeed academically. With the anticipated arrival of warmer temperatures and longer days, it can be difficult to keep a child's focus on completing homework, studying for tests, and reading for pleasure.

It also remains important to stay in contact with your child's teacher. In so many ways, a child's success in school is a result of the partnership between the home and the school. Even as we approach spring, there is still time for us to work together to insure that each child is able to reach his or her potential.

### **Grandparents' Breakfast**

The annual Grandparents' Breakfast is scheduled for Tuesday, March 13 for students in grades k-1 and Wednesday, March 14 for students in grades 2-6.

### **Book Fair**

The Parents' Association is hosting a Scholastic Book Fair from March 12 through March 15 in the Media Center. The Book Fair is open during normal school hours.

### **Teacher Requests**

Again this year, we are not accepting teacher requests. At many of the grade levels, there are only two staff. We do carefully consider how students are placed at each grade. It is also important that we put a mixture of students with varying social, emotional, and academic abilities and needs in all rooms.

As parents, we all want the best for our own child, and this is certainly understandable. However, we must look at 35-50 students per grade level and plan for their success. Your cooperation is greatly appreciated.



## **ELEMENTARY PRINCIPAL'S CORNER CONTINUED**

By: Ronald Burke

### **Field Trips**

Each teacher is responsible for planning their own field trip. The end-of-the-year activities vary greatly depending on age and curriculum studied. The trips are meant to be a positive experience for everyone and for the group to grow together as a whole.

Each grade level has a set procedure for the number of chaperones and how they are chosen. Unfortunately, we can't always take all the parents who would like to attend. We do ask that if you are participating on a scheduled field trip that you don't bring younger children along that may distract from the focus of the day.

Some groups request a bag lunch be packed to help keep cost at a minimum. The cafeteria is always willing to pack a lunch for any student interested. These brown bags include a sandwich of their choice, usually ham, turkey, or PB&J, a fruit, a drink, and a treat of some sort. The cost is whatever you pay on a regular day. Teachers do take orders for these lunches with each trip. If you pack a lunch, please do not send any glass bottles or any food that requires preparation.

### **KINDERGARTEN SCREENING 2012-2013 School Year**

The Edwards-Knox Elementary School will be holding their Kindergarten screening on Wednesday, May 23 and Thursday, May 24, 2012.

**If you have a child who will turn five by December 1, 2012, please call the Edwards-Knox Elementary School Office at 562-8132 to set up an appointment for the Kindergarten screening.**

Please note you will need to bring your child's birth certificate, immunization record, and completed registration form to your scheduled Kindergarten screening appointment.

### **UNIVERSAL PREKINDERGARTEN 2012-2013 School Year**

Any child in the Edwards-Knox Central School District who is or will be four years old on or before December 1, 2012, is eligible to attend the Edwards-Knox Universal Prekindergarten program.

If you have a child who is eligible and who wishes to attend the Prekindergarten program, please call the Elementary Office at 562-8132 to request an application be sent to you.

If you have any questions, you may call 562-8132 and speak with Sherry Shattuck in the Elementary Office; ask for Joni Macaulay; or call Joni at home at 287-4517.

# ELEMENTARY PRINCIPAL'S CORNER CONTINUED

By: Ronald Burke

## SECOND MARKING PERIOD AWARDS

### KINDERGARTEN

Good Neighbor

Macy White  
Kadynce Drew

Hard Worker

Rylee Typhair  
Nicholas Brassard  
Triston Zeller

Nice Manners

Kloey Thornton  
Gavyn Gardner  
Aliviah Clary

Music

Madelyn Rowley  
Thomas Brabaw

Art

Kloey Thornton  
Hannah Royce

Phys. Educ. Sportsmanship

Madelyn Rowley  
Kadein Kelley

### GRADE 1

Most Improved

Nathan Bowman  
Rose Wright  
Lyndon Briggs

Healthy Attitude

Kayleigh Allen  
Ethan Stalker

Hard Worker

Kyla Peabody  
Hunter Antwine

Music

Jonathon Dinino  
Kaylin Gotham

Art

Deilia Paro  
Trent Briggs

Phys. Educ. Sportsmanship

Jonathon Dinino  
Mercedes Beck

### GRADE 2

Eager Reader

Hannah Duffy  
Mason White  
Henry Hebb

Most Improved

Ryan Lennon  
Kanika Johnson  
Halee Lennon

Healthy Attitude

Jayla Courtright  
Anthony Cicciarelli  
Brock Sharlow

Music

Hannah Duffy  
Jace Robert  
Dekoda Matthews

Art

Hannah Duffy  
Joshua Ellis  
Tyler Scott

Phys. Educ. Sportsmanship

Jared Lottie  
Tyler Scott

# ELEMENTARY PRINCIPAL'S CORNER CONTINUED

By: Ronald Burke

## GRADE 3

Effort

Alyssa Coller  
Kaygen Peters

Citizenship

Jason Snyder  
Lucy Frary

Music

Hannah Hotaling  
Emily Tresidder

Art

Avery Whitford  
Devin Peabody

Phys. Educ. Sportsmanship

Danielle Snyder  
Morgan Wheat

## GRADE 4

Effort

Leeann Gotham  
Samuel LaRue

Citizenship

Eagen Baker  
Dominick Dinino

Music

Karissa Backus  
Connor Snell

Art

Abigail Paro  
Abigail Hart

Phys. Educ. Sportsmanship

Nolan Blandin  
Morghan White

## GRADE 5

Effort

Harley Watson  
Joseph Gotham  
Lindsey Moore

Citizenship

Royce Lottie  
Carly Frary  
Brittany Prow

Music

Siara Harpole  
Martina Whitmarsh

Art

Camryn Bullock  
Trevor White

P.E. Sportsmanship

Zachary Scott  
Justin Scott

Band

Zachary Scott  
Liam Meilleur

Chorus

Koryn Rowe

## GRADE 6

Effort

Haleigh Reynolds  
Kera Whitmarsh  
Jordan Moore

Citizenship

Emily Lasher  
Sydney Coffey

Music

Kacee French  
Haven Gotham

## ELEMENTARY PRINCIPAL'S CORNER CONTINUED

By: Ronald Burke

Art

Connor Grimshaw  
Alexa White

P. E.

Sportsmanship  
Emily Lasher  
Travis White

Band

Kacey French  
Julie Ashley

Chorus

Alexa White

### GRADE 3

#### HONOR ROLL

Shea Ciccicarelli  
Jacob Cleary  
Zebulon Douglass  
Austin Farr  
Joey Griffin  
Cameron Rowe  
Amanda Rusho  
Brielle Stone  
Morgan Wheat  
Avery Whitford  
Elise Woods

#### HIGH HONOR ROLL

Maiya Clary  
Alyssa Coller  
Lucy Frary  
Hailey Matthews  
Connor Moulton  
Emily Tresidder

### GRADE 4

#### HONOR ROLL

Karissa Backus  
Alexis Bass  
Lloyd Douglass  
Leeann Gotham  
John Griffin  
Abigail Hart  
Joseph Hart  
Timothy Hathaway  
Erich Lottie  
MaKayla Meilleur  
Abigail Paro  
Shawna Shecton  
Connor Snell  
Thorne VanBrocklin  
Ethen White  
Carter Wright

#### HIGH HONOR ROLL

Logan Blackmer  
Nolan Blandin  
Mohammad Habbal  
Valaree Hale  
Justin Perry  
Samuel Smith  
Morghan White

**WAY TO GO!!**

## **ELEMENTARY PRINCIPAL'S CORNER CONTINUED**

By: Ronald Burke

### **GRADE 5**

#### **HONOR ROLL**

Jocelyn Colton  
Ryan Colton  
Hannah Connors  
Kyanne Jeanette  
Alexis Klock  
Ian McIntosh  
Lindsey Moore  
Cole Morehouse  
Brandon Stamper  
Sydney Streeter  
Austin Whitmarsh  
Madison Wood

#### **HIGH HONOR ROLL**

Blake Bidwell  
Camryn Bullock  
Tyler Bush  
Collin Curley  
Parker Harper  
Siara Harpole  
Brittany Prow  
Bryan Trombley

#### **OUTSTANDING**

Carly Frary  
Koryn Rowe  
Justin Scott  
Zachary Scott  
Spencer Thomas

### **GRADE 6**

#### **HONOR ROLL**

Alexavier Champagne  
Avery Hawn  
McKayla Meier  
Jordan Moore  
Katrina Thornton  
Logan Toohey  
Briana Tulip  
Jacob White

#### **HIGH HONOR ROLL**

Alyssa Allen  
Jada Flanagan  
Kacee French  
Haven Gotham  
Katharine Hebb  
Tanner LaPlant  
Hanna LeBarge  
Travis White

#### **OUTSTANDING**

Emily Lasher  
Alexa White

### **PERFECT ATTENDANCE FOR 2<sup>ND</sup> MARKING PERIOD FOR GRADES K-4**

Karissa Backus  
JC DeGroat  
Violeta DeGroat  
Dalton Fenton  
Jason Gordon  
Bethany Gotham  
Ema Gotham  
Jonathan Gotham

Leeann Gotham  
Halee Lennon  
Jacob McDougall  
Heidi Moore  
Elizabeth Perry  
Justin Perry  
Ethan Reynolds  
Cameron Rowe

Mackalaster Sawyer  
Brock Sharlow  
Connor Snell  
Brielle Stone  
Cadey Wheat  
Faith White  
Elise Woods

## **ELEMENTARY PRINCIPAL'S CORNER CONTINUED**

By: Ronald Burke

### **PERFECT ATTENDANCE FOR 2<sup>ND</sup> MARKING PERIOD FOR GRADES 5-6**

Julie Ashley  
Camryn Bullock  
Alexavier Champagne  
Justin Fenlong

Carly Frary  
Haven Gotham  
Joseph Gotham  
Tanner LaPlant

Jordan Moore  
Justin Scott  
Bryan Trombley  
Corey Vater

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

Ema Gotham  
Jonathan Gotham

Mallory Robinson  
Cameron Rowe

Dylan Wood



### **GEOGRAPHY BEE**

**Nick Wolfe - Winner!!!**

Blake Bidwell  
Nolan Blandin  
Jason Burke  
Kayla Covey  
Alex D'Agostino  
Lloyd Douglass  
Heather Finnerty  
Jada Flanagan  
Elise Franck  
Carly Frary

Haven Gotham  
Mohammad Habbal  
Valaree Hale  
Parker Harper  
Siera Harpole  
Avery Hawn  
Kassidy Keegan  
Tanner LaPlant  
Tera Mason  
Cole Morehouse

Joseph Powers  
Zachary Scott  
Jimmy Smith  
Samuel Smith  
Will Smith  
Alexa White  
Morghan White  
Travis White  
Trent White



## **E-K Booster Club News:**

*Parents, coaches, and community members are invited to join the E-K Booster Club! This is an organization that promotes and supports athletics and sportsmanship through the school community. Please contact Ken Montgomery ([kmontgom@ekcsk12.org](mailto:kmontgom@ekcsk12.org)) and/or join the Booster Club Wiki for updates and sign-ups through the E-K athletics page (<http://www.ekcsk12.org/>). Your participation is needed and greatly appreciated! Go Cougars!*

### **Recent Booster Club Fundraising Items:**

- \*Concession stands for soccer and basketball games
- \*Recliner donation from Tracy Tuttle ~ raffle
- \*Clothing and items to represent our school and promote school spirit
- \*Upcoming: 6th grade basketball tournament; Spring Fever Zumba® event

### **Other Booster Club info:**

- \*Sign-ups and communication is held through an online Wiki, e-mail, and meetings on the first Wednesday of each month at 6 pm.
- \*Decisions are made in regard to sponsoring games, tournaments, equipment, etc., that cannot be funded through the school budget.

### **YOU can help support the Booster Club (even if you are unable to join or attend meetings):**

- \*Donate items such as cases of soda, water, candy bars, etc., that can be sold for concessions.
- \*Assist at tournaments as a referee, clock/score keeper, greeter, organizer, concessions, etc.
- \*Attend Booster Club sponsored events
- \*Contact Ken Montgomery or other Booster Club members to make donations or offer help.

**Thank you for supporting E-K athletics!**



## Yearbook

Yearbook orders need to be submitted and paid for by April 2, 2012, to ensure that you will get a book.

A senior ad for the yearbook may be purchased at the following prices:

¼ page ad is \$25

½ page ad is \$35

1 full-page ad is \$60

In order to place a senior ad, you must submit it by March 1, 2012, to the advisors. If you want to include a picture(s), it must be submitted digitally or scanned in a jpeg file separate from the ad. As the owner of this ad, you have the right to design the page. Please use Word format. If you have any questions, contact either advisor.

Patty Daniels and  
Kathy Whitmarsh  
Yearbook Advisors

## CAFETERIA NEWS Kathleen Whitmarsh, Cook Manager

Grandparent's breakfast will be March 13 (grades K-1) and March 14 (grades 2-6).

Here are some facts on cholesterol I thought you might be interested in:

Your body makes about 80% of its cholesterol, and the other 20% comes from the foods you eat. Dietary cholesterol is only found in foods of animal origin, such as meat, fish, eggs, and dairy products. All individuals (especially people with high cholesterol levels) should limit their intake of dietary cholesterol to less than 300 milligrams daily. Limiting your dietary cholesterol intake is only a small part of a cholesterol-lowering diet. The types of fat you eat can have a much larger effect on your cholesterol levels.

When you're making food choices, the types of fats you choose are just as important (if not more) than the amount of cholesterol the food contains. These heart-healthy fats are part of a cholesterol-lowering diet:

1. Monounsaturated Fats are the healthiest fats. They decrease your total blood cholesterol but maintain your HDL (good) cholesterol. Ideally, most of the fat in your diet should come from this group, which includes: almonds, avocados, cashews, canola oil, hazelnuts, macadamia nuts, natural peanut butter, olive oil, olives, pecans, peanuts, peanut oil, pistachios, sesame oil, sesame seeds, and tahini paste.



## CAFETERIA NEWS CONTINUED

### Kathleen Whitmarsh, Cook Manager

Certain margarines (those made primarily of the oils listed above) also fall into this healthy category of fats. But exercise caution when choosing one. Avoid those that list any form of "partially hydrogenated" oil in the list, which is a red flag for unhealthy trans fats.

2. Polyunsaturated Fats are somewhat healthy fats that decrease your total blood cholesterol by lowering both the LDL (bad) cholesterol and the HDL (good) cholesterol. Lowering your total cholesterol is great, but because these fats also lower your HDL (good) cholesterol, you should only enjoy them in moderation. You'll find polyunsaturated fats in corn oil, mayonnaise, pumpkin seeds, and sunflower seeds.

A special group of polyunsaturated fats is called Omega-3 fatty acids. These are heart-healthy and can be found in high-fat fish (albacore tuna, mackerel, and salmon), other seafood (herring, lake trout, oysters, sardines, shellfish and shrimp), and plant sources (butternuts, white walnuts), flaxseed, flaxseed oil, hempseed, hempseed oil, soybean oil, and walnuts).

You may put money on your child's meal account or your meal account by using the online system. You can check your student's account at any time by going to [www.ekcsk12.org](http://www.ekcsk12.org) and clicking on Cafeteria. Click on the little bar (that is under what looks like a book) that says [mynutrikids.com](http://mynutrikids.com) and setting up an account (which is free). Click the green balloon which says sign-up, or if you have already signed up, then sign in. You can also set up so Nutrikids will remind you that your balance, or your student's balance, is low and you need to add money. If you need any help please feel free to call or stop in and see me.

Have a Great Break!




# MARCH 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Prepayments</b> Happily Accepted!</p> <p>Breakfast price: \$.80 Meal Price: Lunch Pk-3: \$1.55 4-12: \$1.65</p> <p>Breakfast 7:45am Lunch: 11am to 1:10pm</p>	<p><b>KathyWhitmarsh</b> 562-8130, Ext. 1507 Fax: 562-2477</p> <p><a href="mailto:kwhitmarsh@ekcsk12.org">kwhitmarsh@ekcsk12.org</a></p> <p>PO Box 630 2512 CR 24 Russell, NY 13684</p>	<p><b>LunchChoices</b> Chef salad/meat/cheese peanut butter &amp; jelly, wraps, &amp; subs offered every day with milk, fruit, bread, vegetable. Breakfast every day: cereal, milk, juice Some Days: bagels/cream cheese, fruit</p>	<p><b>1 Chicken Dinner</b> Baked Potato Green Beans Cranberry Sauce Bread Fruit</p>	<p><b>2 Fishburger/Bun</b> Unbreaded Fish Mixed Veggies Fresh Veggies Fruit Milk</p>
<p><b>5 Pillsbury Pancake Sausage Hash Browns Fruit Milk</b></p>	<p><b>6 Chicken Nuggets</b> Pasta Salad w/veggies Bread Fruit Milk</p>	<p><b>7 Spaghetti/ Meatball</b> Tossed Salad Bread Fruit Milk</p>	<p><b>8 Chicken Fajita</b> Peppers &amp; Onions Rice Corn Fruit Milk</p>	<p><b>9 Vegetable Soup</b> Tuna or Egg Sandwich Fresh Veggies Fruit Milk</p>
<p><b>12 Pizza</b> Green Beans Fruit Milk</p>	<p><b>13 Hot Dog/Bun</b> French Fries Mixed Veg. Fruit Milk</p> <p>Grandparents' Breakfast (K-1)</p>	<p><b>14 Chicken Patty/ Bun</b> Unbreaded Chicken Broccoli Bread Fruit Milk</p> <p>Grandparents' Breakfast (2-6)</p>	<p><b>15 Hamburg/Bun</b> Tortilla Chips/Salsa Corn Fruit Milk</p>	<p><b>16 NO SCHOOL STAFF DEVELOPMENT DAY</b></p> 
<p><b>19 Ravioli</b> Green Beans Fruit Ice Cream Milk</p>	<p><b>20 Hot Dog/Bun</b> Mac &amp; Cheese Mixed Veggies Fruit Milk</p>	<p><b>21 Pulled Pork on Bun</b> Cole Slaw Tossed Salad Fruit Milk</p>	<p><b>22 Pizzeria Uno Day</b> Tossed Salad Fruit Milk</p>	<p><b>23 Tomato Soup</b> Grilled Cheese Sandwich Fruit Milk</p>
<p><b>26 Goulash</b> Tossed Salad Bread Fruit Milk</p>	<p><b>27 Sausage or Corn Dog</b> Peppers &amp; Onions Frozen Veggies Fruit Milk</p>	<p><b>28 Hamburg/Bun</b> Tortilla Chips/Salsa Corn Fruit Milk</p>	<p><b>29 Taco Day</b> Rice Corn Fruit Milk</p>	<p><b>30 Fishburger/Bun</b> Unbreaded Fish Mixed Veggies Fresh Veggies Fruit Milk</p>

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

# APRIL 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 Goulash</b> Green Beans Bread Fruit Milk	<b>3 Chicken Patty/Bun</b> Unbreaded Chicken Broccoli Fruit Milk	<b>4 BBQ Pork/Bun</b> Tortilla Chips w/ Salsa/Cheese Corn Fruit Milk	<b>5 Hamburg/Bun</b> Chips Fresh Veg. Fruit Milk	<b>6 NO SCHOOL</b>  <b>SPRING BREAK</b>
9	10	11	12	13
<b>NO SCHOOL - SPRING BREAK</b>				
				
<b>16 Pizza</b> Green Beans Fruit Ice Cream Milk	<b>17 Hot Dog/Bun</b> Mac & Cheese Mixed Veggies Fruit Milk	<b>18 Pillsbury Pancake</b> Sausage Hash Browns Fruit Milk	<b>19 Taco Day</b> Rice Corn Fruit Milk	<b>20 Tomato Soup</b> Grilled Cheese Sandwich Fruit Milk
<b>23 Chicken Nuggets</b> Tortilla Chips/Salsa Corn Bread Fruit Milk	<b>24 Chicken Dinner</b> Baked Potato Green Beans Cranberry Sauce Bread Fruit Milk	<b>25 Hamburg or Sausage on Bun</b> Pasta Salad w/veggies Peppers & Onions Fruit Milk	<b>26 Chicken Fajita</b> Peppers & Onions Rice Corn Fruit Milk	<b>27 Chicken Noodle Soup</b> Tuna or Egg Sandwich Fresh Veggies Fruit Milk
<b>30 Chicken Patty/Bun</b> Unbreaded Chicken Broccoli Fruit Milk		Prepayments Happily Accepted!  Breakfast price: \$.80 Meal Price: Lunch Pk-3: \$1.55 4-12: \$1.65  Breakfast 7:45am Lunch: 11am to 1:10pm	<b>KathyWhitmarsh</b> <b>562-8130, Ext. 1507</b> <b>Fax: 562-2477</b>  <a href="mailto:kwhitmarsh@ekcsk12.org">kwhitmarsh@ekcsk12.org</a>  <b>PO Box 630</b> <b>2512 CR 24</b> <b>Russell, NY 13684</b>	<b>LunchChoices</b> Chef salad/meat/cheese peanut butter & jelly, wraps, & subs offered every day with milk, fruit, bread, vegetable. Breakfast every day: cereal, milk, juice Some Days: bagels/cream cheese, fruit

**MENU SUBJECT TO CHANGE WITHOUT NOTICE.**



**Friday, March 16, 2012 - NO SCHOOL - STAFF DEVELOPMENT DAY**  
**April 6 - April 13, 2012 - NO SCHOOL - SPRING BREAK**

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

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