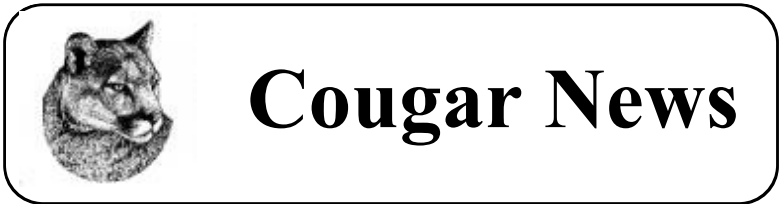


November-December 2011

Log onto www.ekcsk12.org
to download this newsletter.



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

FROM THE DESK OF
Suzanne L. Kelly

It was fantastic to see so many parents at the Open House and Parent Conference meetings this fall. It is so important to work closely as a team to help children get the job done. Don't hesitate to contact your child's teacher if you have any questions or concerns.

Recently we had an emergency situation in the building where we had to call for 911 assistance. When this information hits the scanners, we were flooded with telephone calls. Although we understand the panic that overcomes all of us, we need to remind everyone that tying up the telephone lines is potentially dangerous. While trying to determine the scope of any emergency, we will always err on the side of safety.

During this particular situation, as the pieces fell together, we were able to see that this was isolated to one family. We are not able to give out information or answer questions due to confidentiality. All we can say is if your child was, or is involved, you would receive a telephone call.

We hope that the telephone message system helped to provide you with some comfort during this difficult time. When and as time allows, we will keep you informed as much as possible. We have tried to send letters home during emergencies, or unusual occurrences to help squelch rumors, but also to help you discuss these things as a family.

As a result of that incident we sent out a fact sheet with students about carbon monoxide. Please take the time to read this and talk about it over dinner. As the saying goes, "The life you save may be your own." We were fortunate to have a top notch nurse, a helpful clinic, and many volunteers assist in the positive outcome to the lives of four young children.

Sincerely,

Suzanne L. Kelly

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NEW FNP AT THE SCHOOL-BASED HEALTH CLINIC



Rachel Raven, FNP

Carthage Area Hospital and the Edwards-Knox SBHC are pleased to announce the addition of Rachel Raven FNP to our staff. Rachel will be joining our staff as a Nurse Practitioner providing primary and acute care to the students of the Edwards-Knox Central School. Rachel, previously Phillips, grew up in St Lawrence County and attended the Edwards school from K-6 grade. Rachel received her MSN FNP from SUNY Upstate Medical University College of Health Professions. Previous to becoming a Nurse Practitioner, she was a RN at EJ Noble Hospital. Rachel completed her student rotations with Andy LaFrance FNP, Dr. Baerthlein, MD, and Dr. Schuessler, MD. Rachel recently received National Board Certification from the National Association of Nurse Practitioners.

Rachel lives with her husband and daughter in Gouverneur. She enjoys her ministry work with Stepping Stones Ministry in Fowler. She and her family enjoy hunting, fishing and camping. She and her daughter also enjoy taking martial arts classes in American Tang Duk Kwon.

Please help us in welcoming Rachel to our SBHC family.



A Special Letter

Recently, a letter was received by a number of teachers and me from a parent regarding her daughter's extraordinary display of kindness. This letter was not to boast about her daughter, but rather to thank the many adults who have worked to make her daughter into the kind person that she is today. With her permission, I would like to share some excerpts from this letter with the community.

Alexis had her 10th Birthday party with family last Sunday. For some of her gifts she received \$90.00. Well, on Wednesday night a family had a house fire and lost EVERYTHING. Alexis drove by that night. Sad, scared and very worried, she laid in bed crying for the family. She said to me "Mommy, I want to give the family my birthday money." In response, I told her she can do whatever she chooses.

On Friday night, we took over some clothes and other items for the family. Alexis wrote a wonderful letter for them and with tears in her eyes, she pulled her birthday money out. As she handed it to them she said "I got this money for my birthday and I want you and your family to have it."

She is a 10 year old that has a great big heart. As a mom, words can't explain to you how proud of her I am. But, not only did I want to share this story with all of you, I want to THANK YOU. I was told I've done a great job raising her. Well, like I told them, I wasn't alone. I had all of you to help me. As proud of her as I am, I'm also proud she had teachers like you.

So thank you for helping me make Alexis the 10 year little girl she is today.

Stacy Klock



Alexis Klock certainly deserves to be recognized for her unselfish act of love for those in need. She is truly an inspiration for all of us.

I thank Stacy for writing this letter and allowing me to share it with the school community. Her letter serves to remind all of us of the amazing children that make up Edwards-Knox. Equally important, it recognizes that amazing children are shaped by adults at home and at school working together.

Ronald Burke
Elementary Principal

ELEMENTARY CORNER

By: Ron Burke, Principal

Winter Wear



As the temperatures go down, it is important for children to be dressed properly. The classes will go outside each day for recess unless the weather is bad (20 degrees). Send in an extra set of gloves, a hat, and boots, if possible, or make sure your child(ren) has them daily.

Even when riding a bus, children should have the appropriate winter gear. Hopefully, our busses won't break down, but it can happen.

Winter Holiday Program

This year, our elementary students will be presenting *Christmas at the OK Corral* on December 1 at 6:30 p.m. This year we will be having two performances. Information will be forthcoming.

Winter Concert

The Elementary Winter Concert is scheduled for December 14th at 7:00 p.m.



Upcoming Events

- 11/3: 6:00 pm: Parents' Association meeting
- 11/10: end of 1st marking period
- 11/10: **11:30: students dismissed early**
- 11/11: **NO SCHOOL**
- 11/14: 10:00 am: grades 4-6 to OCP in Ogdensburg
- 11/18: report cards go home
- 11/22: 8:30 am: K-4 Awards Assembly
- 11/22: 1:45 pm: 5-8 Awards Assembly
- 11/23-11/25: **NO SCHOOL**
- 12/1: 6:00 pm: Parents' Association meeting
- 12/1: 6:30 pm: Elementary Holiday Program
- 12/14: end of 15-week progress reporting
- 12/14: 7:00 pm: Elementary Winter Concert for grades 4-6
- 12/20: progress reports go home
- 12/23-1/2: **NO SCHOOL**



ELEMENTARY CORNER

By: Ron Burke, Principal

Edwards-Knox Parents' Association Mission Statement

The purpose of the Edwards-Knox Parents' Association is to:

- Organize special events that raise funds for student enrichment programs and staff and board appreciation.
- Create a forum for the exchange of ideas between parents, the community, and the school.
- Work with administration and the school board in support of the school's missions, programs, and activities.
- Provide opportunities for volunteerism because we know that when parents are involved at school, children go farther and the schools they go to are better.

Past items provided by the Parents' Association:

Pre-K through 6th field trip admission and transportation
Book Fair-free books for teachers/library
Open House refreshments Elementary/High School
Pre-K through 6th Ogdensburg Command Performances
Teacher Appreciation luncheon
Board of Education Appreciation refreshments
Specialty item requests made by teachers (clay bin/piano Etc.).
Appreciation baskets for bus drivers, cafeteria staff, and custodial staff
Trust fund donations for kids whose parents passed away
Life Reader awards
Yearbook ad
Deer Club store
DARE Graduation donation
Banana Splits donation
Close-up trip donation
Teacher Appreciation gift
E-K teacher training
Memorial plaque
Elfing Donation
Class dances
8th grade moving up T-shirts
Quiz Team T-shirts
Kindergarten barbeque donation
Breakfast/snack before state tests
Wood chips for playground donation/food
Citizenship pins
Deer Club plaque
Playground equipment
PROM donation
Celebration of the Arts donation
After- Grad donation
Retirement plaques and gifts
Family Fun Night
Condolence gifts
Parent Workshop
5th and 6th grade basketball party
Art Show donation
E-K marching band donation
Santa for Holiday Sing
Head lice kits

7-12 News

Michelle Varian, Principal

2011-2012 Student Government

Seniors

Kylie Averill, Co-President
Mercedes Mackin, Co-President
Harlee Marschat
Don Williams

Juniors

Nicholas Davison, Co-Vice President
Alex Parrish
Kayla Howe

Sophomores

Alyssa Parker, Co-Vice President
Jordan Davis
Harleigh LeBarge

Freshman

Megan Farr, Co-Vice President
Miranda Smith
Kennedy Stewart

Grade 8

Caleb Rowe
Will Smith
Nate McCoy

Grade 7

Paige Clary
Hayleigh LeBarge

Activities:

- Homecoming and Spirit Week
- Winter Olympics
- Food Drive
- Donations
- School Improvement

Advisor: Mr. Remington



7-12 News Michelle Varian, Principal

EDWARDS-KNOX SUPPORTS BREAST CANCER MONTH



In tribute to national Breast Cancer month Edwards Knox hosted "Think Pink", in conjunction with Hair Designs from Canton, NY. Pink hair extensions were applied to over 25 students and staff members donating over \$250.00 to the local Breast Cancer Association.

EK's volleyball team hosted a Volleyball tournament October 15th for the donation of \$30.00 a team. Many teams from the community participated in the fund-raiser. The team also sold t-shirts and hoodies with all proceeds going to the fight against breast cancer.

Mercedes Mackin, E-KCS

The Class of 2012 presents:



Grits and Gravy

By Burton Bumgarner

In a desperate attempt to save money and boost ratings, the President of the Letz Eat Television Network, Robert Gourmet, sends his reporters to the small town of Magnolia Blossom, Alabama, to cover the town's annual Grits and Gravy Festival. Held annually at the local truck stop, this extravaganza features a pageant with three very competitive contestants, whose talents include taxidermy and putting a Corvette engine on a John Deere tractor. Citizens, visitors, reporters, and network viewers and actors all combine to tell a truly hilarious tale of small town quirkiness, network mismanagement and fried food.

When: Friday, November 18th and Saturday, November 19th

Where: Edwards-Knox Auditorium

Time: 7pm

Cost: \$7 for adults and \$5 for students and senior citizens over 65

7-12 News

Michelle Varian, Principal

Ms. Suzanne L. Kelly
Superintendent of Schools
(315)562-8130
Fax: (315)562-2477

Mrs. Michelle J. Varian
Jr.-Sr. H.S. Principal
(315)562-8131
Fax: (315)562-8139

Mr. Ronald P. Burke
Elementary Principal
(315)562-8132
Fax: (315)562-8134

EDWARDS-KNOX CENTRAL SCHOOL DISTRICT
P.O. BOX 630
RUSSELL, NEW YORK 13684-0630

BUS GARAGE: (315) 562-8133
SCHOOL-BASED HEALTH CLINIC: (315) 562-8135 Fax: 562-8136
NURSE'S OFFICE FAX: 562-8138
www.ekcsk12.org

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Joseph Thomas
Randy VanBrocklin
Kay C. Amo, Clerk

Dear Parent or Guardian:

The purpose of this letter is to make you aware that the dissection of a fetal pig will be part of your child's laboratory experience during this school year. This is one of the laboratory experiences students must be exposed to in some means. Many students enjoy the opportunity to complete dissections. Often there have been questions in reference to dissection skills on past Regents examinations.

If you or your child have any moral or religious objection to your child's performing or witnessing such an animal dissection, either wholly or in part, your child will be provided the opportunity to undertake and complete an alternative project. This project has entailed the completion of a computer based virtual dissection and additional written questions which will take the place of the dissection.

Any objections to dissection need to be put in writing by the student's parent or legal guardian and returned to me by December 21, 2011. Upon receipt of this letter I will make the necessary arrangements for your child to complete the alternate assignment. (A requirement of New York Education Law, Article 17 - § 809 Instruction in the Humane Treatment of Animals) Your child's grade will not be penalized in any manner if the alternative project is completed.

Please feel free to contact me at the school if you have any questions or concerns.

Most Sincerely,

James M. Buckley Jr.
Science Instructor
Edwards-Knox Central School

I have read the letter in reference to the class dissection requirement for my child for the 2011-2012 school year and I am aware of the legal rights of myself and child in reference to dissection in the classroom.

Student signature _____ Date _____

Parent/guardian signature _____ Date _____

7-12 NEWS

Michelle Varian, Principal

The Six Pillars of Character

Trustworthiness *Be honest *Don't deceive, cheat or steal *Be reliable – do what you say you'll do *Have courage to do the right thing *Build a good reputation *Be loyal – stand by your family, friends and country

Respect *Treat others with respect by following the Golden Rule *Be tolerant of differences *Use good manners, not bad languages *Be considerate of the feelings of others *Don't threaten, hit, or hurt anyone *Deal peacefully with anger, insults and disagreements

Responsibility *Do what you are supposed to do *Persevere: keep on trying! *Always do your best *Use self-control *Think before you act – consider the consequences *Be accountable for your choices

Fairness *Play by the rules *Take turns and share *Be open-minded; listen to others *Don't take advantage of others *Don't blame others carelessly

Caring *Be kind *Be compassionate and show you care *Express gratitude *Forgive others *Help people in need

Citizenship *Do your share to make your school and community better *Cooperate *Stay informed; vote *Be a good neighbor *Obey laws and rules *Respect authority *Protect the environment

I would encourage everyone to live up to the Six Pillars of Character everywhere, all the time. Our school emphasizes these traits to our students and tries to recognize students when they do the right thing. Just think what a great community we would have if our students all chose to embrace the six pillars of character as the foundation to their existence. No more bullying, cheating, name-calling, fighting, insubordination, or disrespect. Teachers and administrators would be able to focus on educating children and perfecting instruction versus managing student misbehavior. Students would be able to work with each other for the collective best interests of everyone. The principal could spend time with teachers and students in positive settings, supporting their needs and ideas, reinforcing best practices in the classroom versus being stuck in the office disciplining children.

A person's character is defined by what they do when no one is looking. Would you be proud or ashamed to see what your child chooses to do when no one is looking? I would encourage parents to have a discussion with their child(ren) about this important topic to make sure they understand the six pillars of character and can see how to put these ideas into practice.

7-12 NEWS

Michelle Varian, Principal

Important Dates to Remember

Thurs, Nov. 3, 2011	Parent Association Meeting (6:00 PM)
Wed, Nov. 9, 2011	Southwest Tech Open House (6:30-8:30 PM)
Thurs, Nov.10, 2011	End of 1 st Marking Period
Thurs, Nov. 10, 2011	11:30 dismissal for students
Fri, Nov. 11, 2011	NO SCHOOL - Veterans Day
Wed, Nov.16, 2011	Report Cards Go Home (with H.S. students only)
Fri, Nov. 18, 2011	Report cards signed by parent and returned to school
Fri., Sat., Nov. 18-19, 2011	Senior Play (7:00 p.m.)
Tues, Nov. 22, 2011	Grades 5-8 Awards Assembly (1:45 PM)
Wed. - Fri., Nov. 23 - 25, 2011	NO SCHOOL - Thanksgiving Vacation
Thurs, Dec. 1, 2011	Parents' Association Meeting (6:00 PM)
Wed, Dec. 7, 2011	Winter Concert, Grades 7-12 (7:00 PM)
Wed, Dec. 14, 2011	End of 2 nd Interim Report Period
Tues, Dec.20, 2011	Progress Reports Go Home
Thurs, Dec 22, 2011	Winter Olympics
Fri, Dec. 23, 2011-Jan.2, 2012	NO SCHOOL - Winter Recess
Tues, Jan. 3, 2012	Return to School

AWARD CEREMONIES

In an effort to create a Middle Level environment that supports positive behavior and academic achievement, students in grades 5 through 8 will participate in three remaining award ceremonies. Some of the awards that students can earn include honor roll, citizenship, effort, positive bus conduct, and perfect attendance. Students can also earn certificates in special areas such as art, music, band, physical education, etc. The dates are tentatively set for:

- Tuesday, November 22, 2011 @ 1:45 pm
- Wednesday, February 8, 2012 @ 8:30 am
- Thursday, April 26, 2012 @ 1:45 pm

Ceremonies are planned approximately one week after report cards are sent home. If your child is eligible to receive an award a postcard will be sent with your child's report card indicating the date and time of the award ceremony. Please come and help us celebrate your child's success.

7-12 NEWS

Michelle Varian, Principal

CLASS OFFICERS 2011-2012

Senior Class:

President – Veronica White
Vice President – Don Williams
Secretary – Madison Tresidder
Treasurers – Brittany Moore, Kyrsten Phelps

Freshman Class:

President – Abbie Hale
Vice President – Katelynn Smith
Secretary – Makenna Ashley
Treasurers – Molly Burger, Richard Finnerty

Junior Class:

President – Alison Thompson
Vice President – Nick Wolf
Secretary – Samantha Ellison
Treasurers – Brianna Farr, Alex McDonald

Eighth Grade Class:

President – Kelsey White
Vice President – Cassidy Keegan
Secretary – Cody Rowe
Treasurers – Jason Burke, Heather Finnerty

Sophomore Class:

President – Gage Coffey
Vice President – Derek Clark
Secretary – Sarah Rice
Treasurers – Kaden Dandrow, Hunter Tuttle

Seventh Grade Class:

President – Kara Davis
Vice President – Jimmy Smith
Secretary – Mackenzie Fray
Treasurers – Karli French, Alaina White

Report Cards will be sent home with 7-12 students on Wednesday, November 16, 2011. Parents will receive two copies of the report card. Parents will need to sign one copy of the report card and return it to school by Friday, November 18, 2011 to acknowledge receiving the report card. Students will give them to the home room teachers. We are trying to be cost-effective by eliminating mailing postage. Thank you for your help in this process.

7-12 NEWS

Michelle Varian, Principal

N.Y.S. Distracted Driving Law

(taken from the St. Lawrence County Traffic Safety Program Newsletter, Fall 2011)

New York prohibits all drivers from using portable electronic devices while the vehicle is in motion. Illegal activity includes:

Composing, sending, reading, accessing, browsing, transmitting, saving, or retrieving electronic data such as e-mail, text messages, or web pages.

Viewing, taking, or transmitting images, or playing games.



“Portable electronic device” shall mean any hand-held mobile telephone, ...personal digital assistant (PDA), handheld device with mobile data access, laptop computer, pager, broadband personal communication device, two-way messaging device, electronic game, or portable computing device.

“Using” shall mean holding a portable electronic device while viewing, taking or transmitting images, playing games, or composing, sending, reading, viewing, accessing, browsing, transmitting, saving or retrieving e-mail, text messages, or other electronic data.

Commercial Drivers are subject to a testing ban under Federal Law. Those truck and bus drivers who are convicted of texting while driving commercial vehicles may be subject to civil or criminal penalties of up to \$2,750.



(Effective as of July 12, 2011)

7-12 NEWS

Michelle Varian, Principal

Friends of Athletics: Get connected to HighSchoolSports.net

Get registered on HighSchoolSports.net to receive notifications of changes (cancellations / postponements), stats or photos and videos.

Go to: www.HighSchoolSports.net

Click on *Login* if you already have an account or *Register here* to create an account

Select *student, parent, coach, or other*

Fill in all fields and click *Create My Account*

Click *alert settings* and click *add*

Select the type of alerts you want to add such as *email, phone/text, twitter* and click *add*

Click *send test* if you would like to have a test message sent to you

After receiving the test message enter the *confirmation code* and click *save*

Click *manage favorite schools and teams*

Click *add team* and select the *gender, level, and sport* then click *add*

Click *edit* and select *notifications, stats, or photos and videos*

Click *my account* to edit your information or *log out* to exit

If you have further questions, or need assistance, please call the Support Department at 899-258-8550.

GUIDANCE NEWS

Linda Alford, 7-12 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 October 14th.

Lucas Fuller - University of Northwestern Ohio

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



COLLEGE FAIR

More than half of our Juniors and Seniors visited the Golden Dome in Ogdensburg on Tuesday morning, October 4, 2011 for the "College Fair". This program brought together many college representatives from New York State, other northeastern states and Canada representing four-year colleges, two-year colleges including community colleges, and the military branches.



FINANCIAL AID MEETING

Do you have questions about College Financial Aid. What is it? How do students apply for it? Where can I get information about Financial Aid and Scholarships? Ms. Alford will cover this information and more. You will have an opportunity to ask general questions and receive materials for you to take home. The "College Financial Aid Meeting" will be on **Monday, November 28, 2011 at 6:30pm in Room 302.**



COLLEGE SPIRIT DAY



The High School Guidance office is preparing for its annual "College Spirit Day" on Wednesday, December 14, 2011. This is a fun program designed to increase awareness of colleges and to **encourage high school seniors to complete college applications by this date.** With many different categories for participation, 9th through 12th grade students have the opportunity to win college tee shirts or other donated items from colleges throughout the area. There will be a reception held during lunch time so sophomores, juniors, and seniors have an opportunity to meet admissions' staff from local colleges.

GRADE 10 STUDENTS TO VISIT SWT

On Monday, November 14, 2011 the counselor from Southwest Tech will visit to introduce Sophomores to technical programs available to Edwards-Knox students at the tech center. During this meeting the students will be invited to visit on Tuesday, December 13, 2011. They will have the opportunity to visit several programs. The following courses are currently available at Southwest Tech:

Automotive Technology
Building Trades
Computer Careers
Culinary Arts
Cosmetology and Nail Technology
Criminal Justice
Early Childhood Education
Environmental Technology
Intro to Health Careers/Allied Health
Welding



UPCOMING GUIDANCE PROGRAMS

November 14 - SWT visits 10th Grade Students
November 22 - 1:45pm 5th -8th Grade Awards Assembly in Auditorium
November 28 - 6:30pm Financial Aid Meeting for Seniors and Parents in Room 302
December 13 - 8:00-11:00am Interested 10th Graders Visit SWT
December 14 - College Spirit Day for 9th - 12th Grades

CHECK OUT THE HIGH SCHOOL GUIDANCE WEB PAGE!

- From the main page (www.ekcsk12.org) click on the Guidance link.
- It has been updated and had many changes made to it.
- If you've been to our page before, be sure to click on the refresh button for the updated pages.

SAT & ACT REGISTRATION DEADLINES

The SATs 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. Juniors who would like to take these tests are encouraged to wait until May or June of this year unless there are special admission requirements for a program or selective admissions process. The registration deadlines and their test dates are listed below.

Students should carefully check the catalog of each prospective college to determine whether the examinations are required.

Registration materials can be picked up in the High School Guidance Office or can be completed on-line at **www.collegeboard.org** 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!**

ACT	<u>Registration Deadline*</u>	<u>Test Date</u>
	Nov. 04, 2011	Dec. 10, 2011
	Mar. 09, 2012	Apr. 14, 2012
	May 04, 2012	Jun. 9, 2012

Test Fee: \$34.00 Fee waivers may be available in the Guidance Office
With Optional Writing: \$49.50 for students who qualify for a reduced or free lunch.

SAT	<u>Registration Deadline*</u>	<u>Test Dates</u>
	Nov. 08, 2011	Dec. 03, 2011
	Dec. 30, 2011	Jan. 28, 2012
	Feb. 10, 2012	Mar. 10, 2012
	Apr. 06, 2012	May 05, 2012
	May 08, 2012	Jun. 02, 2012

Test Fee : \$ 49.00 Fee waivers may be available in the Guidance Office
 for students who qualify for a reduced or free lunch.

* Registration materials must be postmarked by this date.

CEEB/ACT HIGH SCHOOL CODE NUMBER : 334949

Arrangements for special testing situations for students with learning disabilities may be made by contacting the High School Guidance office for the proper paperwork. Paperwork needs to be filed well in advance of the desired test date for modifications. Contact Ms. Alford for more details.

For more information check out the following web pages:

For SAT - **www.collegeboard.org**

For ACT - **www.actstudent.org**

or find a useful link on the High School Guidance web page.




Remember to be a Fan, Not a Fanatic, at Athletic Events



Teens benefit from participation in sports. They learn how to work as part of a group. They build muscles and skills. Some may even earn scholarships to college.

Parents have a role to play in helping young athletes. They must show them how to be good sports. Here are some tips to make sure you're a fan and not a fanatic:

- Remember who's on the field. Don't try to live through your child. 
- Remember ROOTS - respect Rules, Opponents, Officials, Teammates.
- Take the long view. Nearly all kids who play sports will not end up as professionals. Do what you can to make sure your teen enjoys sports for a lifetime.
- Don't be the coach. During the game, let the coach be the person who tells players what they're doing wrong. Focus on what all players (not just yours) are doing right.
- Don't embarrass your child. Before you get angry or yell at a referee, ask one thing. "Will this embarrass my child or our team?" Then keep quiet.
- Let your athlete know you're proud of him no matter what the outcome of the game.

Cafeteria News Kathleen Whitmarsh, Manager

We're fast approaching the holiday season and what a wonderful time of year that is. It is, however, a time when we should be thinking about food safety. It is actually a time of year when the possibility for food poisoning is most likely.

Lately the news has featured stories about Listeria food poisoning found in cantaloupes. Listeria is more often found in soft cheeses and cold cuts; cantaloupes are more apt to have E-coli or Salmonella than Listeria. However, because they are on the ground, Listeria can get on the outside skin and make them, along with other foods like them, dangerous. A good practice is to always wash the outside skin before putting a knife through it, to the inside meat. The cause of the contamination of this crop of melons remains undetermined.

Getting back to holiday food preparation, it is very important to cook your turkey to a safe 165 degree temperature. It is recommended to make the dressing in a side dish and not stuff the turkey. Dressing also needs to reach a temperature of 165 degrees. Oftentimes the turkey will reach 165 degrees, but the dressing inside might only be 135 degrees.

Another danger is defrosting your bird. A best practice is to keep it in the refrigerator, or at least a cooler, or under cold water. The danger comes when the inside meat is still frozen, but the skin, fat, and meat closest to the skin reach temperatures greater than the 45 degree range. Keeping it in the refrigerator eliminates this danger. Cooling it down after dinner is also a high risk zone and a common problem area. For example, if you cook (2) 18 pound turkeys, either to ensure enough food or because you like leftovers, it is important that the remaining meat be sliced from the bone so it will cool quicker. Likewise, to cool quickly, gravy should be placed in a shallow dish and if possible, put in the freezer for a short time before putting in the refrigerator. Cooling properly and thawing properly are probably the areas that require specific attention to eliminate the risk of food poisoning.

Although I have been talking about turkey, any meat, gravy, dressing or food should follow the same rules. Bring food to temperature as quickly as possible and cool it as quickly as possible. Try to avoid the danger zones, which are between 45 degrees and 140 degrees.

Always if you are reheating something bring the temperature to 165 degrees F. Get a digital thermometer or calibrate your stem thermometer often. The best way to calibrate your thermometer is to fill a glass with ice and water. Put your stem in the water so it is above the read area (at least 3/4 of the way up the thermometer). Let it sit for about 90 seconds (1 ½ minutes) and check to see if it reads 32 degrees. Use a tool to adjust it if needed so it will tell you a true temperature.

I hope these little suggestions help everyone to have a safe and happy holiday. Remember to put lots of fruits and vegetables in your menus with color variety. Have a happy and healthy holiday. If you have questions you can call me at school, or e-mail at kwhitmar@ekcsk12.org.

Kathleen Whitmarsh (Kathy)
Cook- Manager 562-8130- Ex. 1507



DECEMBER 2011 MENU

Mon	Tues	Wed	Thur	Fri
			<i>Do you think you qualify for free and reduced meals? If so, our school receives many benefits. Please apply or call us to discuss your eligibility.</i>	
	School Resumes January 3, 2012		1 Chicken Fajita Peppers & Onions Rice Corn Milk Fruit	2 Fishburger on a bun Unbreaded Fish Fresh Veggies Mixed Veggies Milk Fruit
5 Pizza Green Beans Milk Fruit	6 Chicken Patty/Bun Unbreaded Chicken Broccoli Milk Fruit	7 Pillsbury Pancakes Sausage Hash Browns Milk Fruit	8 Hotdogs/ on a Bun French Fries Mixed Veggies Milk Fruit	9 Chicken Noodle Soup Tuna or Egg Sandwich Fresh Veggies Milk Fruit
12 Meatball Sub Tossed Salad Milk Fruit	13 Sloppy Joe on a Bun Chips Corn Milk Fruit	14 Chicken Nuggets Pasta Salad w/ Veggies Bread Milk Fruit	15 Chicken Dinner Mashed Potatoes Bread Peas Cranberry Sauce Milk Fruit	16 Tomato Soup Grilled Cheese Sandwich Milk Fruit
19 Pizza/ Pizza Roll Green Beans Milk Fruit Ice Cream	20 Hotdog on a bun French Fries Mixed Veggies Milk Fruit	21 Sausage or Corn Dog Peppers & Onions Milk Fruit	22 Hamburger on a Bun Tortilla Chips/Salsa Green Beans Milk Fruit	23 Pizza Green Beans Milk Fruit
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 Every Day Cereal, Milk, Juice Some Days: Bagels/ Cream Cheese, English Muffins, Danish, fresh fruit, breakfast bars, donuts, eggs.	Peanut Butter & Jelly and subs offered every day as a lunch choice. Milk, fruit, & vegetable every day. Chef Salad Tue & Thur. Trail Mix most days.	Breakfast: 7:45 A.M. Lunch: 11:00 A.M. - 1:00 P.M.	

Menu subject to change without notice.

WINTER ATHLETIC SCHEDULES

Girls' Basketball

12/06	Harrisville @ E-K
12/09	Parishville-Hopkinton @ E-K
12/16	E-K @ St. Regis Falls
12/20	Chateaugay @ E-K
12/22	Don Petty Tournament
12/23	Don Petty Tournament
TBA	E-K @ Harrisville
01/06	Madrid-Waddington @ E-K
01/10	E-K @ Tupper Lake
01/13	E-K @ Colton-Pierrepont
01/16	E-K @ Parishville-Hopkinton
01/26	St. Regis Falls @ E-K
01/30	E-K @ Chateaugay
02/02	E-K @ Madrid-Waddington
02/06	Tupper Lake @ E-K
02/09	Colton-Pierrepont @ E-K



Boys' Basketball

12/05	E-K @ Harrisville
12/08	E-K @ Parishville-Hopkinton
12/15	St. Regis Falls @ E-K
12/19	E-K @ Chateaugay
12/22	Harrisville @ E-K
12/27	Burkman Tournament
12/28	Burkman Tournament
01/05	E-K @ Madrid-Waddington
01/09	Tupper Lake @ E-K
01/12	Colton-Pierrepont @ E-K
01/17	Parishville-Hopkinton @ E-K
01/27	E-K @ St. Regis Falls
01/31	Chateaugay @ E-K
02/03	Madrid-Waddington @ E-K
02/07	E-K @ Tupper Lake
02/10	E-K @ Colton-Pierrepont

11/09: Southwest Tech Open House (6:30-8:30 PM)
11/10: End of 1st marking period / **11:30: students dismissed early**
11/11: **NO SCHOOL - VETERAN'S DAY**
11/16: Report Cards go home with 7-12 students only
11/18: 7-12 Report Cards signed by parents and returned to school
11/18: Elem. report cards go home
11/18-19 Senior Play (7:00 p.m.)
11/22: 8:30 am: K-4 Awards Assembly / 1:45 pm: 5-8 Awards Assembly
11/23-11/25: **NO SCHOOL - THANKSGIVING RECESS**
12/1: 6:30 pm: Elementary Holiday Program
12/07: Winter Concert, Grades 7-12 (7:00 PM)
12/14: End of 2nd Interim Report Period
12/14: 7:00 pm: Elementary Winter Concert for grades 4-6
12/20: Progress reports go home
12/22: Winter Olympics
12/23-1/2: **NO SCHOOL - WINTER BREAK**
01/03/2012: **Return to School**

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

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