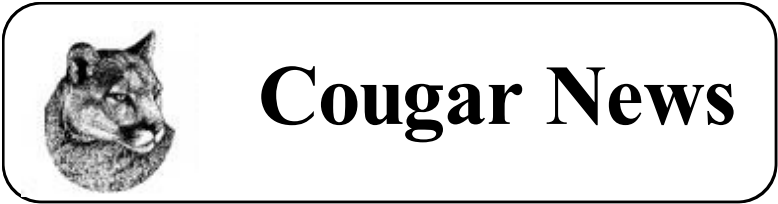


May-June 2014

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



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

FROM THE DESK OF . . .Suzanne L. Kelly

Dear Community,

Our students in grades 3-8 completed the NYS ELA Tests in early April. The three day process was well organized by the principals and their supporting staff members. It is truly amazing the number of times those booklets are handled, shuffled and counted before they are even scored.

This year our staff who scored the tests worked with our neighboring districts to complete the immense task. We have formed with Clifton-Fine, Harrisville and Hermon Dekalb to score all state tests including regents. This provides us with various experts at each level to over-see the process. With increased regulations and security surrounding these tests we must rely on our neighbors.

May, will hopefully bring us daffodils and pussy willows but it will also bring us the grades 3-8 NYS Math Test. The tests are aligned with the Common Core Standards which our staff has been implementing. Our students really have begun to better understand the new methods of teaching Math and many staff say they can see the reasons behind the changes.

Our budget continues to be the main topic of discussion at each of the past Board of Education meetings. We will be presenting the budget for the BOE's approval on 4-28-14 and doing the Annual Budget Hearing on 5-12-14 at 6:30 pm in the Media Center. The voter's approval will be sought on 5-20-14. A budget newsletter will be sent out prior to the May meetings outlining the budget, tax rate and other pertinent details.

The school year is quickly coming to an end and yet there are so many interesting events and activities left for our students. There is a Spring Concert, Prom, sporting events and field trips left to attend. It is important to remember to reinforce safety as the weather turns nice. A reminder of bike safety and late night driving to our children is imperative. Help everyone to learn from past experiences and not to repeat history.

The building project still remains on hold at the NYS Education Department. Due to position cuts in those offices the approval process has been drawn out even further then first anticipated. At last look there were over 300 projects waiting approval ahead of ours. We will keep everyone posted on this.

Sincerely,

Suzanne L. Kelly

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## 7-12 News May/June 2014 Newsletter

### Amy Sykes, Principal

#### **The Blue Project assembly with Jared Campbell**



On April 10<sup>th</sup> the 5<sup>th</sup>-8<sup>th</sup> grade students enjoyed a performance by Jared Campbell. Jared reaches students through the power of music with songs he's written about some of the crucial elements to living your life with purpose. His message focused on overcoming obstacles, anti-bullying, respect, leadership and having an amazing outlook on life.

#### **ELA and Math 3-8 State Testing**

At the beginning and end of April, 3-8 grade students participated in six days of testing in English language arts and math. The New York State Assessments tested student's Common Core knowledge and skills in English language arts and mathematics. These new tests will reflect the changes, or "shifts," in the standards. The tests will make sure that students can meet grade-level expectations. **A reminder to parents of accelerated 8<sup>th</sup> grade math students - your child will NOT be testing during the state math assessment on April 30-May 2.**

#### **NHS Induction**

On April 25<sup>th</sup> the Edwards-Knox Central School National Honor Society will hold its induction ceremony. The National Honor Society (NHS) is one of the nation's premier organizations established to recognize outstanding high school students. More than just an honor roll, NHS serves to honor those students who have demonstrated excellence in the areas of Scholarship, Leadership, Service, and Character. The current members: Kate Rowe (senior), Harleigh LeBarge (senior), Kaden Dandrow (senior), Jordan Davis (senior), Hunter Tuttle (senior), Kyle Gotham (senior), Alyssa Parker (senior), Mackenzy Allen (senior), Abbie Hale(junior), Shaye Taylor (junior), Rich Finnerty (junior), Kate Smith (junior), and Molly Burger (junior), will proudly tap new members into the National Honor Society. Congratulations to all members of the Edwards-Knox Central School National Honor Society. Your teachers, parents, administrators and community members are very proud of all of you.

#### **NHS Blood Drive**

The Edwards-Knox Central School National Honor Society will be holding a second blood drive Wednesday, April 23<sup>rd</sup> from 9 am until 2 pm.



All community members interested in donating should enter through the front doors and sign in at the front entrance. There will be some National Honor Society members waiting at the front entrance to escort community members to the elementary gym. Please come help support the NHS second blood drive and to bring in more than 21 donations. Community members can contact Tomorra Nezezon or Jessica Friot if they have any questions concerning the blood drive.

## 7-12 News May/June 2014 Newsletter Cont'd. Amy Sykes, Principal

### Graduation

The 28<sup>th</sup> Commencement of Edwards-Knox Central School will be on Saturday, June 28, at 7 pm in the Edwards-Knox gymnasium. Graduation practice will be on Friday, June 27<sup>th</sup>, beginning at approximately 9:00 am. ALL graduating seniors must be present at practice and should plan to be here until approximately noon (no exceptions). Students will be released to go to work or home after all criteria has been met. More information will be given to seniors in May.

Do you still need to order graduation supplies? Visit the Josten's website and order online at [www.jostens.com](http://www.jostens.com), or call (315)458-3871.



### Dress Code

Reminder to students and parents about proper clothing and attire to wear to school, particularly as the weather improves. The complete dress code policy is located on pg. 16 of the Jr/Sr. EKCS Student Handbook.

The basic criteria used are as follows:

- No midriff or cleavage exposed/showing
- Tops cannot be lower in the back than 4" below the base of one's neck where the neck meets the shoulders
- Skirts and shorts cannot be shorter than the ends of one's fingertips when the shoulders are relaxed and the arms are held down at one's side
- In addition, no clothing or hats can have alcohol or drug references.

Failure to comply and wear proper clothing will result in a student being sent to the In-School Suspension room for the day or until a parent/guardian brings in proper clothing for the student to change into so they can return to their regular class schedule.

### High School Calendar Dates

April 30- May 2 -State math assessment for grades 3-8 from 8:00-10:30 am  
 May 6 – 8<sup>th</sup> grade students to Southwest Tech. Center from 11:30 am–2:30 pm  
 May 7 – AP Calculus exam (am)  
 May 7 – Spring Band Concert at 7:00 pm  
 May 10 – 9<sup>th</sup>-12<sup>th</sup> grade Prom from 8:00pm-12:00am  
 May 12 – AP Biology exam (am)  
 May 14 – AP US History exam (am) & AP European History exam (pm)  
 May 16 – End of 35 weeks  
 May 20 – Annual Budget Vote  
 May 20 – Spring Choral Concert and Art Show at 7:00pm  
 May 21 – Progress Reports sent home with students  
 May 23 – No school - snow day give back

May 26– No school for Memorial Day  
 May 28 –State Science Performance Test for grades 4 & 8  
 June 2 – State Science Written Test for grades 4 & 8 from 8:00-10:30 am  
 June 3 – Algebra I Common Core Regents Exam  
 June 16– 7<sup>th</sup> & 8<sup>th</sup> grades Awards & Moving Up Assembly at 8:00 am  
 June 16 – 9<sup>th</sup>-12<sup>th</sup> Awards Assembly-1:00pm  
 June 16 – SWT Awards Assembly in Gouverneur at 8:30 am  
 June 17 – Regents Exams Begin  
 June 25 – Last day of Regents Exams  
 June 27 – Graduation practice at 9:00am  
 June 27 – Reports Cards mailed home  
 June 28 – Graduation at 7:00pm

## 7-12 News May/June 2014 Newsletter Cont'd.

### Amy Sykes, Principal

#### Music Department News

We have been very busy in the music department. Twenty-one band students performed solos at NYSSMA on April 4<sup>th</sup> and 5<sup>th</sup>. Each musician prepared and performed a solo with piano accompaniment for an adjudicator. The solos this year ranged from level 2 to level 6, and were from one page to sixteen pages in length. Four students performed a level 6: Karlie French, Catherine Curley, Darian Fenton, and Dakotah Bacon. All played extremely well. Congratulations to Karlie French who received the highest score of 95. Abbie Hale and Makenna Ashley performed level 5 solos and received high scores. Also performing solos were: Kassidy Keegan, Anisa Hotaling, Jada Flanagan, Emily Lasher, Koryn Rowe, Collin Curley, Trevor White, Travis White, Kacee French, Zach Scott, Haven Gotham, Lexi Hebb, Carly Frary, Spencer Thomas, Alexa White, and Alyssa Allen. The highest score for junior high band students went to Zach Scott who performed a level 4 Outstanding 27.

Catherine Curley and Lexi Hebb also performed level 4 piano solos. Many vocal students performed solos at NYSSMA. All vocal solos performed were either level 5 or 6. Performing at NYSSMA this year were: Alexa White, Lexi Hebb, Jada Flanagan, Anisa Hotaling, Haven Gotham, and Kara Davis. All performances were of excellent quality. It is very clear that Edwards-Knox will be well-represented next year at Area All-State, All-County High School and Jr. High All-County Bands and Choruses.

The first Spring concert will be held on **Wednesday, May 7<sup>th</sup> at 7:00**. The High School Concert Band, Jazz Ensemble, Jr. High Band, Stage Band, and various vocal solos will be featured. Our Second Spring concert will be held on **Tuesday, May 20<sup>th</sup> at 7:00**, and will feature the High School and Junior High Choruses, as well as the 5<sup>th</sup> grade band, 6<sup>th</sup> grade band, and 5<sup>th</sup> and 6<sup>th</sup> grade chorus.

#### **What To Do If Your Child Is Being Bullied:**

When children are involved in bullying, it is important for parents to be willing to take action. Children often do not tell their parents that they are being bullied because they are embarrassed or frightened. If you suspect your child is being bullied or your child brings it up, consider these steps:

- Talk with your child. Focus on your child. Express your concern and make it clear that you want to help.
- Empathize with your child. Say bullying is wrong, that it is not their fault, and that you are glad they had the courage to tell you about it.
- Work together to find solutions. Ask your child what they think can be done to help. Reassure them that the situation can be handled privately.
- Document ongoing bullying. Work with your child to keep a record of all bullying incidents. If it involves cyber bullying, keep a record of all messages or postings.
- Help your child develop strategies and skills for handling bullying. Provide suggestions for ways to respond to bullying, and help your child gain confidence by rehearsing their responses.
- Be persistent. Bullying may not be resolved overnight.
- Stay vigilant to other possible problems that your child may be having.

Some of the warning signs may be signs of other serious problems. Share your concerns with a counselor at your child's school. Ways to start a conversation about bullying with your child.

- Do you know what bullying is?
- Are there any bullies in your school?
- Have you ever seen anyone be bullied? What was that like for you? How did it make you feel?
- Is anyone at school mean to you?
- Does anyone at school leave you out of activities?
- Have you ever wanted to stay home from school because of the way someone was treating you?
- Who are your friends at school? Tell me about what makes them so special to you.

7-12 News May/June 2014 Newsletter Cont'd.  
Amy Sykes, Principal

**About EngageNY.org**

EngageNY.org is developed and maintained by the New York State Education Department (NYSED) to support the implementation of key aspects of the New York State Board of Regents Reform Agenda.

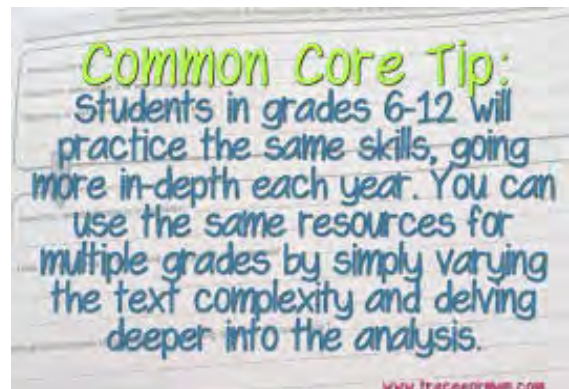


**Parents and Family Resources**

The Common Core State Standards are important because they will help all children - no matter who they are - learn the same skills. They create clear expectations for what your child should know and be able to do in key areas: reading, writing, speaking, and listening, language and mathematics. If you know what these expectations are, then you can work with the teacher and help your child prepare.

**Toolkit for Parents and Families**

A critical component of a student's success in school is dependent on what and how they learn at home. The Toolkit for Parents and Families is a collection of materials and how the changes will help your child graduate from high school ready for college and careers. We encourage parents and families to use these tools in conjunction with resources and information you receive from your child's school and teachers. We will continue to build upon this toolkit as we receive feedback from educators and families.



**7-12 News May/June 2014 Newsletter Cont'd.  
Amy Sykes, Principal**

**REGENTS' EXAMINATION SCHEDULE  
JUNE 2014**

<b>June 3 Tuesday</b>	<b>June 17 Tuesday</b>	<b>June 18 Wednesday</b>	<b>June 19 Thursday</b>	<b>June 20 Friday</b>
<b>8:00 a.m.</b>	<b>8:00 a.m.</b>	<b>8:00 a.m.</b>	<b>8:00 a.m.</b>	<b>8:00 a.m.</b>
<b>RE in Algebra I (Common Core)</b>	<b>RE in U.S. History &amp; Government</b>	<b>RE in Global History &amp; Geography</b>	<b>Comprehensive English</b>	<b>Integrated Algebra</b>
<b>12:00 noon</b>	<b>12:00 noon</b>	<b>12:00 noon</b>	<b>12:00 noon</b>	<b>12:00 noon</b>
<b>RE in English Language Arts* (Common Core)</b>  *E-K students are not taking.	<b>Living Environment</b>	<b>Algebra 2/ Trigonometry</b>	<b>Physical Setting/ Earth Science</b>	<b>Geometry  Physical Setting/ Physics</b>

<b>June 23 Monday</b>	<b>June 24 Tuesday</b>	<b>June 25 Wednesday</b>	<b>June 26 Thursday</b>	<b>Uniform Admission Deadlines:</b>  <b>Morning Exams 10:00 a.m.</b>  <b>Afternoon Exams 2:00 p.m.</b>
<b>8:00 a.m.</b>	<b>8:00 a.m.</b>	<b>8:00 a.m.</b>	<b>8:00 a.m.</b>	
<b>RCT in Global Studies</b>	<b>Physical Setting/ Chemistry</b>  <b>RCT in Science</b>	<b>RCT in Writing</b>	<b>RATING DAY</b>	
<b>12:00 noon</b>	<b>12:00 noon</b>	<b>12:00 noon</b>		
<b>RCT in Reading</b>	<b>RCT in U.S. History &amp; Government</b>	<b>RCT in Mathematics</b>		

*Elementary News*  
**Lura Hughes, Administrative Intern**



### **Field Trips**

Each grade-level team of teachers is responsible for planning their own end-of-the-year field trip. The activities may 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.



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 lunches 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.

### **Safety Concerns and Summer Attire**



With the nicer weather we tend to get students wearing sandals. Please remember many of our students have to go up and down the steps to get to the cafeteria or other specials. It is always a concern when younger students are wearing flip flops and don't always hold onto the railings. Please keep this in mind as your children go out the door in the morning. In addition, open-toed shoes, flip flops, and open-back shoes are not safe for use on the playground. If your child does choose to wear shoes that are not acceptable on the playground, please send sneakers for the equipment and for P.E. as well.

Everyone is excited to wear shorts to school with the warmer temperatures. We ask that students don't wear clothes that are distracting to others. Our handbook provides guidelines for appropriate dress. As a reminder, students are not to wear halter tops or bare back shirts. Please also consider using the two-finger rule for straps on tank tops, which means that if the straps are less than the width of two adult fingers held side-by-side, the straps are too narrow for school attire.

If a student is wearing an outfit that seems inappropriate, they will be sent to the office. A discussion will take place and, if necessary, parents will be called. In the past, we have had students wearing shorts and midriff tops that were distracting to other students. If students are busy talking about what someone is wearing, they obviously aren't learning. Your help is greatly appreciated.

*Elementary News*  
**Lura Hughes, Administrative Intern**



**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.

**Grandparents' Breakfast/Book Fair**

A "Thank you" goes out to all of the grandparents, students, and school and parent volunteers that helped make our Grandparents' Breakfast and our Book Fair a huge success this year. It was on March 11 and March 14 that the Edwards-Knox Elementary hosted the breakfast for students in grades K-6. The children were excited to share time with their grandparents at breakfast and at the Book Fair browsing through all of the fantastic Scholastic materials that the Parents' Association provided. The breakfast was nicely prepared and presented by the cafeteria staff and many individuals from within the building graciously assisted with monitoring students while they waited for their grandparents, with signing guests in at the entrances, and in escorting individuals to the Book Fair. The time and effort the Parents' Association has dedicated to managing the Book Fair is also greatly appreciated. In addition to the two days of Grandparents' Breakfast, the Book Fair was available during the week for everyone's enjoyment.



**Common Core Parent Night**



On March 13, Edwards-Knox Central hosted a Common Core Parent Night to address strategies that parents can use to help their children adjust to, and facilitate learning of, the new Common Core Math Standards. Ms. Becky DuPrey, professor at SUNY Potsdam, presented these strategies with Smartboard presentations directed at grades PreK-6. The evening was a great success and students/parents left with useful, realistic ideas they can use at home to support the new math curriculum. Cookies, made by the EK cafeteria staff, were enjoyed by all, and those in attendance left with games to promote and support their child's math skills.



*Elementary News Cont'd.*  
**Lura Hughes, Administrative Intern**



These students are making good use of their time ..... and new Common Core math games.



Ms. Becky DuPrey is shown presenting the Ten-Frame.

**Camp Colby by Mike Sovay**

The Sixth Grade Team is happy to announce that two outstanding students were each chosen for a FULL PAID week at Camp Colby, Outdoor Wilderness Camp, in beautiful Saranac Lake, NY. The two students competed against not only their own classmates, but other sixth grade students throughout New York State. The competition was based on an essay that explained "Why I would like to go to Camp Colby". Camp Colby provides their campers the opportunity to participate in a discovery group while at camp. The discovery group will complete six lessons ranging from group dynamics to field, forest, and pond explorations, assisting campers in the study of human impact on the environment. Group members learn science, solve challenges, play games, keep a journal, catch salamanders, net butterflies and discover the interconnectedness of life on earth. Mrs. Dandrow and Mr. Sovay would like to say CONGRATULATIONS on a job well done.



*Elementary News Cont'd.*  
**Lura Hughes, Administrative Intern**



**Upcoming Events**

- 4/30: Grade 3-8 NYS Math Test
- 5/1: Grade 3-8 NYS Math Test
- 5/2: Grade 3-8 NYS Math Test
- 5/7: 6 pm: Parents' Association meeting in library
- 5/7: 7 pm: Spring Band Concert
- 5/16: end of 35 week progress reporting period
- 5/20: 7 pm: Spring Choral Concert
- 5/21: Progress Reports for grades 5-6 go home
- 5/22: Grade 4 Science Performance Test
- 5/23: Unused Snow Day
- 5/26: NO SCHOOL - MEMORIAL DAY
- 5/28: 8:00-3:00: Kindergarten Screening in Media Center
- 5/29: 8:00-12:00: Kindergarten Screening in Media Center
- 6/2: Grade 4 Science Written Test
- 6/4: 6 pm: Parents' Association meeting in library
- 6/19: 6 pm: Kindergarten Ceremony in auditorium
- 6/25: 8:15: K-6 Awards Assembly
- 6/26: K-6 Meet & Greet
- 6/26: LAST DAY OF SCHOOL



## 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 April 11<sup>th</sup>:

Mackenzey Allen - Clarkson U., SUNY Plattsburgh, Rochester Institute of Technology

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, Rochester Institute of Technology

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, Salve Regina U.

Harleigh LeBarge - Franklin Pierce U., SUNY Potsdam

Mazuq Moore - Jefferson Community College, Utica College

Alyssa Parker - SUNY Canton

Marissa Smith - Jefferson Community College, Mohawk Valley CC

Hunter Tuttle - Penn State, Clarkson U., Rensselaer Polytechnic Institute

Cody White - SUNY Canton

Chloe Wilson - SUNY Canton

### GATEWAYS FOR SENIORS

Edwards-Knox Seniors participated 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 experienced mock job interviews, had their resume critiqued, and had discussions about their communication skills. There were over 100 employers from the area to help with this endeavor.

### SCHOLARSHIP OPPORTUNITIES

Seniors are encouraged to continue filling out scholarship applications. Information can be found in the High School Guidance office or the E-K Guidance web page at <http://www.ekcsk12.org/Page/563>.

## **HIGH SCHOOL GUIDANCE NEWS**

### **Linda Alford, Guidance Counselor**

#### **LOOP SCHOLARSHIP APPLICATIONS**

Loop Scholarship applications are available on the guidance web page:  
<http://www.ekcsk12.org/Page/563>

The Ray Loop Scholarship is available for anyone who meets the following criteria:

1. Is a graduating senior or a graduate of Edwards-Knox, or Knox Memorial.
2. Have an average of at least 85% or a cumulative average of 2.5 GPA
3. Studying Theology or a medical field (to be determined by the committee)

#### **WORKING CARD APPLICATIONS OBTAINED IN THE GUIDANCE OFFICE**

Please complete your working card paperwork in May or June if you plan to work during summer vacation.

Students less than 18 years of age who are employed after school or during vacations are required to have a Working Card. This involves filling out and having a parent sign an Application for Employment Certificate and having a doctor complete a Physical Fitness Certification based upon a physical examination performed within a calendar year. These forms can be picked up in the High School Guidance Office. A current sports physical or school physical (given to all 7th & 10th Grade Students at Edwards-Knox) is sufficient to meet the physical requirement. The school nurse can help with the completion of the Physical Fitness Certification for those students who have had a physical in school.

Students must submit the required completed forms to the Guidance Office.

We will do our best to provide you with the proper forms and knowledge of procedures, but getting things done in a timely fashion is up to you. Please don't wait until the end of June to start this process. During mid-summer there will be times when both Mrs. Finnerty and Ms. Alford will not be available. Be sure to plan ahead!

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

**EDWARDS-KNOX TEACHERS ASSOCIATION  
SCHOLARSHIP APPLICATION**

The Edwards-Knox Teachers Association created a \$500.00 scholarship to assist a graduate who has elected to pursue a career in education. The committee will make the selection based on scholarship, leadership, service, character and potential for success. The Scholarship will be presented during the student's senior year. To be eligible students must:

Be a graduate of Edwards-Knox Central School, Edwards School, or Knox Memorial School.

- Have completed at least the first semester of the Junior year by the end of June and haven't started the senior year<sup>1</sup>.
- Hold a Grade Point Average of 3.0 or higher.
- Complete an application form.
- Submit an official transcript that includes grades for all courses taken.
- Submit two letters of recommendation (one must be from a college professor).
- Proof of enrollment in the field of education or teaching (course schedule, semester bill) for the fall semester.\*
- All documents must be postmarked no later than August 31 to the following address:

Edwards-Knox Central School  
% Teachers Association President  
P.O. Box 630  
Russell, NY 13684

<sup>1</sup> criteria subject to change without notice

Documents that are hand delivered must be dated and initialed by school personnel.

\* The Scholarship recipient who is starting the second semester of the Junior year in September will wait until the Spring semester, when starting the Senior year, to receive the award. Proof of Senior year enrollment will also be necessary at that time.

**APPLICATIONS ARE AVAILABLE THROUGH THE  
EDWARDS-KNOX GUIDANCE OFFICE  
or by visiting [www.ekcsk12.org](http://www.ekcsk12.org)**

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

### Edwards-Knox Central School is proud to announce the Valedictorian and Salutatorian of the Class of 2014.



**Mr. Hunter Tuttle**, son of Tracy Tuttle of Canton, New York and Barton Tuttle of Russell, New York, is named Valedictorian with a cumulative average of 95.367%. Hunter is a member of our National Honor Society and has been on the Outstanding Honor Roll. He earned numerous Excellence Awards for his academic work in all subject areas as well as awards for Highest Regents Exam Scores in Geometry, Earth Science, and Chemistry.

Hunter participated in many community service activities, accumulating 120 service hours, some of which include tutoring fellow students, volunteering at the local fire department, food drives for the local food pantry, and gardening and yard work at the local senior citizen housing complex. He is a member of the soccer and golf teams. Hunter was the 12<sup>th</sup> grade soccer captain and has earned a sportsmanship award and 2<sup>nd</sup> Team All-Northern in golf. He was awarded the Section X All Academic in soccer and golf. Hunter also serves as class treasurer.

Hunter received a nomination to the US Military Academy at West Point and was awarded a 4 year Army ROTC scholarship at Rensselaer Polytechnic Institute. He plans to study Aerospace Engineering at RPI.

**Miss Mackenzy Allen**, daughter of Tina and Gilbert Allen of Edwards, New York, is named Salutatorian with a cumulative average of 94.464%. Mackenzy is a member of our National Honor Society. She earned numerous Excellence Awards for her academic work in all subject areas. Mackenzy was accelerated in Mathematics and Science, allowing her to take a 5<sup>th</sup> course in those subjects. She has been a member of our Concert Band and has participated in NYSSMA level 5 for several years. Mackenzy is also a dedicated member of the Edwards-Knox swim team where she earned a Section X All Academic Award.



Mackenzy participated in several community service activities which include tutoring fellow students, serving meals at the local fire hall, and gardening and yard work at the local senior citizen housing complex. She is an important member of the Yearbook Committee. Mackenzy donates many hours to the production of the school's yearbook and assumes many leadership responsibilities. She has also taken advantage of the Clarkson University's Saturday enrichment program, Project Challenge, participating for 2 years.

Mackenzy was awarded the Clarkson University's Achievement Award and plans to study Biochemical Engineering at Clarkson University, Rochester Institute of Technology, or Plattsburgh University.

## **Cafeteria News**

### **Kathy Whitmarsh, Cook/Manager**

The Edwards-Knox Cafeteria and Manager Kathleen Whitmarsh would like to thank families, teachers, students, Administration, and Staff who joined us in celebrating the 2014 International School Meals Day (ISMD) on March 7, 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. We gave away some information on My plate, eating healthy, being active and some activity books for elementary students. Schools around the world celebrated International School Meals Day (ISMD) by promoting healthy eating and learning; using the theme, Food Stories. Food brings communities together.

We had free school grab and go breakfast for all students on March 6, 2014. 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. There are many studies showing how important a good breakfast is when taking exams or doing class room work. It was successful in getting free meals to over half of the student body grades pre-k to 12. We were able to feed and get students to class on time by using the upstairs cafeteria for high school. I do hope you heard some positive feedback from your children about these 2 activities.

On March 11 and March 14 (because of our winter storm) we had our grandparent's breakfast. I had some very excited elementary students. They always enjoy having breakfast with grandpa/grandma or a person who sits in for them. I love seeing and talking to all of you in the cafeteria's and hallways. I do appreciate your feedback and hope to make it a better experience for all of you each year.

MyPlate at <http://www.choosemyplate.gov/> is a good place to check out for information on healthy eating. The new breakfast regulations will be in place and controlled by law in the fall. Some stricter snack laws, and decreased sodium allowances in the meals will also be in place. We strive harder each year to make a healthy, compliant meal for the children while still keeping the meal appealing and tasty. Feeding hungry children has always been the heart of the school lunch program.

As we draw nearer to spring let's try to spring ahead in our goal to eat healthier this year. Let's try to get a little extra fresh air and enjoy some hopefully good weather and walking after our cold snowy winter.

I noticed yesterday the red winged blackbirds came back to the North Country and the Canada geese have also returned. By the time you read this the sap will have run and sugaring season will have once again come and gone. Hopefully we can begin to get out and enjoy the area with the returning wildlife.

Kathy Whitmarsh  
Cook-Manager



# May 2014 MENU

Mon                      Tues                      Wed                      Thur                      Fri

<p><b>Lunch: 11am to 1:10 pm</b></p> <p><b>Lunch K-3: \$1.75                      Lunch 4-12: \$1.80                      Breakfast: \$1.00</b></p> <p><b>Lunch every day for everyone: Veggie Bar. Peanut Butter Sandwich</b></p> <p><b>Lunch Choice: Mon, Tues, &amp; Fri: Pizza    Wed &amp; Thurs: Chicken Nuggets</b></p>				
<p><b>Kathy Whitmarsh</b> Cafeteria Manager 562-8130, ex. 1507 Fax: 562-2477 <a href="mailto:kwhitmar@ekcsk12.org">kwhitmar@ekcsk12.org</a> P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684</p>	<p><b>Breakfast 7:40 a.m. Every Day</b> <b>Cereal, Milk, Juice</b> <b>Breakfast: \$1.00</b></p>	<p><b>Prepayments Happily Accepted</b></p>	<p><b>1 Taco Salad Day</b> Baked Beans, Lettuce, Cheese, Tortilla Chips, Corn Veggie Bar Milk Fruit</p>	<p><b>2 Tomato Soup</b> Grilled Cheese Sandwich Veggie Bar Milk Fruit</p>
<p><b>5 Hamburger /Bun</b> Sweet Potato Veggie Bar Milk Fruit</p>	<p><b>6 Chicken Parm or Chicken Patty</b> Spaghetti Broccoli Veggie Bar Bread or Bun Milk Fruit</p>	<p><b>7 Hotdog/bun</b> Chili Green Beans Veggie Bar Milk Fruit</p>	<p><b>8 Chicken Fajita</b> Veggie Bar Peppers &amp; Onions Corn Milk Fruit</p>	<p><b>9 Fishburger or unbreaded baked fish</b> Veggie Bar Fresh Veggies Milk Fruit</p>
<p><b>12 Pillsbury Pancakes</b> Veggie Bar Sausage Hash Browns Milk Fruit</p>	<p><b>13 Sloppy Joe/Bun</b> Chips Veggie Bar Corn Milk Fruit</p>	<p><b>14 Chicken Cranberry Salad (marinated chick. or chicken nuggets), Bread, Walnuts, Veggie Bar Milk Fruit</b></p>	<p><b>15 Veggie Soup</b> Deli Meat or Tuna/Bread Crackers Prince Albert Veggies Veggie Bar Milk Fruit</p>	<p><b>16 Pizza Variety</b> Veggie Bar Bread Milk Fruit</p>
<p><b>19 Hamburg/ Bun</b> Veggie Bar Broccoli Green Beans Milk Fruit</p>	<p><b>20 Deli/Sub Day</b> Ham or Turkey/ Cheese/Lettuce/ Tomato/Onion Veggie Bar Milk Fruit</p>	<p><b>21 Chicken/ Broccoli/ Alfredo</b> Pasta Veggie Bar Milk Fruit Cookie</p>	<p><b>22 Turkey Dinner</b> Mashed Potatoes Sweet Potato Cranberry Sauce Bread, Veggie Bar Milk Fruit</p>	<p><b>23 Unused Snow Day No School</b> </p>
<p><b>26 Memorial Day - No School</b> <b>Memorial Day</b></p>	<p><b>27 Chicken Patty</b> Golden Squash Veggie Bar Milk Fruit</p>	<p><b>28 BBQ Pork/ Bun</b> Cole Slaw Soup Veggie Bar Milk Fruit</p>	<p><b>29 Ravioli or Ham/Cheese Melts</b> Green Beans Bread Milk Fruit</p>	<p><b>30 Fishburger or unbreaded baked fish</b> Veggie Bar Fresh Veggies Milk Fruit</p>

**Menu subject to change without notice.**





# June 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**  
**Lunch Choice: Mon, Tues, & Fri: Pizza                      Wed & Thurs: Chicken Nugget**

<b>Kathy Whitmarsh</b> Cafeteria Manager 562-8130, ex. 1507 Fax: 562-2477 <a href="mailto:kwhitmar@ekcsk12.org">kwhitmar@ekcsk12.org</a> P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684	<b>Breakfast 7:40 a.m.</b> Every Day Cereal, , Milk, Juice Breakfast: 1.00	<b>Prepayments</b> Happily Accepted	<i><b>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.</b></i>		
<b>2 Pillsbury Blueberry Waffle</b> Veggie Bar Sausage Hash Browns Milk Fruit	<b>3 Chicken Patty</b> Broccoli Veggie Bar Bread or bun Milk Fruit	<b>4 Chicken, Dinner</b> Sweet Potato Prince Albert Veggies Veggie Bar Bread Milk Fruit	<b>5 Taco Salad Day</b> Refried Beans, Lettuce, Cheese, Tortilla Chips, Corn Veggie Bar Milk Fruit	<b>6 Soup</b> Grilled Cheese Sandwich Veggie Bar Milk Fruit	
<b>9 Hamburg/Bun</b> Sweet Potato Green Beans Veggie Bar Milk Fruit	<b>10 Deli Sub Day</b> Ham or Turkey Cheese, Lettuce, Tomato, Onion, Veggie Bar Milk Fruit	<b>11 Chicken/Broccoli/Alfredo</b> Pasta Veggie Bar Milk Fruit Cookie	<b>12 Chicken Fajita</b> Veggie Bar Peppers, onions Corn Milk Fruit Cookie	<b>13 Fishburger or unbreaded baked fish</b> Veggie Bar Fresh Veggies Milk Fruit	
<b>16 Pillsbury Pancakes/Waffles</b> Veggie Bar Sausage Hash Browns Milk Fruit	<b>17 Corn Dog/Hot Dog</b> Sweet Potato Green Beans Vggie Bar Milk Fruit	<b>18 BBQ Pork /Bun</b> Cole Slaw Veggie Bar Corn Milk Fruit	<b>19 Soup</b> Deli Meat or Tuna/Bread Crackers Prince Albert Veggies Veggie Bar Milk Fruit	<b>20 Pizza Variety</b> Veggie Bar Bread Milk Fruit	
<b>23 Chicken Patty</b> Golden Squash Veggie Bar Milk Fruit	<b>24 Hamburg/Bun</b> Sweet Potato Green Beans Veggie Bar Milk Fruit	<b>25 Hotdog/Bun</b> Soup Green Beans Veggie Bar Milk Fruit	<b>26</b> Students to pick up report cards and early morning dismissal.	<b>27</b> Have a safe and fun summer.	

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May 7 – Spring Band Concert at 7:00 pm  
May 20 – Annual Budget Vote and School Board Member Election  
May 20 – Spring Choral Concert and Art Show at 7:00pm  
**May 23 – No school - snow day give back**  
**May 26– No school for Memorial Day**

June 16– 7<sup>th</sup> & 8<sup>th</sup> grades Awards & Moving Up Assembly at 8:00 am  
June 16 – 9<sup>th</sup>-12<sup>th</sup> Awards Assembly-1:00pm  
June 16 – SWT Awards Assembly in Gouverneur at 8:30 am  
June 17 – Regents Exams Begin  
June 19 - 6 pm: Kindergarten Ceremony in auditorium  
June 25 - 8:15: K-6 Awards Assembly  
June 25 – Last day of Regents Exams  
June 26 - K-6 Meet & Greet  
June 27 – Graduation practice at 9:00am  
June 27 – Reports Cards mailed home  
June 28 – Graduation at 7:00pm

**Have a safe and enjoyable summer! See you in September.**

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**Edwards-Knox Central School  
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