

September 2012

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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 Coller Joseph Thomas
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Edwards-Knox Central School



Class of 2012

- Row 1: Kendra Horne, Mercedes Mackin, Claire Davis, Alexia Hawn, Janna Fountain, Kevin McNamara, Caleb Fuller, Veronica White, Kylie Averill, Kyrsten Phelps & Shelby Searles
Row 2: Sara Douillet, Scott Whitmarsh, Lindsay Yerdon, Andrew Loeffler, Natasha Kelley, Lucas Fuller, Jasamin Reese, Takumi Yamada, & Lateia Gravett
Row 3: Harlee Marschat, Benjamin Fuller, Brittany Klock, Cameron Koster, Brittany Moore, Brody White, Rachel Brazeau, Karl Dumoulin, & Madeline Clark
Row 4: Cierra Colton, Trevor Whitmarsh, Dillion Coffey, Ryan Meilleur, Don Williams, Michael Smith, Bronsyn DeVito, Jacob Kingrey, Caleb Gillan & Madison Tresidder

FROM THE DESK OF THE SUPERINTENDENT

Dear Community,

Each school year there are many new faces and additions to make everyone aware of. A major change beginning day one will be the location of the high school office. In order to centralize the principals we've decided to house both of them in the former elementary office. This should help with increased communication and greater cooperation amongst the grade levels.

Our technology department is now overseen by the St. Lawrence-Lewis Boces. All of our data will be housed in Canton allowing for greater savings and the servers to be updated. The two gentlemen that will work in our building will be Foster Shampine on Monday and Tuesday and Nate Wood, Wednesday through Friday. They have been exceptionally busy helping us to convert data and begin on our new student management system, School Tool.

Due to an increase in student enrollment at the Kindergarten level we have hired a new teacher. Kallie Olmstead will be joining the staff to begin her teaching career. Kallie comes to us from Potsdam.

With the resignation of Mr. Montgomery we have been trying to hire someone to teach both physical education and health. The Montgomery's have moved to Florida in search of warmer weather year round. He and his family will be sadly missed. Replacing him will be Mr. James Hagan. Mr. Hagan lives in Alexandria Bay and is a graduate of SUNY Brockport.

The second round of interviews for the elementary principal position have concluded. We are pleased to announce that Mrs. Amy Lamitie will be the new elementary principal. Mrs. Lamitie comes to us from Colton-Pierrepont and lives with her family in Canton.

I want to thank the many students and residents that served on our policy and hiring committees this summer. We have updated and created several policies required by SED. The Dignity for All Students Act (DASA) has been incorporated into our Code of Conduct providing student's better protection from bullying. Our principals will be trained to assume the new role as Dignity Act Coordinators.

The staff will return to school on September 4th for additional training and updates for the Annual Professional Performance Review (APPR) and Race to the Top (RTTT). We will be making the final decisions on what local assessments the district will be using to begin gathering data for the school year. There is still so much to be done to be in compliance with all of the legislation.

Each new year brings so many opportunities for everyone to shine. I hope that as we get closer to the first day of school for students you begin to start the routine of earlier to bed to make the transition easier. Good sleep, proper eating and exercise help us to be mentally fit and prepared for each day. Enjoy the next couple of weeks.

Sincerely,



Suzanne Kelly
Superintendent of Schools

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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.

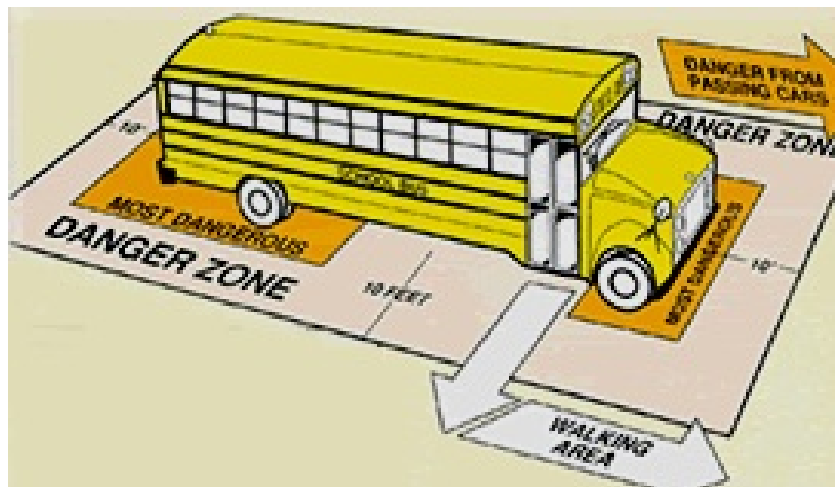
A number of children have been injured or killed when their clothing became caught when exiting the bus.

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

2012-2013

<u>Bus #</u>		<u>Pick-up & Arrival Times</u>	<u>Route</u>
91	Bee	6:10 am 7:37 am	Bee Sharpstene (CR 24, Howardville Rd., Coon Rd., Dinsdale Rd., Plains Rd., CR 27, CR 24, Fordham Hill Rd., Belleville Rd., to E-K)
06	Rabbit	6:35 am 7:33 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., Maiden Lane to E-K) (Other roads included on this route: Smith & North Woods Rd)
95	Owl	6:30 am 7:38 am	Steve Sullivan (CR 25, Dutton Rd, Cemetary Rd., CR 25, CR 27, Allen Rd., CR 27, Hewlett Rd., CR 25, CR 24 to E-K)
05	Deer	6:40 am 7:30 am	Richard Tresidder (Nolan Rd., CR 27, Dean Rd., CR 27, Lake George Rd., CR 17, CR 24 to E-K)
97	Buffalo	6:35 am 7:30 am	Toni Sprague (Talcville Rd., Ames Rd., Talcville Rd., Cole Rd., CR 24, SH 58, Burg Rd., SH 58, CR 24, New Rd., Island St., New St., Main St. to E-K)
98	Pony	6:35 am 7:29 am	Charles Bullock (CR 24, Court St., Grant St., Maple Ave., First St., Trout Lake St., CR 19, Cedar Lake Rd., CR 19, Trout Lake St., Second St., Main St., Campbell Rd., CR 24, Given Rd., Spruce St. to E-K)
07	Butterfly	6:35 am 7:30 am	Phil Soper (CR 23, Shawville Rd., Guiles, Rd., SH 58, Old SH 58, Harmon Rd., Gaddis Rd., River Rd., New St., Town BarnDr., Hall Rd., Island St., Main St., to E-K)
90	Chicken	6:15 am 7:33 am	Jack White (River Rd., CR 23, River Rd., Jones Pond Rd., River Rd., SH 58, Goodale Rd., Maple Ave., Main St., to E-K)
03	Bear	6:45 am 7:28 am	Chuck White (Dana Hill Rd., CR 17, Boyd Pond Rd., Blanchard Hill Rd., Forbes Rd., Backus Rd., Burnell Rd., Blanchard Hill Rd., Belleville Rd., CR 24, to E-K)
04	Fox	6:40 am 7:33 am	Tina Weidner (CR 27, Spicer Rd., Silver Hill Rd., Blackmer Rd., Curtis Rd., CR 27, CR 17, Silver Hill Rd., CR 17, Stalker Rd., Mackin Rd., Cr 17, to E-K)
96	Turtle	6:40 am 7:32 am	Margaret Fuller (CR 17, Pyrites-Russell Rd., Lazy River Rd., Pestle St., CR 24, CR 17, Alverson Rd., to E-K)
02		6:00 am 9:09 am	Charmaine Mackay , Children Youth Services in Ogdensburg, Heuvelton Central School, Community Connections Canton, St. Mary's Canton
93 PM Run		6:00 am	Al Varian (Community Connections Canton, St. Mary's Canton, Potsdam)
Van			Tina Mullin (New York State School for the Deaf in Rome, NY)

Dear Parent/Guardian:

Children need healthy meals to learn. The Edwards-Knox Central School offers healthy meals every school day. Breakfast costs .90¢ and lunch costs \$1.65 for Pre-K-3 and \$1.75 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 reduced 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, 2012 to June 30, 2013

Household size	Twice Per		Every Two		Twice Per		Every Two					
	Annual	Month	Month	Weeks	Week	Annual	Month	Month	Weeks	Week		
1.....	\$20,665	\$1,723	\$ 862	\$ 795	\$ 398	5.....	\$49,969	\$4,165	\$2,083	\$1,922	\$ 961	
2.....	\$27,991	\$2,333	\$1,167	\$1,077	\$ 539	6.....	\$57,295	\$4,775	\$2,388	\$2,204	\$1,102	
3.....	\$35,317	\$2,944	\$1,472	\$1,359	\$ 680	7.....	\$64,621	\$5,386	\$2,693	\$2,486	\$1,243	
4.....	\$42,643	\$3,554	\$1,777	\$1,641	\$ 821	8.....	\$71,947	\$5,996	\$2,998	\$2,768	\$1,384	
							For each additional family member, add.....	\$ 7,326	\$ 611	\$ 306	\$ 282	\$ 141

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 2012-2013

Temp Free Expires 10/01/2012 F _____ R _____ D _____
 45 Days

2012-2013 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 FDIPIR 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: Samantha Deleel 562-8131, ext. 1100
 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. 1507. 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, r a runaway, plesae call your school’s homeless liaison or migrant education coordinator at this number:

Samantha Deleel 315-562-8131, ext. 1100

(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 if 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 of 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 it 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: 562-8131 ext. 1518

PHONE: 562-8138



NOTES FROM THE NURSE'S OFFICE

Attention students entering the 6th grade:

The New York State Department of Health **requires** students who are **entering 6th grade or 7th 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 **6th grade or 7th 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 10th 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 main 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. Collier
Reggie LaPoint
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

Amy Lamitie
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, as listed below, receive the following medication:

Name of Student _____ Date of Birth _____

Diagnosis _____

Name of Medication _____

Prescribed dosage, frequency and route of administration: _____

Time to be taken during school hours: _____

Duration of treatment _____

Possible side effects: _____

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

Prescriber's signature: _____ Address: _____

Telephone: _____ Date: _____

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

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 2012-2013 School Survey.

Print Child's Name

Date

Print Parent's Name

Parent's Signature

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

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NURSE'S OFFICE FAX: 562-8138
www.ekesk12.org

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

Dear Parent or Guardian:

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

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

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

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

Sincerely,



Suzanne L. Kelly
Superintendent of Schools

SLK/kca

* * * * *

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

OR

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

OR

If it remains open during the 2012-2013 school year, 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 30th. 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.

AVAILABILITY OF CAREER & TECHNICAL EDUCATIONAL OPPORTUNITIES

The E-KCSD has available to its students, career and technical education opportunities, which are offered without regard to sex, sexual orientation, race, color, creed, religion, national origin, political affiliation, age, marital status, military status, disability, or use of a recognized guide dog or service dog. Ms. Suzanne Kelly, Superintendent, PO Box 630, Russell, NY, 13684-0630.

Library News

This past June during our **Reading Celebration** week, the school library hosted Hope Marston, a visiting author. Hope is a retired librarian and lives in Black River, NY. She is the author of the *My Little Book* series which includes wildlife titles like Whitetail and Timber Wolves. The students enjoyed meeting with Ms. Marston and asked her many questions like how she gets her ideas and does her research. She was a great storyteller and brought many of her wildlife stuffed animals with her for the children to enjoy.



During this same week, elementary students were given the opportunity to enjoy a StoryWalk with their class. The StoryWalk combines wonderful children's books with the joys and benefits of walking together outdoors. The title of the story used for the StoryWalk was Blueberries for Sal by Robert McCloskey.

Perhaps the most popular event of the week was when the 3-6 graders climbed Mt. Arab with staff members. The students loved charging up the mountain and enjoyed the wonderful and rewarding view at the top.

As our culminating activity for that week we had an outdoor carnival for students with face painting, a ring toss, ladder golf, fishing for a prize, cotton candy, popcorn, bean bag toss and much more!

Fall Sports Schedules

Varsity and Modified Boys' Soccer

09/07 @ Harrisville Tourn. (varsity only)	
09/07 @ Harrisville Tourn. (varsity only)	
09/11 Harrisville	4:30
09/14 @Lisbon	4:30
09/18 Heuvelton	4:30
09/21 @Hammond	4:30
09/25 Morristown	4:30
09/28 Hermon-Dekalb	4:30
10/02 @Clifton-Fine	4:30
10/11 @Harrisville	4:30
10/15 Lisbon	4:15
10/18 @Heuvelton	4:15
10/23 Hammond	4:15
10/26 @Morristown	4:15
10/29 @Hermon-Dekalb	4:15
11/01 Clifton-Fine	4:15

Varsity and Modified Volleyball

Sept. 7	Tupper Lake	4:45
Sept. 11	@Massena	4:45
Sept. 13	@Chateaugay	4:45
Sept. 18	OFA	4:45
Sept. 20	Canton*	4:45
Sept. 24	Gouverneur*	4:45
Sept. 26	@Potsdam	4:45
Sept. 28	@Madrid-Wadd.	4:45
October 2	Franklin Academy*	4:45
October 4	@Salmon River	4:45
October 10	Brushton-Moira	4:45
October 15	@OFA	4:45
October 17	@Canton*	4:45
October 19	@Gouverneur*	4:45
October 23	Potsdam	4:45
October 25	Madrid-Waddington	4:45

*Varsity only

Varsity and Modified Girls' Soccer

09/11 @Harrisville	4:30
09/14 Lisbon	4:30
09/18 @Heuvelton	4:30
09/21 Hammond	4:30
09/25 @Morristown	4:30
09/28 @Hermon-Dekalb	4:30
10/02 Clifton-Fine	4:30
10/11 Harrisville	4:30
10/15 @Lisbon	4:15
10/18 Heuvelton	4:15
10/23 @Hammond	4:15
10/26 Morristown	4:15
10/29 Hermon-Dekalb	4:15
11/01 @Clifton-Fine	4:15

Varsity and Modified Swimming

Sept. 11	Relay Carnival	4:30
Sept. 13	@OFA	4:30
Sept. 18	@Salmon River	4:30
Sept. 21	Canton	4:30
Sept. 25	St. Lawrence Central	4:30
Sept. 28	@Franklin Academy	4:30
October 5	@Gouverneur	4:30
October 11	@Massena	4:30
October 13	Salmon River	4:30
October 16	@St. Lawrence Central	4:30
October 19	Potsdam	4:30
October 20	Modified Invitational	TBA
October 23	Franklin Academy	4:30
October 26	Gouverneur	4:30
November 3	Sectionals @ Maxcy Hall	TBA

New for Section 10 Athletics



Instant Email notification of athletic schedule *changes* and/or game *cancellations* for all 24 Section 10 schools.

Just log onto: <http://sectionxsportspak.sllboces.org>

***** If you are a coach, parent, student-athlete, sport official or just someone who follows High School sports in Section 10, this site feature is for you. To start receiving *free* instant email messages when your favorite sport team has a change in their schedule or a game cancellation, just follow the simple step by step instructions below. *****

- Log on to <http://sectionxsportspak.sllboces.org>
- Click on the "Public tab".
- Scroll down to "Subscribe-game change notification"
- While on this screen, click on "*e-mail me when events change*".
- Enter your e-mail address in the box. Then click continue. Select the sport team (s) that you wish to receive any event changes for.
- Click submit/save.

For more information about Section 10 Athletics log onto:
www.sllboces.org/sectionx

PHYSICAL EDUCATION NEWS

For the past two years Edwards-Knox Central has participated in a grant program designed to enhance the physical education program. This grant program is from the St. Lawrence Health Initiative, Inc. Healthy Schools NY Project.

The program is designed to help schools purchase equipment that they may otherwise not be able to purchase. Also through this grant the physical education department has had the opportunity to participate in many curriculum development workshops. Topics that have been discussed are developing and implementing lessons/curricula, implementing programs and evaluation policies.

In 2011 the physical education department was able to purchase 4 Wii game systems with a variety of games. The Wii systems were used within the physical education classes, during the after school program and by individual classroom teachers. Some of the classes had bowling tournaments, dance competitions and a tennis tournament.

This past school year the school purchased a 20' traverse wall. A traverse wall is a climbing wall that is only eight feet tall. Instead of climbing upwards the students climb across the wall. Along with the wall we received three books of activities. The students are very excited about the traverse wall.

Also purchased this past school year were books for every elementary classroom teacher called Energizing Brain Breaks. This book is full of activities that classroom teachers can do with their students. Energizing Brain Breaks is an excellent resource for quick simple challenging activities that students do to activate their brain for more optimal learning.

We would like to thank the St. Lawrence Health Initiative, Inc. Healthy Schools Program for providing these opportunities for our students at EKCS.

Lori Brewer, Shawn Coon, Jim Hagan
Physical Education Teachers



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



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

Parents have a role to play in helping young athletes. They must show them how to be a good sport. 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.



School Based Health Clinic to Remain Open



Edwards Knox Central School and Carthage Area Hospital are pleased to announce that the School Based Health Clinic will remain open for the 2012-2013 school year. The clinic will be open 730am-330pm on Monday, Wednesday and every other Friday. The SBHC provides preventive care, immunizations, well child and sports physicals, allergy injections, acute care, nutritional counseling and behavioral health counseling. The SBHC can also accommodate some minor procedures such as suture and wart removal. We can also provide medication management for students with asthma and chronic conditions. Joe Lamb RPA-C, Nicole LaPlante LPN and Heather Rousele LMHC will be the team serving the students of Edwards Knox SBHC. As always, there is NO out of pocket expense for any of the services that we provide in the clinic. To enroll your student, please see Sue in the clinic at 562-8135 or contact the main office at 562-8132. We are looking forward to a continued year of good health for the students of Edwards Knox.



Tonya M Duerr RN, SBHC Program Director
 Carthage Area Hospital, 315-493-1000 ext 2215

7-12 Reserved Calendar Dates

- | | | |
|-------------------|---|--|
| Sept. 3, 2012 | - | NO SCHOOL - Labor Day Holiday |
| Sept. 4 & 5, 2012 | - | Staff Development Days |
| Sept. 5, 2012 | - | 7 th Grade Orientation, 6:00 – 7:30 |
| Sept. 6, 2012 | - | School Opens for Students |
| Sept. 9, 2012 | - | Community Swim, 1:00 – 3:00 |
| Sept. 20, 2012 | - | Jr/Sr HS Open House, 6:00 – 8:00 |
| Sept. 22, 2012 | - | Dance (7-10 PM), sponsored by Class of 2013 |
| Oct. 5, 2012 | - | End of 1 st Interim Report period |
| Oct. 8, 2012 | - | NO SCHOOL - Columbus Day |
| Oct. 11, 2012 | - | Students dismissed at 11:30 am
Fall Parent Conferences, 4:30 to 7:30 pm |
| Oct. 14, 2012 | - | Community Swim, 1:00 – 3:00 |
| Oct. 21, 2012 | - | No School for Students - Staff Development Day |
| Oct. 27, 2012 | - | Senior Class Craft Fair (tentatively 10 AM – 3 PM) |
| Oct. 27, 2012 | - | Dance (7-10 PM), sponsored by the Class of 2014 |
| Nov. 9, 2012 | - | End of First Marking Period - Students dismissed at 11:30 am |
| Nov. 11, 2012 | - | Community Swim, 1:00 – 3:00 |
| Nov. 12, 2012 | - | NO SCHOOL - Veteran's Day |
| Nov. 16, 2012 | - | Report Cards go home with students |
| Nov. 16, 2012 | - | Dance (7-10 PM), sponsored by Class of 2016 |
| Nov. 20, 2012 | - | Report Cards signed and Returned to Home Room Teacher |
| Nov. 20, 2012 | - | Grades 5-8 Awards Assembly (1:45 p.m.) |
| Nov. 21-23, 2012 | - | NO SCHOOL - Thanksgiving Recess |





Jamboree for Missy Brown & Michelle Mills



Saturday, September 8th, 2012

Location: Russell Fire Hall

Time: 4:00 pm - ?



Spaghetti Dinner: \$6 eat in or take out
Dinner will include:
your choice of meat or regular sauce
Salad
Bread
Brownie for dessert

Auction
Lottery Tree Raffle
50/50 Raffle
Cake walk
Band / DJ

The staff of Edwards-Knox Central School is holding a jamboree to offer support to two of our employees. Our school nurse, Melissa Brown, has been diagnosed with breast cancer. She has undergone a double mastectomy with reconstructive surgery.

Michelle Mills has recently undergone a full hysterectomy due to two masses found on her ovaries.

To help relieve some of the financial burdens, please come support Missy and Michelle while enjoying dinner, fundraising activities, and entertainment.

From the Desk of Mrs. Varian, 7-12 Principal:

As I look back on last year I can honestly say we had a great year! Our students accepted the parameters that were laid out for them and most of them responded appropriately. Many times however we tell students the expectations but not the reasons. This excerpt is for the students:

“RULES AND REASONS

The value of rules in maintaining a safe, positive educational environment

Why is it important to respect the rules?

- They provide a safe school.
- They reduce distractions, keeping the focus on learning.
- They provide structure and instill a sense of responsibility.
- They help to ensure everyone is treated fairly.

Why do we have a dress code?

- It promotes self-respect.
- It helps maintain a safe and healthy learning environment.
- Revealing clothing distracts other students.
- Some slogans or images may be offensive.
- Oversized attire can hide weapons or drugs.

Why are there rules about cell phones?

- They're distracting.
- They can be used to cheat.
- They can be used to invade the privacy of others.
- They can be lost or stolen.

Why is cheating a big deal?

- You're taking credit for work or ideas that aren't your own.
- It's dishonest, and reflects poorly on your character.
- You're not learning the skills you'll need to succeed in life.
- If caught, you could be failed, suspended or even expelled.

Why are there rules about using school property?

- Students share responsibility for a safe and clean school.
- Improperly used computers risk permanent, costly damage.
- Lockers and desks must be maintained for years of use.
- Repairing vandalism is often expensive and time consuming.

From the Desk of Mrs. Varian, 7-12 Principal Cont'd.:

Why should I care about bullying and violence?

- They contribute to a negative learning environment.
- Repeatedly abused students may skip school or drop out.
- Witnesses may feel unsafe and unable to focus in class.
- An incident that seems minor can escalate quickly.

Why is regular attendance important?

- Students who attend classes are more likely to succeed.
- Frequently absent students often slow down classmates.
- Missing class increases the risk of falling behind.
- Chronic truancy is linked to higher dropout rates.

Why do teachers assign homework?

- It helps to develop study habits and a sense of responsibility.
- Assignments reinforce skills learned at school.
- Reading prepares you for the following day's class work.
- It allows teachers to monitor progress and detect problems."

(imagine this Banners, 2012 sales brochure)

If we all keep this in mind we will again have a successful year. My vision is for each student and parent to feel welcome in our school and for each of them to feel confident that they are an important part of our school community. I would encourage every student to reach out and find your niche at school this year. I would like for every student to feel connected to someone or some group or some team during the 2012-2013 school year. My door is open to both students and parents. Feel free to contact me with any concerns at 315-562-8131, ext. 1510.

OUR HIGH SCHOOL OFFICE HAS MOVED!

The High School office has been moved to the Elementary Office space and is now a shared space between the elementary and high school principals and their secretaries. All students, PK to 12, must sign in and out of the Principals' Office located near the front of the building, formerly referred to as the Elementary Office.

7-12 NEWS

Michelle Varian, Principal

SCHOOL DAY STARTING TIME

Students in grades 7-12 who would like to eat breakfast are to be in the downstairs cafeteria by 7:45 each morning. At 7:50 a warning bell will ring letting students know they have five minutes to be in home room. At 7:55 **all** students who are not in home room will be marked late to school and will need to sign in at the Principals' Office. Three times late to school will result in an afterschool detention. 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 Principal's 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.

7th Grade Orientation

All incoming seventh grade students and their parents are invited to join Mrs. Varian and Mrs. Alford on Wed., September 5th for a dish-to-pass dinner and orientation. Goals for the evening include:

- Getting to know individual seventh graders by name and face
- 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
- Class advisors will discuss fund-raising and the 8th grade trip.

Dinner will start at 6:00. Every family should bring a dish to pass, your own place settings, and drinks for yourselves. Formal orientation will take place at 6:45 with all activities concluding by 7:30.

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 Principal's Office before 8:30 am. Please have both bus numbers, if changing buses, on the request to ride to someone else's house.

Detention

Detentions will be assigned on **Tuesday, Wednesday, and/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 **4:00** 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 Principal's 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 Principal's 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. According to our code of conduct 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, spaghetti straps, 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 fingertip 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.
6. Not include items that are vulgar, obscene, and 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.

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



Revised Practices for Athletics and Electronic Device Use



A committee representative of students, teachers, coaches, Board of Education members, administration, and parents met this summer to review the student athletic agreement and electronic device use procedures. They were reviewed and accepted by the BOE to be implemented this year. Copies of the new Student Athletic Agreement were handed out to the fall athletes at the Fall Parent/Athlete Meeting. Anyone that would like a copy of the new Student Athletic Agreement should contact Lori Brewer, the Athletic Director, or the Principal's Office. The Electronic Device Use procedures are included in the student handbooks. Both documents will be posted on the school website at www.ekcsk12.org.



The Dignity for ALL Students Act (DASA)

The Dignity Act prohibits the harassment and discrimination of students by students and school personnel. The students have the right to be protected from intimidation, harassment, or discrimination based on actual or perceived race, color, weight, national origin, ethnic group, religion, or religious practice, sex, gender/gender identity, sexual orientation, or disability, by employees or students on school property or at a school-sponsored event function or activity. The students have the responsibility to respect one another and treat others fairly in accordance with the District Code of Conduct and the provisions of the Dignity Act, to conduct them in a manner that fosters an environment that is free from intimidation, harassment, or discrimination, and to report any incidents of intimidation, harassment, or discrimination.

Bullying and hazing are forms of discrimination and harassment. The Dignity Act applies to behavior on school property (including athletic fields, playgrounds, and parking lots), in school buildings, on a school bus/vehicle, as well as at school-sponsored events or activities.

The building administrators are the designated contact for handling bullying situations within the school. They will be trained to recognize and respond effectively to harassment and bullying, and implement strategies to prevent it.

7-12 NEWS

Michelle Varian, Principal

“BULLYING: TAKE A STAND”

Bullying isn't OK here

This is our school. We have a right to...

*Feel safe and be hit or teased

*Be treated fairly, and with respect

*Be accepted for who we are

*Be free of negative peer pressure

What is bullying?

It's repeated abuse that can take three forms

*Physical: hitting, spitting, kicking, stealing or damaging belongings

*Verbal: threats, lying, name-calling, sexual remarks

*Psychological: intimidation, social exclusion, spreading gossip

The popularity wars

You don't have to be mean to be popular

*Realize that words can be harmful

*Don't let others choose your friends

*Don't talk behind people's back

*Don't start or spread gossip

How to deal with a bully

If someone is harassing you...

*Act confidently. Tell the bully to stop.

*Don't get physical or show emotion.

*Quickly and calmly walk away.

*Immediately tell a trusted adult.

Cyber-bullying

If you're being harassed on line...

*Stay calm

*Save e-mails or text messages to help identify the bully. Print documentation.

*Ignore the bully or block the messages. Don't respond.

*Have your parents tell school officials.

*If threats are made, call the police.

Don't standby – speak up

If you see someone being bullied...

*Don't join in or encourage the bully.

*Do your best to calm the situation.

*Offer your support to the bullied kid.

*Tell a teacher what's happening.

Why do kids bully?

Kids who bully feel ...

*like they need more control

*insecure

* like they need attention

*like they can't deal with their own problems

* like they have a low self-esteem”

7-12 NEWS

Michelle Varian, Principal

Top Achievers from Southwest Tech Center

The following students have earned the status of Top Achievers at Southwest Tech for the marking period ending June 12, 2012. In order for the students to be Top Achievers they must be within the top 20% of their respective classes. Our congratulations are extended to them.



Alternative Education: Kristina Klock
Auto Technology I: Alexander McDonald
Auto Technology II: Lucas Fuller, Ryan Meilleur
Building Trades I: Terry Hall
Cosmetology II: Harlee Marschat
Criminal Justice II: Caleb Fuller
Early Childhood I: Tina Paro
Multi-Occupations I: Paine Morse
Metalworking Tech II: Trevor Whitmarsh



Community Service Message from the Governor's Office

Dear Fellow New Yorker,

The illegal use of bath salts and other synthetic drugs has become increasingly widespread and poses a serious threat to public health and safety in New York State. This year, there have already been 191 emergency room visits in upstate New York as a result of using bath salts. These visits show a drastic increase from the 39 reported visits in 2011.

To combat this dangerous rise in synthetic drug use, Governor Cuomo announced new regulations yesterday that will help our law enforcement keep these harmful substances from being sold and distributed in New York.

In an effort to mask their true purpose, synthetic drugs are marketed as "bath salts" or as "legal alternatives to marijuana." They are manufactured with a chemical structure similar to illegal controlled substances to avoid existing drug laws. When consumed, these synthetic drugs produce dangerous effects similar to illegal drugs, including hallucinations, paranoia, delusions, suicidal thoughts, and violent behavior as well as chest pains, increased blood pressure, and increased heart rates.

The Governor also announced a new toll-free hotline 1-888-99SALTS (1-888-997-2587). Individuals with information about illegal distribution of bath salts or synthetic drugs are encouraged to call this hotline.

Together, we are working to ensure the safety and protection of all New Yorkers.

The *new* New York is one that works for you and your family.

Sincerely,

The Office of the Governor



Concussions: The Invisible Injury

Student and Parent Information Sheet

CONCUSSION DEFINITION

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

FACTS ABOUT CONCUSSIONS ACCORDING TO THE CENTER FOR DISEASE CONTROL (CDC)

- An estimated 4 million people under age 19 sustain a head injury annually. Of these approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and of those approximately 3,000 were hospitalized.

REQUIREMENTS OF SCHOOL DISTRICTS

Education:

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.
 - * School coaches and physical education teachers must complete the CDC course. (www.cdc.gov/concussion/HeadsUp/online_training.html)
 - * School nurses and certified athletic trainers must complete the concussion course. (<http://preventingconcussions.org>)

Information:

- Provide concussion management information and sign off with any parental permission form.
- The concussion management and awareness information or the State Education Department’s web site must be made available on the school web site, if one exists.

Removal from athletics:

- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
 - * Such authorization must be kept in the pupil’s permanent health record.
 - * Schools shall follow directives issued by the pupil’s treating physician.

SYMPTOMS

Symptoms of a concussion are the result of a temporary change in the brain’s function. In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g. recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues – sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room.

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose

STATE EDUCATION DEPARTMENT'S GUIDANCE FOR CONCUSSION MANAGEMENT

Schools are advised to develop a written concussion management policy. A sample policy is available on the NYSPHSAA web site at www.nysphsaa.org. The policy should include:

- A commitment to reduce the risk of head injuries.
- A procedure and treatment plan developed by the district medical director.
- A procedure to ensure proper education for school nurses, certified athletic trainers, physical education teachers, and coaches.
- A procedure for a coordinated communication plan among appropriate staff.
- A procedure for periodic review of the concussion management program.

RETURN TO LEARN and RETURN TO PLAY PROTOCOLS

Cognitive Rest: Activities students should avoid include, but are not limited to, the following:

- Computers and video games
- Television viewing
- Texting
- Reading or writing
- Studying or homework
- Taking a test or completing significant projects
- Loud music
- Bright lights

Students may only be able to attend school for short periods of time. Accommodations may have to be made for missed tests and assignments.

Physical Rest: Activities students should avoid include, but are not limited to, the following:

- Contact and collision
- High speed, intense exercise and/or sports
- High risk for re-injury or impacts
- Any activity that results in an increased heart rate or increased head pressure

Return to Play Protocol once symptom free for 24 hours and cleared by School Medical Director:

- Day 1:** Low impact, non strenuous, light aerobic activity.
- Day 2:** Higher impact, higher exertion, moderate aerobic activity. No resistance training.
- Day 3:** Sport specific non-contact activity. Low resistance weight training with a spotter.
- Day 4:** Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.
- Day 5:** Full contact training drills and intense aerobic activity.
- Day 6:** Return to full activities with clearance from School Medical Director.

Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.

CONCUSSION MANAGEMENT TEAM

Schools may, at their discretion, form a concussion management team to implement and monitor the concussion management policy and program. The team could include, but is not limited to, the following:

- Students
- Parents/Guardians
- School Administrators
- Medical Director
- Private Medical Provider
- School Nurse
- Director of Physical Education and/or Athletic Director
- Certified Athletic Trainer
- Physical Education Teacher and/or Coaches
- Classroom Teachers

OTHER RESOURCES

- New York State Education Department
<http://www.p12.nysed.gov/sss/schoolhealth/schoolhealthservices>
- New York State Department of Health
http://www.health.ny.gov/prevention/injury_prevention/concussion/htm
- New York State Public High School Athletic Association
www.nysphsaa.org/safety/
- Center for Disease Control and Prevention
<http://cdc.gov/TraumaticBrainInjury>
- National Federation of High Schools
www.nfhslearn.com – The FREE Concussion Management course does not meet education requirement.
- Child Health Plus
http://www.health.ny.gov/health_care/managed_care/consumer_guide/about_child_health_plus.htm
- Local Department of Social Services – New York State Department of Health
http://www.health.ny.gov/health_care/medicaid/ldss/htm
- Brain Injury Association of New York State
<http://www.bianys.org>
- Nationwide Children's Hospital – Concussions in the Classroom
<http://www.nationwidechildrens.org/concussions-in-the-classroom>
- Upstate University Hospital – Concussions in the Classroom
<http://www.upstate.edu/pmr/healthcare/programs/concussion/classroom.php>
- ESPN Video – Life Changed by Concussion
<http://espn.go.com/video/clip?id=7525526&categoryId=5595394>
- SportsConcussions.org
<http://www.sportsconcussions.org/ibaseline/>
- American Association of Neurological Surgeons
<http://www.aans.org/Patient%20Information/Conditions%20and%20Treatment/Concussion.aspx>
- Consensus Statement on Concussion in Sport – Zurich
<http://sportconcussions.com/html/Zurich%20Statement.pdf>

Guidance News

Linda Alford, Counselor

PROGRAMS FOR JUNIORS AND SENIORS THIS FALL

SUNY Road Show - Edwards-Knox will host the "SUNY ROAD SHOW". The tentative date is Tuesday, September 18, 2012. 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 2, 2012 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 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.

INFORMATIONAL MEETING FOR SENIORS AND PARENTS

Ms. Alford will host a Fall informational meeting for seniors and their parents regarding the college application process. Date and time will follow.

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.

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 17, 2012. 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 26th. 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 www.collegeboard.com or the SAT/ACT link on the High School Guidance Web Page.

Guidance News Cont'd.

Linda Alford, Counselor

NYS ACADEMIC EXCELLENCE SCHOLARSHIP PROGRAM NOMINATION

Eligibility Requirements

1. Graduating senior
2. Legal resident of New York State at least one 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 will 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.

ASVAB TESTING FOR SOPHOMORES AND JUNIORS

As part of the Comprehensive Guidance Plan, sophomores and juniors will take part in the ASVAB Career Exploration Program on December 4, 2012 for juniors and December 11, 2012 for sophomores. An official interpretation will take place 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.

Guidance News Cont'd. Linda Alford, Counselor

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 for the SAT and www.actstudent.org for the ACT. The registration process takes some time so students are encouraged to start early, **DO NOT WAIT FOR THE REGISTRATION DEADLINE TO START THE REGISTRATION MATERIALS!**

ACT	<u>Registration Deadline*</u>	<u>Test Date</u>	
	Sept. 21, 2012	Oct. 27, 2012	
	Nov. 02, 2012	Dec. 08, 2012	For more ACT infor -
	Mar. 08, 2013	Apr. 13, 2013	www.act.org
	May 03, 2013	Jun. 08, 2013	
Test Fee: \$35.00		Fee waivers may be available in the Guidance Office	
With Optional Writing: \$50.50		for students who qualify for a reduced or free lunch.	

SAT	<u>Registration Deadlines*</u>	<u>Test Dates</u>	
	Sep. 07, 2012	Oct. 06, 2012	
	Oct. 04, 2012	Nov. 03, 2012	
	Nov. 01, 2012	Dec. 01, 2012	For more SAT info -
	Dec. 28, 2012	Jan. 26, 2013	www.collegeboard.com
	Feb. 08, 2013	Mar. 09, 2013	
	Apr. 05, 2013	May 04, 2013	
	May 02, 2013	Jun. 01, 2013	
Test Fee : \$ 50.00		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.

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/>

COMMUNITY SWIM AT E-KCS

Community Swim is being reintroduced this year on the second Sunday of each month in the afternoon from 1:00-3:00. The actual dates the pool will be open include 09/09/12, 10/14/12, 11/11/12, 12/09/12, 01/13/13, 02/10/13, 03/10/13, 04/14/13, 05/12/13, and 06/09/13.



There will be no charge for this event. The split up of the pool will be decided by the number of people who come each time. Lanes might be roped off if there are those wishing to swim laps. A flyer will be sent out prior to the first date to outline the rules and expectations of this event. We hope to see you there.



ELEMENTARY CORNER By: Amy Lamitie, Principal

Dear E-K Community Members:

As September quickly approaches, we all prepare to go to school and start a new beginning. Some of us will be attending E-KCS for the first time, while others return experienced in the routine. Whatever the case it is essential that we work together to make this as successful as possible.

At any point that you have questions or concerns please make a call to resolve the issue early on. This often helps to avoid future problems. It is important to discuss the issue with the person involved. For example, if it is a classroom concern, contact the teacher to set up a meeting.

Safety is a major concern for us and we ask that you talk to your children about procedures to help keep themselves safe. Policies and guidelines are written in the best interest of everyone. Be sure to review the student handbook with your children in a couple of sessions. This will let them see you too think it is important. Your support is greatly appreciated.

New Staff to Welcome:

James Hagan	Physical Education / Health
Kallie Olmstead	Kindergarten

ELEMENTARY CORNER

By: Amy Lamitie, Principal

<p style="text-align: center;"><u>WHAT TO PURCHASE</u></p> <p>Supply lists can be found on each individual teacher's web page. Go to www.ekcsk12.org, 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;"><u>HANDOUTS TO LOOK FOR</u></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"> 1) Emergency Information Sheet/Photo Permission Form 2) Student Handbook (Parent, Student, and School Compact) 3) Code of Conduct 4) Individual teacher's letters 5) Student Residency Questionnaire 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. <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><u>BUS NOTES</u></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: Amy Lamitie, Principal

CODE OF CONDUCT

This year the Code of Conduct has been completely revised by a full committee. There is new legislation that is included to help deal with student safety. All of these changes will be addressed at the opening of school with the students. The new legislation is called The Dignity for all Students.

The Dignity for ALL Students Act (DASA)

The Dignity Act prohibits the harassment and discrimination of students by students and school personnel. The students have the right to be protected from intimidation, harassment, or discrimination based on actual or perceived race, color, weight, national origin, ethnic group, religion, or religious practice, sex, gender/gender identity, sexual orientation, or disability, by employees or students on school property or at a school-sponsored event function or activity. The students have the responsibility to respect one another and treat others fairly in accordance with the District Code of Conduct and the provisions of the Dignity Act, to conduct them in a manner that fosters an environment that is free from intimidation, harassment, or discrimination, and to report any incidents of intimidation, harassment, or discrimination.

Bullying and hazing are forms of discrimination and harassment. The Dignity Act applies to behavior on school property (including athletic fields, playgrounds, and parking lots), in school buildings, on a school bus/vehicle, as well as at school-sponsored events or activities.

The building administrators are the designated contact for handling bullying situations within the school. They will be trained to recognize and respond effectively to harassment and bullying, and implement strategies to prevent it.

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: Amy Lamitie, 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: Amy Lamitie, Principal

<p>Prohibited Student Conduct:</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>Reporting Violations:</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>Disciplinary Procedures:</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 - 6th grade will include:</p> <ol style="list-style-type: none"> 1. Behavior plan written by the child and teacher to be sent home to the parent. 2. Loss of classroom privileges and/or exclusion from specific activities. 3. "Time Out" within the classroom, in another classroom, or school location. 4. After school detention. 5. Special arrangement, on a case-by-case basis, may be made for children having serious behavior difficulty. 6. Suspension from school, in conjunction with supporting professional staff. <p>The principal may use discretion in issuing these consequences upon reflection of the length of time between referrals.</p>	

ELEMENTARY CORNER

By: Amy Lamitie, 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: Amy Lamitie, 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, to sign in at the main office to receive a visitor's pass, and 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: Amy Lamitie, 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.

The Code of Conduct will be placed on the school webpage.

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

Amy Lamitie
Elementary Principal
(315)562-8132
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Kay C. Amo, Clerk

August 23, 2012

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 most 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



This year the Healthy, Hunger-Free Kids Act of 2010 will begin federal implementation of the new meal pattern and nutrition standards. The Interim rule requires State agencies to certify participating school food authorities that are in compliance with meal pattern and nutrition standard requirements as eligible to receive performance-based cash assistance of six cents for each reimbursable lunch served. The six cents will only be available to the lunch program and not until after October 1, 2012.

In the new law schools are to be broken up into 3 categories for meals. PK-5 is the first category, 6-8 is the second and 9-12 is the third category. I want to make you aware of just a few of the changes.

All grades must have at least 1 fruit or vegetable on the tray to be classified as a reimbursable meal. There are still 5 food groups that must be offered every day with every lunch. These groups are: Meat/Meat Alternate, Grains/Breads, Fruits, Vegetables, and Milk. (8 ounce liquid no more than 1% fat for white and no more than skim for flavored.) Below are the requirements for each week.

Grade	Meat/Meat Alternate	Grains/Bread	Veggies	Fruit	Milk	Calories
PK-5	8-10 (1oz=1)	8-9 (1slice=1)	3 ³ / ₄ (cups)	2 ¹ / ₂ (cups)	1 (8oz)	550-650
6-8	9-10 (1oz=1)	8-10 (1slice=1)	3 ³ / ₄ (cups)	2 ¹ / ₂ (cups)	1 (8oz)	600-700
9-10	10-12 (1oz=1)	10-12 (1slice=1)	3 ³ / ₄ (cups)	2 ¹ / ₂ (cups)	1 (8oz)	750-800

This means we can no longer serve a whole sandwich every day to a PK-5 grade student. These are not my rules, nor are they the Edwards-Knox Central School rules, nor are they even New York State rules, they are federal rules. There are similar problems with Meat/Meat Alternate groups. We can no longer serve a sub every day to High school. Our sub rolls are the equivalent of 3 breads.

The students are allowed to have more than ¹/₂ cup of fruits and vegetables. The rule prefers they take at least 1 cup each of fruits and vegetables. Currently we offer a salad/veggie bar.

At this time the federal government has distributed these rules to the state government, who has in turn given them to us. We continue to study them and implement them for our students. This law requires schools to bring the cost of paid lunch equal to the reimbursement for a free/reduced meal. That is why we increased our lunch prices a dime this year as we try to close the gap between the cost our students pay and the reimbursement given to us by the government.

If you disagree with any of these guidelines you can voice that opinion to your representative in the federal government. It is a law, not a regulation or suggestion and we must comply.

There are many other parts to this law regarding specific items that must be served and you should know that we will strive to meet each requirement. All these regulations are without funding from the government unless we meet the guidelines for the 6 cent. We will continue to do our best to offer meals the students enjoy while meeting these new laws. Next year the part of the new guidelines that change breakfast will come in.

Sincerely,

Kathy

Kathleen Whitmarsh, Cook-Manager



September 2012 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>Kathy Whitmarsh Cafeteria Manager 562-8130, ex. 1507 Fax: 562-2477 kwhitmar@ekcsk12.org P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684</p>	<p>Breakfast Every Day Cereal, Graham Cracker, Milk, Juice</p>	<p>Prepayments Happily Accepted</p>
<p>Breakfast: 7:45 A.M.</p> <p>Lunch: 11:00 A.M. - 1:00 P.M.</p>	<p>Fruit, Peanut Butter & Jelly, ham or turkey sandwich and salad bar offered every day, Pizza MTF, Chicken Nugget W TH as a lunch choice. Milk, fruit, & vegetable every day. Wraps most days.</p>			<p>WELCOME BACK!</p>
<p>3</p> <p>LABOR DAY</p>  <p>No School</p>	<p>4</p> <p>Staff Development Day</p>	<p>5</p> <p>Staff Development Day</p>	<p>6</p> <p>Chicken Patty/Bun French Fries Carrots Milk Fruit</p>	<p>7</p> <p>Chicken Noodle Soup Tuna or Egg Sandwich Fresh Veggies Milk Fruit</p>
<p>10</p> <p>Hot Dog on a Bun Mac & Cheese Carrots Milk Fruit Yearbook Photos</p>	<p>11</p> <p>Hamburger on a Bun Salad Bar Carrots Milk Fruit</p>	<p>12</p> <p>BBQ or Crispy Chicken Tossed Salad Bread Milk Fruit</p>	<p>13</p> <p>Taco Day Refried Beans Lettuce, Cheese Corn Milk Fruit</p>	<p>14</p> <p>Pizza Green Beans Bread Milk Fruit</p>
<p>17</p> <p>Pillsbury Pancakes Sausage Hash Browns Milk Fruit</p>	<p>18</p> <p>Pulled Pork/Bun French Fries Peas Milk</p>	<p>19</p> <p>Spaghetti w/ Sauce Meatballs and/or String Cheese, Tossed Salad Bread Milk Fruit</p>	<p>20</p> <p>Chicken Fajita Peppers & Onions Refried Beans Corn Milk Fruit</p>	<p>21</p> <p>Fishburger or Baked Fish (unbreaded) Fresh Veggies Milk Fruit</p>
<p>24</p> <p>Pizza Green Beans Bread Milk Fruit</p>	<p>25</p> <p>Hamburg/Bun Salad Bar Green Beans Milk Fruit</p>	<p>26</p> <p>Chicken Nuggets Peas Milk Fruit</p>	<p>27</p> <p>Turkey Dinner Mashed Sweet Potatoes Bread & Butter Milk Fruit</p>	<p>28</p> <p>Tomato Soup Grilled Cheese Sandwich Carrots Milk Fruit</p>

Menu subject to change without notice.



OCTOBER 2012 MENU

Mon	Tues	Wed	Thur	Fri
<p>Breakfast: 7:45 A.M.</p> <p>Lunch: 11:00 A.M. - 1:00 P.M.</p>	<p>Fruit, Peanut Butter & Jelly, ham or turkey sandwich and salad bar offered every day. Pizza MTF, Chicken Nugget W TH as a lunch choice. Milk, fruit & vegetable every day. Wraps most days.</p>			<p>Kathy Whitmarsh Cafeteria Manager 562-8130, ext.1507 Fax: 562-2477 kwhitmar@ekcsk12.org P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684</p>
<p>1 Goulash Peas Bread Milk Fruit</p>	<p>2 Hamburger on a Bun Green Beans Carrots Milk Fruit</p>	<p>3 Pulled Pork/ Bun Salad Bar Peas Milk</p>	<p>4 Taco Day Refried Beans, Lettuce, Cheese, Corn Salad Bar Milk Fruit</p>	<p>5 Tomato Soup Grilled Cheese Sandwich Salad Bar Carrots Milk Fruit</p>
<p>8 Columbus Day</p> <p style="text-align: center;"></p> <p>No School</p>	<p>9 Chicken Nuggets Salad Bar Peas Milk Fruit</p>	<p>10 Sloppy Joe on a Bun Chips Corn Milk Fruit</p>	<p>11 Hot Dogs/ Bun, Salad Bar Carrots Milk Fruit 11:30 Dismissal</p>	<p>12 Chicken Noodle Soup Egg Salad or Tuna Sandwich Fresh Veggies Milk Fruit</p>
<p>15 Pizza Salad Bar Green Beans Milk Fruit</p>	<p>16 Hamburg/ Bun Salad Bar Carrots Milk Fruit</p>	<p>17 Spaghetti Sauce, Meatballs and/or String Cheese, Tossed Salad & Salad Bar Bread Milk Fruit</p>	<p>18 Crispy Chicken Tossed Salad and Salad Bar Bread Milk Fruit</p>	<p>19 Fishburger on a bun (unbreaded baked fish) Salad Bar Fresh Veggies Milk Fruit</p>
<p>22 Pillsbury Pancakes Salad Bar Sausage Hash Browns, Milk Fruit</p>	<p>23 Hot Dog/ on a Bun Baked Beans Salad Bar Milk Fruit</p>	<p>24 Ham Dinner Scalloped Potatoes Salad Bar Bread Milk Fruit</p>	<p>25 Chicken Fajita Salad Bar Peppers & Onions Refried Beans Corn Milk Fruit</p>	<p>26 Chicken Noodle Soup Egg Salad or Tuna Sandwich Fresh Veggies Milk Fruit</p>
<p>29 Pizza Salad Bar Green Beans Bread Milk Fruit</p>	<p>30 Chicken Patty/Bun Salad Bar Peas Milk Fruit</p>	<p>31 Chicken Nuggets Salad Bar Peas Milk Fruit</p>		<p>Breakfast Every Day Cereal, Graham Cracker, Milk, Juice</p>

Menu subject to change without notice.

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

Mr. James Hagan, Physical Education / Health
Mrs. Amy Lamitie, Elementary Principal
Ms. Kallie Olmstead, Elementary Teacher
Mrs. Joni Tresidder, Teacher Assistant

JAMBOREE

Please mark your calendars for Saturday, September 8, 2012, when E-K will hold a benefit Jamboree to help two E-K Staff members, Melissa Brown and Michelle Mills. Spaghetti dinner, raffles, auctions, cake walk, music at the Russell Fire Hall beginning at 4:00 p.m. See page 20 for details.

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

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TO: Resident