

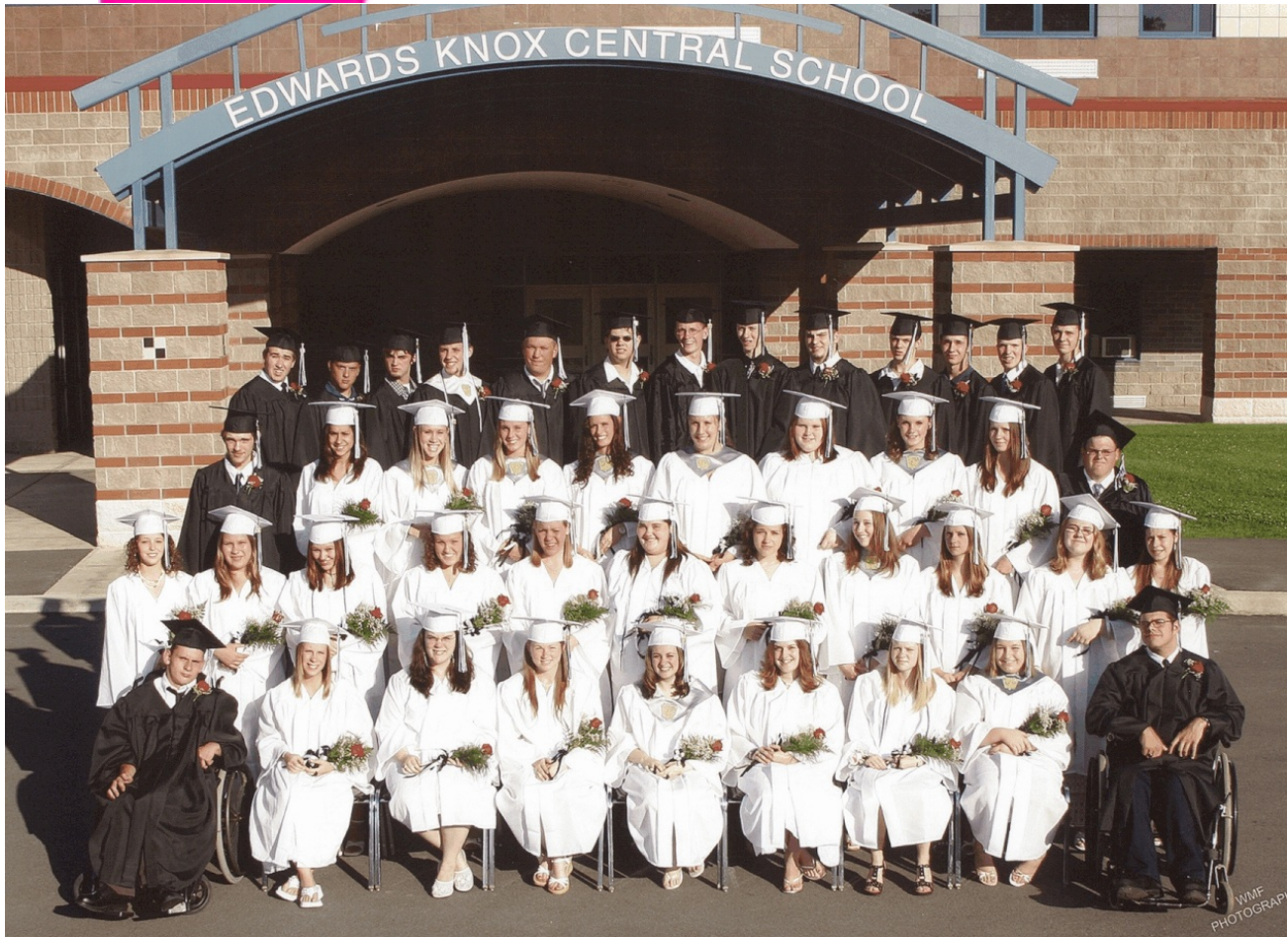
September 2006

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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
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- Row 1: Stephan Hentz, Betsey Banks, Kaitlin Hewlett, Sascha Clyde, Amber Gladle, Megan LaPlante, Jessica Mullaney, Misty Enslow, and Kenny Ferguson.
- Row 2: Brittany Clark, Ana Pouchoulen, Lorraine Paige, Natalie Sykes, Bridgette McGraw, Jennifer Hamilton, Mindy Oatman, Amanda Hewlett, Heather Borey, Brandy Gollinger, and Samantha Horn.
- Row 3: Christopher Browning, Aundrea Sova, Crystal Kingrey, Alyssa White, Meredith Hurley, Lacey Leroux, Danielle Dancause, Krystal Forbes, Meaghan LaPoint, and Keith Allen.
- Row 4: Christopher Burnham, Steven Bullock, Lawrence Larock, Roger Tresidder II, Jessie Moore, Brandon LaPlante, Seth Eells, Dustin Coffey, Donald Powers, Justin Brassard, Nicholar LaPoint, Dustin Moore, and Christopher Streit.

SUPERINTENDENT'S COMMENTS

Dear Residents:

How rapidly we have moved from summer into fall, and what a delight this pleasant weather has been! It hardly seems possible that the start of another school year is upon us, but the calendar says that it is so.

Congratulations to our graduates upon the successful completion of this phase of your education. As they move on to your next location -whether college, employment, or some other endeavor - please know that our best wishes follow them. We feel satisfied that we have worked diligently (as you have, also) to provide preparation that is more than adequate. We believe that they will find themselves to be competitive with those beside whom you will work and learn in the next chapter of your life.

I. EXCEL (Expanding our Children's Education and Learning)

EXCEL is a new state aid support to provide additional funding for high need districts like ours. How much funding is available to our district? \$492,000 dollars has been designated to our district in state funding for this coming year.

HOWEVER WE ARE NOT LOOKING FOR ANOTHER CONSTRUCTION PROJECT. We are more interested in the educational technology, energy, and health and safety aspects of the EXCEL Program.

What is an eligible EXCEL project?

An eligible EXCEL project is a project that falls within one or more of the following categories:

- Education technology
- Health and Safety
- Accessibility
- Physical capacity expansion or school construction
- Energy

Category explanations:

"Education technology project" means an eligible school construction project which, as a primary purpose, enhances the use of technology including but not limited to, instructional content with video streaming, electrical upgrades, wiring, cabling installations, internet connections, fiber optics, conduits, raceways, telecommunication systems, hardware, electronic commerce and wireless options;

I. EXCEL CONT'D. (Expanding our Children's Education and Learning)

"Health and safety project" means an eligible school construction project which, as a primary purpose, addresses the reduction or elimination of the risk of personal injury or harm to occupants of public school buildings used primarily for instruction, including but not limited to environmental remediation, the eradication of fire and health code violations, the provision of adequate ventilation including heating, ventilation and air conditioning equipment and the rehabilitation and repair of existing facilities.

"Energy project" means an eligible energy project, which, as a primary purpose, reduces energy costs and/or energy consumption.

MORE INFORMATION ABOUT EXCEL WILL BE DISSEMINATED IN LATE FALL.

II. Dental Clinic

The Dental Clinic will again continue to service our students this year. They will process applications in Sept. if you have not applied to our new Dental Clinic.

Sincerely,

Dr. William U. Cartwright
Superintendent of Schools

**NOTICE FROM ANGELA GOLLINGER
TAX COLLECTOR AND
BUSINESS OFFICE CLERK**

**The hours for tax collection will be Monday through Friday,
from 9:00 A.M. - 3:30 P.M.**

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.

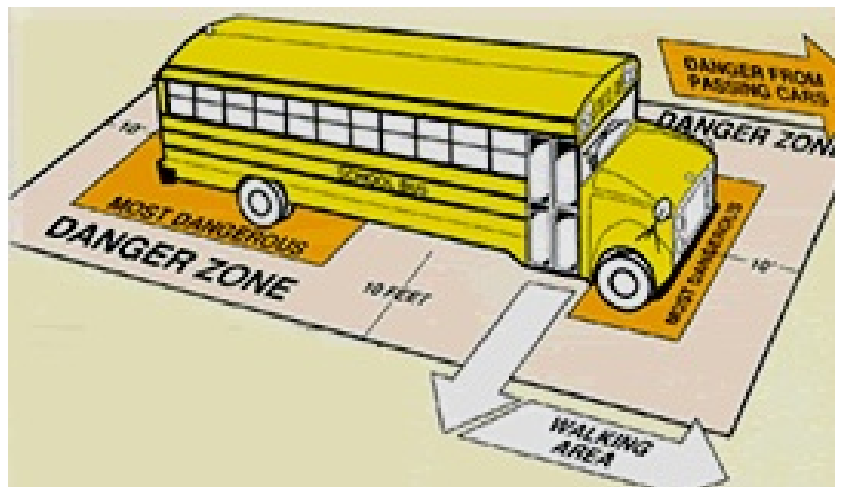
A number of children have been injured or killed when their clothing became caught when exiting the bus.

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.



Dear Parent/Guardian:

Children need healthy meals to learn. The Edwards-Knox Central School offers healthy meals every school day. Breakfast costs .65¢ and lunch costs \$1.35 for Pre-K-3 and \$1.60 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 562-8326, Ext. 507 if you have questions.
- 6. 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.
- 7. Will the information I give be checked?** The school may ask you at any time during the school year to verify your eligibility. You will be notified, in writing, if you have been selected for Verification. School officials may ask you to send papers showing that your child should receive free or reduce price meals at the time you applied.
- 8. 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.
- 9. 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: Dr. William Cartwright, E-KCS, P.O. Box 630, Russell, NY 13684-0630, (315)562-8326.
- 10. 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.
- 11. 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.
- 12. 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.

INCOME CHART (Reduced Eligibility Scale)
Effective from July 1, 2005 to June 30, 2006

Household size	Twice Per			Twice Per		
	Annual	Month	Month	Month	Weeks	Week
1.....	\$18,130	\$1,511	\$ 756	\$ 698	\$ 349	
2.....	\$24,420	\$2,035	\$1,018	\$ 940	\$ 470	
3.....	\$30,710	\$2,560	\$1,280	\$1,182	\$ 591	
4.....	\$37,000	\$3,084	\$1,542	\$1,424	\$ 712	
			For each additional family member, add.....	\$ 6,290	\$ 525	\$ 263 \$ 242 \$ 121

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.

Attachment IIIA

F R D
School Year 2006-2007
Date withdrew _____

APPLICATION FOR FREE AND REDUCED PRICE SCHOOL MEALS/MILK

To apply for free and reduced price meals for your children, read the instruction on the back, complete this form, sign your name and return it to the school. Call Kathleen Whitmarsh, 562-8200, Ext. 507, if you need help. For additional names, list on a separate sheet of paper.

1. CHILDREN IN SCHOOL: (Complete a **separate** application for each foster child.)

Children's Names (Last, First, MI)	Grade/Teacher	School

2. FOSTER CHILD: If the above named child is the legal responsibility of a welfare agency or court, check this box.
List the child's personal use income: _____ Write "0" if the child has no personal use income.) Skip to Part 5.

3. HOUSEHOLDS GETTING FOOD STAMPS OR AID TO DEPENDENT CHILDREN (ADC)/TEMPORARY ASSISTANCE TO NEEDS FAMILIES (TANF): Complete this section and sign the application in Part 5 **OR** submit a Direct Certification letter from the Office of Temporary and Disability Assistance or Food Distribution Program on Indian Reservations (FDPIR). Complete a separate application for children with a different case number or no case number. Write your case number as provided on your benefit letter, **not the number on your benefit card.**

Food Stamp #: _____ TANF/FDPIR #: _____

4. HOUSEHOLD MEMBERS & TOTAL HOUSEHOLD INCOME: If you did not give a food stamp of ADC/TANF number, or submit a Direct Certification letter, complete this part and all of Part 5.

Show how often each amount is received.

CURRENT INCOME/PAY PERIOD

See Examples

Examples: \$100/weekly, \$100/bi-weekly, \$100/2x per month, \$100/monthly

If pay period is not notes, the reviewing official will process the reported income amount as received WEEKLY.

List the names of everyone in your household.

	Earnings From Work Before deductions	Child Support, Alimony, Etc.	Payments from Pension or Retirement	Other Income
	Amount / How Often	Amount / How Often	Amount / How Often	Amount / How Often
1. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____
2. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____
3. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____
4. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____
5. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____
6. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____
7. _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____

5. SIGNATURE: An adult household member **MUST sign the application before it can be approved.**

I certify 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 that deliberate misrepresentation of the information may subject me to prosecution under applicable State and federal laws, and my children may lose meal benefits.

SIGNATURE: _____ **DATE:** _____ **SOCIAL SECURITY #** _____ - _____ - _____

Home Telephone _____ Work Telephone _____ Mailing Address _____ Zip Code _____

SOCIAL SECURITY NUMBER: If Part 4 is completed, the adult who signs the application **must** provide his/her Social Security number.

DO NOT WRITE BELOW THIS LINE – FOR SCHOOL USE ONLY

MONTHLY INCOME CONVERSION: WEEKLY X 4.33; EVERY 2 WEEKS X 2.15; TWICE A MONTH X 2

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 this application using the instructions for your household. Sign the application and return the application to the school. Please complete a separate application for each foster child. Call the school if you need help: Carol Empey - 562-8200, Ext. 507. Ensure that all information is provided. Failure to do so may result in denial of benefits for your child or unnecessary delay in approving your application.

PART 1 ALL HOUSEHOLDS MUST COMPLETE STUDENT INFORMATION.

- (1) Print the names of the children for whom you are applying.
 - (2) List their grade and school.
-

PART 2 HOUSEHOLDS WITH A FOSTER CHILD SHOULD COMPLETE THIS PART AND SIGN PART 5. A foster child is the legal responsibility of a welfare agency or court. A separate application must be completed for each foster child.

- (1) List the foster child's monthly "personal use" income. ("Personal Use" income is money given by the welfare office identified by category for the child's personal use, such as an allowance, and all other money the child gets, such as money from his/her family or money from the child's employment.) Write "0" if the foster child does not get "personal use" income. SKIP PART 4. Do not list any other children, household members or income, or a social security number.
 - (2) A foster parent or other official representing the child must sign the application in PART 5.
-

PART 3 HOUSEHOLDS GETTING FOOD STAMPS, ADC/TANF OR FDPIR SHOULD COMPLETE THIS PART AND SIGN PART 5.

- (1) List a current food stamp case number, ADC/TANF or FDPIR (Food Distribution Program for Indian Reservations) number. Complete a separate application for a child/children with a different case number.
 - (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, ADC/TANF or FDPIR number.
-

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

- (1) Write the names of everyone in your household, whether or not they get income. Include yourself, the children you are applying for, all other children, your spouse, grandparents, and other related and unrelated people in your household. Use another piece of paper if you need more space.
 - (2) Write the amount of current income each household member receives, before taxes or anything else is taken out, and indicate where it comes from, such as earnings, welfare, pensions and other income. If the current income was more or less than usual, write that person's usual income. **Specify how often this income amount is received: weekly, bi-weekly, monthly, 2 x per month.**
 - (3) 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.
 - (4) The application must include 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, or if you are applying for a foster child, a social security number is not needed. If you have a social security number, write "none".
-

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

Section 9 of the National School Lunch Act requires that unless your children's food stamp, ADC/TANF or FDPIR case number is provided, you must include the social security number of the adult household member signing the application, or indicate that the household member does not have a social security number. If a social security number is not given or an indication is not made that the signer does not have such a number, the application cannot be approved. The social security number may be used to identify the household member in carrying out efforts to verify the correctness of information stated on the application. These verification efforts may be carried out through program reviews, audits and investigations and may include contacting employers to determine income, contacting a food stamp or welfare office to determine current certification for receipt of food stamps or other benefits, contacting the State employment security office to determine the amount of benefits received and checking the documentation produced by household members to prove the amount of income received. These efforts may result in a loss or reduction of benefits, administrative claims, or legal actions if incorrect information is reported.

DISCRIMINATION COMPLAINTS

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, 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.

PHYSICAL EXAMINATION REQUIREMENTS

Education laws require physical examinations of all students in grades K, 1, 3, 7 and 10; all new students, students who participate in sports or cheerleading; students who require a CSE triennial evaluation; all CSE referrals; students needing working papers; and certain BOCES students. Physicals are good for one full year; therefore, only one physical is required to participate in different sports throughout the school year.

Mr. Andrew LaFrance, FNP will be conducting the physicals. However, a parent has the right to have his/her child examined by the family physician if he/she so desires. Any student who wishes to have the family physician conduct the required physical must notify the nurse and get a medical form. This form must be filled out and returned to the nurse.

During the required examination the doctor checks the skin, eyes, ears, nose, throat, heart, lungs, abdomen, and external genitalia on all males. Height, weight, blood pressure, pulse, vision, hearing and scoliosis (ages 8-16) are done by the school nurse prior to the doctor's exam. Urine is also checked for sugar and protein on all sport physicals.

A parent has the right to be present for any physical examination given at the school. If a parent wishes to be present he/she should notify the nurse to make arrangements. Physicals will be conducted one morning every other week and will start shortly after school opens.

DISPENSING MEDICATIONS

New York State Law and a Registered Nurse License prohibits school nurses from administering medications to students in school without an order from a physician and written permission from a child's parents. If it is necessary for a child to take medication during school, please do the following....

1. Have the doctor write an order stating the name of the drug, reason it is being given, the dosage, time to be given and how long the child will be taking medication.
2. Write and sign a statement giving the school nurse permission to give your child the medication as ordered by the doctor and bring the medication (in its pharmacy-labeled container) to school the first day. It is never safe to allow your child to bring the medication to school on the bus. Bring only the amount of the medication needed for what the child will be taking in school.

Policy concerning medication administered in school is for the children's protection. We have a form that can be used for the doctor's order and your consent. Each year the Nurse must have a new written parental and physician's permission slip for students who may require administration of medicine during the school day. Below is the form so that you will have it in the event your child has to take medication during school hours in the 2004-2005 school year.

**SAMPLE AUTHORIZATION FORM
Parent and Prescriber's Authorization of Medication in School**

A. TO BE COMPLETED BY THE PARENT:

I request that my child, _____, in grade _____ receive the medication as prescribed below by our licensed health care prescriber. The medication is to be furnished by me in the properly labeled original contained from the pharmacy. I understand that the school nurse, or their designated person in the case of the absence of the school nurse, will administer the medication.

Parent/Guardian Signature Date

Address

Home Telephone Work Telephone

B. TO BE COMPLETED BY THE LICENSED HEALTH CARE PRESCRIBER:

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

Name of Student _____ DOB _____

Diagnosis _____ Name of Medication _____

Prescribed dosage, Frequency and route of Administration: _____

Time to be taken during school hours: _____ Duration of Treatment: _____

Possible Side Effects and Adverse Reactions (if any): _____

Other Recommendations: _____

Name of Licensed Prescriber and Title (Please Print): _____

Prescriber's Signature: _____ Date: _____

Address: _____ Telephone: _____

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 Tammy Sykes, school nurse, at 562-8324 or 347-3210, extension 518.

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 William Cartwright, Superintendent, Edwards-Knox Central School, P.O. Box 630, Russell, New York 13684, by September 22, 2003. 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.

Judges' Results for the Celebration of the Arts on May 31, 2006

(Judging was for grades 7-12 only this year)

7-8 Drawing:

1st: Morganne Kiggins "Splash"
2nd: Brandon Ramirez "Devoted Mother"
3rd: Cassie Walrath "Nesting Loon"
Honorable Mention: Brandi Jeanette "A Ponderific Day"

7-8 Painting:

1st: Olivia Loop "Lily O'Pink"
2nd: Michaela Chapin "Watch Me Swim"
3rd: Sarah Manning "Jamieson"
HM: Taylor Ashley "Loon Season"

7-8 Sculpture and Ceramics:

1st: Sarah Manning "Double Bubble"
2nd: Darryl Backus "Self-Portrait"
3rd: Mike Travis "Self-Portrait"
HM: Miranda Bevel "Self-Portrait"

7-8 Mixed Media/Other

1st: Kathy Stein "Migrating Loons"
2nd: Seth Brown "A Happy Loon"
3rd: Holly Thomas "Pink and Blue Loon"
HM: Brandi Jeanette "Loonyafick Day"

9-12 Drawing

1st: Jamie Manning "Unreal"
2nd: Ryan Gault "Last Leaf"
3rd: Chris Kirkpatrick "North Country Wonder"
HM: Elizabeth Hathaway "Nighttime Bandit"

9-12 Photography

1st: Justin Brassard "Sweet Gold"
2nd: Justin Brassard "Capture the Splash"
3rd: Rochelle Mazuroski "Unthinkable"
HM: Justin Brassard "In the Zone"

9-12 Painting

1st: Kendra Pomerville "Dragon Lady"
2nd: Craig Streit "Blue Abstract"
3rd: Megan Hubbard "Lonesome Ride"
HM: Jamie Manning "Memories"

9-12 Sculpture and Ceramics

1st: Jamie Manning "Love"
2nd: Ana Bertha Pouchoulen "Navarrete (Sisters Forever)"
3rd: Jessica Hance "Name and Moon/Star"
HM: Lazarus White "Bird in Flight"

9-12 Stained Glass

1st: Ryan Gault "My Pet Rooster"
2nd: Keri Straw "Michigan Flowers"
3rd: Bridget McGraw "Day at the Beach"
HM: Steve Mackin "The Baseball"

9-12 Mixed Media/Other

1st: Kurt Covey "Red Beauty"
2nd: Keri Straw "My Life"
3rd: Craig Streit "Squirt"
HM: Amber Barker "Heartnations"

9-12 Masks

1st: Pam Gravett "Cat"
2nd: Amanda Clark "Hand Over Mouth"
3rd: Kaitlin Thayer "Bells on Hair"
HM: Steven Jones "Bowler"

7-12 Group Artwork

Honorable Mention: 7th Grade Art "The Scream" by Edvard Munch
BEST OF SHOW FOR HIGH SCHOOL:
Ryan Gault "My Pet Rooster"

GUIDANCE NEWS

Linda Alford - Guidance Counselor

PROGRAMS FOR JUNIORS AND SENIORS THIS FALL	
<p style="text-align: center;">SUNY Road Show</p> <p>Harrisville will host the "SUNY ROAD SHOW" on Tuesday, September 19, 2006. 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.</p>	<p style="text-align: center;">College Fair</p> <p>Juniors and Seniors will also be invited to visit the Golden Dome in Ogdensburg on Tuesday morning, October 3, 2006 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.</p>
<p style="font-size: small;">* * * * *</p> <p style="font-weight: bold; font-size: large;">Please fill out and return the attached permission form to the Guidance Office at the start of school if you intend to participate in these programs during school.</p> <p style="font-size: small;">* * * * *</p>	
<p style="text-align: center;">Informational Meeting for Seniors and Parents</p> <p>Ms. Alford will host an informational meeting for seniors and their parents regarding the college application process. Please mark the date : September 27, 2006 at 6:30pm in the Media Center.</p>	<p style="text-align: center;">Guidance Web-Page</p> <p>Check out the Guidance Web-Page! There are many useful links and important dates and information. As the school year starts this information will be updated and current.</p>
SENIOR TRANSCRIPT REVIEW	
<p>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.</p>	

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
- For ACT - www.act.org

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 18, 2006. There is a charge of approximately \$12.00 per student.** It will be given in the morning during school hours.

Why would a junior choose to take the PSAT?

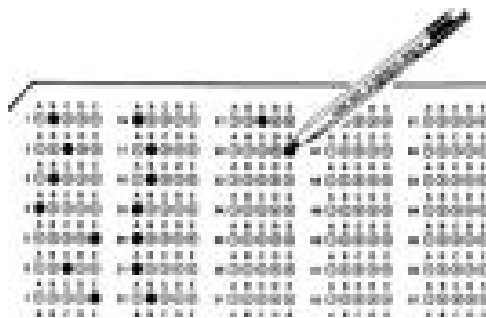
* Compare their ability to do college work with the ability of college-bound peers

*Practice for the SAT I, a college admission test with similar questions and scores

* Enter scholarship competitions conducted by National Merit Scholarship Corporation and other programs

* Receive information from colleges, universities, and certain scholarship programs about educational and financial aid opportunities

For more information check out the following web page: **www.collegeboard.com**



ASVAB TESTING FOR JUNIORS

IN THE SPRING

As part of the Comprehensive Guidance Plan juniors will take part in the ASVAB Career Exploration Program on March 27, 2007. 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 students interests, skills, and work related values
- Matching a students 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.

Students will take this aptitude test on Tuesday, March 27, 2007 with an official interpretation at some point after that.

GUIDANCE NEWS CONT'D.

Linda Alford - Guidance Counselor

GRADUATION REQUIREMENTS

High school graduation requirements can seem very complicated. I would like to try to simplify some points and also take this opportunity to inform you of changes the New York State Board of Regents made in late June regarding testing requirements.

There are actually 3 distinct areas of requirements. They are: 1) units or credits a student must earn 2) courses a student must pass 3) exams a student must pass .

	Local Diploma	Regents Diploma	Advanced Regents Diploma
1) Units or Credits	22 Units	22 Units	22 Units
2) Courses Required	English (4 Units) History (4 Units) Math (3 Units) Science (3 Units) Spanish (1 Unit) Art/Music (1 Unit) HS Health (½ Unit) Physical Ed. (2 Units)	English (4 Units) History (4 Units) Math (3 Units) Science (3 Units) Spanish (1 Unit) Art/Music (1 Unit) HS Health (½ Unit) Physical Ed. (2 Units)	English (4 Units) History (4 Units) Math (3 Units) Science (3 Units) Spanish (3 Units)* Art/Music (1 Unit) HS Health (½ Unit) Physical Ed. (2 Units)
3) Test Requirements	See Chart Below	See Chart Below	See Chart Below

Another Diploma Option (IEP) may be determined by the Committee for Special Education.

Required units and courses may be different for students with an IEP through the Committee on Special Education.

* Students can substitute an Occupational Sequence for their Foreign Language Requirement - See Ms Alford for more information.

Changes in the New York State Testing Requirements for Graduation for Current Students as of July 2005

Year Entered 9 th Grade	Local Diploma Requirements	Regents Diploma Requirements	Advanced Regents Diploma Requirements	Diplomas w/ Honors
2004 and Before	can score 55% - 64% on 5 required exams	must score 65% or higher on 5 required exams	must score 65% or higher on 8 required exams	An average of 90% or higher on all Regents exams required for diploma.
2005	can score 55% - 64% on 3 required exams. Must score 65% or higher on 2 required exams	must score 65% or higher on 5 required exams	must score 65% or higher on 8 required exams	An average of 90% or higher on all Regents exams required for diploma.
2006	can score 55% - 64% on 2 required exams. Must score 65% or higher on 3 required exams	must score 65% or higher on 5 required exams	must score 65% or higher on 8 required exams	An average of 90% or higher on all Regents exams required for diploma.
2007	can score 55% - 64% on 1 required exams. Must score 65% or higher on 4 required exams	must score 65% or higher on 5 required exams	must score 65% or higher on 8 required exams	An average of 90% or higher on all Regents exams required for diploma.
2008	no longer available	must score 65% or higher on 5 required exams	must score 65% or higher on 8 required exams	An average of 90% or higher on all Regents exams required for diploma.
Required Exams	ELA, Global History, US History, Math A, Living Environment	ELA, Global History, US History, Math A, Living Environment	ELA, Global History, US History, Math A, Living Environment, A Physical Science, Math B, Spanish*	

* Students can substitute and Occupational Sequence for their Foreign Language Requirement - See Ms Alford for more information.

Required tests may be different for students with an IEP through the Committee on Special Education.

September, 2006

Dear Juniors, Seniors, and their Parents:

On Tuesday morning, October 3, 2006, we will be busing college-bound juniors and seniors, who wish to attend, to a "College Fair" at Ogdensburg Free Academy's Golden Dome. Representatives from over 100 2-year and 4-years college will be there to answer question and hand out materials about their schools. Recruiters from the armed services, reserves, and ROTC programs in addition to student loan and financial aid personnel will be there to provide information about their specialty areas.

On Tuesday evening from 6:30 - 8:30 p.m. this event will move to the Augsbury Field House on the St. Lawrence University campus. This is an excellent opportunity for parents to attend with their son/daughter to "check out" a great number of colleges all in one evening!

If your son or daughter would like to attend Tuesday morning's program, please sign the permission slip below and **return it to the Guidance Office by 3pm on Tuesday, September 26, 2006.** We must give OFA a firm number of students attending. We will be leaving the building at 8:45am and returning to school for lunch. Afternoon BOCES students who want to participate will need to pack a lunch. There will not be time for them to participate in this trip and have school lunch.

We hope many parents and students will take advantage of this fine opportunity.

Sincerely,

Linda J. Alford

Linda J. Alford

Guidance Counselor

My son/daughter, _____, has my permission to attend the College Fair at Ogdensburg Free Academy on Tuesday morning, October 3, 2006. I understand all participating students will ride school transportation to and from OFA. (Students will leave at the end of 1st period and return to E-KCS in time for lunch with the exception of the BOCES students who will need to pack a lunch)

Date

Parent/Guardian Signature

Dr. William Cartwright
Superintendent of Schools

EDWARDS-KNOX CENTRAL SCHOOL DISTRICT

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

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

August, 2006

Dear Parents:

On Tuesday morning, September 19, 2006, we will be busing college-bound juniors and seniors to Harrisville for the "SUNY Road Show". Representatives from several State University campuses will be there to introduce students to the SUNY system and the overall college selection process. They will also provide information about financial aid, the admission process, academics and college life.

If your son or daughter would like to attend, please sign the permission slip below and **return it to the Guidance Office by Tuesday, September 12, 2006**. Students will leave at 8am and return before lunch.

We hope many students will take advantage of this fine opportunity.

Sincerely,

Linda J. Alford

Linda J. Alford
Guidance Counselor

My son/daughter, _____, has my permission to attend the "SUNY Road Show.

I understand all participating students will ride school transportation to and from Harrisville.

Date

Parent/Guardian Signature

ELEMENTARY BASKETBALL



Who: 3rd - 4th Grade Girls and Boys

When: Beginning in September, 2006

Where: E-KCS

Coach Amo of the E-KCS Basketball Coaching Staff is continuing the basketball program for 3rd & 4th graders in September. Similar to the last five years, this program will stress basic basketball skills for both girls and boys and a schedule of Saturday practices will start on 9/16/06 and continue through 10/28/06, from 9:00 - 11:00 A.M.

If you are interested in participating in this co-ed basketball program, please return the permission slip below, back to the school. We look forward to seeing you and having some fun in the gym.

I give permission for _____ to participate in the 3rd & 4th grade co-ed basketball program.

Parent/Guardian Signature

Date

Classroom Teacher/Grade _____

Phone # _____



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



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

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

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





EDWARDS KNOX SCHOOL BASED HEALTH CENTER

Sean Murphy FNP

2512 County Route 24
Russell, New York 13684
Phone 562-7242

Warmest Greetings,

Sean Murphy FNP, Dr. Megan Wright, and Cheri Whitton LPN would like to express heartfelt appreciation to the parents, students, and employees of the Edwards Knox Central School District for the warm welcome we have received. This is the same kind of treatment that we desire and will extend to you all as well. We look forward to providing the absolute best of health care concerning the students that attend Edwards Knox. At Edwards Knox School Based Health Center we strongly emphasize the promotion of health to prevent illness but also fully diagnose and treat acute and chronic health conditions as well. We look forward to meeting all of your health care needs while still utilizing all of our available resources, namely potential referrals to other health care providers and specialists. We are here to meet your needs.

This year we will be stressing the importance of regular health checkups and how they can positively effect an individual's overall well being, both mind and body. Topics that will be covered will be the importance of regular exercise and nutrition, proper self image as well as traditional medical education and treatment concerning common illnesses and conditions that affect pediatric populations. We strongly encourage yearly physical exams for all of our students. These exams not only prevent illness but also promote health. We hope parents can attend all well exams if possible. This way we can effectively formulate personalized care plans that suit you and your family. Health is a family affair and if taken seriously it will positively benefit all members involved. We are here to assist you on this personal type of level.

Also remember, at Edwards Knox School Based Health Center, we do not charge a co-pay for a visit, nor do we turn away any student that does not have insurance. In view of this we try to direct parents that might be uninsured to appropriate agencies that might be able to help them. We of all people truly understand how important it is to have health insurance. If you have questions, please ask. We hope to help.

Once again we all thank you. We at Edwards Knox School Based Health Center are anticipating great results and fruit from our presence at the clinic. We believe that your children will benefit greatly from our expertise and encourage you to utilize our services. Special thanks to Dr. Cartwright, Mrs. Kelly, Mr. Davis and countless others for all of their help and support.

Gratefully yours,

Sean Murphy FNP,
Dr. Megan Wright,
Cheri Whitton LPN
Blanch Siskavich, RN

News From the 7-12 Principal

Mr. Jeff Davis, Principal

We are almost there...and it is hard to believe. School will be starting soon and children will be coming in on the big yellow buses or maybe even driving themselves or driving with parents or friends. There will be excitement in the faces of students and staff and school clothes that seem stiff, and the smell of fresh paint and varnish and breakfast and lunch food smells in the cafeteria and a couple unfamiliar "new staff" faces and many familiar ones too. We will begin the new school year, 2006-2007 on Thursday, September 7. Are you ready? Have you thought about what you'll experience this year and what you may want to do beyond this coming school year? Maybe police academy, or a career in science, or an auto mechanic, or an orthopedic surgeon or a carpenter or beautician? The sky is the limit and only you will keep yourself from being the very person you are capable of becoming. Go for the stars, reach for the moon. These were statements made in the past by parents and grandparents and still have meaning today. We are ready to begin...the school looks fantastic, our pool liner is in and the K-6 graders can return to the beautiful playground our community helped construct this past spring. We have an awesome school that is clean and colorful and is maintained beautifully. If you see a custodian please tell them what a great job they did again this summer cleaning and preparing our school for the daily use it will experience. Also thank the cafeteria workers and bus drivers and office people and teachers. They have all been preparing to help make this a great school year. Let's do our best to have a fantastic year together.

Student Drivers

Just a reminder to students who drive to school that you will need to register your vehicle and any passengers you plan to transport home in our book in the High School Office. Only students who have properly registered their vehicle and 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. Check in the High School Office if you have questions. This is important because it is a "liability" issue of great significance.

EMERGENCY INFORMATION CARDS

Emergency Information sheets will be sent home in August with student schedules. **It is extremely important that you complete this information and return it to the school as soon as possible.** This is our way of knowing your wishes in the event of an emergency with your child(ren) and ensuring their safety. Please return them promptly, and remember that should you wish to change any of the information on the sheet you may do so by stopping by the High School office or writing a note indicating the change you wish to be made.

News From the 7-12 Principal Cont'd.

School Day Starting Time

The school day begins at 7:50. Teachers are on duty at 7:45 and students need to be in the building and either in their homeroom to read or in the cafeteria for breakfast when the *first bell rings at 7:50.* **After 7:50 am students are considered late!** Some students are lax and they and their parents don't plan well to get here on time to be in homeroom or at breakfast at 7:50. Students are allowed *3-lates only* to school. After that, driving privileges can be taken away for ten weeks, and detention or in-school suspension can be assigned. The point is: lateness to school disrupts our daily orderly operation and it is unacceptable in real life. Be here on time. Extenuating circumstances are considered... that is why we allow three lates. After that there is no excuse that will suffice. Lates due to bus problems are not counted against a student. Lates due to car problems are, again, that is why we allow three lates for only three extenuating circumstances.

Signing Out Of School

If a student feels sick they need to go to see the nurse in her office. **They are not to call a parent to go home.** The nurse will assess the situation and contact the parent to come get the child if the nurse feels, in her professional opinion, the student would be better at home than to lie down to rest or recuperate in the nurses office. If a student is leaving early in the day for an appointment they are to bring their note to Mrs. Whitford in the Middle/High School Office first thing in the morning and she will note the time of dismissal by the student on the daily attendance sheet that all teachers have delivered to them around 9:00 am in their classroom. If students do not follow these procedures there will be an appropriate consequence. These are the only approved methods for dismissal from our school. They are methods that allow us to know where each child is at any point in our school day and we take the care and responsibility of your child very seriously. Thanks in advance for complying with our needs and yours.

We Have 10 Yellow Kayaks

Yes, as part of our 21st Century Grant we purchased ten new 10' kayaks for use with our middle-level students in grades 5-8. We also have paddles and life jackets and we will be giving instructions in our pool and teaching students some games they can play in the pool this year. We also hope to get students in some calm waters in our area so they can try this new recreational sport/activity that is growing in popularity world-wide. The kayaks were purchased from Wear On Earth in Potsdam and some of our teachers have been using them this summer to be able to teach the students this fall. We hope to have a core group of students that would like to exercise in our fitness center, enjoy recreational kayaking activities and at the same time learn how to eat well (good nutrition) and commit to staying away from drugs and alcohol. We want to think "wellness" and follow a daily/weekly routine that provides for a healthy lifestyle.

BUS PASSES

Bus passes cannot be taken by phone except in the case of an emergency. Notes must be brought to the H. S. office before 8:05 am. Bus number(s) of the regular bus and the bus they will be riding must be on the written note. Bus Permit passes will be written and available for pick up in the office after 10 am.

Staff Development Days - September 5 & 6, 2006

School Opens for Students - September 7, 2006

**Fall Conferences for High School - October 12, 2006 3:30 - 7:30 p.m.
All students dismissed at 11:30 a.m.**

Physical Education Exemption	Swimming Proficiency
<p>Students on Varsity Teams - Students who are participating on Varsity athletic teams can use an "extra-class" athletic program for physical education credit if:</p>	<p>In February and March of 2004, eighth, ninth, tenth and eleventh grade students who were interested were tested to determine if they are proficient swimmers. Students who met the standard for "Proficient Swimmer" have the option of not swimming during physical education classes during the 2004-2005 school year. A prerequisite for being able to "Test Out" of swimming was that a student was able to tread water for three minutes. The test was administered and supervised by an instructor with WSI certification and two physical education teachers and included the following:</p>
<p>"They are scheduled into their regular physical education class and demonstrate they have achieved acceptable levels/standards of physical fitness and have acquired the knowledge of the instructional activities of the class" (8 NYCRR 135.4(c)(2)(ii)(c)). Once the extra-class athletic program has ceased, the students must return to class.</p>	<ul style="list-style-type: none"> ~ Jumping in water over one's head ~ Swimming a total of 500 yards (ten laps up and back = 1/4 mile continuous)
<p>Students who have a "full schedule" and believe they have extenuating circumstances warranting exclusion from physical education class for one or more sports seasons and can meet the above criteria must present their request for exemption from physical education class before a review committee of seven consisting of: Athletic Director, Principal, P.E. Teacher, Coach, Neutral Coach, Guidance Director, and Student. A ruling will be made and announced to the student that day.</p>	<p>Students will be tested each year in grades 8 and 10 to determine their on-going proficiency.</p>

K-8 COUNSELOR NEWS

Meg Bain, Counselor

STUDY TIPS FOR STUDENTS

Learning how to study is a skill and will improve your academic success. Strong study habits will lead to achieving high academic goals. Many skills that lead to success in school also lead to succeed on the job. The following are tips on how to study for the upcoming year:

Think positively. It will take effort to be prepared for your classes, but you can do it. Come to class prepared. Bring the book, a pen or pencil, paper, folder and any other materials your teachers suggest. Be sure to take notes in class. It can help you concentrate while in class and provides you with valuable information for upcoming tests and quizzes.

Use your time wisely. Examine how you spend your time outside of school. Use a calendar/assignment book to write down homework and test dates. Plan for deadlines. Schedule study/homework time each day.

Make studying/homework your job. Select a comfortable spot with minimal distractions. Have the materials you need handy (pencils, pens, paper, calculator, index cards, etc.). Consider forming a study group with other members of your class. You can share notes, quiz each other, and work out questions you have with the material.

Take a break when you are spending several hours doing homework and studying.

PARENTS CAN HELP STUDENTS STUDY

Require your child to write down homework assignments in a daily planner or calendar.

Help your child find a quiet location to study and do homework. Provide them with pens, pencils, paper, and other necessities.

Assign a minimum amount of time to spend on homework and study (the amount will vary depending on the grade your child is in.) This can prevent rushing through homework.

Require your child to show you his/her homework when they are finished. Edit the work for spelling and grammar errors.

Help your child use a homework folder to ensure his/her hard work makes it back to school.

Allow your child a break when he/she is spending several hours doing homework and studying.

**K-8 COUNSELOR NEWS CONT'D.
Meg Bain, Counselor**

PARENTING TIPS

Discipline works best when children respect their parents. One good way to foster respect is to be consistent.

Consistent parents don't need many rules, just a few important ones. They do not bend the rules according to the situation.

Consistent parents have a united front. Even if they are single parents, there may be other adults who are part of their child's life. If they forbid a certain TV show in their home, then Grandma should know that the child is not to turn it on when she is visiting. Two-parent families should set rules together and stick by them together.

Consistent parents mean what they say. Avoid using empty threats such as "Maybe you'd like to go off and live by yourself young man."

Consistent parents follow through. If they promise they will do something with their child, they do it. If they tell their child a consequence is coming, the child receives it.

And finally, consistent parents help children to follow through. "We agreed you would mow the lawn before you went out with your friends today. I want us to check the lawn together before you leave."

**NO ATV USE IS ALLOWED
ON SCHOOL PROPERTY**

We have two signs on school grounds stating there is no all-terrain vehicles (ATV) use. As the popularity of ATVs increases, we continue to have concerns about safety and liability. We would like to thank district residents in advance for complying with our no ATV ordinance.

ELEMENTARY CORNER

By: Sue Kelly, Principal

The first few days of school are the most important of the year to set good habits. It's during this time that lasting impressions are made, the atmosphere at home and in the classroom is set, and behavior is molded.

Your children need to feel secure about returning to school and confident they can succeed. The key is to establish from the start a positive and structured regime that puts your child on the path to achievement.

Start by having your child help to prepare the supplies needed to return to school. Help them to organize the items and label them. Talk about their classroom, its location, and where they will keep their things. During the moving up day, teachers showed the students the lockers, cubby spaces, and storage areas.

Sit down and discuss the need for a consistent schedule upon returning to school. Set a time for bed, getting up, snack and play time, as well as a homework time and a specific location. These things help a child to organize themselves as well as set good habits.

NEW FACULTY

Edwards-Knox Elementary would like to welcome the following new faculty this year:

Charity Besaw - Occupational Therapist; Charity will also be teaching handwriting to all prekindergarten and kindergarten students.

Melissa Brown - School Nurse

Marcia Cotton - 40% Librarian

Dawn Finnerty - Teacher Assistant

Kim Forsythe - Hearing Impaired Interpreter

Carrie Matthews - Signer/Aide

Kenneth Montgomery - Physical Education Teacher

Abigail Tresidder - Teacher Assistant

What to Purchase

Each teacher has a specific list of items that will be necessary for students in their particular classroom. The elementary office has a copy of each grade level's list so don't hesitate to call for a copy, or you may access a copy at the school's website at www.ekcsk12.org.

Upcoming Events

- 9/7: 7 pm – Parents' Assn. meeting in library
- 9/11: 3:20 – Faculty meeting in media center
- 10/2: 3:20 – Faculty meeting in media center
- 10/5: 7 pm – Parents' Assn. meeting in library
- 10/9: NO SCHOOL – COLUMBUS DAY
- 10/10 – 10/13: Parents' Assn. Book Fair
- 10/11: Grandparents' Breakfast for grades K-2
- 10/12: 11:30 – students dismissed early
- 10/12: 3:30-7:30 – Fall Open House/Conference
- 10/13: Grandparents' Breakfast for grades 3-6
- 10/13: Progress reports sent home
- 10/31: 1:45 – Halloween Parade – big gym

Handouts to Look For

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:

- 1) Emergency Information Sheet
- 2) Photo Permission Form
- 3) Free and Reduced Lunch Application
- 4) Student Handbook (Parent, Student, and School Compact)
- 5) Code of Conduct
- 6) Individual teacher's letters
- 7) Student Residency Questionnaire

School Hours

All students begin their day at 7:45 a.m. where they will either report to breakfast or go to their classroom. Any child reporting after 7:45 needs to be signed in by a parent or adult at the elementary office before going to their classroom.

The elementary students are dismissed at 3:07 to begin boarding the busses Monday through Thursday. Busses leave the school at 3:15. Each Friday students are dismissed early, and the busses are to leave the school at 2:45. Please be sure to make the necessary arrangements for someone to be home to meet the children at these times.

Some parents have requested that their children be dropped off regardless if there is a car in the driveway or if someone isn't home. If this is the case, please send a letter into the office stating your wishes, and it will be shared with the bus garage.

REMINDER:

The Fall Open House/Conference will be held on October 12, 2006, from 3:30 - 7:30 P.M.



CAFETERIA NEWS
KATHLEEN WHITMARSH, COOK/MANAGER



Dear Residents:

It is hard to believe we are almost ready for another year.

We have a new meal system called Nutri-Kid. If you send me your email addresses, I can communicate by email with this system. I can send any bills by email and I believe I can send a transactions statement by e-mail too.

Thank you to everyone who has sent money to bring their balance current, or contacted me about an outstanding balance. It is important to use this time to catch up any negative balances. I have sent out letters to all who still owe charges. Please feel free to fill out and send the meal application back to me too.

The meal prices have not changed from last year. They are:

Breakfast: PK-12= \$.65,
Lunch: PK-3 = \$1.35
4-12 = \$1.60.

The government would like us to keep charges to a minimum. If there are extenuating circumstances please contact me.

My e-mail address is kwhitmar@ekcsk12.org.

My phone is any of the school numbers, (example 562-8326) and extension #507.

I hope you have had a wonderful summer.

Sincerely,

Kathleen Whitmarsh
Cook Manager






SEPTEMBER 2006 MENU

Mon	Tues	Wed	Thur	Fri
<p><i>Did you see the free and reduced meal application on page 7? If you qualify for these lunches, our school receives many benefits. Please apply or call us to discuss your eligibility.</i></p>				
<p>4</p> <p style="text-align: center;">Labor Day No School</p> <p>11 Ravioli Peas Bread Milk Fruit Cocktail</p> <p>18 Hot Dog on a Bun French Fries Carrots Milk Fruit</p> <p>25 French Toast Sausage Hash Brown Milk Ice Juicee or Fruit</p> <p>Kathy Whitmarsh Cafeteria Manager 562-8326, ex. 507 Fax: 562-2477 kwhitmar@ekcsk12.org P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684</p>	<p>5</p> <p style="text-align: center;">Staff Development Day</p> <p>12 Sloppy Joe on a Bun Chips Green Beans Milk Fruit</p> <p>19 Pizza Chips Green Beans Milk Fruit</p> <p>26 Hamburger on a Bun Pasta Salad Milk Pears</p> <p>Breakfast Every Day Cereal, Milk, Juice Some Days : Bagels/ Cream Cheese, English Muffins, Danish, fresh fruit, breakfast bars, donuts, eggs.</p>	<p>6</p> <p style="text-align: center;">Staff Development Day</p> <p>13 Pizza Green Beans Milk Cherry Cobbler</p> <p>20 Chicken Patty/Bun California Vegetables Milk Fruit</p> <p>27 Chicken Nuggets Green Beans Bread Milk Fruit</p> <p>Peanut Butter & Jelly and subs offered every day as a lunch choice. Milk, fruit, & vegetable every day. Chef Salad Tue & Thur. Trail Mix most days.</p>	<p>7</p> <p style="text-align: center;">Chicken Nuggets Green Beans Bread Milk Peaches</p> <p>14 Spaghetti w/ Sauce Bread Tossed Salad Milk Fruit</p> <p>21 Taco Day Rice Corn Milk Fruit</p> <p>28 Pizza Burger Tossed Salad Bread Milk Peaches</p>	<p>1</p> <p style="text-align: center;">Prepayments Happily Accepted</p> <p>8 Tomato Soup Grilled Cheese Sandwich Milk Fruit</p> <p>15 Chicken Nodle Soup Grilled Cheese Sandwich Fresh Carrots & Celery Sticks Milk, Fruit</p> <p>22 Fishburger French Fries Carrots Milk Fruit</p> <p>29 Tomato Soup Grilled Cheese Sandwich Milk Fruit</p> <p>Breakfast: 7:45 A.M.</p> <p>Lunch: 11:00 A.M. - 1:00 P.M.</p>

Menu subject to change without notice.



OCTOBER 2006 MENU

Mon	Tues	Wed	Thur	Fri
<p>2 Pizza Green Beans Milk Fruit</p>	<p>3 Rib-B-Q on a bun French Fries Peas Milk Fruit</p>	<p>4 Pizza Burger Tossed Salad Break Milk Apricots</p>	<p>5 Ham Dinner Mashed Potatoes Carrots Break Milk Ice Juicee</p>	<p>6 Chicken Noodle Soup Egg Salad or Tuna Sandwich Carrots/Celery Stix Milk, Fruit</p>
<p>9 Columbus Day No School</p> <div style="text-align: center;">  </div>	<p>10 Ravioli Peas Bread Milk Fruit</p>	<p>11 Chicken Nuggets Green Beans Bread Milk Fruit Grandparents' Breakfast</p>	<p>12 Hot Dogs/ Bun French Fries Carrots Milk Fruit 11:30 Dismissal</p>	<p>13 Pizza Green Beans Milk Fruit Grandparents' Breakfast</p>
<p>16 Pizza Green Beans Milk Fruit</p>	<p>17 Chicken Patty on a Bun California Blend Vegetables Milk Fruit</p>	<p>18 Taco Day Rice Corn Milk Fruit</p>	<p>19 Hamburger on a Bun French Fries Peas Milk Fruit</p>	<p>20 Fishburger on a bun Carrots Milk Pears</p>
<p>23 French Toast Ham Hash Browns Milk Ice Juice or Fruit</p>	<p>24 Sloppy Joe on a Bun Chips Green Beans Milk Fruit</p>	<p>25 Chicken Nuggets Green Beans Bread Milk Fruit</p>	<p>26 Ham Dinner Mashed Potatoes Carrots Bread Milk Cherry Cobbler</p>	<p>27 Tomato Soup Grilled Cheese Sandwich Milk Fruit</p>
<p>30 Pizza Green Beans Milk Fruit</p>	<p>31 Hamburger on a Bun French Fries Carrots Milk Fruit & Animal Crackers</p>	<div style="text-align: center;">  </div>	<div style="text-align: center;">  </div>	<div style="text-align: center;">  </div>
<p>Kathy Whitmarsh Cafeteria Manager 562-8326, ex. 507 Fax: 562-2477 kwhitmar@ekcsk12.org P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684</p>	<p>Breakfast Every Day Cereal, Milk, Juice Some Days: Bagels/ Cream Cheese, English Muffins, Danish, fresh fruit, breakfast bars, donuts, eggs.</p>	<p>Peanut Butter & Jelly and subs offered every day as a lunch choice. Milk, fruit, & vegetable every day. Chef Salad Tue & Thur. Trail Mix most days.</p>	<p>Breakfast: 7:45 A.M. Lunch: 11:00 A.M. - 1:00 P.M.</p>	

Menu subject to change without notice.

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

Ms. Charity Besaw - Occupational Therapist
Ms. Eileen Bobear - Mathematics Teacher
Mrs. Melissa Brown - School Nurse
Mrs. Marcia Cotton - 40% Librarian
Ms. Michelle Cummings - Foreign Language Teacher
Mrs. Dawn Finnerty - Teacher Assistant
Ms. Kimberly Forsythe - Hearing Impaired Interpreter
Mr. Todd Lambert - Motor Equipment Mechanic
Ms. Wyatt Lutsk - Special Education Teacher
Mr. Kenneth Montgomery - Physical education Teacher
Mrs. Abigail Tresidder - Teacher Assistant

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

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TO: BOXHOLDER