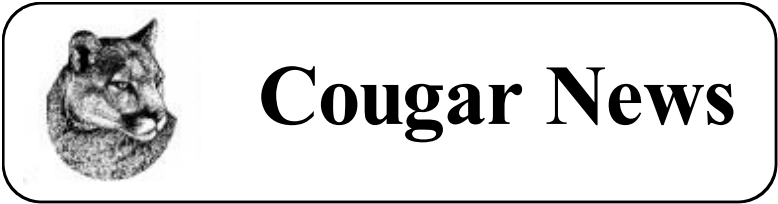


November-December 2013

Log onto 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
Reginald LaPoint, Vice-Pres. Lynn Coller Joseph Thomas
Chris Averill Teresa Hogle Thomas Whitmarsh

FROM THE DESK OF

Suzanne L. Kelly

Dear Community:

There has been so much press about the statewide initiative of the Common Core State Standards. Parents have asked how can they let their voice be heard? Here is your chance. Visit the Engage NY website at: www.engageny.org and select the "contact us" tab on the top right. Share your feelings, concerns or frustrations with the NYS Education Department. It is important for parents to take an active role in their child/ren's education.

Our district's webpage continues to be a work in progress. We have merged our calendars all onto one page. Click on the link located on the top right "calendar". The page will open and provide you with thorough directions of how to use this section. Our hope is to make things more user friendly.

Due to a large number of students on several Russell bus routes, we have had to add a new run. Families were notified in advance if their pick-up or drop-off times and/or bus number/driver would be changed. It seems to have been a smooth transition. As with any change, some students got to sleep in while others now have to get up earlier.

The fall has provided us with many opportunities to enjoy the outdoors. Take a few moments before the weather changes to get outside.

Sincerely,

Suzanne L. Kelly
Superintendent of Schools

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Remember our veterans on Monday, November 11, 2013
No School for Students.



Family Educational Rights and Privacy Act (FERPA)

Edwards-Knox Central School District is committed to protecting the privacy interests of its students and to maintaining the confidentiality of student records in accordance with the Family Educational Rights and Privacy Act of 1974 (FERPA).

Parents or eligible students have the following rights:

- The right to inspect and review your child's education record within 45 days of the day the district receives a request for access.
- The right to request the amendment of your child's education record if you believe that information contained in his or her record is inaccurate, misleading or in violation of his or her rights of privacy.
- The right to consent to the disclosure of personally identifiable information contained in the student's education record, except to the extent permitted under FERPA.
- The right to file a complaint with the U.S. Department of Education concerning alleged failures by the district to comply with the requirements of FERPA. Written complaints may be directed to the Family Policy Compliance Office, U.S. Department of Education, 400 Maryland Avenue, SW, Washington, D.C., 20202-5920.

LIBRARY NEWS

2013-2014 Online Databases:
Available to Edwards-Knox
Central staff and students as members of the
St. Lawrence-Lewis School Library System

How are these databases used?

Students and staff in our North Country region have access to a number of online resources provided free through the New York State Library (NOVELNY), the Northern New York Library Network (NNYLN), and/or the St. Lawrence-Lewis School Library System (SLS). Users are allowed **remote access from any site** to these databases by following this URL and entering the Username and Password listed below.

SEARCH For Success URL: <http://sll.auth.occ.scoolaid.net>

SEARCH Username: **ekcs2512**

SEARCH Password: **search**

Online databases provided by the St. Lawrence-Lewis School Library System:

Exploring Nature Educational Resource (funded through CCCD):

Educational resources, programs and activities about natural science and nature studies for students and faculty.

ProQuest NY Direct (funded through SLS & 18 school districts):

Provides 3,300 current periodical titles, plus 90 children's titles and newspaper abstracts for Christian Science Magazine, NY Times, USA Today, and Wall St. Journal. Also provides over 300 magazines and journals addressing all aspects of K-12 education, most in full text.

LIBRARY NEWS CONT'D.

Teaching Books.net:

Children's literature author programs, websites, book guides, and book readings.

NOVELNY Online databases provided by NYS Library:

CENGAGE-GALE

Academic OneFile: Full-text articles from leading journals and reference sources; extensive coverage of physical and social sciences, technology, medicine, arts, theology, literature, etc.

Business Insights: Essentials: Company profiles, industry and financial reports, as well as business magazines and newspapers.

General OneFile: News and periodical articles on a wide range of topics: business, computers, current events, environmental issues, health care, law, literature art, politics, science, social science, sports, technology, etc.

Health Reference Center

Academic: A source for medical care professionals and consumers concerning important current health information.

InfoTrac Newstand: Over 1,100 full-text newspapers; several from New York State, including the *New York Times* since 1995.

Kids InfoBits: Contains over 100 age-appropriate magazines for grades K-5.

National Newspaper Index: Provides indexing (1977 to present) of America's top five newspapers; *The New York Times*, *Wall Street Journal*, *Christian Science Monitor*, *Los Angeles Times*, and the *Washington Post*.

Opposing Viewpoints in Context: Contains a range of perspectives on many important issues, with over 13,000 pro/con viewpoints. Includes a variety of resource types: reference, news, primary sources, multimedia and more.

GROLIER

Amazing Animals of the World: For elementary school students. Includes facts and photos for over 1,200 animals.

America the Beautiful: For elementary and middle school students. Includes articles on US cities, states and presidents.

Encyclopedia Americana: Includes articles with links to further readings, a bibliography, selected full text articles, web page links, and links to related Encyclopedia Americana articles.

Grolier Multimedia Encyclopedia: Includes encyclopedia articles, news, timelines, quizzes, games, and research starters. Also includes an atlas and dictionary. Articles can be grouped by lexile level and are aligned to standards.

Lands and Peoples: For middle/high school students. Includes articles on countries, cultures and current events. Also includes an atlas and almanacs.

New Book of Knowledge: For middle grade students; includes literary selections, timeline, projects, news, experiments, homework help and more.

The New Book of Popular Science: For middle and high school students. Includes articles in the areas of science, technology and medicine

La Nueva Enciclopedia Cumbre: Spanish language encyclopedia written from a Latin American perspective.

LIBRARY NEWS CONT'D.

JOB RESOURCES

Job Seekers: This webpage provides links to various job resources and is located at <http://novelnewyork.org/jobseekers.php>.

ProQuest

eLibrary Elementary: Contains over 140 magazines and books for elementary students. Also includes the American Heritage Dictionary.

Gannett Newsstand: Contains over 85 Gannett newspapers, six of which are New York newspapers.

Online databases provided through NNYLN:

IcePac: The North Country's regional online library catalog with holdings of 305 libraries in Clinton, Essex, Franklin, Lewis, Jefferson, Oswego, and St. Lawrence counties. Materials are shared through Interlibrary Loan. <http://icepac.library.net>

North Country Digital History Project: provides immediate digital access to important historical documents. Including photographs, oral histories, postcards, scrapbooks, pamphlets, musical scores, newsletters, yearbooks, and similar materials selected to tell about the region's people and events in an historical context.

<http://www.newyorkheritage.org>

Northern NY Historical Newspapers: Currently consists of more than 1,803,000 pages from 45 historical newspapers. <http://news.nnyln.org>

St. Lawrence-Lewis School Library System Yearbooks Collection: The St. Lawrence-Lewis School Library System collections consist of high school yearbooks digitized by participating school districts. <http://nyheritage.nnyln.net/cdm/landingpage/collection/sllboces>

Wilson Omnifile: A multidisciplinary database providing full text articles from: Art, Applied Science & Technology, Biological & Agricultural Index, Business, Education, General Science, Humanities, Index to Legal Periodicals & Books, Library Literature & Information Science, Readers' Guide, and Social Sciences.

For more information, please contact the Librarian: Julie Bailey at 562-8131.



EDWARDS-KNOX CENTRAL SCHOOL EMPLOYEE RECOGNITION



5 Years

Cynthia Carr, Patty Matthews-Taylor, Carrie Felix, Terry Remington, Alan Webb, and Kristin Tulip.



10 Years Sherry White



15 Years

Peter Vaughan, John Daniels, Jon Hogle, Mindy Curtis, and Kate Porter.

20 Years

Ann Truesdell & Linda Alford



25 Years

Denise Koser & Lois Rader

30 Years

Jim Buckley & Jeff Cassidy



ELEMENTARY NEWS

Amy Lamitie, Principal

What the heck is going on in elementary mathematics?

Dear parents and community members,

It seems like everywhere I go in the North Country somebody is talking about the “crazy math” their children are expected to know and be able to do this school year. Some think it is unfair to have children learning math that adults do not understand or cannot explain. Other folks say too much is being asked of children too soon in mathematics. Finally, some folks say the amount of homework they see nightly in front of their student is out of control.

When asked what I think, I usually offer up that children will need an extremely strong and precise understanding of numbers and measurement to compete in the economy when they graduate high school, and that so far as we know this approach to mathematics is the most systematic one currently on the market. This doesn’t seem to make anyone happy or relieved. Therefore, I will take a different approach to the topic by addressing what is *different* about mathematics in the elementary school and what you can do at home to support your student.

What will students have to do?	What can parents do to help?
<i>Keep building on learning year after year</i>	Be aware of what your child struggled with last year and how that will affect ongoing learning, because it will . . .
<i>Spend more time on fewer concepts</i>	Know what the priority work is for your child at his grade level; don’t assume it’s the same as it was even two years ago.
<i>Spend time practicing by doing lots of problems on the same idea</i>	Know all of the fluencies your child should have and push your child to know, understand, and memorize basic math facts (flash cards are in again).
<i>Talk about why math works and prove they know why and how the math works</i>	Provide time for your child to work on math skills at home and ask her to explain to you the new models and diagrams she is expected to understand and be able to use to solve problems.

In the same spirit, here are a few things you should avoid doing:

- Remark that the models or process for solving problems is dumb and that there is an easier way (yes, there is, and yes, your student will eventually use it, but not right away)
- Say the math is ridiculous and the homework is ridiculous and the school is ridiculous
- Question the sanity of your student’s teacher – this is the most profound shift in mathematics education ever and teachers are doing everything they can to make the process be successful in these early years
- State within earshot of your student (or any student) that kids aren’t smart enough to do the work

ELEMENTARY NEWS CONT'D.

Amy Lamitie, Principal

I encourage anyone who is interested in looking into mathematics education further to explore the New York State Education Department's engageny.org website, which provides lots of guidance as well as a full copy of the math curriculum currently being implemented in the school. You may also talk more with your student's classroom teacher or with me to better understand this complex, but ultimately promising, shift in elementary mathematics education.

Best,
Amy Lamitie
Elementary Principal

Upcoming Events










11/6: 6:00 pm: Parents' Association meeting in library
11/8: 11:30: delayed start - students arrive at 11:30 am
11/8: end of 1st marking period
11/11: NO SCHOOL - VETERAN'S DAY
11/15: report cards go home
11/19: 8:15: K-6 Awards Assembly
11/27 - 11/29: NO SCHOOL - THANKSGIVING BREAK
12/4: 6:00 pm: Parents' Association meeting in library
12/4: 7:00 pm: Winter Choral Concert - grades 5-12 (snow date 12/5)
12/11: 7:00 pm: Winter Band Concert - grades 6-12 (snow date 12/12)
12/13: end of 15 week progress reporting
12/17: 7:00 pm: Holiday Program (snow date 12/19)
12/18: progress reports go home
12/23 - 1/3: NO SCHOOL - WINTER BREAK

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.

November 2013 High School Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 SUNY Canton College Visit 11 am-2:30 pm 8th Grade Halloween Dance 7-10 pm	2	3 
4	5	6 	7	8 Half day of school with arrival @ 11:30 am End of 10 weeks	9 	10
11 No School Veteran's Day	12 BOE Meeting 6:30 pm	13	14 Report Cards sent home	15	16	17 
18	19 Signed Report Cards Due	20 SWT 10th Grade 8-11:15 am ASVAB 10th Grade 11:30-2:30 Financial Aid Presentation 6:30-8 pm	21 	22	23 	24
25 	26 BOE Meeting 6:30 pm	27 No School	28 No School Thanksgiving	29 No School	30	

December 2013 High School Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 	3	4 11-12th Grades SUNY Potsdam 11:45-12:45 12 th Graders Financial Aid Presentation 12:30-1:30 Spirit Day Rally 1:50-2:30 Winter Choral Concert Grades 5th-12th 7-8:30 pm (Snow date 12/5)	5	6 	7 	8
9	10 BOE Meeting 6:30 pm	11 Winter Band Concert 6th-12th 7-8:30 pm (Snow Date 12/12)	12 	13	14 7 th Grade Winter Ball 7-10 pm	15 
16	17 	18 Progress Reports sent home	19	20	21 	22
23 No School	24 No School	25 No School	26 No School	27 No School	28	29 
30 No School 	31 No School	 Winter Time				

7-12 High School News

Amy Sykes, Principal

The achievements of an organization are the results of the combined effort of each individual. ~ Vince Lombardi

It is hard to imagine that the first several weeks of the school year have come and gone. Things are well underway in the high school with classes, sports events, and extra-curricular activities.

As this newsletter reaches you our first ten weeks of school will be coming to a completion. Report cards will be sent home with students and we ask that you please sign the bottom of one copy and return one to school with your child. Please review this document with your child and discuss areas of strength and concerns. In addition, please contact the teacher/school if you have any questions. Communication is instrumental in the success of your child's educational achievement and growth.

I would like to thank all of our parents/guardians who attended our Open House and Conference Night and for being partners with us in assisting your child to reach their fullest potential.

Our athletic teams are in the latter half of their season deep in competition with area schools. An athletic calendar has been included in this newsletter to keep you informed.

Academically, the excitement, work ethic and determination of our staff and students are impressive. As a school we look forward to the daily opportunity to improve our students' achievement. This school year teachers will be piloting NYS approved grade level modules in ELA and Math. These modules or resources have been developed by private companies in collaboration with New York State Department of Education. The goal of piloting these resources is to ensure that the instruction we are providing to our children is aligned to the common core Standards and ensure that designated resources do not take away from educating the whole child and providing them with a well-rounded education. Rigor, relevancy and relationships will be a common theme for all.

To help support our students academically, teachers have a complete list of student homework assignments on the school webpage under the High School then select Teacher Pages.

As we progress through the school year we will continue to realize our district's mission to educate and graduate all students to become productive members of society equipped with 21st century skills. As always, I am available at your request. If there is anything that I or the school can assist you with please do not hesitate to contact us.

Student Handbook Forms

Emergency Forms accompanied the student's schedule in the mail in late August. These are extremely important to have on file. Please question your son/daughter to be sure they have turned in their form. If another form is needed, one can be picked up in the Main Office or by calling the school and requesting another one. If you move, change telephone numbers, or your son/daughter develops a special medical need and you need to update this form, please contact the Main Office.

Report Cards

Parents/guardians will receive two copies of student report cards on Thursday, November 14th. Please sign one copy and return to the student's home room teacher by November 19th.

7-12 High School News Cont'd.

Amy Sykes, Principal



Brent Daniels Assembly

On October 9th students in grades 9-12 participated in an assembly on Music Technology with Brent Daniels. Mr. Daniels created a unique song composition using students voice and sounds on a digital sampler equipped with a microphone and keyboard.



Schooltool 7-12 Parent Access Program

If you have not yet done so, please take advantage of our Parent Access Program through our student data management system, Schooltool. With a Parent Access account, parents and guardians can log on at any time to view information regarding their child's schedule, grades and attendance. Applications are available on the school webpage or by contacting the Guidance Office. Once a completed application is received it will be processed and an email will be sent to verify your account information with instructions on how to proceed.

2014 Yearbook News

Patty Daniels, Yearbook Advisor

The yearbook staff is already hard at work putting together the 2014 Yearbook. The first couple of months are slow, with ordering materials, contacting businesses for ads, and planning the way the book will look.

Yearbooks order forms will go home with every student sometime in late October. The cost of the books from September 2013 to May 1, 2014, will be \$40; after that date, they will be \$45. If you would like your yearbook personalized the cost is an additional \$5.00. **If you order your Yearbook by December 20, 2013 your personalization is free. **

We are attempting to set up online ordering. Look on the school webpage for updates. Every year we have a few extra books for sale, but if you want to be sure to get one, order early. Seniors we need your senior picture and a baby picture by December 1st. Please put your name on your baby picture so we can return them to you. They can be dropped off to either room 701 (Mrs. Daniels) or 405 (Mrs. Cobb). Please contact me immediately if you are unable to meet this deadline.

Calling all photographers - If anyone has pictures of any school function, sports, concert, or after school program please email your photos to me at pdaniels@ekcsk12.org. If you are unable to email me then feel free to drop them off in the Main Office to my attention.

Thank you for all your support in the past.

7-12 High School News Cont'd. **Amy Sykes, Principal**

Free SAT Preparation Courses

There will be SAT prep classes for verbal and math offered this fall.

The dates for the verbal classes are: Oct, 20, 27, Nov. 3, 17, 24 and Dec. 1. All classes will begin at 6:00pm-8:30pm in room 412. All materials will be provided.

The dates for the math classes are: Nov. 12, 14, 19, 21, 25 and Dec. 3. All classes will begin at 3:15pm until 5:45pm in room 412. Bring graphing calculators. All other materials will be provided.

Late Arrival on November 8th

School will start at 11:30 am on November 8th for high school students with lunch provided as soon as students reach school. Transportation will be approximately four hours later than normal. Usually students arrive at school at 7:40 a.m. and they will be arriving for 11:30 a.m. Therefore, plan on bus pick-up being closer to three hours and 50 minutes later than their usual time.

Common Core Webpages

If you would like additional information on the Common Core Learning Standards the websites listed below provide a clear picture of the history, current methods and implementation of the ELA and Math standards in New York State.

http://schools.nyc.gov/academics/commoncorelibrary/forfamilies/learningathome/slh_k8.htm

<http://www.engageny.org/parent-guides-to-the-common-core-standards>

http://nyspta.org/pdf/Advocacy/NYSPTA_NYSUT_Common_Core_Brochure_8.13.pdf

Dear Parents,

In accordance with the New York Education Law Section 3012-c(10), parents and legal guardians may request, in writing, the final quality rating and composite effectiveness score for each of the teachers and for the principal of the school building in which your student(s) is assigned for the current school year. The District will also provide you with an oral explanation of the composite effectiveness scoring ranges for final quality ratings, and an opportunity to understand such scores in the context of teacher evaluation and student performance.

If you are interested in obtaining this information, you should contact Kay Amo, District Clerk, to obtain the request form that needs to be completed by you before any information can be released.

November Health News
Melissa Brown, School Nurse

November is Diabetes Awareness Month – Talk to your health care provider about the risk factors in your family, take precautions, & support the people you know with Diabetes!

Continue to say “ BOO” to the Flu! – This year, the Centers for Disease Control advise everyone 6 months of age and older to get a flu shot during the months of October and November. Talk to your doctor.

Please keep all sick children home from school especially if they are exhibiting respiratory and stomach symptoms! If you are unsure – stay home and call your health care provider or school nurse for advice.

Please remember that no medications can be given in the school setting without a completed medication administration form which will be signed by the parent/guardian *and* physician. This includes **OTC (over the counter medications)** as well. Some **OTC** items include Chap Stick, cough drops, Tylenol or Motrin, contact solution, etc. This is a New York State Department of Education Law. If you are in need of a medication administration form you will find one in this newsletter, on E-KCS website, and on display outside of the nurse’s office. I can also fax a copy to your physician if needed.

Allergy & Asthma season is hitting us HARD this year. Monitor all symptoms closely and follow your health care provider’s advice. If your child has asthma, it is extremely important to keep an inhaler at school.

We can protect and strengthen our own immunity by eating nutritious foods, taking daily walks, sleeping 8 –10 hours a night, reducing stress, and smiling daily :)

Happy autumn!

Melissa Brown, RN BSN
School Nurse



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

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

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Thomas O'Brien
Joseph Thomas
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NURSE'S OFFICE FAX: (315) 562-2477

Mrs. Amy Lamitie
Elementary Principal
(315) 562-8132
Fax: (315) 562-8134

Dear Parent or Guardian:

Each school district is mandated by law (section 904) to provide an examination by the school physician of those pupils whose parents do not provide these reports from their family physician. Consequently, a parent does have the right to have their child examined by either their own family physician (at their own cost) or by the school's physician. Andrew LaFrance, Family Nurse Practitioner, does all the physical exams that are done within the school setting. Physicals are required by New York State on all pupils attending grades Kindergarten, 2, 4, 7, and 10. Physicals are also required for any pupil playing sports, for Special Education Students, for all referrals to the Committee on Special Education, for all CSE students who are having a triennial evaluation, for all BOCES first year students who are attending the Health Occupations class, for all entrants from out of state, for all new students attending our school (including Pre-Kindergarten students), and for those requiring working papers.

During the required examination, the FNP checks the skin, eyes, nose, throat, heart, lungs, checks for structural deformities, abdomen, and external genitalia (all males). This examination does not include a vaginal exam nor a breast exam. Height, weight, BMI, blood pressure, pulse, vision, and hearing are done by the school nurse prior to the physical exam. A urine check is also done on all athletes.

A parent has the right to be present for any physical examination given at the school. If a parent so desires to be present, they must notify the school nurse.

It is mandatory that we have a permission slip signed by the parent and returned to the school nurse prior to the scheduled physicals, indicating your decisions regarding this physical.

Sincerely,



Suzanne L. Kelly
Superintendent of Schools

SLK/kca

* * * * *

I give my permission for my child, _____ to have a physical by the school physician.

OR

I will take my child _____ to my own physician (at my own cost). Please send me the screening form so I may present it to my physician. I agree to return this form, once completed, to the school nurse.

Date _____

Signature _____

Ms. Suzanne L. Kelly
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7-12 Principal
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Thomas O'Brien
Joseph Thomas
Thomas Whitmarsh
Kay C. Amo, Clerk

AUTHORIZATION FOR ADMINISTRATION OF MEDICATION IN SCHOOL

To be completed by the parent or guardian:

I request that my child _____ grade _____ receive the medication as prescribed below by our licensed health care provider. The medication is to be furnished by me in the **original** labeled contained from the pharmacy. Medications are to be delivered to the school nurse by the **parent**. Understand that the school nurse, or other designated person in the case of the absence of the school nurse, will administer the medication.

Signature of Parent / Guardian: _____ Date _____

Address: _____

Telephone: Home: _____ Work: _____ Date: _____

To be completed by the licensed health care prescriber:

I request that my patient, as listed below, receive the following medication:

Name of Student _____ Date of Birth _____

Diagnosis _____

Name of Medication _____

Prescribed dosage, frequency and route of administration: _____

Time to be taken during school hours: _____

Duration of treatment _____

Possible side effects: _____

Name of Licensed Prescriber and Title (please print): _____

Prescriber's signature: _____ Address: _____

Telephone: _____ Date: _____

If you plan on having your child's physical done over the summer please feel free to use the E-KCS physical form, which can be downloaded from the Nurse's webpage at www.ekcsk12.org. Don't forget to send a copy in to the School Nurse so that your child's Health Record may be updated.



The Flu:

A Guide For Parents

FLU INFORMATION

What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. They cause illness, hospital stays and deaths in the United States each year.

The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental

conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication. Children with these conditions and children who are receiving long-term aspirin therapy can have more severe illness from the flu.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with the flu will not have a fever.

How long can a sick person spread the flu to others?

People with the flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed virus for longer, and might be still contagious past 5 to 7 days of being sick, especially if they still have symptoms.

PROTECT YOUR CHILD

How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

- ▶ Vaccination is recommended for everyone 6 months and older.
- ▶ It's especially important that young children and children with long term health conditions get vaccinated. (See list of conditions under "How Serious is the Flu?")
- ▶ Caregivers of children with health conditions or of children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.)
- ▶ Another way to protect babies is to vaccinate pregnant women because research shows that this gives some protection to the baby both while the woman is pregnant and for a few months after the baby is born.

A new flu vaccine is made each year to protect against the flu viruses that research indicates are most likely to cause illness during the next flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the United States with a very good safety record.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Is there a medicine to treat the flu?

Antiviral drugs can treat flu illness. They can make people feel better and get better sooner and may prevent serious flu complications, like pneumonia, for example, that can lead to hospitalization and even death. These drugs are different from antibiotics, but they also need to be prescribed by a doctor. They work best when started during the first 2 days of illness. It's very important that antiviral drugs be used early to treat the flu in people who are very sick (for example people who are in the hospital) or people who are at greater risk of having serious flu complications. Other people with flu illness may also benefit from taking antiviral drugs. These drugs can be given to children and pregnant women.

What are some of the other ways I can protect my child against the flu?

In addition to getting vaccinated, take – and encourage your child to take – everyday steps that can help prevent the spread of germs.

This includes:

- ▶ Stay away from people who are sick.
- ▶ If your child is sick with flu-like illness, try to keep him or her in a separate room from others in the household, if possible.
- ▶ CDC recommends that your sick child stay home for at least 24 hours after his or her fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- ▶ Cover coughs and sneezes with a tissue. Throw the tissue in the trash after it has been used.
- ▶ Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ▶ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ▶ Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.



These everyday steps are a good way to reduce your chances of getting all sorts of illnesses, but a yearly flu vaccine is always the best way to specifically prevent the flu.

IF YOUR CHILD IS SICK

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

If your child is 5 years and older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed and make sure your child gets plenty of rest and drinks enough fluids.

If your child is younger than 5 years (and especially younger than 2 years) or of any age with a long term health condition (like asthma, a neurological condition, or diabetes, for example) and develops flu-like symptoms, they are at risk for serious complications from the flu. Ask a doctor if your child should be examined.

What if my child seems very sick?

Even children who have always been healthy before or had the flu before can get very sick from the flu.

Call for emergency care or take your child to a doctor right away if your child of any age has any of the warning or emergency signs below:

- ▶ Fast breathing or trouble breathing
- ▶ Bluish or gray skin color
- ▶ Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- ▶ Severe or persistent vomiting
- ▶ Not waking up or not interacting
- ▶ Being so irritable that the child does not want to be held
- ▶ Flu-like symptoms improve but then return with fever and worse cough
- ▶ Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

Can my child go to school, day care or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

For more information, visit www.cdc.gov/flu or www.flu.gov or call 800-CDC-INFO

November Health News Cont'd. Melissa Brown, School Nurse

Tips for Parents from the School Health Office

Many parents ask, "When is my child sick enough to stay home from school?"

This is not always an easy question to answer! We hope that these tips can help!

A child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff. We suggest making a plan for childcare ahead of time so you will not be caught without a comforting place for your child to stay if he/she is ill.

Our school policy states that you should not send your child to school if he/she has:



- Fever in the past 24 hours
- Vomiting in the past 24 hours
- Diarrhea in the past 24 hours
- Chills
- Sore throat
- Strep Throat (must have been taking an antibiotic for at least 24 hours before returning to school)
- Bad cold, with a very runny nose or bad cough, especially if it has kept the child awake at night.
- Head lice - until your child has been treated according to the nurse or doctor's instructions.



If your child becomes ill at school and the teacher or school nurse feel the child is too sick to benefit from school or is contagious to other children, you will be called to come and take him/her home from school. It is essential that E-KCS always has a current telephone number where you can be contacted during the day and an emergency number in the event you cannot be reached. Please be sure that arrangements can be made to transport your child home from school and that childcare is available in case of illness. If your daytime or emergency phone number changes during the year, please notify E-KCS immediately.

Please call the school's Health Office if you have any questions or concerns.

Ms. Brown, RN, BSN
Edwards-Knox Central School District
315-562-8131, ext. 1518

SENIOR PLAY NEWS

This November the Class of 2014 will be performing their Senior Play, Crazytown, written by Jonathan Rand and directed by Drama Club Director, Brittany Rickett and Class Advisor, Karen Dandrow.



As Jonathan Rand explains about his play, "Take a tour of the most messed up town in America, from the police interrogation room where the nicest guy in town is issued a strange ultimatum, to the elementary school for a heated political debate on critical issues like tater tots. Welcome to Crazytown, where our motto is: Welcome to Crazytown."

Many of our upperclassmen students are involved in this production, from acting on stage to managing the backstage to controlling the lights and soundboard. We have been working on this play since the beginning of September and we are very excited to see it all come together!

We hope you will join us on Friday, November 15th and Saturday, November 16th at 7pm for our production of Crazytown. Admission is \$7.00. A bake sale and a silent auction to benefit the Class of 2014 will also be featured! We hope to see you there!

GRADE 10 STUDENTS TO VISIT SWT

On Wednesday, November 6, 2013 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 Wednesday, November 20, 2013. They will have the opportunity to visit several programs. The following courses are currently available at Southwest Tech:

- Allied Health
- Automotive Technology
- Building Trades
- Computer & Business Technology
- Culinary Arts
- Cosmetology
- Criminal Justice
- Culinary Arts
- Early Childhood Education
- Environmental Technology
- Metalworking Technology (Welding)



GUIDANCE NEWS

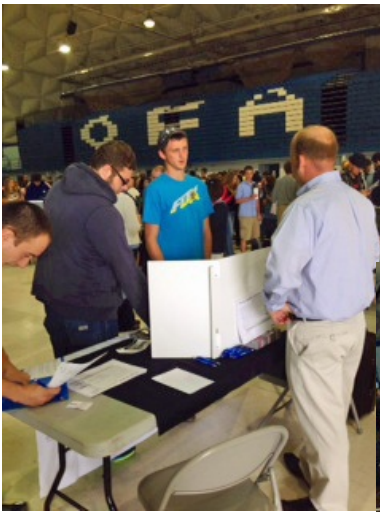
Linda Alford, 7-12 Guidance Counselor

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. **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 1st 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.



COMMUNITY SERVICE

Several students took part in a community service project at the Russell Cemetery. On October 14th, Mrs. Alford led students and some adults in a volunteer effort to rake up the leaves at the cemetery. Almost 50 bags were filled!! The students who participated were Mackenzie Frary, Lauryn Hicks, Harleigh LeBarge, Hayleigh LeBarge, Arael Scott, Cheyanna Tuttle, and Alaina White. Great job!!



G
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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? A SUNY Canton Financial Aid Officer 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 **Wednesday, November 20, 2013 at 6:30pm in Room 301.**



COLLEGE SPIRIT DAY

The High School Guidance office is preparing for its annual "College Spirit Day" on Wednesday, December 4, 2013. 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 juniors and seniors have an opportunity to meet admissions' staff from local colleges.

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 Dates</u>
	Nov. 09, 2013	Dec. 14, 2013
	Mar. 07, 2014	Apr. 12, 2014
	May 09, 2014	Jun. 14, 2014

Test Fee: \$36.50

Fee waivers may be available in the Guidance Office

With Optional Writing: \$52.50

for students who qualify for a reduced or free lunch.

SAT	<u>Registration Deadline*</u>	<u>Test Dates</u>
	Nov. 08, 2013	Dec. 07, 2013
	Dec. 27, 2013	Jan. 25, 2014
	Feb. 07, 2014	Mar. 08, 2014
	Apr. 04, 2014	May 03, 2014
	May 09, 2014	Jun. 07, 2014

Test Fee : \$ 51.00

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

* Registration materials must be postmarked by this date.

CEEB/ACT HIGH SCHOOL CODE NUMBER : **334949**

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

CHECK OUT THE HIGH SCHOOL GUIDANCE WEB PAGE!

From the main page (www.ekcsk12.org) click on the High School link, then click on the Guidance link.



November 2013 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				
Kathy Whitmarsh Cafeteria Manager 562-8130, ex. 1507 Fax: 562-2477 kwhitmar@ekcsk12.org P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684	Breakfast 7:40 a.m. Every Day Cereal, Graham Cracker, Milk, Juice Breakfast: 90¢	Prepayments Happily Accepted		1 Tomato Soup Grilled Cheese Sandwich Veggie Bar Carrots Milk Fruit
4 Blueberry Waffles Veggie Bar Sausage Hash Browns Milk Fruit	5 Goulash Spinach Veggie Bar Bread Milk Fruit	6 Mac & Tomato Soup Crackers/egg or tuna sandwich Veggie Bar Milk Fruit	7 Cherry Chicken Veggie Bar Rice Broccoli Milk Fruit	8 Fishburger or unbreaded baked fish Veggie Bar Fresh Veggies Milk Fruit ½ Day Students arrive at 11:30
11 Veteran's Day No School 	12 Hamburg/Bun Veggie Bar Carrots Milk Fruit	13 Vegetable Soup Veggie Bar Ham or Egg Salad, Bread Fresh Veggies Milk Fruit	14 Turkey Dinner Mashed Potatoes Sweet Potatoes Veggie Bar Bread, Milk Fruit & Ice Cream	15 Tomato Soup Grilled Cheese Sandwich Veggie Bar Carrots Milk Fruit
18 Chicken Patty Golden Squash Veggie Bar Milk Fruit	19 Deli/Sub Day Ham or Turkey/ Cheese/Lettuce/ Tomato/Onion Veggie Bar Milk Fruit	20 Beef & Broccoli Rice Veggie Bar Milk Fruit	21 Chicken Fajita Veggie Bar Peppers & Onions Refried Beans Corn Milk Fruit	22 Pizza Variety Veggie Bar Milk Fruit
25 Hotdogs/Bun Baked Beans Veggie Bar Milk Fruit	26 Chicken Patty/Bun Golden Squash (Winter) Veggie Bar Milk Fruit	27 	28 Happy Thanksgiving	29

Menu subject to change without notice.



DECEMBER 2013 MENU

Mon	Tues	Wed	Thur	Fri
		Prepayments Happily Accepted	<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>	
2 Pillsbury Pancakes Veggie Bar Sausage Hash Browns Milk Fruit	3 Chicken Patty/Bun Golden Squash (Winter) Veggie Bar Milk Fruit	4 Home style Vegetable Soup Crackers/egg or tuna sandwich Veggie Bar Milk Fruit	5 Taco Day Refried Beans, Lettuce, Cheese Corn Veggie Bar Milk Fruit	6 Fishburger or unbreaded baked fish Veggie Bar Fresh Veggies Milk Fruit
9 Veg. Chili Beans/ Hotdogs/Bun Veggie Bar Milk Fruit	10 Deli/Sub Day Ham or Turkey/ Cheese/Lettuce/ Tomato/Onion Veggie Bar Milk Fruit	11 Goulash Spinach Veggie Bar Bread Milk Fruit	12 Chicken Fajita Salad Bar Peppers & Onions Refried Beans Milk Fruit	13 Tomato Soup Grilled Cheese Sandwich Veggie Bar Carrots Milk Fruit
16 Chicken Patty Golden Squash Veggie Bar Milk Fruit	17 Sloppy Joe on a Bun Chips Corn Veggie Bar Milk Fruit	18 Chicken/ Broccoli/Alfredo Pasta Veggie Bar Milk Fruit	19 Turkey Dinner Baked Potatoes Sweet Potato Bread Veggie Bar Milk Fruit	20 Pizza Veggie Bar Bread Milk Fruit
23	24	25	26	27
		Holiday Break		
Kathy Whitmarsh Cafeteria Manager 562-8130, ex. 1507 Fax: 562-2477 kwhitmar@ekcsk12.org P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684	Breakfast 7:40 a.m. Every Day Cereal, Graham Cracker, Milk, Juice Breakfast: 90¢	School Resumes January 6, 2014		Lunch: 11am to 1:10 pm Lunch K-3: \$1.7 Lunch 4-12: \$1.80 Breakfast: \$1.00 Lunch every day for everyone: Veggie Bar. Peanut Butter Sandwich

Menu subject to change without notice.

WINTER ATHLETIC SCHEDULES

BOYS VARSITY

12/05 @ Hammond
 12/09 HARRISVILLE
 12/12 @ Hermon-DeKalb
 12/16 HEUVELTON
 12/19 @ Lisbon
 12/27 Burkman Tourn.
 12/28 Burkman Tourn.
 01/06 MORRISTOWN
 01/09 @ Clifton-Fine
 01/14 HAMMOND
 01/17 @ Harrisville
 01/24 HERMON-DEKALB
 01/28 @ Heuvelton
 01/31 LISBON
 02/04 @ Morristown
 02/07 CLIFTON-FINE

BOYS JAYVEE

12/05 @ Hammond
 12/09 HARRISVILLE
 12/12 @ Hermon-DeKalb
 12/16 HEUVELTON
 12/19 @ Lisbon
 12/27 Burkman Tourn.
 12/28 Burkman Tourn.
 01/06 MORRISTOWN
 01/09 @ Clifton-Fine
 01/14 HAMMOND
 01/17 @ Harrisville
 01/24 HERMON-DEKALB
 01/28 @ Heuvelton
 01/31 LISBON
 02/04 @ Morristown
 02/07 CLIFTON-FINE

BOYS MODIFIED

12/11 @ Hammond
 12/14 HARRISVILLE
 12/18 @ Hermon-DeKalb
 01/08 HEUVELTON
 01/11 @ Lisbon
 01/15 MORRISTOWN
 01/18 @ Clifton-Fine
 01/22 HAMMOND
 01/25 @ Harrisville
 01/29 HERMON-DEKALB
 02/01 @ Heuvelton
 02/05 LISBON
 02/08 @ Morristown
 02/12 CLIFTON-FINE

GIRLS VARSITY

12/06 HAMMOND
 12/10 @ Harrisville
 12/13 HERMON-DEKALB
 12/17 @ Heuvelton
 12/20 LISBON
 01/07 @ Morristown
 01/10 CLIFTON-FINE
 01/13 @ Hammond
 01/16 HARRISVILLE
 01/23 @ Hermon-DeKalb
 01/27 HEUVELTON
 01/30 @ Lisbon
 02/03 MORRISTOWN
 02/06 @ Clifton-Fine

GIRLS JAYVEE

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 12/17 @ Heuvelton
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 01/25 HARRISVILLE
 01/29 @ Hermon-DeKalb
 02/01 HEUVELTON
 02/05 @ Lisbon
 02/08 MORRISTOWN
 02/12 @ Clifton-Fine



NEW PROCEDURE FOR FRIDAY, NOVEMBER 8, 2013

Students will have a half day of instruction, but in the afternoon rather than the morning. School starts at 11:30 a.m., rather than students being dismissed at 11:30 a.m. Busses will run approximately four hours later for pick-up than usual. This is being done so that throughout the school year, the five half-days of instruction are not always affecting afternoon classes. Over the course of a school year, five half-days of instruction is an entire week for afternoon classes in the high school, which is a substantial amount of time to miss. Please bear with us while we try something new and tell your children that the good news is they can sleep in on Friday, November 8th.

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

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