

**November/December 2006**

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# **Cougar News**

A Publication of the Edwards-Knox Central School Board of Education  
Wheeler Maynard, Jr., President      Amanda Fuller      Kelly Stone  
Dianne Hurley, Vice-President      Bryan Gotham      Andrea Webb  
Rick Brewer      Teresa Hogle      Tom Wood

## **SUPERINTENDENT'S COMMENTS**

**Dr. William Cartwright**

### **I. Recent Violence in Schools**

By now most of us are aware of recent acts of violence in schools around the nation. No school or community is immune from internal or external violence. At Edwards-Knox, however, we have the potential to prevent violence by taking advantage of our strengths as a small school. We hear about a wide variety of disputes ranging in seriousness from domestic violence to petty locker bay squabbles. We know our kids, their families and community residents. Our network of close interpersonal relationships is our greatest preventative asset.

The problem of emotionally unstable teens or adults who kill or shoot themselves and/or others is much bigger than just the school environment. I'm sure that you feel as helpless as I do sometimes when considering how to prevent school violence at E-K.

We will continue to practice our emergency evacuation drills as well as our intruder drills this fall. This allows us to be proactive and preventive when it comes to school violence issues. Of course, we can always improve and get better. We will begin locking our doors in the immediate future to protect our students and ourselves. Only the front door will be accessible during regular school hours. Our tentative time-line is to implement this plan on October 16, 2006. Only the front door will be opened all other doors will be closed from 8:10 until 3:10. We are sorry for this inconvenience but the events of our time necessitates this action.

Examples of a few of the other measures that we do include, but are not limited to:

- Our district has an active Safety Committee,
- We practice lockdowns and evacuations,
- We have counselors in the school,
- We have 44 cameras inside and outside our facility at the bus garage and the main complex

We have:

- School Resource Office – Sgt Bono- DARE Rep.
- Emergency Procedures Manual
- Assemblies for students
- Training for adults
- Safety Policies and Procedures.

In addition, we are proposing to use our EXCEL Grant with a new capital project to enhance safety measures such as:

- School security entrances in each school,
- Upgraded interior door locking mechanisms,
- Improve our telephone system

I have great hopes that school violence never occurs at Edwards-Knox. However, we all know that it could happen here. The world has changed, seemingly almost overnight. Freedoms that we once took for granted are no longer ours and probably will never be with us again. Airports will never be the same, road checks are now commonplace, customs is always a wait, cameras are everywhere, fingerprinting is required to work, and consequently, schools are being permanently changed in order to address safety measures.

Some acts of violence are very difficult and, at this time, almost impossible to stop. However, we will continue to be alert, proactive and vigilant in protecting our children and our adults. Personally, I still feel safe at Edwards-Knox, but I am much more occupied with issues of safety than ever.

Sincerely,

Dr. William U. Cartwright  
Superintendent of Schools

WUC/kca

## **PAST YEARBOOK PHOTOS AVAILABLE**

1992-1993, 1993-1994, 1994-1995, & 1995-1996

The District is disposing of old yearbook photos. We will sort the photos by years and we will place them on tables, during events held at school this year. If you see these boxes of past yearbook photos, feel free to browse through them and take whatever you would like. Once they have been displayed at various events, we will be disposing of them in the trash, so please help yourself to any you find of interest. We will begin with the years: 1992-1993, 1993-1994, 1994-1995, and 1995-1996. If interested, please look for this table when you attend events (Open Houses, Concerts, etc.) at school.

**NOW AVAILABLE:**

Section X Athletic Schedules  
and  
Instant E-mail notification of *changes* and *cancellations*

**[WWW.VIEWMYSCHEDULE.COM](http://WWW.VIEWMYSCHEDULE.COM)**

**\*\*\*If your parents or school communities members would like to receive an email when your games are changed or cancelled, please have them follow the directions below.\*\*\***

1. Log onto [www.viewmyschedule.com](http://www.viewmyschedule.com)
2. Type in "your school's name"
3. Click "search"
4. Click on your "school's name"
5. On the left side of the screen, click on "*email me when events change*"
6. Enter your email address in the box. Then click continue. Select the sport team(s) that you wish to receive any event changes for.
7. Click submit.

**Dear Coaches and Parents:**

**For the past several years I have provided a Sports Clinic for area high school athletes. I am pleased to announce that this year, the clinic will be held again in my private office. The clinic is scheduled for Wednesday evenings and is free to high school athletes with musculoskeletal problems.**

**Parents of students are welcome to call the office to make an appointment – however, they need to specify that they wish to be seen in the Sports Clinic.**

**I look forward to another great sports season. If you have any questions, please feel free to contact me.**

**Sincerely,**

**Donald W. Henline, MD**

**WINTER BASKETBALL SCHEDULES**

**WOMEN'S VARSITY**

Coach: Mr. Montgomery  
 11/24 Clarkson-SLC (2:30)  
 11/25 Clarkson -C-P (1:00)  
 11/28 M-W Tourn  
 11/30 M-W Tourn.  
 12/12 @ Hermon-DeKalb  
 12/15 CLIFTON-FINE  
 12/19 @ Harrisville  
 12/22 @ Canton Tourn.  
 12/23 @ Canton Tourn.  
 TBA LISBON  
 01/05 @ Heuvelton  
 01/09 HAMMOND  
 01/12 @ Morristown  
 01/15 HERMON-DEKALB  
 01/18 @ Clifton-Fine  
 01/25 HARRISVILLE  
 01/29 @ Lisbon  
 02/01 HEUVELTON  
 02/05 @ Hammond  
 02/08 MORRISTOWN

**WOMEN'S JAYVEE**

Coach: TBA  
 11/24 Clarkson-SLC (1:00)  
 11/25 Clarkson -C-P (2:30)  
 11/28 M-W Tourn  
 11/30 M-W Tourn.  
 12/12 @ Hermon-DeKalb  
 12/15 CLIFTON-FINE  
 12/19 @ Harrisville  
 12/22 @ Canton Tourn.  
 12/23 @ Canton Tourn.  
 TBA LISBON  
 01/05 @ Heuvelton  
 01/09 HAMMOND  
 01/12 @ Morristown  
 01/15 HERMON-DEKALB  
 01/18 @ Clifton-Fine  
 01/25 HARRISVILLE  
 01/29 @ Lisbon  
 02/01 HEUVELTON  
 02/05 @ Hammond  
 02/08 MORRISTOWN

**GIRLS' MODIFIED**

Coach: Mrs. Solon  
 12/20 @ Madrid-Waddington  
 01/03 HEUVELTON  
 01/06 @ Lisbon  
 01/10 HERMON-DEKALB  
 01/17 CLIFTON-FINE  
 01/20 MORRISTOWN  
 01/24 HARRISVILLE  
 01/26 M-W (4:00 PM)  
 01/27 @ Heuvelton  
 01/31 @ Lisbon  
 02/03 @ Hermon-DeKalb  
 02/10 @ Clifton-Fine  
 02/14 @ Morristown  
 02/17 @ Harrisville



**MEN'S VARSITY**

Coach: Mr. White  
 11/24 Clarkson-SLC (2:30)  
 11/25 Clarkson -C-P (1:00)  
 11/28 M-W Tourn  
 11/30 M-W Tourn.  
 12/12 @ Hermon-DeKalb  
 12/15 CLIFTON-FINE  
 12/19 @ Harrisville  
 TBA LISBON  
 01/05 @ Heuvelton  
 01/09 HAMMOND  
 01/12 @ Morristown  
 01/15 HERMON-DEKALB  
 01/18 @ Clifton-Fine  
 01/22 @ Canton Tourn.  
 01/23 @ Canton Tourn.  
 01/25 HARRISVILLE  
 01/29 @ Lisbon  
 02/01 HEUVELTON  
 02/05 @ Hammond  
 02/08 MORRISTOWN

**MEN'S JAYVEE**

Coach: Mr. Amo  
 11/24 Clarkson-SRF (5:30)  
 11/25 Clarkson-Gouv (7:00)  
 11/29 @ M-W Tourn.  
 12/01 @ M-W Tourn.  
 12/11 HERMON-DEKALB  
 12/14 @ Clifton-Fine  
 12/18 HARRISVILLE  
 12/21 @ Lisbon  
 TBA @ Burkman Tourn.  
 TBA @ Burkman Tourn.  
 01/04 HEUVELTON  
 01/08 @ Hammond  
 01/11 MORRISTOWN  
 01/16 @ Hermon-DeKalb  
 01/19 CLIFTON-FINE  
 01/26 @ Harrisville  
 01/30 LISBON  
 02/02 @ Heuvelton  
 02/06 HAMMOND  
 02/09 @ Morristown

**BOYS' MODIFIED**

Coach: Mr. Foster  
 12/20 M-W (5:15 PM)  
 01/03 @ Heuvelton  
 01/06 @ Lisbon  
 01/10 @ Hermon-DeKalb  
 01/17 @ Clifton-Fine  
 01/20 @ Morristown  
 01/24 @ Harrisville  
 01/26 @ Madrid-Waddington  
 01/27 HEUVELTON  
 01/31 LISBON  
 02/03 HERMON-DEKALB  
 02/10 CLIFTON-FINE  
 02/14 MORRISTOWN  
 02/17 HARRISVILLE



**K-8 COUNSELOR NEWS**  
**Meg Bain, Counselor**

**AWARD CEREMONIES**

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



Tuesday, November 21, 2006 at 1:00 pm  
 Wednesday, February 7, 2007 at 8:15 am  
 Wednesday, April 25, 2007 at 1:00 pm  
 Friday, June 22, 2007 at 8:00 am, last day of school.

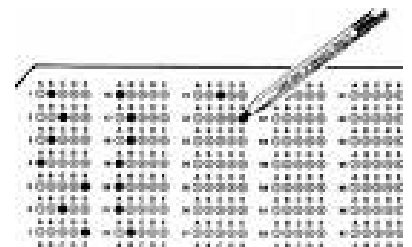


Ceremonies are planned approximately one week after report cards are sent home. If your child is eligible to receive an award a postcard will be sent with your child indicating the date and time of the award ceremony.

**STATE ASSESSMENTS**

New York State will continue the assessment program for students in grades 3 through 8 in the areas of English Language Arts (ELA) and Math. Grades 4, 5 and 8 will continue to be assessed in additional areas: Grade 4 -Science, Grade 5-Social Studies, and Grade 8-Social Studies and Science. Students should be sure to get plenty of sleep the night before a test and eat a good breakfast in the morning. They will also need to bring two #2 pencils to the test. The *tentative* assessment dates are as follows:

November 15 & 16	Grade 5 Social Studies
January 8 & 9	Grade 3 ELA
January 9, 10, & 11	Grade 4 ELA
January 11 & 12	Grade 5 ELA
January 16, 17, & 18	Grade 6 ELA
January 16 & 17	Grade 7 ELA
January 18 & 19	Grade 8 ELA
March 5 & 6	Grade 3 Math
March 6, 7, & 8	Grade 4 Math
March 8, & 9	Grade 5 Math
March 13 & 14	Grade 6 Math
March 13 & 14	Grade 7 Math
March 15 & 16	Grade 8 Math
May 1 & 2	Grade 4 Science (Written and Performance)
May 1	Grade 8 Science (Performance)
May 8	Grade 8 Science (Written)
June 5 & 6	Grade 8 Social Studies



### K-8 COUNSELOR NEWS CONT'D.

Meg Bain, Counselor

#### HOMEWORK EXCELLENCE

Students in grades 5 through 8 who achieve homework excellence each quarter will be invited to attend a field trip reward. The first trip is scheduled for the WILD Center in Tupper Lake on Monday, November 20<sup>th</sup>. Eligible students will be notified the week before and a permission slip will be sent home. Encourage your children to complete their homework each night.

#### TIPS FOR A SUCCESSFUL YEAR

As a new school year begins, be supportive of your child's education. Here are some helpful tips:

1. Create a routine at home. Having predictable times for eating, studying, relaxation and sleeping reduces stress and helps your child concentrate on schoolwork.
2. Get involved at school. Show your child you care by attending conferences and school activities.
3. Encourage your child to spend the last 10 minutes of study time each evening previewing the next lesson.
4. Review the day's activities. Each evening, ask your child to show you her assignments. Talk about when they are due, and what she plans to work on first.
5. Go beyond the classroom. Be on the lookout for ways to help your child relate schoolwork to real life. Look for items in the news that relate to his/her class work. Talk about how this news affects people. For example, help him/her calculate how much your family will spend to fill up your car as gas prices change.



#### E-KCS TEACHERS' ASSOCIATION SCHOLARSHIP WINNER ANNOUNCED

The Edwards-Knox Teachers Association is proud to announce Kristin Tulip as the 2006-2007 scholarship recipient. She will receive \$500.00. The selection was based on scholarship, leadership, service, character and potential for success. Kristin is a senior at SUNY Potsdam and is pursuing Elementary Education. Congratulations Kristin!

#### SNOW CLOSINGS – INCLEMENT WEATHER

If we need to close school due to inclement weather, the following radio and television stations will broadcast our closing:



WSLU	WPDM	7NEWS	News10Now	Newswatch50
YES-FM/WPAC/Q102.9790		WTNY / Z93 / Froggy 97		WSLB
WTOJ Magic 103.1/100.1/104.3		WBDI/WBDB The Border 106.7/92..7		
WOTT Real Rock 100.7	WBDR Kix Country 102.7	WMSA Rock 101.5/The Valley 96.1		

## GUIDANCE NEWS

### Linda Alford, Counselor

#### Report Card and Progress Report Dates

For the 2006-2007 school year Progress Reports and Report Cards will be distributed to students in home room of the day on the following dates:

Wednesday, November 15

Wednesday, December 20

Wednesday, January 31

\*Thursday, March 15: Spring Conference from 2-6pm: report cards available to parents  
Students will receive grade reports on Friday in home Room.

Wednesday, April 18

Wednesday, May 16

Friday, June 22 - Students will pick up their report cards in Home Room.

#### College Spirit Day

The High School Guidance office is preparing for its annual "College Spirit Day" on Thursday, December 20, 2006. This is a fun program designed to increase awareness of colleges and to **encourage high school seniors to complete college applications by this date.** With many different categories for participation, 9<sup>th</sup> through 12<sup>th</sup> grade students have the opportunity to win college tee shirts or other donated items from colleges throughout the area. Recent past graduates who are attending college are invited for a reception in the Library at lunch time. This reception is held so juniors and seniors have an opportunity to meet past graduates and discuss their college experiences. There will also be a local college fair during lunch time.



#### SENIOR TRANSCRIPT REVIEW

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

## GUIDANCE NEWS CONT'D.

### Linda Alford, Counselor

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

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. Registration materials may be picked up in the Guidance office.

#### **ACT**

Tests of the American College Testing Program are required or accepted by most colleges. Students should carefully check the catalog of each prospective college to determine whether the examinations are required.

<u>Registration Deadline</u>	<u>Test Date</u>
September 22, 2006	October 28, 2006
November 3, 2006	December 09, 2006
March 9, 2007	April 14, 2007
May 4, 2007	June 09, 2007

**Test Fee: \$29.00**

**Optional Writing Test Fee: \$14.00**

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

#### **Scholastic Aptitude Test (SAT)**

<u>Registration Deadlines*</u>	<u>Test Dates</u>
Sept. 12, 2006	Oct. 14, 2006
Sept. 29, 2006	Nov. 4, 2006
Nov. 01, 2006	Dec. 2, 2006
Dec. 20, 2006	Jan. 27, 2007
Feb. 02, 2007	Mar. 10, 2007
Mar. 29, 2007	May 5, 2007
Apr. 27, 2007	Jun. 2, 2007

\* Registration materials must be postmarked by this date.

Fee : \$ 41.50

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

***Arrangements for special testing situations for students with learning disabilities may be made by contacting the CEEB or the American College Testing Program. Paperwork needs to be filed well in advance of the desired test date for modifications. Contact Ms. Alford for more details.***

For more information check out the following web page:

For SAT - [www.collegeboard.com](http://www.collegeboard.com)

For ACT - [www.act.org](http://www.act.org)

**GUIDANCE NEWS CONT'D.**  
**Linda Alford, Counselor**

**Grade 10 Students To Visit Southwest Tech**

On Wednesday, November 1, 2006 the counselor from Southwest Tech will visit to introduce Sophomores to technical programs available to Edwards-Knox students at the tech center. During this meeting the students will be invited to visit on December 6, 2006. They will have the opportunity visit several programs. The following courses are a sample of the courses currently available at Southwest Tech:

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

**7-12 NEWS**  
**Jeff Davis, Principal**

**UPCOMING HIGH SCHOOL EVENTS**

November 8	End of 1 <sup>st</sup> Marking Period - 11:30 dismissal of ALL students
November 9	Staff Development Day
November 10	Veteran's Day - NO SCHOOL
November 15	Report Cards distributed to students
November 16-17	Senior Play
November 17	Cap / Gown / Announcement orders taken by Josten's
November 21	Grades 5-8 Awards Assembly @ 1 pm
November 22-24	Thanksgiving Recess



December 9	Winter Concert I @ 7 pm
December 13	Winter Concert II @ 7 pm
December 15	End of 2 <sup>nd</sup> Interim Report Period
December 21	College Spirit Day
December 21	Interim Reports distributed to students
December 25- January 1	Winter Recess



**HAVE A SAFE AND HAPPY NEW YEAR**

January 2	School Resumes
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## 7-12 NEWS CONT'D.

Jeff Davis, Principal

### EMERGENCY FORMS

There are still a number of students in grades 7-12 who have not turned in Emergency Forms. 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.

### ABSENT - LATE TO SCHOOL - EARLY DISMISSAL

If your son/daughter is absent from school, late to school or needs to be dismissed early you need to send a note with the reason for such. The note for absences or early dismissals must be brought to the High School office by 8:05 am. A note should accompany them when they sign in late. If a student is absent, they must bring an excuse the day they return. If they do not, they will have one day grace period before an after school detention will be assigned. The excuse will still need to be brought in and more after school detentions could be assigned until we receive the excuse. You can refer to your son/daughter's Student Handbook if you need further information on excused and unexcused reasons.

### MESSAGE FROM THE PRINCIPAL

We are off to a good start this year! We had a good turn out at Open House in mid-October with approximately 50% of our parents in attendance to pick up progress reports and meet with their sons/daughter's teachers.



We are one of eight school districts in St. Lawrence County that has been awarded part of a 3.1 million dollar grant. This grant is called "Safe Schools Healthy Students." This grant is an integrated, comprehensive, community-wide, and community-specific plan to address the problems of school violence and alcohol and other drug abuse. Our 6-12 grade students will have the opportunity to participate in a number of county wide activities as well as events and activities that are planned in our school over the course of the next three years.

We are planning a number of 21<sup>st</sup> century grant activities again this school year. We are in our fifth and final year of the 21<sup>st</sup> century grant and will again be able to sponsor activities such as ski trips, activities for those with outstanding homework completion, newspaper club, Eckerd's Drug Competition, babysitting course, science fair, homework club, art club and other fun activities.



We had a successful NHS induction ceremony inducted 12 new students into the honor society!



This year's senior play is called **Summer of Chaos** and will be held Thursday and Friday, November 16<sup>th</sup> & 17<sup>th</sup> with the start time being 8:00pm. We hope that you will come and enjoy this very entertaining evening!

## **IMPORTANT INFORMATION ABOUT EDWARDS-KNOX CENTRAL SCHOOL DRINKING WATER**

Edwards-Knox Central School exceeded the Maximum Contaminant Level (MCL) of 60 ug/L for Haloacetic Acids (HAA5's) present in drinking water. The HAA5 level at Edwards-Knox Central School for the time period of July 1 through September 30, 2006 is 101 ug/L. This level is based on a running annual average of quarterly samples. Although this is not an emergency, you have a right to know where these contaminants came from, and what is being done. The combination of the quantity of disinfectant needed and the amount of naturally occurring organic material in the incoming water resulted in a level of HAA5's in excess of the MCL.

Haloacetic Acids (HAA5) are a group of chemicals that are formed along with other disinfection byproducts when chlorine or other disinfectants used to control microbial contaminants in drinking water react with naturally occurring organic and inorganic matter in water. The regulated haloacetic acids, known as HAA5, are: monochloroacetic acid, dichloroacetic acid, trichloroacetic acid, monobromoacetic acid, and dibromoacetic acid. **In this instance, the organic matter in the Edwards-Knox water is an iron bacteria caused by the high amount of iron in the water.**

### **What Has Edwards-Knox Done To Improve This Problem?**

The amount of chlorine that is added to the drinking water has been minimized and additional enhancements to the water treatment process have been made. We have added a second filtration treatment system so that the water is treated as it enters the storage tank and it is treated a second time as it leaves the storage tank. **Based on these changes, this issue has been resolved and the current level of HAA5's measures in the drinking water have been reduced to levels below the MCL.**

### **What Should E-K Do?**

**Due to the corrective measures already taken, we do not need other corrective actions.**

### **Where Do HAA5's Come From?**

HAA5's are formed when chlorine reacts with naturally occurring organic material during the water treatment process. The levels of the by-products can change from day to day, depending on the temperature, amount of organic material in the water, amount of chlorine added, and a variety of other factors.

Drinking water is disinfected by public water suppliers to kill bacteria and viruses that could cause serious illnesses. Chlorine is the most commonly used disinfectant in New York State. For this reason, disinfection of drinking water is beneficial to public health.

If you have any questions, please contact John Daniels at (315) 562-8326, ext. 526, or the New York State Department of Health, Canton District Office at (315) 386-1040.

## IMPORTANT INFORMATION ABOUT EDWARDS-KNOX CENTRAL SCHOOL DRINKING WATER CONT'D.

### What is HAAs?

Haloacetic acids are a group of chemicals that includes mono-, di- and trichloroacetic acids and mono- and dibromoacetic acids. Haloacetic acids are formed in drinking water during treatment by chlorine, which reacts with certain acids that are in naturally-occurring organic material (e.g. decomposing vegetation such as tree leaves, algae or other aquatic plants) in surface water sources such as rivers and lakes. The amount of haloacetic acids in drinking water can change from day to day, depending on the temperature, the amount of organic material in the water, the amount of chlorine added, and a variety of other factors. Drinking water is disinfected by public water suppliers to kill bacteria and viruses that could cause serious illnesses. Chlorine is the most commonly used disinfectant in New York State. For this reason, disinfection of drinking water by chlorination is beneficial to public health.

Some studies of people who drank chlorinated drinking water for 20 to 30 years show that long term exposure to disinfection by-products (possibly including haloacetic acids) is associated with an increased risk for certain types of cancers. However, how long and how frequently people actually drank the water as well as how much haloacetic acids the water contained is not known for certain. Therefore, we do not know for sure if the observed increased risk for cancer is due to haloacetic acids, other disinfection by-products, or some other factor. The individual haloacetic acids dichloroacetic acid and trichloroacetic acid cause cancer in laboratory animals exposed to high levels over their lifetimes. Dichloroacetic acid and trichloroacetic acid are also known to cause other effects in laboratory animals after high levels of exposure, primarily on the liver, kidney, and nervous system and on their ability to bear healthy offspring. Chemicals that cause effects in animals after high levels of exposure may pose a risk to humans exposed to similar or lower levels over long periods of time.

***Again, Edwards-Knox has resolved this problem and the current level of HAA5's measured in the drinking water has been reduced to levels below the Maximum Contaminant Level (MCL). Our drinking water is tested each month and we comply with all state mandated regulations. This is the first time we've ever been cited for any MCL in the past sixteen (16) years. Since this is a new regulation implemented in 2006, we are now aware we will be tested for HAA5's and have taken the corrective measures needed to comply.***

## ELEMENTARY CORNER

### By: Sue Kelly, Principal

#### Winter weather apparel:

As the snow will soon begin to fall and the temperatures plummet, it is important for students to wear weather appropriate clothing. Even if a child has a short bus ride, they will still need to have coats, boots, hats, gloves, and snow pants to participate in recess. Only when the temperatures get too low will the classes stay inside. Teachers serve recess duty, so there isn't anyone to stay inside with children on a regular basis. Children may leave some of these essentials at school if they have extra supplies.



#### Grandparents' Breakfast:

It was wonderful to see so many grandparents and other relatives here to visit with the elementary students. Everyone seems to enjoy this special time together.

We appreciate your comments and feedback on events here at school and do try to use ideas to improve things.

#### Fire Prevention Week:



This year many of our classrooms got a visit and presentation from our local fire departments. We would like to thank Iris Thomas, David Jackson, Rose Jackson, Phil Soper, and Donna Given for their time and energy. The children truly enjoy themselves but also learn a great deal.

As usual, the visit from the emergency vehicles is always exciting. There were many volunteers that made this a great success!

#### Parent Tip:

One of the children's biggest excuses for not doing what they need to do is, "I don't have enough time!" The fact is: they have all the time there is. They just need to learn to use their time wisely. To do that, they need to see where their times goes now.



For one week, have your child write down what she/he is doing every 30 minutes. At the end of the week, talk about what they have learned about how their time is really spent.

Help your child to set a daily schedule of what needs to be done and the amount of time they have to complete things. Post it on the refrigerator as a helpful reminder.

**ELEMENTARY CORNER CONT'D.****By: Sue Kelly, Principal****Upcoming Events**

11/2: 7 pm: Parents' Association meeting in library  
 11/8: NYS Grade 5 Social Studies Field Test  
 11/8: End of 1<sup>st</sup> marking period  
 11/8: 11:30: students dismissed early  
 11/9: NO SCHOOL FOR STUDENTS; STAFF DEVELOPMENT DAY  
 11/10: NO SCHOOL  
 11/15: Report cards go home  
 11/15 & 16: 5<sup>th</sup> grade NYS Social Studies Test  
 11/20: 8:15 Awards Assembly for grades K-4 in Auditorium  
 11/20: 9:15-3:00: Homework Excellence Trip to The Wild Centre  
 11/20: 6 pm: Tales for Tots in Media Center  
 11/21: 1:00: Awards Assembly for grades 5-8 in Auditorium  
 11/22-11/24: NO SCHOOL - THANKSGIVING RECESS  
 11/28: UCP Presentations in Media Center for Kindergarten and grade 3  
 12/7: 8:30: Prekindergarten, Kindergarten, grades 1-3 to OCP in Gouverneur  
 12/7: 7 pm: Parents' Association meeting in library  
 12/11: 6 pm: Tales for Tots in Media Center  
 12/20: progress reports go home for grades 5-6  
 12/20: 1:15: Holiday Program in Auditorium  
 12/25-1/1: NO SCHOOL - WINTER RECESS

**EDWARDS-KNOX PARENTS' ASSOCIATION**

We would like to extend a sincere THANK YOU to the many volunteers that made the Book Fair a success again this year. This includes the many people helping the students, cashing out sales, organizing, planning and cleaning up.

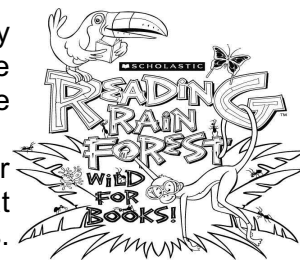
This year's staff included Abbie Tresidder, Dawn and Rich Finnerty, Mandy Fuller, Rick and Cindy Cutway, Andrea Webb, Debbie Fountain, Bryan Gotham, Chrystal Snell, Karen DeVito, Ruth Janzen, Jennifer Parker, and Shirley Clark.

In addition to these veterans, we welcomed several new faces including Stormy Collett, Jamie Gotham, Natalie Hart, Julie Bullock, Angie Gollinger, and Danielle Burke. A special thanks to Sue LaPoint for managing the Open House refreshments.

As in the past, we would also like to thank the custodial staff and music staff for their patience, and the National Honor Society and other student volunteers that helped us out. Many thanks go to Ms. Kelly, Ms. Shattuck, Mr. Davis, and Mrs. Bailey. THANK YOU to the teachers who schedule time out of their busy day to bring the students to the Book Fair and to the parents and grandparents who support this effort by purchasing books for their children. Thank you to anyone we have failed to mention – your efforts have not gone unnoticed.

100% of the proceeds from this Book Fair and all Parents' Association fund raisers benefit OUR CHILDREN. The Parents' Association fund pays for various activities such as end-of-the year field trips, D.A.R.E., Banana Splits, DEER Club, and playground equipment. When we all work together, we can make great things happen!

**Please remember that your involvement is essential.** If you are interested in volunteering for future events, please come to our monthly meeting held at 7 p.m. on the first Thursday of each month in the school Library. For more information, you can contact the Parents' Association President Abbie Tresidder at 562-3457.





## NURSE'S NOTES

**Melissa Brown, School Nurse**

Hello there! The year has gotten off to a fantastic start. I am really enjoying getting to all of the students here at Edwards-Knox. I would like to extend an open invitation to any parent of a child with special medical concerns to come in and discuss this with me. I would welcome the chance to learn more about your child, especially any newly diagnosed health issues. Please feel free to call me or stop by and update your child's records.

As you may have heard, we have had an experience with head lice this month. I do believe we have nipped this problem in the bud. With the appearance of only a few cases, a complete sweep of pre-K through 6 was performed. The protocol is to send the student home for treatment and a re-check upon returning to the building. This is a very proactive way to manage lice, which is a common problem in all schools. If you have any questions in regards to head lice, please call me and I can have a booklet sent home to you or recommend several websites.



Also, I would like to remind parents of students who are to receive any type of medication in school that there must be a completed doctor's order and parental consent before I can legally administer medications. This actually includes over the counter medication as well. I have a simple one page form which includes these two items. I can send one home with your child any time you may need one. I suggest having one on hand any time you are going to visit the doctor. Feel free to ask for these forms; I will be glad to send them to you. Any medication **MUST** be delivered to the school nurse by the parent. Please do **NOT** send medications with the student on the bus. This could be very dangerous.

If you notice that your child has come home in a different pair of pants or shirt than the ones he/she left home in, they probably came from the nurse's office. Please wash/dry and return these items as soon as possible so that they will be here for the next child that needs them. I only have a limited supply.



Thanks so much for your help. Please call me at any time with any questions or problems or new updates on your child's health.

Melissa Brown, R.N  
School Nurse  
562-8326 ext. 518

Dr. William Cartwright  
Superintendent of Schools

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FAX: (315) 562-8433  
BUS GARAGE: (315) 562-8440  
SCHOOL-BASED HEALTH CLINIC: (315) 562-7242  
www.ekcsk12.org

**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 properly labeled container from the pharmacy. I 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 \_\_\_\_\_

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 \_\_\_\_\_

Phone \_\_\_\_\_ Date \_\_\_\_\_



## CAFETERIA NEWS

### Kathleen Whitmarsh, Cook/Manager



With the state and federal audits coming up we must be fiscally responsible in the cafeteria. Years ago your elected school board under the unktion of the state made policy that people could not charge over 3 days charges. The state does not want money they reimburse the school used to buy meals for people. They would like to have us just turn people away. The board decided (and I agree with their decision) the student could have a peanut butter sandwich and milk. They can also have a fruit and vegetable. If they are allergic to peanut butter we can do a cheese sandwich. **This is the hardest part of my job.** I hate having to turn people away, or make a scene because they owe money. The state is very strict though as most of you know. They believe there is free and reduced for those that need it and if you don't fall in that category you must pay or bring a meal from home. It is an important part of my job to make sure we are following the laws. Therefore I will be strictly enforcing this rule starting Nov. 1, 2006 and continuing from then on.

I cannot tell you how it grieves me to have to be strict on this, but we have inspectors coming in and it is important. I will try to notify you when your child owes above \$3.00. However the ultimate responsibility lies on you. I have over 600 students and no pop ups to say this one or that one has a low fund balance or is out of money. I will be relying on my cashiers to tell students that their money is low.

We will have had grandparent's breakfast by the time you read this letter and I do hope everyone enjoyed it. I would appreciate your feedback and suggestions for next year.

I am sure you have heard about the E. coli outbreak with fresh bagged spinach. At the time I am writing this letter they have just announced a new outbreak of E. coli in fresh green leaf lettuce and bagged lettuce. E. coli in spinach has been traced to water used in irrigation systems. You should not wash bagged greens. They are treated with a preservative that if washed off can cause a greater chance of food poisoning. The spinach was traced to the Salina Valley in California.

Executives at Salinas-based Nunes Company ordered the recall of lettuce packaged as Green Leaf 24 count, waxed carton, and Green Leaf 18 Count, cellophane sleeve, returnable carton stamped with lot code 6SL0024. This product never reached New York.




Though E. coli can be killed by cooking it, cross contamination is still a danger. E. coli cannot be washed off. It can only be killed with heat above 145 degrees and preferably above 165 degrees. If you lay your greens on the counter or cutting board before they go in the pot, then wash it off and make a sandwich on that area, you have a good chance of getting E. coli. The greens you cook are safe, but the E. coli may have cross contaminated your bread. It is better to eat canned or frozen spinach until all is clear. We don't know how far this will reach, maybe even head lettuce. Listen to the news for information.

It is my hope that these tips will help you all to have a happy and safe holiday season.

Sincerely,  
Kathleen Whitmarsh  
Cook Manager









# November 2006 MENU

Mon	Tues	Wed	Thur	Fri
<p><b>Kathy Whitmarsh</b> Cafeteria Manager 562-8326, ex. 507 Fax: 562-2477 <a href="mailto:kwhitmar@ekcsk12.org">kwhitmar@ekcsk12.org</a> P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684</p>	<p>Breakfast Every Day Cereal, Milk, Juice <b>S o m e D a y s :</b> Bagels/ Cream Cheese, English Muffins, Danish, fresh fruit, breakfast bars, donuts, eggs.</p>	<p><b>1 Chicken Nuggets</b> Peas Bread Milk Fruit</p>	<p><b>2 Spaghetti/ Sauce</b> Breaded Cheese Sticks Bread Tossed Salad Milk Fruit</p>	<p><b>3 Chicken Noodle Soup</b> Tuna or Egg Salad Sandwich Carrot &amp; Celery Stix Milk Fruit</p>
<p><b>6 Chicken Patty/Bun</b> California Vegetables Milk Fruit</p>	<p><b>7 Sausage on a Bun</b> Onions &amp; Peppers Corn Milk Fruit Ice Cream</p>	<p><b>8 Hot Dog on a Bun</b> Chips or Sunflower Seeds Carrots Milk Fruit <b>1/2 Day Dismissal</b></p>	<p><b>9 STAFF DEVELOPMENT DAY</b> <b>No School for Students</b></p>	<p><b>10 VETERAN'S DAY</b>  <b>NO SCHOOL</b></p>
<p><b>13 Ravioli</b> Peas Bread &amp; Butter Milk Fruit</p>	<p><b>1 Hamburger on a Bun</b> French Fries Green Beans Milk Fruit</p>	<p><b>4 15 Turkey &amp; Gravy</b> Mashed Potatoes Cranberry Sauce Corn Milk Fruit Ice Cream</p>	<p><b>16 Pizza</b> Tossed Salad Milk Fruit</p>	<p><b>17 Tomato Soup</b> Grilled Cheese Sandwich Carrots Milk Fruit</p>
<p><b>20 Hot Dogs on a Bun</b> French Fries Carrots Milk Fruit</p>	<p><b>21 Pizza</b> Green Beans Milk Fruit</p>	<p><b>22</b></p> <p style="color: orange; font-size: 1.2em;">Happy Thanksgiving</p> 	<p><b>23</b></p> <p style="font-size: 1.2em;">THANKSGIVING RECESS</p>	<p><b>24</b></p>
<p><b>27 Scrambled Eggs Sausage</b> Hash Brown Blueberry Muffin Milk Ice Juicee Fruit</p>	<p><b>28 Hamburger on a Bun</b> Pasta Salad Milk Fruit</p>	<p><b>29 Chicken Nuggets</b> Green Beans Bread &amp; Butter Milk Fruit</p>	<p><b>30 Pizza Burger</b> Tossed Salad Bread Milk Fruit</p>	
<p><b>Peanut Butter &amp; Jelly and subs offered every day as a lunch choice. Milk, fruit, &amp; vegetable every day. Chef Salad Tue &amp; Thur. Trail Mix most days. Soup everyday.</b></p>			<p><b>Breakfast: 7:45 A.M.</b></p>	<p><b>Lunch: 11:00 A.M. - 1:00 P.M.</b></p>

**Menu subject to change without notice.**



# DECEMBER 2006 MENU

Mon	Tues	Wed	Thur	Fri
<p><b>Kathy Whitmarsh</b> Cafeteria Manager 562-8326, ex. 507 Fax: 562-2477 <a href="mailto:kwhitmar@ekcsk12.org">kwhitmar@ekcsk12.org</a> P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684</p>	<p><b>Breakfast Every Day</b> Cereal, Milk, Juice <b>Some Days:</b> Bagels/ Cream Cheese, English Muffins, Danish, fresh fruit, breakfast bars, donuts, eggs.</p>	<p><b>Breakfast:</b> <b>7:45 A.M.</b></p> <p><b>Lunch:</b> <b>11:00 A.M. - 1:00 P.M.</b></p>		<p><b>1 Tomato Soup</b> Grilled Cheese Sandwich Milk Fruit</p>
<p><b>4 Ravioli</b> Peas Bread &amp; Butter Milk Fruit</p>	<p><b>5 Hamburger on a Bun</b> Pasta Salad Corn Milk Fruit</p>	<p><b>6 Pizza Burger</b> Tossed Salad Bread Milk Fruit</p>	<p><b>7 Baked Chicken</b> Mashed Potatoes Peas Bread Sweet Potato Cranberry Sauce Milk Fruit</p>	<p><b>8 Fishburger</b> French Fries Carrots Milk Fruit</p>
<p><b>11 French Toast</b> Scrambled Egg Hash Browns Milk Ice Juicee or Fruit</p>	<p><b>12 Chicken Nuggets</b> Carrots (cooked) Bread Milk Fruit</p>	<p><b>13 Pizza</b> Green Beans Milk Cherry Cobbler</p>	<p><b>14 Spaghetti w/ Sauce</b> Breaded Cheese Stick Tossed Salad Bread Milk Fruit</p>	<p><b>15 Chicken Noodle Soup</b> Tuna or Egg Salad Sandwich Fresh Carrots &amp; Celery Sticks Milk Fruit</p>
<p><b>18 Hot Dogs on a Bun</b> French Fries Carrots Milk Fruit</p>	<p><b>19 Tuna Casserole</b> Peas Bread Milk Fruit</p>	<p><b>20 Chicken Patty/Bun</b> California Blend Vegetables Milk Fruit</p>	<p><b>21 Taco Day</b> Rice Corn Milk Fruit</p>	<p><b>22 Pizza</b> Green Beans Milk Fruit</p>
<p><b>25</b></p> 	<p><b>26</b></p> 	<p><b>27</b></p>	<p><b>28</b></p> 	<p><b>29</b></p> 
<h2 style="margin: 0;">WINTER RECESS</h2>				
	<p>Peanut Butter &amp; Jelly and subs offered every day as a lunch choice. Milk, fruit, &amp; vegetable every day. Chef Salad Tue &amp; Thur. Trail Mix most days.</p>			<p><b>SCHOOL RESUMES TUES. JAN 2, 2007</b></p>

**Menu subject to change without notice.**

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