

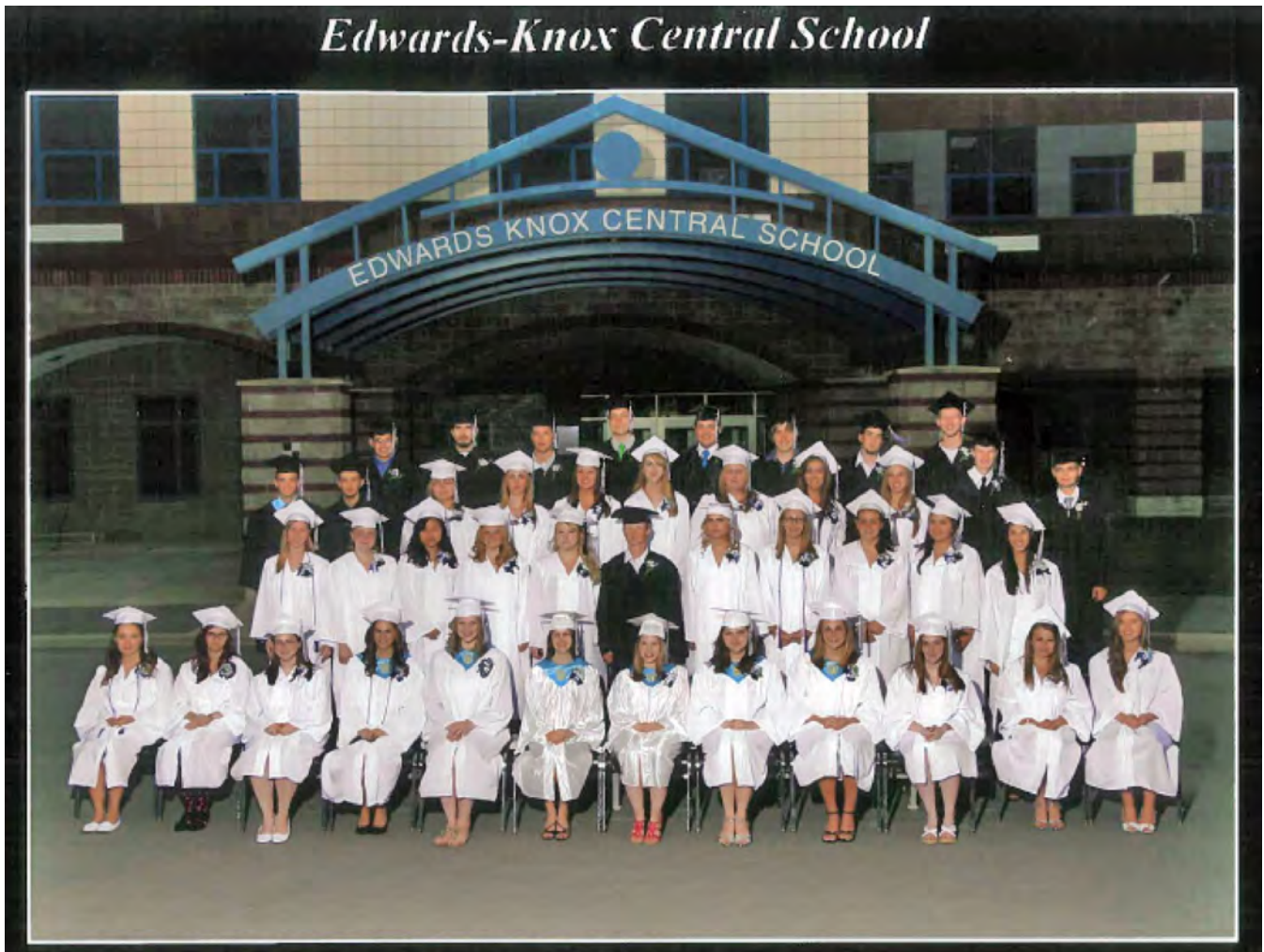
September 2011

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



# Cougar News

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



Row 1: Kelsie Robert; Charlene Toomey; Brandi Jeanette; Kaylee Hartley; Ashley Tupper; Patricia Hathaway; Nikola Wolfe; Cassie Walrath; Kamrie Dandrow; Kayla Powers; Michela Chapin; Sarah Manning

Row 2: Ashlee Mitchell; Tabbatha Monroe; Nga Sze Lau; Ashley Davison; Della Rubin; Morton Klock; Kaylie Shecton; MaKayla Harris; Kirstie Matthews; Olivia Loop; Samantha LaPoint

Row 3: Kody Coffey; Brandon Bristol; Jodi Flanagan; Paige Mazuroski; Samantha Dziegielewski; Holly Thomas; Miranda Bevel; Kathy Stein; Abigail Campbell; Joseph Thompson; Kurtis Ellison

Row 4: Darryl Backus; Trey Klemens; Justin Schultz; Ryan Kirk; Brock Archer; Niels Wagener; Taylor Ashley; Jonathan Davison

## FROM THE DESK OF THE SUPERINTENDENT

Dear Residents:

Each new school year brings smiles and fears, no matter what age we are. Whether you are a student, parent of a Pre-K child, or a teacher, there is always that uncertain feeling of the unknown. This year is no different, filled with many changes. There is new lingo being spewed throughout the educational system. These acronyms will become household terms shortly, so let's try to define them: RTTT, CCS, and APPR.

Starting with RTTT (Race To The Top) which is a federally aided program that will be put into action over then ext few years. The intent is to set and enforce rigorous and challenging standards and assessments for students to reach their fullest potential. Along with this comes increasing the expectations for teachers and administrators to be competitive in the 21<sup>st</sup> Century.

During the staff days in September teachers will be exposed to the Common Core Standards (CCS) and will begin to align curriculum to them throughout the year. By encouraging states to work jointly toward a system of common academic standards, it is felt that we will create students who will be higher order thinkers, having them be more competitive in the workforce.

The Annual Professional Performance Review (APPR) is a means to provide teachers and principals with effective support and training. The ultimate goal is to attract and keep great teachers and leaders. This will require negotiations to come to a positive approach.

Let me take this time to introduce a few new additions to our staff: Cheryl LaPlant (CSE Secretary), Sarah Boffa (K-12 Speech Therapist), Stephanie "Kate" Porter (Elementary 15-1-1 Spec. Ed. Teacher), Tara LaPoint (Grade 7-8 Math), and Shawn Coon (K-12 Physical Education Teacher). As new staff join the team we will introduce them in upcoming newsletters. Welcome!

The newsletter is always filled with helpful information. If you don't find what you are looking for, please call the school at 562-8131.

Sincerely,

Suzanne Kelly  
Superintendent of Schools

Contents:



Topic	Page
Graduation Class of 2010.....	1
Superintendent's Comments.....	2
School Phone #s.....	3
Tax Collector.....	3
Transportation.....	3
School Bus Safety.....	4
Bus Line Up.....	5
Cafeteria/School Lunch Info:	
Instructions.....	6-7
Application.....	8-9
School Nurse Info:	
Immunizations & Physicals.....	10
Medications.....	11
New BMI Exam....	12
Permission .....	13
Student Accident Insurance.....	14
Student Directory Information.....	14
Booster Club .....	15
Phys.Educ. Dept..	16-17
Athletic Dir.....	18
Yearbook News.....	19
7-12 News:	
Principal.....	20
Start Time.....	33
Late, Excuses, & Bus Passes...21-22	
Student Drivers.....	22
Dress Code & Bullying.....	23
Electronic Device..	24
Dates & Orient.....	25
Top Achievers.....	26
Marching Band..	26-27
Guidance News:	
Information.....	28
PSAT.....	29
ASVAB.....	30
ACT/SAT.....	30-31
Fitness Cntr Survey..	32
Fall Sports Mtg.....	33
Fall Sports Sched.....	34
Elementary News:	
New Staff, What to Buy.....	35
Handouts & Bus...36	
Code of Conduct..	37
Elem. Articles.....	42
Pest Management....	43
Cafeteria News.....	44
Menus.....	45-46

## SCHOOL TELEPHONE NUMBERS / FAX NUMBERS

Our telephone system was updated last year and we hopefully have worked out many of the glitches. Please make note of these new telephone and fax numbers, as they have all changed.

### New Main Numbers

High School Office	562-8131
Elementary Office	562-8132
E-K Health Clinic	562-8135
Supt. Office	562-8130
Bus Garage	562-8133

### New Fax Lines

Health Clinic Fax	562-8136
Guidance Fax	562-8137
Elementary Fax	562-8134
Nurse's Office Fax	562-8138
High School Fax	562-8139

## NOTICE FROM ANGELA GOLLINGER TAX COLLECTOR

**The hours for tax collection will be Monday through Friday,  
from 8:00 A.M. - 3:30 P.M.**



**TRANSPORTATION DEPARTMENT  
Frank Barney, Supervisor**



### PICKUP-UP & DROP-OFF GUIDELINES

**PICK-UP:** A child is expected to be waiting at the pick-up stop for the bus upon arrival. In the case of inclement weather, students may wait under cover with their coats, shoes, and backpacks on. When the door to the bus opens, the student(s) should be visibly walking to the bus. The bus cannot wait at each stop for multiple siblings to walk individually to the bus.

**DROP-OFF:** Pre-K - 3 students will only be dropped off at home when the driver makes visual contact with a responsible individual. Students in grades 4-12 will be dropped off without visual contact. To alter these drop-off guidelines, the parent/guardian needs to provide the office with written notification with specific details.

## SCHOOL BUS SAFETY STRESSED

It is important to emphasize early in the school year the need for proper conduct on school buses. With up to sixty children on some buses, the behavior of one or two can affect the safety of all. There are a few very basic, common sense rules for all students to follow.

### FOLLOW THESE RULES

1. Observe same conduct as in the classroom.
2. Be courteous, use no profane language.
3. Do not eat or drink on the bus.
4. Keep the bus clean.
5. Cooperate with the driver.
6. Do not smoke.
7. Do not be destructive.
8. Stay in your seat.
9. Keep head, hands and feet inside the bus.
10. Bus driver is authorized to assign seats.



***“DON’T LOSE YOUR RIDING PRIVILEGE!”***

## SCHOOL BUS SAFETY ALERT

**A child’s clothing can be dangerous when getting off the bus.**

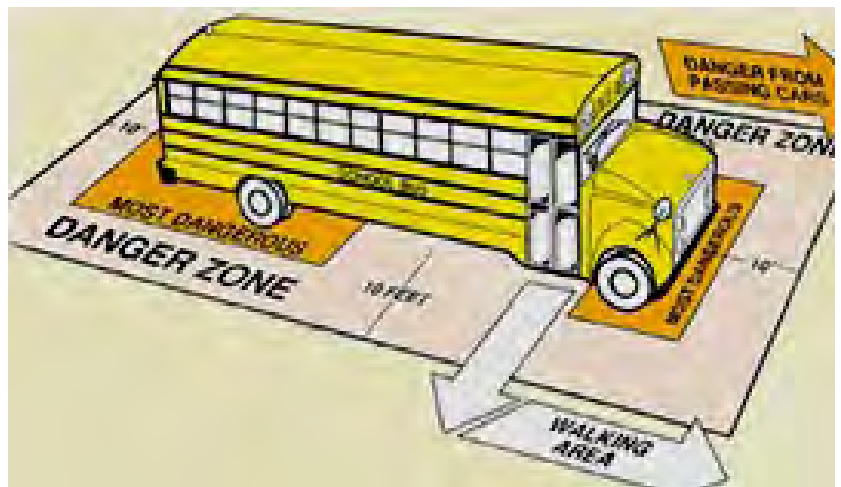
*A number of children have been injured or killed when their clothing became caught when exiting the bus.*

Dangerous clothing that can get caught in handrails, doors or other areas includes:

- Jackets or sweatshirts with drawstrings
- Backpack straps
- Scarves or other loose clothing

Please talk with your children about these Safety Rules:

- Stay away from the Danger Zones around the bus.
- If you drop something near the bus, don’t pick it up. The driver may not see you. Tell the driver & follow his/her instructions.
- Remember that motorists don’t always stop for the school bus. Use extreme caution when getting on or off of the bus.



**BUS LINE UP**

**2011-2012**

- 91 Bee 6:10 am Hoss Aldous (CR 24, Howardville Rd., Coon Rd., Plains Rd., Dinsdale Rd., Plains Rd., CR 27, CR 24, Fordham Hill Rd., Belleville Rd., to E-K)
- 90 Rabbit 6:35 am Bill Hill (CR 24, Russell-Pyrites Rd, Cassidy Road., Town Line Rd, Russell-Pyrites Rd., Hill Rd., West Rd, back to Russell-Pyrites Rd, Mill St. to E-K)  
(Other roads included on this route: Smith Rd, North Woods Rd)
- 95 Owl 6:30 am Steve Sullivan (CR 24, CR 25, Dutton Rd, Cemetary Rd., CR 25, CR 27, Allen Rd., CR 27, Fifield Rd., Hewlett Rd., CR 25, Smith Rd., CR 25, CR 24, E-K)
- 88 Deer 6:40 am Richard Tresidder (CR 24, Nolan Rd., CR 27, Dean Rd., CR 27, Lake George Rd., CR 17, CR 24 to E-K)
- 99 Chicken 6:35 am Jack White (CR 24, Maple Ave., River Rd, Jones Pond Rd., CR 23, River Rd. to E-K)
- 98 Butterfly 6:35 am Sharee Lanphear (CR 24, CR 23, Shawville Rd., River Rd., Guiles Rd., SH 58, Harmon Rd., Gaddis Rd., New St., Town Barn Dr., Main St., CR 24 to E-K)
- 97 Buffalo 6:35 am Toni Sprague (CR 24, Talcville Rd, Ames Rd., Cole Rd, CR 24, SH 58, Burg Rd, SH 58, New Rd., Island St., Pleasant St., Cross St., Main St., CR 24 to E-K)
- 96 Turtle 6:15 am Margaret Fuller (Russell, Pyrites Rd., Lazy River Rd, Pestle St., Pleasant St., Pestle St., CR 24, CR 17, CR 21, Alverson Rd., to E-K)
- 89 Pony 6:45 am Charlie Bullock (Maple Ave., Goodale Rd., Maple Ave., First Street., Trout Lake St., CR 19, Cedar Lake Rd., CR 19, Second St., Court St., Grant St., Maple Ave., Main St., CR 24, Given Rd., Campbell Rd., Spruce Rd., to E-K)
- 04 Fox 6:40 am Tina Weidner (Lake George Rd., CR 27, Spicer Rd., Silver Hill Rd., Blackmer Rd., Curtis Rd., CR 17, Mackin Rd., Stalker Rd., Cr 17, Dana Hill Rd., CR 24 to E-K)
- 03 Bear 6:40 am Chuck White (CR 24, Boyd Pond Rd., Blanchard Hill Rd., Backus Rd., Forbes Rd., Burnell Rd., Blanchard Hill Rd., CR 17, Fordham Hill Rd., Belleville Rd., to E-K)
- 02 6:00 am Charmaine Mackay, Children Youth Services in Ogdensburg, Heuvelton Central School, Community Connections Canton, St. Mary's Canton
- 94 6:00 am Bee Sharpstene (New York State School for the Deaf in Rome)
- 01, 92, 93 Pre-K Busses
- 82 BOCES Bus
- 81, 86, 87 Spare Busses
- 92, 99 Wheelchair Bus



Dear Parent/Guardian:

Children need healthy meals to learn. The Edwards-Knox Central School offers healthy meals every school day. Breakfast costs .80¢ and lunch costs \$1.55 for Pre-K-3 and \$1.65 for grades 4-12. Children from households that meet federal income guidelines (outlined below) are eligible for free meals or reduced price meals. Reduced price meals cost each eligible student .25¢ for lunch and .25¢ for breakfast. To apply for free or reduced price meals, submit a Direct Certification letter from the NYS Office of Temporary and Disability Assistance **OR** complete the enclosed application, sign it, and return it to Kathleen Whitmarsh, Cook Manager, as soon as possible. Please refer to the guidelines contained in this letter when completing the application. We cannot approve an application that is not complete, so be sure to fill out all required information.

1. **Do I need to fill out an application for each child?** No. Complete the application to apply for free or reduced price meals. Do not fill out more than one application for your household.
2. **Who can get free meals?** Children in households getting Food Stamps or TANF and most foster children can get free meals regardless of your income. Also, your children can get free price meals if your household income is within the free limits on the Federal Income Guidelines. Each foster child must be listed on a separate application, with Part 2 completed and include an adult signature.
3. **Can homeless, runaway and migrant children get free meals?** Please call Kathleen Whitmarsh, Cook Manager, to see if your child(ren) qualify, if you have not been informed that they will get free meals.
4. **Who can get reduced price meals?** Your children can get low cost meals if your household income is within the reduced price limits on the Federal Income Chart, shown on this application.
5. **Should I fill out an application if I received a letter this school year saying my children are approved for free or reduced price meals?** Please read the letter you received carefully and follow the instructions. Call the school at 562-8130, Ext. 1507 if you have questions.
6. **My child’s application was approved last year. Do I need to fill out another one?** Yes. Your child’s application is only good for that school year and for the first few days of this school year. You must send in a new application unless the school told you that your child is eligible for the new year.
7. **I get WIC, can my child(ren) get free meals?** Children in households participating in WIC may be eligible for free or reduced price meals. Please fill out an application.
8. **Will the information I give be checked?** The school may ask you at any time during the school year to verify your eligibility. You will be notified, in writing, if you have been selected for Verification. School officials may ask you to send papers showing that your child should receive free or reduce price meals at the time you applied.
9. **If I don’t qualify now, may I apply later?** Yes. You may apply at any time during the school year if your household size goes up, income goes down, or if you start getting Food Stamps, TANF or other benefits. If you lose your job, your children may be able to get free or reduced price meals.
10. **What if I disagree with the school’s decision about my application?** You should talk to school officials. You also may ask for a hearing by calling or writing to: Ms. Suzanne Kelly, E-KCS, P.O. Box 630, Russell, NY 13684-0630, (315)562-8130.
11. **May I apply if someone in my household is not a U.S. citizen?** Yes. You or your child(ren) do not have to be a U.S. citizen to qualify for free or reduced price meals.
12. **Who should I include as members of my household?** You must include all people living in your household, related or not (such as grandparents, other relatives, or friends). You must include yourself and all children who live with you.
13. **What if my income is not always the same?** List the amount that you normally get. For example, if you normally get \$1000 each month, but you missed some work last month and only got \$900, put down that you get \$1000 per month. If you normally get overtime, include it, but not if you get it only sometimes.
14. **We are in the military. Do we include our housing allowance as income?** If you get an off-base housing allowance, it must be included as income. However, if your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income.
15. **My spouse is deployed to a combat zone. Is her combat pay counted as income?** No, if the combat pay is received in addition to her basic pay because of her deployment and it wasn’t received before she was deployed, combat pay is not counted as income. Contact your school for more information.
16. **My family needs more help. Are there other programs we might apply for?** To find out how to apply for State SNAP or other assistance benefits, contact your local assistance office or call 800-342-3009.

**INCOME CHART (Reduced Eligibility Scale) Effective from July 1, 2010 to June 30, 2011**

Household size	Twice Per		Every Two		Twice Per							
	Annual	Month	Month	Weeks	Week	Annual	Month	Month	Weeks	Week		
1.....	\$20,147	\$1,679	\$ 840	\$ 775	\$ 388	5.....	\$48,415	\$4,035	\$2,018	\$1,863	\$ 932	
2.....	\$27,214	\$2,268	\$1,134	\$1,047	\$ 524	6.....	\$55,482	\$4,624	\$2,312	\$2,134	\$1,067	
3.....	\$34,281	\$2,857	\$1,429	\$1,319	\$ 660	7.....	\$62,549	\$5,213	\$2,607	\$2,406	\$1,203	
4.....	\$41,348	\$3,446	\$1,723	\$1,591	\$ 796	8.....	\$69,616	\$5,802	\$2,901	\$2,678	\$1,339	
							For each additional family member, add.....	\$ 7,067	\$ 589	\$ 295	\$ 272	\$ 136

How to Apply: To get free or reduced price meals for your children you may submit a **Direct Certification letter received from the NYS Office of Temporary and Disability Assistance, OR carefully complete one application** for your household and return it to the designated office. If you now receive food stamps, Temporary Assistance to Needy Families (TANF) for any children, or participate in the Food Distribution Program on Indian Reservations (FDPIR), the application must include the children's names, the household food stamp, TANF or FDPIR number and the signature of an adult household member. All children with the same case number may be listed on the same application. Separate applications are required for children with different case numbers. If you do not list a food stamp, TANF or FDPIR number for all the children for whom you are applying, the application must include the names of everyone in the household, the amount of income each household member, and how often it is received and where it comes from. It must include the signature of an adult household member and that adult's social security number, or the word "**none**" if the adult does not have a social security number. An application that is not complete cannot be approved. Contact your local Department of Social Services for your food stamp or TANF number or complete the income portion of the application.

Reporting Changes: The benefits that you are approved for at the time of application are effective for the entire school year. **You no longer need to report changes for an increase in income or decrease in household size, or if you no longer receive food stamps.**

Income Exclusions: The value of any child care provided or arranged, or any amount received as payment for such child care or reimbursement for costs incurred for such care under the Child Care Development (Block Grant) Fund should not be considered as income for this program.

Nondiscrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to *USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington DC 20250-9410* or call 202-720- 5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Meal Service to Children With Disabilities: Federal regulations require schools and institutions to serve meals at no extra charge to children with a disability which may restrict their diet. A student with a disability is defined in 7CFR Part 15b.3 of Federal regulations, as one who has a physical or mental impairment which substantially limits one or more major life activities. Major life activities are defined to include functions such as caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, and working. You must request the special meals from the school and provide the school with medical certification from a medical doctor. If you believe your child needs substitutions because of a disability, please get in touch with us for further information, as there is specific information that the medical certification must contain.

Confidentiality: The United States Department of Agriculture has approved the release of students names and eligibility status, without parent/guardian consent, to persons directly connected with the administration or enforcement of federal education programs such as Title I and the National Assessment of Educational Progress (NAEP), which are United States Department of Education programs used to determine areas such as the allocation of funds to schools, to evaluate socioeconomic status of the school's attendance area, and to assess educational progress. Information may also be released to State health or State education programs administered by the State agency or local education agency, provided the State or local education agency administers the program, and federal State or local nutrition programs similar to the National School Lunch Program. Additionally, *all* information contained in the free and reduced price application may be released to persons directly connected with the administration or enforcement of programs authorized under the National School Lunch Act (NSLA) or Child Nutrition Act (CNA); including the National School Lunch and School Breakfast Programs, the Special Milk Program, the Child and Adult Care Food Program, Summer Food Service Program and the Special Supplemental Nutrition Program for Women Infants and Children (WIC); the Comptroller General of the United States for audit purposes, and federal, State or local law enforcement officials investigating alleged violation of the programs under the NSLA or CNA.

The disclosure of eligibility information not specifically authorized by the NSLA requires a written consent statement from the parent/guardian. We will let you know when your application is approved or denied.

**COMPLETE ONLY ONE APPLICATION FOR YOUR HOUSEHOLD**

Date withdrew \_\_\_\_\_  
 School Year 2011-2012

\_\_\_\_\_ F \_\_\_\_\_ R \_\_\_\_\_ D  
 Temp Free Expires 10/01/2011 \*45 Days\*

**2011-2012 FAMILY APPLICATION FOR FREE AND REDUCED PRICE SCHOOL MEALS/MILK**

To apply for free or reduced price meals for your children, read the instruction on the back, complete only one form for your household, sign your name and return it to the school. Call Kathleen Whitmarsh, 562-8130, Ext. 1507, if you need help. Additional names may be listed on a separate sheet of paper.

**1. List all children in your household who attend school:**

Student's Names (Last, First, MI)	Grade/Teacher	Foster Child	No Income
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>

**2. Food Stamp or TANF Benefits:** If anyone in your household receives either food stamp, TANF or FDPIR benefits, list their name and CASE # here. Skip to Part 5 and sign the application.

Name: \_\_\_\_\_ CASE #: \_\_\_\_\_

**3. If any child you are applying for is homeless, migrant or a runaway, please call this number:** Ron Burke 562-8131, ext. 1525  
 Homeless  Migrant  Runaway (Homeless Liaison/Migrant Educ. Coordinator)

**4. HOUSEHOLD GROSS INCOME:** List all people living in your household, how much and how often they are paid (weekly, every other week, twice per month, monthly). If you have listed a foster child above, you must report their personal income.

Name of household member	Earnings From Work Before deductions	Child Support, Alimony, Etc.	Payments from Pension or Retirement	Other Income Social Security	No Income <input checked="" type="checkbox"/>
	Amount / How Often	Amount / How Often	Amount / How Often	Amount / How Often	
1. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
2. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
3. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
4. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
5. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
6. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
7. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>

**5. SIGNATURE:** An adult household member **MUST** sign the application and provide the last four digits of their Social Security Number (SS#), or mark the "I do not have a SS# box" before it can be approved.

I certify (promise) that all the information is true and that all income is reported. I understand that the information is being given for the school to receive federal funds; that school officials may verify the information and if I purposely give false information, I may be prosecuted under applicable State and federal laws, and my children may lose meal benefits.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Email Address: \_\_\_\_\_ @ \_\_\_\_\_ Last Four Digits of Social Security Number: # \_\_\_\_-\_\_\_\_-\_\_\_\_-\_\_\_\_

Home Telephone \_\_\_\_\_ Work Telephone \_\_\_\_\_ Mailing Address \_\_\_\_\_ Zip Code \_\_\_\_\_

**DO NOT WRITE BELOW THIS LINE – FOR SCHOOL USE ONLY**

**ANNUAL INCOME CONVERSION: (ONLY CONVERT WHEN MULTIPLE FREQUENCIES ARE REPORTED ON APPLICATIONS):**  
 WEEKLY X 52; EVERY 2 WEEKS X 26; MONTHLY X 12

FOOD STAMP, ADC/TANF, FOSTER CHILD

INCOME HOUSEHOLD: Total Household Monthly Income: \_\_\_\_\_ Household size: \_\_\_\_\_

Application APPROVED for:  Free Meals  Reduced Price Meals

Temporary Free (expires in 45 days) \_\_\_\_/\_\_\_\_/\_\_\_\_  Application DENIED

Date Notice Sent: \_\_\_\_\_ Signature of Reviewing Official: \_\_\_\_\_ Date: \_\_\_\_\_



**APPLICATION INSTRUCTIONS**

To apply for free and reduced price meals, submit a Direct Certification letter received from the Office of Temporary and Disability Assistance OR complete only one application for your household using the instructions. Sign the application and return the application to the school. If you have a foster child in your household, you may include them on your application. A separate application is no longer needed. Call the school if you need help: Kathleen Whitmarsh - 562-8130, Ext. 507. Ensure that all information is provided. Failure to do so may result in denial of benefits for your child or unnecessary delay in approving your application.

**PART 1 ALL HOUSEHOLDS MUST COMPLETE STUDENT INFORMATION. DO NOT FILL OUT MORE THAN ONE APPLICATION FOR YOUR HOUSEHOLD.**

- (1) Print the names of the children, including foster children, for whom you are applying on one application.
- (2) List their grade.
- (3) Check the box to indicate a foster child living in your household and check the box for each child with no income.

**PART 2 HOUSEHOLDS GETTING FOOD STAMPS, TANF OR FDPIR SHOULD COMPLETE PART 2 AND SIGN PART 5.**

- (1) List a current Food Stamp, TANF or FDPIR (Food Distribution Program on Indian Reservations) case number of anyone living in your household. Do not use the 16-digit number on your benefit card. The case number is provided on your benefit letter.
- (2) An adult household member must sign the application in PART 5. SKIP PART 4. Do not list names of household members or income if you list a food stamp case number, TANF or FDPIR number.

**PART 3 Before completing an application for a child who may be homeless, a migrant education student, or a runaway, please call your school's homeless liaison or migrant education coordinator at this number:**

**Ron Burke 315-562-8131, ext. 1525**

*(Homeless Liaison/Migrant Education Coordinator name and Phone Number)*

**PARTS 4 & 5 ALL OTHER HOUSEHOLDS MUST COMPLETE THESE PARTS AND ALL OF PART 5.**

- (1) Write the names of everyone in your household, whether or not they get income. Include yourself, the children you are applying for, all other children, your spouse, grandparents, and other related and unrelated people in your household. Use another piece of paper if you need more space.
- (2) Write the amount of current income each household member receives, before taxes or anything else is taken out, and indicate where it comes from, such as earnings, welfare, pensions and other income. If the current income was more or less than usual, write that person's usual income. **Specify how often this income amount is received: weekly, bi-weekly, monthly, 2 x per month.** The value of any child care provided or arranged, or any amount received as payment for such child care or reimbursement for costs incurred for such care under the Child Care and Development Block Grant, TANF and At Risk Child Care Programs should **not** be considered as income for this program.
- (3) The application must include the last four digits of the social security number of the adult who signs **PART 5** IF Part 4 is completed. If the adult does not have a social security number, check the box. If you listed a food stamp, TANF or FDPIR number, a social security number is not needed.

**OTHER BENEFITS:** Your child may be eligible for benefits such as Medicaid, or Children's Health Insurance Program (CHIP). In order to determine if your child is eligible, program officials need information from your free and reduced price meal application. Your written consent is required before any information may be released. Please refer to the attached parent Disclosure Letter and Consent Statement for information about other benefits.

**PRIVACY ACT STATEMENT**

Privacy Act Statement: This explains how we will use the information you give us.

The Richard B. Russell National School Lunch Act requires the information on the application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number are not required when you apply on behalf of a foster child or you list a Food Stamp, Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

**DISCRIMINATION COMPLAINTS**

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. "In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call toll free (800)877-8339; or (800)845-6136 (Spanish). USDA is an equal opportunity provider and employer."



**MELISSA BROWN, School Nurse**

E-KCS, P.O. Box 630, Russell, NY 13684

FAX: 562-3698

PHONE: 562-3130



**NOTES FROM THE NURSE'S OFFICE**

**Attention students entering the 6<sup>th</sup> grade:**

The New York State Department of Health **requires** students who are **entering 6<sup>th</sup> grade or 7<sup>th</sup> grade** and who are **11 years of age** or older to receive an immunization containing tetanus toxoids, diphtheria and acellular pertussis (**Tdap**).

Also, students born on or after January 1, 1994, and who enroll in the **6<sup>th</sup> grade or 7<sup>th</sup> grade** must be immunized against varicella (chicken pox). Exemptions include:

- 1). **Documented history of disease** by your physician. Parental recall is not sufficient and will not be accepted as proof of immunization.
- 2). Medical exemption consisting of a written statement from physician licensed to practice in the state of New York. A copy of exemption must be retained by the school.
- 3). A statement of religious exemption. A copy must be retained by the school.
- 4). Serologic proof of immunity to varicella.

**Required physicals**

Certain students are required by the State of New York to have physicals. Any student entering **Pre-K, Kindergarten, 2, 4, 7, and 10<sup>th</sup> grade** must have a physical. Also, any student who is **new to the school district**, as well as those students planning on playing sports, and any new referrals for CSE must have physicals. Students who are having a triennial evaluation for CSE will need a physical. Please see the attached physical consent form being included in this newsletter. You have three choices as a parent of a student requiring a physical. Please fill this form out and either mail it to the school nurse or send it in with your child on the first day of school.

**New BMI (Body Mass Index) Requirements**

Recent changes to the New York State Education Law require that BMI and weight status group be included as part of the students's school health examination. This is a measurement obtained by using the students height and weight. Please see the attached letter included in this newsletter. A sample of school districts will be selected to take part in a survey by the New York State Department of Health. If our school is selected to be part of the survey, we will be reporting to New York State Department of Health information about our students weight status groups. Only summary information is sent. No names and no information about individual students are sent.

**Updates on physicals and immunizations**

If your child has had any immunizations or a physical over this summer please remember to send a copy to the school nurse. Every child has a Health Record that must be kept up-to date. You may drop off copies at the nurses office or the elementary office. You may also mail or fax copies to the school nurses office, as listed above.

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

BOARD OF EDUCATION  
Teresa A. Hogle, Pres.  
Amanda Fuller, Vice-Pres.  
Chris Averill  
Rick Brewer  
Lynn C. Coller  
Malissa Hale  
Thomas O'Brien  
Joseph Thomas  
Randy VanBrocklin  
Kay C. Amo, Clerk

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

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

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

### 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, ast 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](http://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.

## Body Mass Index Requirements



As part of a required school health examination, a student is weighed and his/her height is measured. These numbers are used to figure out the student's body mass index or 'BMI'. The BMI helps the doctor or nurse know if the student's weight is in a healthy range or is too high or too low. Recent changes to the New York State Education Law require that BMI and weight status group be included as part of the student's school health examination. A sample of school districts will be selected to take part in a survey by the New York State Department of Health. If our school is selected to be part of the survey, we will be reporting to New York State Department of Health information about our students' weight status groups. Only summary information is sent. No names and no information about individual students are sent. However, you may choose to have your child's information excluded from this survey report.

The information sent to the New York State Department of Health will help health officials develop programs that make it easier for children to be healthier.

If you do not wish to have your child's weight status group information included as part of the Health Department's survey this year, please print and sign your name below and return this form to:

Edwards-Knox Central School  
Melissa Brown/School Nurse  
P.O. Box 630  
Russell, N.Y. 13684

Please do not include my child's weight status information in the 2011-2012 School Survey.

\_\_\_\_\_  
Print Child's Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Parent's Name

\_\_\_\_\_  
Parent's Signature

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

EDWARDS-KNOX CENTRAL SCHOOL DISTRICT

P.O. BOX 630  
RUSSELL, NEW YORK 13684-0630

BOARD OF EDUCATION  
Teresa A. Hogle, Pres.  
Amanda Fuller, Vice-Pres.  
Chris Averill  
Rick Brewer  
Lynn C. Collier  
Malissa Hale  
Thomas O'Brien  
Joseph Thomas  
Randy VanBrocklin  
Kay C. Amo, Clerk

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

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

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

Dear Parent or Guardian:

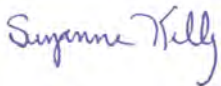
Each school district is mandated by law (section 904) to provide an examination by the school physician of those pupils whose parents do not provide these reports from their family physician. Consequently, a parent does have the right to have their child examined by either their own family physician (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.

OR

I give my permission for my child, \_\_\_\_\_ to have a physical at the Edwards-Knox Central School-Based Clinic.

Date \_\_\_\_\_

Signature \_\_\_\_\_



## *Student Accident Insurance*

The school district's student accident insurance plan provides secondary coverage and has no deductible. If a parent does not have a medical insurance policy, this will provide primary coverage. Also, if a student has medicaid or Champus, the school policy will provide primary coverage. This policy will provide dental as well as medical coverage. If a student damages either eyeglasses or a hearing aid, benefits are only payable when they are damaged as a result of an accident which requires medical treatment.

All payment checks will be sent directly to the provider of the service (doctor, hospital, etc.). They will not be sent to the parent unless a paid receipt is submitted. Some items such as X-rays, physical therapy, office visits, surgical benefits, orthopedic appliances, prescription drugs, etc. are payable up to a reasonable and customary charge. Therefore, some submitted bills will be paid in full. With other bills, the parents may be responsible for paying some charge, even after the school's insurance company had made payment. When a student is injured in school or while participating in a school-sponsored activity, he/she should report the injury to the teacher or coach immediately. As soon as possible, the student should go to the health office to be checked by the nurse. If the injury is sustained at a time when school is not in session, the injury should be reported to the nurse at the earliest possible time. If the student is taken to a doctor's office or the emergency room of a hospital, the school nurse needs to be notified because a Claim Form must be submitted to the school's insurance company.

The nurse will complete Section A and will send the form home to the parent to complete Section B. The parent must submit all bills to his/her insurance company first. (It will be necessary to make and keep a copy of these itemized bills.) After receiving either a rejection or payment on bills by the parent's insurance company, the remaining balance left to be paid should then be sent to the school's insurance company directly by the parent, along with the explanation of benefits from the parent's insurance and the itemized bills.

**PLEASE NOTE:** One of the major differences in this policy is that the parent and not the nurse is responsible for filing ALL claims. All students needing medical treatment must be seen by a doctor within thirty (30) days and claims should be filed with the insurance company within sixty (60) days. If you have any questions regarding these procedures, please feel free to call Melissa Brown, school nurse, at 562-8130 extension 1518.

## **STUDENT DIRECTORY INFORMATION**

Parents or eligible students are hereby notified of their right to refuse the release of student directory information. Notice of refusal must be sent to Suzanne Kelly, Superintendent, Edwards-Knox Central School, P.O. Box 630, Russell, New York 13684, by September 30<sup>th</sup>. If notice of refusal is not received by this date, the District may release such information to an outside group without individual consent. If you have refused to release this information in previous years, you still need to renew your refusal every year. The Family Education Rights and Privacy Act (FERPA) defines student directory information as the following: name, address, telephone listing, date and place of birth, major field of study, participation in officially recognized activities and sports, weight and height (if members of athletic teams), degrees and awards received, the name of the educational agency or institution previously attended by the student.

## BOOSTER CLUB NEWS

Are you looking for Edwards-Knox Cougar merchandise for the upcoming sports seasons?

Check out the school store at:

[www.fieldhouse.com/edwards-knox](http://www.fieldhouse.com/edwards-knox)

or go to

[www.ekcsk12.org](http://www.ekcsk12.org)

and click on "School Store"

They have a wide range of products available, including items for the following teams/clubs:

Soccer

Swimming

Volleyball

Basketball

Baseball

Golf

Cheerleading

Softball

Marching Band

OR

you can order items with just the school logo, rather than a specific sport or club. Every purchase benefits the E-K Booster Club, who provides items and financial assistance to our sports programs.



The Booster Club could use your help with fall concession stands. If you have the time to volunteer with the Booster Club, please contact your child's coach for more information. Volunteering benefits all our athletes and teams. Through past fund-raising, we have been able to send many teams to tournaments through transportation costs, as well as entrance fees. The past two years we have been able to host our own summer soccer and basketball camps. Please consider giving this Club your time.

## From the Physical Education Department

We hope everyone had a great summer and is ready to get back to school. We would like to take the time to inform you of a few things that pertain to Physical Education. In the high school, we have had a few students not pass Physical Education and others come very close to not passing. Most of this is due to student absences. Please make sure you take the time to go over the rules and regulations that we go over the first day of class. Please sign the copy and return the bottom portion so we know you have read it. Keep the top copy for your records. If you have any questions about the rules, please get in contact with your child's physical education teacher. Please do not wait until the end of the semester or the end of the year. Also, if your child has received a low grade, contact us for an explanation. That type of communication will avoid any problems in the future.

For elementary students (K-4), they need sneakers to participate. Many times during the year, the kids forget their sneakers. We would like to ask if anyone has sneakers their child does not wear anymore if they can be donated so that students who forget can still participate. We have been in other schools that this program has worked and would like to try it here. Please consider donating sneakers.

Lori Brewer  
Shawn Coon  
Kenny Montgomery

### 2011 SUMMER BASKETBALL CAMP



**Thanks for your support!**



President- Mandy Fuller/ Kenny Montgomery  
 Treasurer- Debbie Frary Secretary- open

### Edwards-Knox Booster Club Sign Up 2011-12

It is time again for school to start and that means the sports seasons will be starting as well. Our sports teams are showing some real improvements and we have a number of young student programs starting.

While all of this is exciting news, we are beginning to see the effects of the struggling economy on our sports teams. Under this year's contingency budget, our varsity and JV programs can only play league schedules, which means no tournaments. Teams that are playing out of season tournaments are costing more money to play. In anticipation of this happening, the Booster Club was restarted to help out with these costs.

We had a very good year in 2010 with a small group of parents and other community members. The Booster Club was able to have a picnic for all athletes and parents at the end of the year. We were able to fund some teams to play in out of season tournaments. (Boys modified basketball, girls 5<sup>th</sup> and 6<sup>th</sup> grade basketball to name a few). We would like to continue this.

Fundraisers we had this year included concessions at two basketball tournaments and an indoor soccer tournament. The Zumba Fitness Class donated a recliner which we raffled. We also held the annual soccer and basketball clinics for students in grades 2-8. We plan on doing these again, along with others. We would like to run the concessions for soccer games in September.

We are asking for more parent and community involvement with the Booster Club. The more people we have, the more we can do. Many successful sports programs have strong, supporting clubs. We need people to come to meetings, help with fundraising, and become officers. We are still going to meet on the First Wednesday of every month. (first meeting is September 7<sup>th</sup>, 2011) The meeting will take place at 6pm with the place to be announced later. Sign up below and return it back to the school care of Kenny Montgomery.

The Booster Club would like to be able to continue to exist. With the state of the economy right now, it may get worse. We would like to keep our sports teams going. Please consider helping out.

Family Name: \_\_\_\_\_  
 Mailing Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

- Please note if you would be willing to:
- \_\_\_\_\_ Donate Food for Athletic Concessions
  - \_\_\_\_\_ Work at Concession Stands or other booster club functions
  - \_\_\_\_\_ Come to meetings and possibly become an officer (actively involved)

Thanks for your support!

## NEWS FROM THE ATHLETIC DEPARTMENT

Lori Brewer, Athletic Director

### FALL SPORTS PREVIEW

It is with great pleasure that I write this letter because it means that the fall sports season is just around the corner. I know some of our athletes took advantage of going to some sports camps over the summer. There was a 14 and under softball team who played all summer. Many girls played soccer as well. I hope many of you have been doing some training in preparation of the upcoming season.

This year Section X and Edwards-Knox will be using a new sports scheduling system. As parents you can log and view your athlete's schedule. You can also register to be notified by email each time your athlete has a schedule change. You can log on to [www.highschoolsports.net](http://www.highschoolsports.net). Please check this website for up-to-date dates, times, and locations of our sporting events.

Best of luck to all our athletes this season!

GO COUGARS!!

Lori Brewer, Athletic Director



### 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 scholar-ships 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.





## YEARBOOK NEWS

Kathy Whitmarsh, Co-Advisor



The individual pictures for the yearbook will be taken on September 12, 2012. All seniors may have their pictures taken at that time for free too so they are sure they have a picture in the yearbook. Seniors can use these pictures as their senior pictures and order a package if they like, but the picture for the yearbook is completely free. If possible I hope to get every student's picture in the book. Please let the school know if you don't want your child's picture in the yearbook.

The retake date for individual pictures is October 21. If you were absent or missed the picture taking on September 12 please make sure Patty Daniels, or I (Kathy Whitmarsh) know you want the picture retaken.

Yearbooks will be \$45 again this year. You may pay for your yearbook at any time by sending the money to me or Patty Daniels. Make sure you receive a receipt. If one doesn't come back to you through your student, contact me, as I keep accurate records of all orders. Your receipt ensures that the money reached us. All grades PK-12 will be in the yearbook as well as most clubs, sports, candid's, teachers, administration, and the Board of Education.

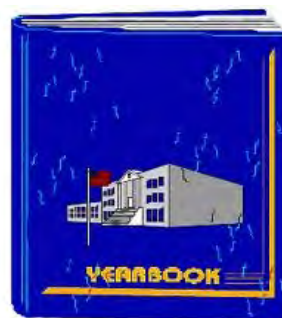
Each year we have very few extra copies of the books, other than the yearbooks that are pre-ordered by individuals. Historically the extra copies sell out very quickly. Therefore, the only way to ensure you receive a yearbook is to order and pay for it early. Again, your receipt will guarantee that your yearbook is available for you at the end of the school year.

I will be helping with the yearbook as we transition to new yearbook advisors.

Thank you for all your past support to make our yearbook successful and thank you for all you will do this year. We have always been able to count on the people in the Edwards-Knox Central School district to support our students.

Sincerely,

Kathleen Whitmarsh  
Co-Advisor



## 7-12 NEWS

### Michelle Varian, Principal

Dear Students, Parents, and Members of the Edward-Knox Community,

The halls have been empty and the building quiet without the presence of teachers and students. Hopefully everyone has been enjoying the sun, being outside, and having a little less structure in each day throughout the summer. The custodial staff has been working diligently preparing the building for the new year. My anticipation for the 2011-2012 school year continues to build as September draws closer.

Are you aware of our mission at school? Our mission statement says, "The mission of the Edwards-Knox Central School District is to provide positive learning experiences in order to maximize the growth and potential of each student and to serve as a learning resource for the entire community. This mission will be achieved through teaching and learning in an environment which is safe and positive, which encourages students to become responsible and to respect themselves and others and which focuses on social, emotional, and physical dimensions. This mission will be achieved through the cooperative efforts of students, parents, the community, the Board of Education, the professional staff and the support staff."



As we structure school, our goals and objectives, our discipline policies, our behavioral expectations, and our academic programs, it is with this mission in mind. It is essential to keep in mind that we are a team working together with the best interest of children as our primary factor in decision making. If you have questions about how things are being done please call and ask or schedule a meeting with me. [(315) 562-8131, ext. 1510]

Enjoy the rest of your summer, review the tidbits of advice that are in the newsletter, and let's make this year the best year we have had up to this point!

Sincerely,

Michelle Varian  
7-12 Principal

**7-12 NEWS**  
**Michelle Varian, Principal**

**SCHOOL DAY STARTING TIME**

The school day begins at 7:50. Teachers are on duty at 7:45 and students need to be in the building in their homeroom when the *first bell rings at 7:50*. After 7:50 am, students are considered late! Some students are lax and they and their parents don't plan well to get here on time to be in homeroom at 7:50. Students are allowed 3-lates only to school. After that, driving privileges can be taken away for ten weeks, and detention or in-school suspension can be assigned.

The point is - lateness to school disrupts our daily orderly operation and it is unacceptable in real life. Be here on time! Extenuating circumstances are considered . . . that is why we allow three lates. After that there is no excuse that will suffice.

Lates due to bus problems are not counted against a student. Lates due to car problems are. Again, that is why we allow three lates for only three extenuating circumstances.

**New Breakfast Procedure  
in Grades 7-12**

Students must report to Home Room this year for attendance purposes prior to going to breakfast. A breakfast pass will be issued to students between 7:45 and 7:52 from the Home Room teacher. Monitors in the upstairs cafeteria will not allow students into breakfast without a breakfast pass.

**Students Late to School**

If a student is late to school for whatever reason, a signed note from their parent/guardian should accompany them when they sign in late. If a student has an excused reason, such as a dentist appointment, doctor appointment, or other excused reason, they must bring in a note from that office. If the student plays a sport, this is a must for the coach and the office needs to see it when the student signs in. You can refer to your son/daughter's Student Handbook for further information.

**Excuses for Absences**

Parents and students please remember . . . when a student is absent from school due to illness or for some other reason they have one day only to bring in an excuse for their absence. If on the second day after an absence from school they have not brought in their excuse, they will be assigned a detention. This is specified in our student handbook and must be followed because *we must have excuses on file in the high school office*. It is a state law. Please remember to send your son or daughter in with their excuse for each absence the day they return to school so they do not forget and get a detention as a result.

## 7-12 NEWS

### Michelle Varian, Principal

#### Early Dismissals and Bus Passes

This year, as in years past, parents/guardians will need to send a note to the H.S. Office if a student will be getting dismissed early, or if a student will be going to a location other than home. Telephone calls will not be accepted. It helps us all if parents/guardians send in a signed and dated note stating the student will be dismissed at a certain time for a specific reason. This way their early dismissal is on the daily attendance sheet and teachers know they aren't skipping class.

To help avoid confusion, Early Dismissal notes and Bus Pass notes need to be brought into the H. S. Office before 8:30 am. Please have both bus numbers, if changing buses, on the request to ride to someone else's house.

We understand that sometimes there may be an emergency situation and you need to call. Please remember that if it is not an emergency, a signed note must be sent.

#### Detention

Detentions will be assigned on **Tuesday, Wednesday, or Thursday** this year. Students will be required to serve their assigned detentions on the first immediate day detention is available. Students who are involved in extra-curricular activities such as athletics, clubs, or musical/drama productions must complete their detention prior to participation in their activity that day. Detention is scheduled to end at **4:30** this year

#### Student Drivers

Just a reminder to students who drive to school - you will need to register your vehicle and list any passengers you plan to transport home. You can obtain a form in the High School Office and the office will retain this form for "liability" issues, should one arise. Only students who have properly registered their vehicle, listed those riders who have a note of permission from their parent to ride with the driver, and a note from the driver's parent of who is allowed to be transported, will be able to continue to drive to school. Inquire in the High School Office if you have any questions.



#### EMERGENCY FORMS

Emergency Forms will be accompanying 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 High School Office or by calling the school and requesting another one. This form has important information that must be put into the computer for the nurse as well as the office. 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 High School Office.

# 7-12 NEWS

## Michelle Varian, Principal

### Dress Code (Grades 7-12)

Your attire very often reflects your character and attitude. Although you are encouraged to dress comfortable, we also encourage you to exercise good judgment and good taste in your choice of attire.

Clothing that a student wears to school should be safe, appropriate, and not disrupt or interfere with the education process.

Clothing and hats may not include vulgar, obscene, libelous, or denigrate others on account of race, color, religion, creed, national origin, gender, sexual orientation or disability. In addition, they can not promote and/or endorse the use of alcohol, tobacco, or illegal drugs and/or encourage other illegal or violent activities.

Students may not wear hats in offices, during assemblies, in the cafeteria, at banquets or programs, or in classrooms.

Undergarments may not be showing at any time.

Include footwear at all times. Footwear that is a safety hazard will not be allowed.

Pajamas are not allowed to be worn to school unless it is a special event approved by the principal.

Extremely brief garments such as tube tops, net tops, plunging necklines (front and/or back), tops that expose the midriff, see-through garments, as well as short shorts and short skirts will be considered disruptive to the smooth operation of the school, and therefore, not appropriate for typical school dress.

Tops cannot be lower than 4" from the base of the neck in the back, no cleavage should be observed, and shorts, skirts, and dresses cannot be shorter than finger tip length when a person's arms are relaxed at their sides.

Students who violate the dress code shall be required to modify their appearance by covering, removing, or replacing the offending item, as appropriate.

### Anti-Bullying Rules

1. We will not bully others.
2. We will try to help students who are bullied.
3. We will try to include students who are left out.
4. If we know that somebody is being bullied, we will tell an adult at school and an adult at home.

### Cyber-bullying Rules

The use of social networks for sending inappropriate messages is becoming more and more rampant. If you receive an inappropriate e-mail or text message or see a facebook status that is inappropriate you should follow these steps:

1. Don't respond to the sender or status.
2. Document the message.
3. Tell an adult you trust and give them the documentation.
4. Block the sender from further communicating with you.



## 7-12 NEWS

### Michelle Varian, Principal

#### Electronic Device Use



Students are prohibited from using or having on or in an operational mode any paging device, mobile telephone, cellular telephone, Ipod, MP3, CD player, or electronic games, laser pointer or laser pen, or any other type of telecommunications or imaging device during the hours of 7:45 am to 3:15 pm while in the school building or associated with a school trip. The only exception would be with prior approval provided by an administrator when such a device is deemed necessary for a classroom assignment.

If an electronic device is displayed in school between 7:45 am and 3:15 pm, it will be confiscated by the teacher and given to the principal. It will be the responsibility of the parent to pick up the device at a mutually agreed upon time.



While students are permitted to possess such devices during the school day, they are to be kept in a backpack, purse, or pocket not visibly displayed. These devices are to be stored in the off mode. A student may use a cell phone after the school day has ended under the following circumstances:

- For purposes of contacting a parent or guardian to arrange transportation.
- In case of emergency.



Students are prohibited from using these electronic devices in any educational process which invades the privacy of students, employees, volunteers, or visitors. If a student violates this prohibition, then he/she is subject to discipline under this provision and/or any other provision in the School District Code of Conduct that may be applicable to the circumstances involved. This prohibition also includes the use of cameras, still or video. At no time will cell phones or cameras be allowed in locker rooms or bathrooms.

It is up to the discretion of a coach, chaperone, or teacher if cell phones are to be used during school-sponsored events, including riding the bus. The use is for transportation purposes or contacting parent/family member, not social interaction.

***At no time is E-KCS responsible for the loss, damage, or the usage of any of the above mentioned electronic devices while on school property.***

## 7-12 NEWS

Michelle Varian, Principal

### Reserved Calendar Dates

Sept. 1 & 2, 2011	-	Staff Development Days
Sept. 5, 2011	-	NO SCHOOL Labor Day Holiday
Sept. 6, 2011	-	School Opens for Students
Sept. 16, 2011	-	Dance (7-10 PM), sponsored by Class of 2012
October 7, 2011	-	End of 1 <sup>st</sup> Interim Report period
October 10, 2011	-	NO SCHOOL Columbus Day
October 13, 2011	-	Students dismissed at 11:30 am Fall Conferences from 4:30 to 7:30 pm
October 14, 2011	-	Remaining interim reports distributed to students
October 21, 2011	-	No School For Students - Staff Development Day
Nov. 10, 2011	-	End of First Marking Period Students dismissed at 11:30 am
Nov. 11, 2011	-	NO SCHOOL Veteran's Day
Nov. 16, 2011	-	Report Cards go home with students
Nov. 18, 2011	-	Report Cards signed and Returned to Home Room Teacher
Nov. 22, 2011	-	Grades 5-8 Awards Assembly (1:45 p.m.)
Nov. 23-25, 2011	-	NO SCHOOL Thanksgiving Recess



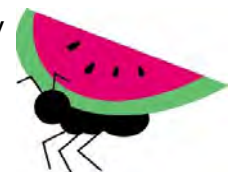
### 7<sup>th</sup> Grade Orientation

All incoming seventh grade students are invited to join Mrs. Varian and Mrs. Alford on Wed., August 31<sup>st</sup> for a fun day of activities with some volunteer teachers. Students are asked to arrive at 12:00 noon.

Goals for the day include:

- Getting to know individual seventh graders by name, face, and personality
- Familiarizing seventh grade students with the transition to junior high
- Handing out schedules, trying out lockers, discovering the best way to get from point A to point B on your own and on time, and other details that will help ease the anxiety of seventh graders
- Doing some fun activities and hanging out with your school friends without being in class

A seventh grade class/family pot-luck picnic will follow at 6:00. Every family should bring a dish to pass, your own place settings, and drinks for your family. Parent orientation will take place at 7:00 with all activities concluding at 7:30.



## 7-12 NEWS

### Michelle Varian, Principal

#### Top Achievers from Southwest Tech Center

The following students represent the top 20 percent of their respective classes. These students are the top achievers for the marking period ending June 14, 2011 from Edwards Knox Central School. Congratulations to these students.



**Alternative Education:** Caleb Brimmer  
**Auto Technology I:** Lucas Fuller and Brody White  
**Cosmetology II:** Kelly Hedrick and Olivia Loop  
**Criminal Justice II:** Della Rubin  
**Multi-Occupations II:** Thomas Smith, Jr.

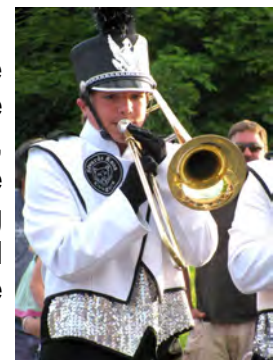


#### Congratulations Marching Cougars



Congratulations Marching Cougars on such a great marching season this year! The Marching Cougars performed two classic television themes: The Magnificent Seven and Hawaii Five-O. The performance of these pieces astounded the judges and audience at our final performance of the year at the St. Lawrence County Fair! The hours of practice and dedication these students have put into the Marching Band were evident in the music and routine. Since the beginning of the marching season, the Marching Cougars improved their scores by ten points! They have received numerous and prestigious awards and trophies this summer including: Best Horn Line, Best Woodwinds, Best Percussion, Best American Flag Line, Best Marching and Maneuvering, Esprit de Corp (Spirit Award), and for the fourth year in a row... The Iron Man Trophy, given to the band at the Seaway Festival for the best and strongest performance at the end of this long and exhausting parade!

This has been the strongest band section in my four years of directing the Edwards-Knox Marching Band! Their performance of the music only became stronger parade after parade. Judges commented on the great balance, dynamics, and tone with which the band performed. Comments from the judges did not fail to mention the precision in the percussion, the strong trombones and trumpets, the great low brass sound, and the wonderful woodwind blend. I am very proud of the progress these students have made this year!





## 7-12 NEWS

### Michelle Varian, Principal

### Congratulations Marching Cougars Cont'd.

This year was also the biggest Marching Band we have had in years, with a total of 41 members! Many of these students began four years ago when I began directing the marching band, and I am very proud of their growth and progress over this time. I believe with the wonderful talent and dedication of all of our members, our Marching Cougars will continue to grow.

Congratulations Marching Cougars! I am so proud of you!

Thank you to our Colorguard Directors, Megan Bristol and Danielle Gollinger, for their great work with the Colorguard! Congratulations to the students in the Colorguard who added to the overall performance effect at each and every parade and competition. Well done!



~~~ Mrs. Fenton ☺



## Guidance News Linda Alford, Counselor

### PROGRAMS FOR JUNIORS AND SENIORS THIS FALL

**SUNY Road Show** - Clifton-Fine will host the "SUNY ROAD SHOW". The tentative date is Tuesday, September 20, 2011. This program brings representatives from several State University campuses to discuss the advantages of SUNY and inform us about new changes. This program will be informative for all juniors and seniors.

**College Fair** - Juniors and Seniors will also be invited to visit the Golden Dome in Ogdensburg on Tuesday morning, October 4, 2011 for the "College Fair". This program will bring together many college representatives from New York State, other northeastern states and Canada. Represented will be four-year colleges, two-year colleges including community colleges, and the military branches. In addition to the morning event, the "College Fair" will be set up at St. Lawrence University during that evening for all community members.

Juniors and seniors please fill out and return the "SUNY Roadshow/College Fair" permission slip to the Guidance Office at the start of school if you intend to participate in this program. This form is mailed with your schedule in August or is available in the guidance office or on the guidance web page.

#### Guidance Web Page

Check out the Guidance Web-Page! There are many useful links, important dates and other important information. As the school year starts this information will be updated and current.

<http://www.ekcsk12.org/guidance/>

#### Informational Meeting for Seniors and Parents

Ms. Alford will host an informational meeting on Wednesday, September 28, 2011 for seniors and their parents regarding the college application process. This meeting will be held at 6:30pm in the guidance office. More information will be available at a later time.

#### Senior Transcript Review

Seniors should also make an appointment in September to meet with Ms. Alford to review their transcripts and discuss plans for their future. It is also important at that time of year to start narrowing the choices of colleges that you will apply to.



## **Guidance News**

### **Linda Alford, Counselor**

#### **NYS Academic Excellence Scholarship Program Nomination**

##### Eligibility Requirements

1. Graduating senior
2. Legal resident of New York State at least 1 year prior to the start of our senior year.

##### Nomination Criteria used by Edwards-Knox:

Edwards-Knox will select its winner(s) by computing a weighted average of the scores on the Regents examinations and/or approved alternative assessments taken by our students prior to their senior year, in all of the following subjects:

The weighting of the scores are determined by the New York State Education Department and are as follows:

Comprehensive English and Mathematics - weight of three per Exam

Global Studies, US History and Highest Science - - weight of one per exam

If a student elected not to take the Regents examination listed, or an approved alternative assessment, then that student cannot compete or be selected as a scholarship winner.

In the case of a tie in the weighted average score that is used for the selection of the scholarship nominee, the high school shall use the students' class rank at the end of their junior year to determine the priority ranking of tied scholarship nominees.

##### How the Scholarship Can be Used

In order to use the benefits of this scholarship, the winner must be in attendance as a full-time, matriculated student at an approved New York State post-secondary institution by the fall semester after the student's high school graduation.

The quantity and amount of scholarships available to Edwards-Knox students is determined every year by the New York State Education Department.

#### **PSAT TESTING FOR JUNIORS**

The **PSAT** (Practice SAT) is available for Juniors to take this year. It will give them the opportunity to experience this type of testing. Students will also receive a report similar to the SAT Report. The **PSAT** will be given on **Wednesday October 12, 2011**. **There is a charge of \$14.00 per student**. For students who qualify for a free or reduced lunch there may be a lower fee. The test starts at 8:05am and will end at 11:30.

**Students must sign-up in the Guidance Office no later than  
September 21<sup>st</sup> . This is the last day tests can be ordered.**

##### **Why would a junior choose to take the PSAT?**

- \* Compare their ability to do college work with the ability of college-bound peers
- \* Practice for the SAT I, a college admission test with similar questions and scores
- \* Enter scholarship competitions conducted by National Merit Scholarship Corporation and other programs
- \* Receive information from colleges, universities, and certain scholarship programs about educational and financial aid opportunities

For more information check out the following web page: [www.collegeboard.com](http://www.collegeboard.com) or the SAT/ACT link on the High School Guidance Web Page.

## **Guidance News**

### **Linda Alford, Counselor**

#### **ASVAB TESTING FOR JUNIORS IN THE SPRING**

As part of the Comprehensive Guidance Plan juniors will take part in the ASVAB Career Exploration Program, on March 21, 2011 with an official interpretation at some point after that. This program is designed to help students learn more about themselves and the world of work, to identify and explore potentially satisfying occupations, and develop an effective strategy to realize their goals. As students explore occupations in line with their interests and skills, your student will develop career exploration and planning skills that will last a lifetime. The ASVAB Career Exploration Program focuses on:

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

The ASVAB is a multi-test aptitude test battery. It consists of eight short individual tests covering General Science, Arithmetic Reasoning, Word Knowledge, Paragraph Comprehension, Mathematics Knowledge, Electronics Information, Auto and Shop Information, and Mechanical Comprehension. Not only do students receive scores on each of these individual tests, students also receive career exploration scores. These scores are the results of individual tests combined to yield three career exploration scores: Verbal Skills, Math Skills, and Science and Technical Skills.

The ASVAB is administered and interpreted in schools by specially trained test administrators from the Federal Government. There will be activities for students to compare their interests and abilities to over 400 civilian and military occupations. There is no new demographic information released due to participation in this program that isn't already available to military recruiters due to the "No Child Left Behind Act" unless you have requested your child's information not be released. There is more information regarding this procedure at some other point in this newsletter.

#### **ACT/SAT TESTING DATES & REGISTRATION DEADLINES**

The SAT and ACTs are college entrance tests that some colleges require. Seniors who are planning to go to college and have not yet taken or would like to retake the SAT or the ACT test should consider doing so as soon as possible. Juniors who would like to take these tests are encouraged to wait until May or June of this year. 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 done on-line at **[www.collegeboard.com](http://www.collegeboard.com)** for the SAT and **[www.actstudent.org](http://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!**

## Guidance News Linda Alford, Counselor

| <b>ACT</b> | <u>Registration Deadline*</u> | <u>Test Date</u> |
|------------|-------------------------------|------------------|
|            | Sept. 16, 2011                | Oct. 22, 2011    |
|            | Nov. 04, 2011                 | Dec. 10, 2011    |
|            | Mar. 09, 2012                 | Apr. 14, 2012    |
|            | May 04, 2012                  | Jun. 09, 2012    |

For more ACT info -  
**www.act.org**

**Test Fee: \$34.00**

**With Optional Writing: \$49.50**

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

| <b>SAT</b> | <u>Registration Deadlines*</u> | <u>Test Dates</u> |
|------------|--------------------------------|-------------------|
|            | Sept. 09, 2011                 | Oct. 01, 2011     |
|            | Oct. 07, 2011                  | Nov. 05, 2011     |
|            | 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     |

For more SAT info -  
**www.collegeboard.com**

**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.*



# Fitness Center Survey

If you have been a user of the E-KCS Fitness Center in the past or you wish to become one, please complete this survey to help us establish a protocol.

There are two ways to be able to complete this survey, **electronically** or in **paper format**. If you wish to fill it out via the computer, go to: <http://www.surveymonkey.com/s/LZVSYK6> and answer the questions. Otherwise, please complete the survey below and return it to the school. If you need additional copies for other members of your household, please call Kay Amo at 562-8130.

All surveys must be completed by **09/16/11** to be useful in determining our procedures. Your input is greatly appreciated.

- Q1. Have you ever used the Fitness Center previously?**  
 Occasionally       Weekly       Never       Other
- Q2. Are you interested in using the Fitness Center at Edwards-Knox Central School is there is a fee associated with its use?**  
 Yes       No       Depends on the cost  
 Not certain at this time       Other \_\_\_\_\_
- Q3. How many days a week would you like to work out?**  
 One of Two       Two or Three       Three to Four  
 Varies greatly       Other \_\_\_\_\_
- Q4. Which days of the week do you prefer?**  
 Weekdays only       Weekend only  
 Weekdays and weekends       Other \_\_\_\_\_
- Q5. What time of day would you prefer to work out?**  
 AM       PM       AM and PM       Other \_\_\_\_\_
- Q6. What do you think would be a fair amount of money to be charged for the use of the Fitness Center?**  
 \$10.00-\$15.00 a month       \$25.00 for three months  
 \$50.00 for seven months       \$60.00 for ten months
- Q7. If we set up a co-op style system where you can supervise the Fitness Center during open hours and not pay or pay an adjusted amount, would you be interested in this?**  
 Yes       No       Not sure       Other \_\_\_\_\_
- Q8. To be a supervisor you would need to have First Aid and CPR certification. Would you be willing to do this if you are not certified?**  
 Yes       No       Not sure       Other \_\_\_\_\_
- Q9. Should we have a guest pass available to pay a certain amount of time as a trial while you decide if you want to join?**  
 Yes       No       Other \_\_\_\_\_
- Q10. Please provide us with you name and e-mail if you have one.**  
 Name \_\_\_\_\_ e-mail \_\_\_\_\_

## FALL SPORTS MEETING

From Athletic Director Lori Brewer



Fall athletes had the opportunity to listen to Rich Johns as part of their pre-season meeting on August 18th. Rich has developed a character education program titled "Act with Respect Always". Rich travels all over the US delivering his message. Rich spent the first hour talking to coaches. Then he addressed the athletes and their parents/guardians.

Rich stressed that there are eight important character traits that a student athlete should possess. The first trait is responsibility. Being responsible begins with simple basic routines. Student athletes need to be on time for a practice or games. They must come prepared with the right equipment for each workout. They also need to know that each has to meet his or her personal responsibilities. No excuses.

The second trait is honesty/fairness. With the pressures that exist in sports today, some players can be less than truthful. Honesty and integrity need to be sewn into their fabric. Players need to know unequivocally that cheating will not be tolerated.

The third trait is **civility**. Treatment of an opponent, as in adult life, is about basic civility. Courtesy, which includes shaking hands, not complaining about calls and being gracious after winning or losing a game, was stressed.

The fourth trait is **self discipline**. No matter what situations confront an athlete during a game, it is important for them to always control their emotions.

The fifth trait is **persistence**. Student athletes must learn to be persistent. When the going gets tough, s/he must focus, show strength and not quit. Persistence in difficult times makes for a more successful player.

The sixth trait is **courage**. Stand up for what is right! Student athletes should understand that how others are treated on and off the field is part of each person's responsibility. It is important to show the necessary courage to tell a coach, parent or someone of authority about any situation that is wrong.

The seventh trait is no excuses. Play the game! How many times have you heard a player or players complaining? Players questioning or complaining about nearly everything because they are losing and can't handle it. This type of gamesmanship is used to disrupt the game. There is no excuse for this type of behavior and it should not be allowed.

The final trait is **respect**. Respect is the core of everything we do. An athlete needs to understand that they must respect their opponents, coaches, spectators, teammates, and the game itself. No player is bigger than the game. Show respect for others and you will learn to respect yourself.

After hearing Rich speak about the importance of these traits, hopefully the traits will be visible in our student athletes this year and for years to come. Your support and guidance can help make this happen!

\*All character traits and descriptions were taken from [www.actwithrespectalways.com](http://www.actwithrespectalways.com) \*

2011 FALL SPORTS SCHEDULES

**Girls' Varsity and Modified Soccer**

09/07 vs. HARRISVILLE  
 09/09 vs. PARISHVILLE=HOPKINTON  
 09/15 @ St. Regis Falls  
 09/17 vs. CHATEAUGAY  
 09/19 vs. MADRID-WADDINGTON  
 09/22 @ Tupper Lake  
 09/26 @ Colton-Pierrepont  
 10/01 @ Harrisville  
 10/04 @ Parishville  
 10/11 vs. ST. REGIS FALLS  
 10/14 @ Chateaugay  
 10/18 @ Madrid-Waddington  
 10/21 vs. TUPPER LAKE  
 10/25 vs. COLTON-PIERREPONT

**Boys' Varsity and Modified Soccer**

09/06 @ Harrisville  
 09/08 @ Parishville  
 09/13 vs. ST. REGIS FALLS  
 09/16 @ Chateaugay  
 09/20 @ Madrid-Waddington  
 09/27 vs. COLTON-PIERREPONT  
 09/30 vs. HARRISVILLE  
 10/03 vs. PARISHVILLE-HOPKINTON  
 10/08 @ St. Regis Falls  
 10/13 vs. CHATEAUGAY  
 10/17 vs. MADRID-WADDINGTON  
 10/24 @ Colton-Pierrepont



**Varsity Volleyball**

09/01 vs. ST. REGIS FALLS  
 09/07 @ Brushton Moira  
 09/09 vs. CHATEAUGAY  
 09/13 @ Canton  
 09/15 @ Gouverneur  
 09/20 vs. POTSDAM  
 09/22 vs. MADRID-WADDINGTON  
 09/26 @ OFA  
 09/28 vs. MASSENA  
 09/30 @ Franklin Academy  
 10/04 @ Tupper Lake  
 10/06 vs. CANTON  
 10/12 vs. GOUVERNEUR  
 10/14 @ Potsdam  
 10/18 @ Madrid-Waddington  
 10/20 vs. OFA



**Modified Volleybal**

09/01 vs. ST. REGIS FALLS  
 09/07 @ Brushton Moira  
 09/09 vs. CHATEAUGAY  
 09/22 vs. MADRID-WADDINGTON  
 09/26 @ OFA  
 09/28 vs. MASSENA  
 10/04 @ Tupper Lake  
 10/18 @ Madrid-Waddington  
 10/20 vs. OFA

**Swimming Schedule**

|                            |                               |
|----------------------------|-------------------------------|
| 09/09 @ Potsdam            | 10/07 @ St. Lawrence Central  |
| 09/13 vs. ST. LAW. CENTRAL | 10/14 @ Saranac Lake          |
| 09/16 vs. SARANAC LAKE     | 10/18 vs. GOUVERNEUR          |
| 09/20 vs. MASSENA          | 10/21 @ Canton Central        |
| 09/23 @ Gouverneur         | 10/28 @ Franklin Academy      |
| 09/30 vs. OFA              | 11/05 Sectionals @ Maxcy Hall |
| 10/04 vs. FRANKLIN ACADEMY | in SUNY Potsdam               |





## ELEMENTARY CORNER

By: Ronald Burke, Principal



Dear E-K Community Members:

Welcome to the new school year! As September quickly approaches, a sense of excitement begins to take hold. After weeks of empty corridors, we eagerly await the arrival of students who bring the building to life.

Although September marks the end of summer vacation, it more importantly marks a new beginning. We approach the new school year with hope, optimism, and determination. Regardless of past experiences, September provides each child with the opportunity to make a fresh start. The entire elementary staff is dedicated to the mission of ensuring that each child grows in strength of character and in academic achievement.

Quality education allows for personal choice. Whether a student eventually chooses to attend college, join the military, or enter the workforce, it is our responsibility to make certain that students have the skills and aptitude to make a choice. This responsibility is shared by the school, the student, the family and the community. Strong communication between each of these stakeholder groups is essential for success. As the elementary principal, I encourage you to ask questions, offer suggestions, and share concerns.

One area of continued concern is student safety. Parents are asked to review and reinforce bus safety procedures such as not crossing the road until given the "thumbs up" sign by the driver. Community members are asked to be vigilant for stopped busses as the curves and hills of many roads do not allow for advance warning.

Equally important is adherence to school procedures for changing a child's normal drop-off location. To provide the greatest safety measure, parents and guardians are asked to provide the school with a signed bus note indicating the address and name of the person to whom the child will be dropped off. Recognizing that emergencies do arise, changes without a signed bus pass are required to be approved by an administrator.

Thank you for your continued support. Together we will continue to positively impact the lives of our children.

**New Staff to Welcome:**

|                  |                               |
|------------------|-------------------------------|
| Clara Cummings   | 6 <sup>th</sup> Grade Teacher |
| Sarah Boffa      | Speech/Language               |
| Stephanie Porter | Special Education             |

## ELEMENTARY CORNER

By: Ronald Burke, Principal

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p style="text-align: center;"><b><u>WHAT TO PURCHASE</u></b></p> <p>Supply lists can be found on each individual teacher's web page. Go to <a href="http://www.ekcsk12.org">www.ekcsk12.org</a>, click on staff directory, and then find your child's teacher's name and click on the gray box that says "Home Page;" from there, click on "Supply List." You may also contact the elementary office or stop by and pick up a list. Please don't buy items that aren't listed as space is limited in the children's desk and locker.</p> <p>Just a reminder, all students are required to wear sneakers for physical education unless they are swimming. If possible, children should keep a pair of sneakers at school so they are prepared for class and also to use for the playground daily. Children may not wear any open-toed shoes, sandals, or flip flops on the equipment for safety purposes.</p>                                                                                                                                                                                                                                                     | <p style="text-align: center;"><b><u>HANDOUTS TO LOOK FOR</u></b></p> <p>Each year it is necessary to update our files and send home a variety of forms that need to be filled out and returned in a timely fashion. What to look for:</p> <ol style="list-style-type: none"> <li>1) Emergency Information Sheet/Photo Permission Form</li> <li>2) Student Handbook (Parent, Student, and School Compact)</li> <li>3) Code of Conduct</li> <li>4) Individual teacher's letters</li> <li>5) Student Residency Questionnaire</li> <li>6) Request for Duplicate Forms: this form only needs to be filled out and returned if you are a split family who needs duplicate copies of report cards, invitations to conferences, and any other pertinent documents sent to a non-custodial parent. Please complete this form and submit a copy of the court issued documents dealing with custody. In order to be aware of specific details, it is important for us to have the documentation. Without the necessary paperwork on file, all pertinent information will be sent to the primary address of residence. If you have already completed this in a previous year, you do not need to do again.</li> </ol> <p>Please try to remember to send in a note with updates (new address, change in telephone numbers...) for your Emergency forms. Last year there were several incidents where we couldn't contact parents because information was invalid. Don't rely on children to pass on such important information.</p> |
| <p><b><u>BUS NOTES</u></b></p> <p>All bus changes should be received in written form prior to 1:00 p.m. This includes written notes, faxes, or e-mails with telephone approval. Please be sure to include the child's first and last name, location to be dropped off including address and name of residence, the dates to be dropped off or picked up, parent/guardian's signature, and the date of request. At times, substitute secretaries may be on duty and aren't always familiar with the names and locations within our district.</p> <p>For those children who go to more than one household, i.e. babysitter, alternate parent, or relative, feel free to send in a permanent bus pass by the week, month, or year if you know the schedule.</p> <p>In the case where no one is at home, children will be brought back to school, and it is the family's responsibility to pick up their child at school. If you prefer that your child be dropped off, whether an adult is home or not, please send a note stating this to the office. For safety purposes, the drivers have been instructed not to drop off young children without supervision.</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

## ELEMENTARY CORNER

By: Ronald Burke, Principal

### CODE OF CONDUCT

**Introduction:**

The Edwards-Knox Central School District Code of Conduct is designed to meet the requirements of the Safe Schools Against Violence in Education Act (Project SAVE). Project SAVE legislation sets forth different and expanded requirements for codes of conduct in public schools. This law requires every school district and BOCES to have new codes of conduct in place by July 1 that are renewed each year. Ultimate authority for adoption of a code rests with the Board of Education, but the statute requires school boards to develop their codes in collaboration with administrator, teacher, parent, and student organizations. The Edwards-Knox Central School District Code of Conduct (hereafter referred to as the "Code") is the result of that collaborative effort. A full copy of the Code of Conduct can be requested from either offices.

**Purpose of the Code:**

The Code governs the conduct of students, teachers, other school personnel, as well as visitors. The purpose of the Code is to foster a safe and orderly school environment where students may receive and district personnel may deliver quality education services without disruption or interference. The Code outlines expectations for appropriate behaviors on school property or while attending a school function and identifies consequences for inappropriate conduct for students, school personnel, parents, and visitors.

**Student Rights and Responsibilities:**

The district is committed to safeguarding the following fundamental rights of all students. The right to: take part in all district activities on an equal basis; be heard in cases of alleged misconduct; and have access to school rules and an explanation of those rules.

With these rights, come responsibilities for contributing to a safe and orderly environment. Students are expected to show respect to others and school property; be familiar with and abide by the district's policies; attend school regularly; work to the best of their ability; respond in a respectful, positive manner; control their anger; dress appropriately for school and school functions; and conduct themselves appropriately when participating in or attending school-sponsored extracurricular events.

## ELEMENTARY CORNER

By: Ronald Burke, Principal

### Essential Partners:

The SAVE legislation requires that codes of conduct contain provisions defining the roles of teachers, administrators, other school personnel, boards of education and parents. In our Code this section sets forth certain specific roles and responsibilities for parents, teachers, principals, the guidance counselor, school psychologist, superintendent, and the board of education in regard to their roles in creating and maintaining a safe, orderly, and effective school.

### Student Dress Code:

The SAVE legislation also requires that a student dress code be adopted regarding dress while on school property, and the code may not be vague, subjective or overly broad. This section of the code provides students with guidelines about acceptable and unacceptable appearance standards. Each building principal shall be responsible for informing all students and their parents of the student dress code at the beginning of the school year. Students who violate the dress code shall be required to modify their appearance by covering, removing, or replacing the offending item, as appropriate.

In our code a student's dress, grooming and appearance, including hair style/color, jewelry, make-up and nails, shall:

1. Be safe, appropriate and not disrupt or interfere with the educational process.
2. Recognize that extremely brief garments such as tube tops, net tops, plunging necklines (front and/or back), tops that expose the midriff, see-through garments, as well as short shorts and short skirts may not be appropriate for school during regular school hours. In addition, tops cannot be lower than 4" from the base of the neck in the back, no cleavage should be observed and shorts, skirts, and dresses cannot be shorter than finger tip length when a person's arms are relaxed at their sides. (Exceptions to this rule could include special designated events, such as wearing a dress with spaghetti straps to the prom or to music concerts.) The principal will make decisions when questions or concerns arise regarding the appropriateness of an individual student's dress.
3. Ensure that underwear is completely covered with outer clothing.
4. Include footwear at all times. Footwear that is a safety hazard will not be allowed. At the elementary level sneakers are required on gym days and on the playground.
5. For students grades 7-12 hats or visors will not be permitted in offices, in the cafeteria, during assemblies, at banquets, or programs. At the elementary level hats, bandanas or any other head covering may not be worn in the building. Students are to leave such items in their lockers/cubbies upon entry.
6. Not include items that are vulgar, obscene, libelous or denigrate others on account of race, color, religion, creed, national origin, gender, sexual orientation or disability. Not promote and/or endorse the use of alcohol, tobacco or illegal drugs and/or encourage other illegal or violent activities.

# ELEMENTARY CORNER

By: Ronald Burke, Principal

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Prohibited Student Conduct:</b></p> <p>Students are expected to conduct themselves in an appropriate and civil manner, with proper regard to the rights and welfare of other students, district personnel and other members of the school community, and for the care of school facilities and equipment. Students must learn to assume and accept responsibility for their own behavior, as well as the consequences of their misbehavior. Students may be subject to disciplinary action, up to and including suspension from school, when they engage in: conduct that is disorderly, insubordinate, disruptive, violent, or that endangers the safety, morals, health or welfare of others. Inappropriate behavior also includes misconduct on a school bus or any form of academic misconduct such as plagiarism, cheating, copying, or altering records.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <p><b>Reporting Violations:</b></p> <p>Everyone subject to the Code is expected to promptly report violations to proper school officials. Anyone observing an individual possessing a weapon, alcohol or an illegal substance on school property or at a school function shall immediately report this information to a school official. Any weapon, alcohol or illegal substance found in a student's possession shall be confiscated immediately, if possible. This will be followed by notification to the parent of the student involved and the initiation of appropriate action, which may include permanent suspension from school and/or referral for civil prosecution. The building principal or designee must notify the local law enforcement official(s) of those Code violations that substantially affect the order or security of the school and constitute a crime.</p> |
| <p><b>Disciplinary Procedures:</b></p> <p>Disciplinary action, when necessary, will be firm, fair and consistent so as to be the most effective in changing student behavior. In determining the appropriate disciplinary action, school personnel authorized to impose disciplinary penalties will consider the student's age; the nature of the offense and the circumstances which led to the offense; the student's prior disciplinary record; the effectiveness of other forms of discipline; information from parents, teachers and/or others, as appropriate; and other extenuating circumstances.</p> <p>As a general rule, discipline will be progressive. This means that a student's first violation will usually merit a lighter penalty than subsequent violations. Students will receive progressively more severe consequences when school rules are disregarded more than one time.</p> <p>Progressive discipline measures for K - 6<sup>th</sup> grade will include:</p> <ol style="list-style-type: none"> <li>1. Behavior plan written by the child and teacher to be sent home to the parent.</li> <li>2. Loss of classroom privileges and/or exclusion from specific activities.</li> <li>3. "Time Out" within the classroom, in another classroom, or school location.</li> <li>4. After school detention.</li> <li>5. Special arrangement, on a case-by-case basis, may be made for children having serious behavior difficulty.</li> <li>6. Suspension from school, in conjunction with supporting professional staff.</li> </ol> <p>The principal may use discretion in issuing these consequences upon reflection of the length of time between referrals.</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

## ELEMENTARY CORNER

By: Ronald Burke, Principal

### **Student Searches and Interrogations:**

The United States Supreme Court has held that a student may be searched by a school official if the official has "reasonable suspicion" to believe that a search of the student will result in evidence that the student violated the law or a school rule. Students are not entitled to any sort of "Miranda"-type warning before being questioned by school officials, nor are school officials required to contact a student's parent before questioning the student. However, school officials will inform all students why they are being questioned.

An authorized school official may conduct a search of a student's belongings that is minimally intrusive, such as touching the outside of a book bag, without reasonable suspicion, so long as the school official has a legitimate reason for the very limited search. An authorized school official may search a student or the student's belongings based upon information received from a reliable informant. Lockers, desks, and other such storage spaces remain the exclusive property of the school, students have no expectation of privacy with respect to these areas.

Before searching a student or the student's belongings, the authorized school official should attempt to get the student to admit that he or she possesses physical evidence that they violated the law or the district code, or get the student to voluntarily consent to the search. Searches will be limited to the extent necessary to locate the evidence sought. Whenever practicable, searches will be conducted in the privacy of administrative offices and students will be present when their possessions are being searched.

Law enforcement officials may be summoned in order to conduct an investigation of alleged criminal conduct on school premises, or during a school-sponsored activity, or to maintain the educational environment. They may also be summoned for the purpose of maintaining or restoring order when the presence of such officers is necessary to prevent injury to persons or property.

The School District's administrators shall at all times act in a manner that protects and guarantees the rights of students and parents. Police authorities have no right to interview students in the school building without a warrant or probable cause for suspicion, they should take the matter up directly with the student's parent/legal guardians. If a student is to be questioned by police, it is the responsibility of the school administration to see that the interrogation takes place privately and in the presence of the parents/legal guardians and the building principal/designee unless the student is 16 years of age or older. The building principal or his/her designee must be present with the student at all times during an interrogation and will be responsible for terminating the questioning in the event it becomes inappropriate.



## ELEMENTARY CORNER

By: Ronald Burke, Principal

**Alternative Instruction:**

When a student of any age is removed from a class by a teacher or a student of compulsory attendance age is suspended from school pursuant to Education Law, the district will take immediate steps to provide alternative means of instruction for the student

**Corporal Punishment:**

Corporal punishment of students is forbidden. Reasonable physical force may only be used to protect any person from physical injury, to protect the property of the school or others, or to restrain or remove a student who has refused to refrain from acts that interfere with the orderly exercise and performance of school district functions.

**Discipline of Students with Disabilities:**

Students with disabilities are guaranteed certain procedural protections when they become the subjects of disciplinary action. The Code expressly recognizes and employs these protections in accordance with applicable federal and state laws and regulations.

If the conduct of a student is related to a disability or suspected disability, the student shall be referred to the Committee on Special Education and discipline, if warranted, shall be administered consistent with the separate requirements of this code of conduct for disciplining students with a disability or presumed to have a disability. A student identified, as having a disability shall not be disciplined for behavior related to his/her disability.

**Visitors:**

Parents and other district citizens are encouraged to visit our school. Visitors are asked to schedule appointments, so sign in at the main office to receive a visitor's pass, and to abide by the same rules our students follow for public conduct on school property.

**Public Conduct on School Property:**

All persons on school property or attending a school function shall conduct themselves in a respectful and orderly manner. This requirement extends to the wearing of appropriate attire. Violators will be subject to removal and exclusion from school grounds and school-sponsored activities.

## ELEMENTARY CORNER

By: Ronald Burke, Principal

### **Dissemination and Implementation:**

The board will work to ensure that the community is aware of this code of conduct by: providing copies of a summary of the code to all students and parents; making copies of the code available for review by students, parents and other community members; providing all current teachers and other staff members with a copy of the code and a copy of any amendments to the code as soon as practicable after adoption; and providing all new employees with a copy of the current code of conduct when they are first hired.

The board of education will review this code of conduct every year and update it as necessary. In conducting the review, the board will consider how effective the code's provisions have been and whether the code has been applied fairly and consistently.

Before adopting any revisions to the code, the board will hold at least one public hearing at which school personnel, parents, students and any other interested party may participate. The code of conduct and any amendments to it will be filed with the Commissioner no later than 30 days after adoption.

### **SCHOOL HOURS**

Any student who is dropped off prior to 7:45 a.m. is to report directly to the downstairs cafeteria and be seated until 7:45. Students are not permitted to walk the halls, go to a classroom without a teacher's approval, or stand and wait in the lobby. For those students who violate this request, a warning will be issued and parents notified. Repeated offenders will receive consequences.



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

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

**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

**BOARD OF EDUCATION**  
Teresa A. Hogle, Pres.  
Amanda Fuller, Vice-Pres.  
Chris Averill  
Rick Brewer  
Lynn C. Coller  
Malissa Hale  
Thomas O'Brien  
Joseph Thomas  
Randy VanBrocklin  
Kay C. Amo, Clerk

**August 23, 2011**

## **Statement of Pesticide use through the Integrated Pest Management Plan (IPM) during a School Year**

What is Integrated Pest Management?

IPM is an effective and environmentally sensitive approach to pest management that relies on a combination of common sense practices. IPM programs use current and comprehensive information on the life cycles of pests and their interactions with the environment. This information, in combination with available pest control methods is used to manage pest damage by the least economical means that pose the least possible hazard to people, property and the environment. IPM programs take advantage of all pest management options possible which include but are not limited to the judicious use of pesticides. Understanding pest's needs is essential in implementing IPM effectively. Pests seek habitats that provide basic needs such as air, moisture, food and shelter. Pest populations can be prevented or controlled by creating inhospitable environments by removing some of the basic elements pests need to survive or by simply blocking their access into buildings. In the event that these actions are not effective, IPM may require that pests be managed by other methods such as traps, vacuums, biological controls or pesticides. This notice is to inform you of the Integrated Pest Management Program of this school.

Schools are required to maintain a list of staff and parents who wish to receive forty-eight hour prior written notification of pesticide applications at relevant facilities and procedures on how to register with the school to be on a list for notification.

The E-KCS representative for our IPM Plan is John Daniels. To be placed on a list to receive 48-hour notice of pesticide application, please contact Mr. John Daniels, Supt. of Buildings & Grounds, at 562-8131, Ext. 1526.

## CAFETERIA NEWS

### KATHLEEN WHITMARSH, COOK/MANAGER



As we begin our new school year there are some important things I need to make you aware of. You no longer need to put your whole Soc. Sec. # on the meal application. You need only supply the last (4) four digits. If you have been sent a paper form **direct certification**; you need only send a copy of the letter. You do not need to fill out a meal application. Please let me know if you want the copy back and know that I will keep it in a secure location.

It is important to know you will be kept in the same meal application category until September 30<sup>th</sup> at which time anyone who does not renew their application will be moved to full pay. If you have a lower income than last year that will possibly move you to a Free or Reduced category, the sooner you put in your application the better. Likewise, if you put in an application that will raise you from free to another category that will be done as soon as you submit the new application also. **ALL FREE/REDUCED 2010-2011 APPLICATIONS WILL MOVE TO FULL PAY IF YOU DO NOT SUBMIT A NEW APPLICATION BY OCTOBER 1, 2011.**

This year we will have officials from the state who will be doing a CRE Review (Co-ordinated Review Effort); and a SMI review (School Meals Initiative). The CRE takes all the school lunch financial records and checks them for accuracy of bookkeeping. This is in addition to our own school auditor's review of my records. They will also make sure that every child that is counted for a meal is taking at least 3 of the 5 items offered. Please let your child know we will be very strict about telling them to take at least 3 items or you will be charged for each item your child takes as an a la carte item at that price, which can be more expensive. It is much better to just take 3 of the 5 items (the child may have all 5 items if they want, but they **MUST** take 3). If your child is supposed to get free or reduced meals, but will not take at least 3 items you will have to pay for what he/she takes. Unless regulations have changed, one of your child's items must be a fruit choice. The SMI looks at all meals and makes sure they are balanced, not too high in calories, have enough calories, the sodium and fat are not too high, etc.

Again this year you may put money on your child's account by using the online system. You can check your student's account at any time by going to ([www.ekcsk12.org](http://www.ekcsk12.org)); the **Edwards-Knox Central School web page**, and **clicking on Cafeteria**. Click on the little bar (that is under what looks like a book) that says **mynutrikids.com** and setting up an account (**which is free**). Click the green balloon which says **sign-up**, or if you have already signed up, then sign in. You can also set up so Nutrikids will remind you that your balance, or your student's balance is low and you need to add money. If you need any help please feel free to call or stop in and see me. **A fee is charged if you put money on** your student's account with a check, debit card, credit card, pay pal, or whatever method you use to put money on. A **flat fee of \$1.75** will be charged to the total bill. This new convenience fee will apply to **deposits of all amounts. Parents making payments into multiple meal accounts will only be assessed the \$1.75 fee once per deposit transaction, so do all accounts with one transaction.** This fee must be applied to **all payment types** (credit, debit, e-check, PayPal account).

The price of breakfast is \$.80. The price of elementary lunch grades (PK-3) is \$1.55 and the cost of full price grades 4-12 is \$1.65. MEAL APPLICATIONS WILL COME IN THIS NEWSLETTER (see page 8) or you can get one from the school. You may fill them out at any time. If I can be of any assistance to anyone please contact me at 315-562-8130 X 1507 or come see me at the school. I look forward to another great year at E-K with all your children.

Sincerely,

Kathy

Kathleen Whitmarsh, Cook-Manager



# September 2011 MENU

| Mon                                                                                                                                                                                                  | Tues                                                                                                         | Wed                                                                                                                                                                                                                        | Thur                                                                                                                                                      | Fri                                                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <p><i>Did you see the free and reduced meal application on page 8? If you qualify for these lunches, our school receives many benefits. Please apply or call us to discuss your eligibility.</i></p> |                                                                                                              | <p><b>Kathy Whitmarsh</b><br/>Cafeteria Manager<br/>562-8130, ex. 1507<br/>Fax: 562-2477<br/><a href="mailto:kwhitmar@ekcsk12.org">kwhitmar@ekcsk12.org</a><br/>P.O. Box 630<br/>2512 Co. Rt. 24<br/>Russell, NY 13684</p> | <p><b>Breakfast Every Day</b><br/>Cereal, Graham Cracker, Milk, Juice<br/><b>Some Days:</b> Bagels/ Cream Cheese, English Muffins, fresh fruit, eggs.</p> | <p><b>Prepayments Happily Accepted</b></p>                                                               |
| <p>Peanut Butter &amp; Jelly and subs offered every day as a lunch choice. Milk, fruit, &amp; vegetable every day. Chef Salad Tue &amp; Thur. Trail Mix most days.</p>                               |                                                                                                              | <p><b>Breakfast:</b><br/>7:45 A.M.<br/><br/><b>Lunch:</b><br/>11:00 A.M. - 1:00 P.M.</p>                                                                                                                                   | <p><b>1</b><br/><br/><b>Staff Development Day</b></p>                                                                                                     | <p><b>2</b><br/><br/><b>Staff Development Day</b></p>                                                    |
| <p><b>5</b><br/><b>LABOR DAY</b><br/><br/><b>No School</b></p>                                                     | <p><b>6</b> <b>Pizza</b><br/>Peas<br/>Bread<br/>Milk<br/>Fruit</p>                                           | <p><b>7</b> <b>Crispy Chicken</b><br/>Tossed Salad<br/>Green Beans<br/>Bread<br/>Milk<br/>Fruit</p>                                                                                                                        | <p><b>8</b> <b>Spaghetti w/ Sauce</b><br/>Meatballs and/or String Cheese, Tossed Salad<br/>Bread<br/>Milk Fruit</p>                                       | <p><b>9</b> <b>Chicken Noodle Soup</b><br/>Tuna or Egg Sandwich<br/>Fresh Veggies<br/>Milk<br/>Fruit</p> |
| <p><b>12</b> <b>Hot Dog on a Bun</b><br/>Mac &amp; Cheese<br/>Carrots<br/>Milk Fruit<br/><b>Yearbook Photos</b></p>                                                                                  | <p><b>13</b> <b>Chicken Nuggets</b><br/>Tortilla Chips/ salsa or cheese<br/>Broccoli<br/>Milk Fruit</p>      | <p><b>14</b> <b>BBQ Chicken</b><br/>Tossed Salad<br/>Baked Beans<br/>Bread Milk<br/>Watermelon &amp; Fruit</p>                                                                                                             | <p><b>15</b> <b>Taco Day</b><br/>Rice, Lettuce, Cheese<br/>Corn<br/>Milk<br/>Fruit</p>                                                                    | <p><b>16</b> <b>Fishburger or Baked Fish (unbreaded)</b><br/>Fresh Veggies<br/>Milk<br/>Fruit</p>        |
| <p><b>19</b> <b>Pillsbury Pancakes Sausage</b><br/>Hash Browns<br/>Milk<br/>Fruit</p>                                                                                                                | <p><b>20</b> <b>Hamburger on a Bun</b><br/>Tortilla Chips/Salsa or cheese<br/>Carrots<br/>Milk<br/>Fruit</p> | <p><b>21</b> <b>Chicken Patty/Bun</b><br/>Pasta/Veggie Salad<br/>Milk<br/>Fruit</p>                                                                                                                                        | <p><b>22</b> <b>Chicken Fajita</b><br/>Peppers &amp; Onions<br/>Rice<br/>Corn<br/>Milk Fruit</p>                                                          | <p><b>23</b> <b>Tomato Soup Grilled Cheese</b><br/>Sandwich<br/>Milk<br/>Fruit</p>                       |
| <p><b>26</b> <b>Hamburg/Bun</b><br/>Fresh Veggies<br/>Corn<br/>Milk<br/>Fruit</p>                                                                                                                    | <p><b>27</b> <b>Pizza</b><br/>Tossed Salad<br/>Milk<br/>Melons &amp; Fresh Fruit</p>                         | <p><b>28</b> <b>Pulled Pork/Bun</b><br/>French Fries<br/>Peas<br/>Milk</p>                                                                                                                                                 | <p><b>29</b> <b>Turkey Dinner</b><br/>Mashed Sweet Potatoes<br/>Bread &amp; Butter<br/>Milk</p>                                                           | <p><b>30</b> <b>Pizza</b><br/>Peas<br/>Bread<br/>Milk<br/>Fruit</p>                                      |

**Menu subject to change without notice.**



# OCTOBER 2011 MENU

| Mon                                                                                                                                                                         | Tues                                                                                                                                                                                                                     | Wed                                                                                                                                                                    | Thur                                                                                                                                                                             | Fri                                                                                                                                                                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                             |                                                                                                                                                                                                                          |                                                                                                                                                                        |                                                                                                                                                                                  | <p><b>Kathy Whitmarsh</b><br/>                     Cafeteria Manager<br/>                     562-8130, ext.1507<br/>                     Fax: 562-2477<br/> <a href="mailto:kwhitmar@ekcsk12.org">kwhitmar@ekcsk12.org</a><br/>                     P.O. Box 630<br/>                     2512 Co. Rt. 24<br/>                     Russell, NY 13684</p> |
| <p><b>3 Goulash</b><br/>                     Peas<br/>                     Bread<br/>                     Milk<br/>                     Fruit</p>                           | <p><b>4 Hamburger on a Bun</b><br/>                     Green Beans<br/>                     Tortilla<br/>                     Chips/Salsa<br/>                     Milk Fruit</p>                                       | <p><b>5 Chicken Nuggets</b><br/>                     Pasta Salad w/ Veggies<br/>                     Bread<br/>                     Milk Fruit</p>                     | <p><b>6 Taco Day</b><br/>                     Rice<br/>                     Corn<br/>                     Milk<br/>                     Fruit</p>                                | <p><b>7 Fishburger on a bun</b><br/>                     French Fries<br/>                     Green Beans<br/>                     Milk<br/>                     Fruit</p>                                                                                                                                                                               |
| <p><b>10 Columbus Day</b><br/><br/>                     No School </p>                                                                                                      | <p><b>11 Chicken Patty on a Bun</b><br/>                     Broccoli<br/>                     Milk<br/>                     Fruit</p>                                                                                   | <p><b>12 Pillsbury Pancakes</b><br/>                     Sausage<br/>                     Hash Browns<br/>                     Milk<br/>                     Fruit</p> | <p><b>13 Hot Dogs/ Bun</b><br/>                     Carrots<br/>                     Milk Fruit<br/> <b>11:30 Dismissal</b></p>                                                  | <p><b>14 Tomato Soup</b><br/>                     Grilled Cheese Sandwich<br/>                     Milk Fruit<br/>                     Yearbook Retakes</p>                                                                                                                                                                                               |
| <p><b>17 Pizza</b><br/>                     Green Beans<br/>                     Milk<br/>                     Fruit</p>                                                    | <p><b>18 Sloppy Joe on a Bun</b><br/>                     Chips<br/>                     Corn<br/>                     Milk Fruit</p>                                                                                    | <p><b>19 Chicken Nuggets</b><br/>                     Pasta Salad w/ Veggies<br/>                     Bread<br/>                     Milk Fruit</p>                    | <p><b>20 Roast Chicken Dinner</b><br/>                     Mashed Potatoes<br/>                     Peas<br/>                     Bread<br/>                     Milk Fruit</p>  | <p><b>21 Staff Development Day</b></p>                                                                                                                                                                                                                                                                                                                    |
| <p><b>24 Pizza</b><br/>                     Green Beans<br/>                     Milk<br/>                     Fruit</p>                                                    | <p><b>25 Hot Dog/ on a Bun</b><br/>                     French Fries<br/>                     Carrots<br/>                     Milk<br/>                     Fruit</p>                                                   | <p><b>26 Hamburger on a Bun</b><br/>                     Pasta Salad w/ veggie<br/>                     Milk<br/>                     Fruit</p>                        | <p><b>27 Spaghetti w/ Meatball</b><br/>                     Bread Peas<br/>                     Cranberry Sauce<br/>                     Milk<br/>                     Fruit</p> | <p><b>28 Chicken Noodle Soup</b><br/>                     Egg Salad or Tuna Sandwich<br/>                     Fresh Veggies<br/>                     Milk Fruit</p>                                                                                                                                                                                       |
| <p><b>31 Meatball Sub/Roll</b><br/>                     French Fries<br/>                     Tossed Salad<br/>                     Milk<br/>                     Fruit</p> | <p><b>Breakfast Every Day</b><br/>                     Cereal, Milk, Juice<br/> <b>Some Days:</b> Bagels/<br/>                     Cream Cheese, English Muffins, Danish, fresh fruit, breakfast bars, donuts, eggs.</p> | <p>Peanut Butter &amp; Jelly and subs offered every day as a lunch choice. Milk, fruit, &amp; vegetable every day. Chef Salad Tue &amp; Thur. Trail Mix most days.</p> | <p><b>Breakfast: 7:45 A.M.</b><br/><br/> <b>Lunch: 11:00 A.M. - 1:00 P.M.</b></p>                                                                                                |                                                                                                                                                                                                                                                                                                                                                           |

**Menu subject to change without notice.**





**Please welcome the following new  
staff members to Edwards-Knox:**

Mr. Frank Barney, Transportation Supervisor

Ms. Sarah Boffa, Speech Therapist

Mrs. Cheryl LaPlant, CSE Secretary

Mrs. Tara LaPoint, Mathematics Teacher

Mrs. Stephanie "Kate" Porter, Spec. Educ. Teacher

---

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

**Non-Profit Organization  
US Postage  
PAID  
Edwards, NY 13635  
Permit No. 3**

**TO: BOXHOLDER**