

September 2007

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# Cougar News

A Publication of the Edwards-Knox Central School Board of Education  
Wheeler Maynard, Jr., President    Amanda Fuller    Andrea Webb  
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Rick Brewer    Teresa Hogle



**CLASS OF 2007**

- Row 1: Tasha McDougall, Courtney Averill, Rochelle Mazuroski, Dinah Billings, Ryan Davis, Jessica Sovie, Michael Webb, Keegan Little, & Gina Bango.
- Row 2: Joe Cutwa, Britney Wilmarth, Jessica Hance, Tanya Ellis, Sarah McGill, Emily Gault, Whitney Gollinger, Tracy Hogle, Brandi O'Shea, Trisha Hogle, & Corey Lewis
- Row 3: Craig Streit, Kale Panetti, Jenna Towne, Holly Whitford, Kendra Pomerville, Patricia Phelps, Jessica White, Amanda Thornton, Megan Bristol, Alexandria Simpson, Marcus Robillard, & Ryan Brewer.
- Row 4: Steven Hartley, Joe Tebo, Nathan Surface, Sidney Bristol, Leo Reynolds, Robert Reynolds, Justin Mullaney, Cole Streit, Clinton Ashley, Kevin Aldrich, & Michael Gotham

## **SUPERINTENDENT'S COMMENTS**

**Dear Residents:**

### **I. Graduates**

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 and will work hard and learn during the next chapter of your life.

### **II. EXCEL PROJECT**

The EXCEL Project was approved by our voters this past spring. I appreciate your support for this renovation project. The project cost is not to exceed \$2,900,000. The district now qualifies for 98% of the cost to be covered by state building aid. The remaining 2% will be paid for with a new aid included in the state budget this past year. This EXCEL aid may be used to pay for what would normally be the local share of a project.

Some of the major areas we are discussing are as follows:

1. Replace remaining original flat roofing
2. Upgrade more of building lights to more efficient units.
3. Replace original pool (Zephyr unit) heat reclamation unit.
4. Replace domestic hot water heat exchanger .
5. Heat reclamation and make up air unit for kitchen exhaust system.
6. Variable speed drives on our larger pumps.
7. Alternate fuel heating plant conversion. The use of biomass energy has the potential to greatly reduce greenhouse gas emissions. Burning biomass releases about the same amount of carbon dioxide as burning fossil fuels.
8. Telephone system upgrades VOIP protocol.
9. Network wiring upgrade
10. Wireless Network for mobile connectivity from anywhere within the building.

### **III. 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 know our kids, their families and community residents. Our network of close interpersonal relationships are our greatest preventative asset.

### III. Recent Violence in Schools Cont'd.

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 again lock our doors when school begins to protect our students and ourselves. Only the front door will be accessible during regular school hours. 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 necessitate this action.

### IV. New Employees Hired this summer:

#### TEACHERS:

Ms. Elizabeth Ladouceur – Alternative Ed.  
Mrs. Nicole McConnell – Math 7-8<sup>th</sup> Gr.  
Ms. Pamela Stevens – Title 1 - 5<sup>th</sup> and 6<sup>th</sup> Gr.  
Mrs. Kelly Stone – Math 11-12<sup>th</sup> Gr.  
Ms. Stephanie Stone – Title 1- 7-12<sup>th</sup> Gr.  
Mr. Lawrence Storie – Spec. Ed 7-8<sup>th</sup> Gr.  
Ms. Jillian Ventura – Music

#### Non-Instructional:

Mrs. Robin Oelschlager - Cook

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.

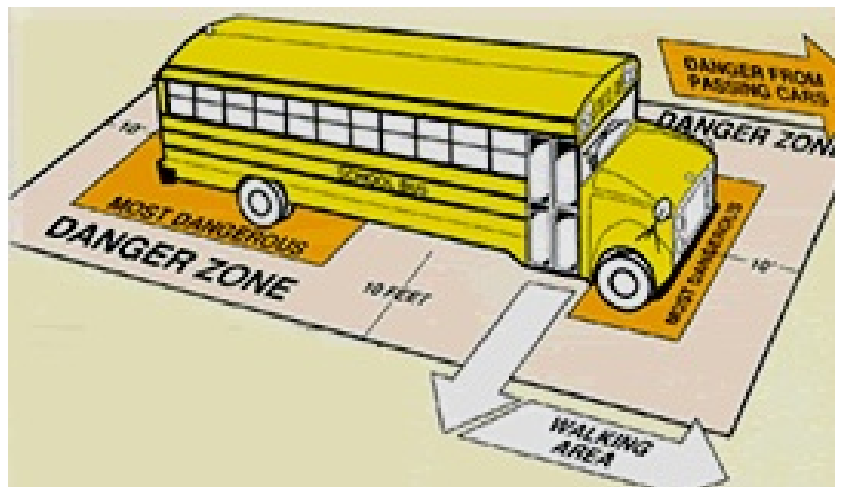
*A number of children have been injured or killed when their clothing became caught when exiting the bus.*

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.





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 2007-2008  
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: Kathleen Whitmarsh - 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.

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**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.
- 

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**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.
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**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.
- 

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**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 listed a food stamp, ADC/TANF or FDPIR 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.



FAX: 562-2477

PHONE: 562-3227/347-3410

### **NOTES FROM THE NURSES OFFICE**

Within this newsletter you will find a copy of the **AUTHORIZATION FOR ADMINISTRATION OF MEDICATION IN SCHOOL**. This form ***MUST*** be completed and turned in to the school nurse by the parent or guardian of the student. You must also deliver the medication in the original container directly to the nurse. Medications are ***NOT*** allowed to be sent in with the student. This law covers both prescribed and ***OVER THE COUNTER MEDICATIONS***. This law will ensure proper delivery of medications to your child. This process must start over at the beginning of every school year so if your child was on medication last year you will need to complete this form again of the 2007-2008 school year. Please feel free to call me with any questions regarding this matter. I will mail or fax you copies of this form if needed at anytime throughout the school year.

Please update the school nurse on any new and significant health issues, accidents, injuries, allergies etc. so that your child's health record is kept current. Also, please feel free to call me and discuss any concerns that you might have regarding your child's health and development. I look forward to providing thorough care to your child and helping make his/her school year a happy and healthy one.

I am also including a consent form for the mandatory physicals that are required for students entering grades ***PRE-K, KINDERGARTEN, 2,4,7,AND 10***. Any student who is ***NEW TO THE DISTRICT*** must also have a physical. As the consent for explains the physical can be done at your own physician, here at school with the school physician, or at the School Based Health Clinic ***if*** your child is enrolled. If you do choose your own physician for your child's physical please don't forget to have a copy faxed or mailed to the school nurse.

Also, if your child has had any immunizations over the summer please have copies sent to the nurse via mail or fax.

Sincerely,

Melissa Brown, R.N.  
School Nurse

Dr. William Cartwright  
Superintendent of Schools

**EDWARDS-KNOX CENTRAL SCHOOL DISTRICT**

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Jeffrey A. Davis  
Jr.-Sr. H.S. Principal  
562-3227 or 347-3410

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

Suzanne L. Kelly  
Elementary Principal  
562-3284 or 347-3210

PHONE: (315) 562-8326  
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: \_\_\_\_\_

Telephone: \_\_\_\_\_ Date: \_\_\_\_\_

If you plan on having your child's physical done over the summer please feel free to use the E-KCS physical form. Don't forget to send a copy in to the School Nurse so that your child's Health Record may be updated. Coming soon... a direct link to the School Nurse on the Edwards-Knox School Homepage where you will be able to download forms such as this.

**HEALTH APPRAISAL**

Student Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_ Telephone \_\_\_\_\_

**IMMUNIZATIONS / SCREENING**

Immunizations given since last Health Appraisal  None given today  Immunization record attached

	1st	2nd	3rd	4th	5th
DTaP	*	*	*		
dT	*	*	*		
OPV/IPV/eIPV	*	*	*	**	
HIB	*	*			
Hep B	*	*	*		
Varicella	*	<input type="checkbox"/> Disease			
MMR					
Other					

SICKLE CELL SCREEN		Date
Positive	Negative	
PPD		Date
Positive	Negative	
BLOOD LEAD TEST		Date
mcg/dL		

Vision - - without glasses/contact lenses	R	L
Vision - - with glasses/contact lenses	R	L
Vision - - Near Point	R	L
Hearing	R	L

PLEASE PROVIDE MO/D/YR FOR ALL: \* Required for entry to school in NYS: requirements may vary by age and grade; \*\* if IPV.

Significant Medical/Surgical History  see attached \_\_\_\_\_

Allergies:  None  Food  Insect  Seasonal  Medication  LIFE THREATENING \_\_\_\_\_

**PHYSICAL EXAM**

Check here if entire exam normal

Height \_\_\_\_\_

Weight \_\_\_\_\_

B.P. \_\_\_\_\_

	Normal	Abnormal	Comments
General Appearance			
Nutrition/Body Mass Index		BMI = / %	
Skin			
Head			
Eyes			
Ears			
Nose, Throat, Teeth			
Lymph Nodes/Thyroid			
Lungs			
Heart			
Abdomen			
Genitalia			Tanner - I. II. III. IV. V.
Musculoskeletal			Scoliosis Negative Positive
Neurological			

Medication (list all):  None

Name \_\_\_\_\_

Dosage/Time \_\_\_\_\_

Name \_\_\_\_\_

Dosage/Time \_\_\_\_\_

If AM dose is missed at home \_\_\_\_\_

I assess this student to be self directed and may self-carry medication  No  Yes (School nurse to also assess self-direction)

Please send in additional medication in the event that emergency sheltering is necessary at school.

**PHYSICAL EDUCATION / SPORTS / PLAYGROUND / WORK QUALIFICATION / CSE CONSIDERATION**

Physically qualified for sports or full playground OR only as checked below:

\_\_\_ Contact/Collision: basketball, diving, field hockey, football, ice hockey, lacrosse, martial arts, soccer, wrestling, team handball, water polo

\_\_\_ Limited Contact: cheerleading, field gymnastics, skiing, volleyball, cross-country, handball, fencing, baseball, floor hockey, softball

\_\_\_ Non-contact: badminton, bowl, golf, swim, table tennis, tennis, archery, riflery, weights, crew, dance, track, running, walking, jump rope

\_\_\_ Knowledge based experience only

Physically qualified for employment OR specify accommodation \_\_\_\_\_

Known or suspected disability \_\_\_\_\_  Please monitor

Restrictions \_\_\_\_\_  Please monitor

Protective equipment required  Athletic cup  Glasses / sport eyewear  Other \_\_\_\_\_

NYS Education Department requires an annual physical exam for new entrants, students in Grades K, 2, 4, 7 & 10, sports, working permits, and, triennially, for the Committee on Special Education (CSE). This exam complies with NYSED requirements above and is valid for one year through the last day of the month dated below with the exception of any illness or injury lasting more than five days that will negate this exam.

PROVIDER'S SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

PROVIDER'S NAME \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_

I give permission for medication to be administered to my child as ordered by my health care provider. I give permission for photographs to be taken of my child to be used on the medical bottle and log.

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

Dr. William Cartwright  
Superintendent of Schools

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

**BOARD OF EDUCATION**  
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Andrea J. Webb  
Thomas F. Wood  
Kay C. Amo, Clerk

Jeffrey A. Davis  
Jr.-Sr. H.S. Principal  
562-3227 or 347-3410

Suzanne L. Kelly  
Elementary Principal  
562-3284 or 347-3210

PHONE: (315) 562-8326  
FAX: (315) 562-8433  
BUS GARAGE: (315) 562-8440  
SCHOOL-BASED HEALTH CLINIC: (315) 562-7242

Dear Parent or Guardian:

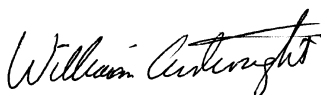
Each school district is mandated by law (section 904) to provide an examination by the school physician of those pupils whose parents do not provide these reports from their family physician. Consequently, a parent does have the right to have their child examined by either their own family physician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

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

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

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

Sincerely,



William Cartwright  
Superintendent of Schools

WC/kca

\* \* \* \* \*

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

OR

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

OR

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

Date \_\_\_\_\_

Signature \_\_\_\_\_

## *Student Accident Insurance*

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

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

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

**PLEASE NOTE:** One of the major differences in this policy is that the parent and not the nurse is responsible for filing ALL claims. All students needing medical treatment must be seen by a doctor within thirty (30) days and claims should be filed with the insurance company within sixty (60) days. If you have any questions regarding these procedures, please feel free to call Melissa Brown, school nurse, at 562-8324 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 30<sup>th</sup>. If notice of refusal is not received by this date, the District may release such information to an outside group without individual consent. If you have refused to release this information in previous years, you still need to renew your refusal every year. The Family Education Rights and Privacy Act (FERPA) defines student directory information as the following: name, address, telephone listing, date and place of birth, major field of study, participation in officially recognized activities and sports, weight and height (if members of athletic teams), degrees and awards received, the name of the educational agency or institution previously attended by the student.

## BOOSTER CLUB NEWS

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

Check out the school store at:

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

or go to

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

and click on "School Store"

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

Soccer  
Swimming  
Volleyball

Basketball  
Baseball  
Golf

Cheerleading  
Softball  
Marching Band

OR

you can order items with just the school logo, rather than a specific sport or club. Every purchase benefits the E-K Booster Club, who provides items and financial assistance to our sports programs. If you have the time to volunteer with the Booster Club, please contact your child's coach for more information. Volunteering benefits all our athletes and teams.

**EDWARDS-KNOX  
CENTRAL SCHOOL**  
Customize Your own apparel and have it sent directly to your home.

Go Cougars!

EDWARDS-KNOX  
SOFTBALL

EDWARDS-KNOX  
BASEBALL

Select from a wide range of Edwards-Knox products and every purchase benefits our school!

**ORDER YOURS TODAY**

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

Questions: Call 877.232.9785

**FIELDHOUSE**  
let your voice be heard

**GUIDANCE NEWS**  
Linda Alford - Guidance Counselor



**PROGRAMS FOR JUNIORS AND SENIORS THIS FALL**

**SUNY Road Show**

Harrisville will host the "SUNY ROAD SHOW" on Tuesday, September 18, 2007. This program brings representatives from several State University campuses to discuss the advantages of SUNY and inform us about new changes. This program will be informative for all juniors and seniors.

**College Fair**

Juniors and Seniors will also be invited to visit the Golden Dome in Ogdensburg on Tuesday morning, October 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.**

**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.**



**Informational Meeting for Seniors and Parents**

Ms. Alford will host an informational meeting for seniors and their parents regarding the college application process. Please mark the date : September 27, 2007 at 6:30pm in the auditorium.

**Guidance Web-Page is Under Construction**

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.

**Senior Transcript Review**

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



## ACT/SAT TESTING DATES & REGISTRATION DEADLINES

The SAT and ACTs are college entrance tests that some college require. Seniors who are planning to go to college and have not yet taken or would like to retake the SAT or the ACT test should consider doing so as soon as possible. Juniors who would like to take these tests are encouraged to wait until May or June of this year. The registration deadlines and their test dates are listed below. Registration materials may be picked up in the Guidance office.

Students should carefully check the catalog of each prospective college to determine whether the examinations are required.

Registration materials can be picked up in the High School Guidance Office or can be done on-line at [www.collegeboard.com](http://www.collegeboard.com) for the SAT and [www.actstudent.org](http://www.actstudent.org) for the ACT.

### ACT

<u>Registration Deadline*</u>	<u>Test Date</u>
Sept. 21, 2007	Oct. 27, 2007
Nov. 02, 2007	Dec. 08, 2007
Mar. 07, 2008	Apr. 12, 2008
May 09, 2008	Jun. 14, 2008

**Test Fee: \$30.00**

**Optional Writing Test Fee: \$14.50**

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

### SAT

<u>Registration Deadlines*</u>	<u>Test Dates</u>
Sept. 10, 2007	Oct. 6, 2007
Oct. 02, 2007	Nov. 3, 2007
Oct. 30, 2007	Dec. 1, 2007
Dec. 26, 2007	Jan. 26, 2008
Jan. 29, 2008	Mar. 1, 2008
Apr. 01, 2008	May 3, 2008
May 06, 2008	Jun. 7, 2008

**Test Fee : \$ 43.00**

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

\* Registration materials must be postmarked by this date.

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

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

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)

## **PSAT TESTING FOR JUNIORS**

The **PSAT** (Practice SAT) is available for Juniors to take this year. It will give them the opportunity to experience this type of testing. Students will also receive a report similar to the SAT Report. The **PSAT** will be given on **Wednesday October 17, 2007**. **There is a charge of approximately \$13.00 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](http://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, 2008. 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.

**GUIDANCE NEWS CONT'D.**  
Linda Alford - Guidance Counselor

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, 2008 with an official interpretation at some point after that.

**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) Phys. 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) Phys. 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.

## New York State Testing Requirements for Graduation for Current Students

Year Entered 9 <sup>th</sup> 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 require 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	

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

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

### Eligibility Requirements

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

### Nomination Criteria used by Edwards-Knox

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

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

Comprehensive English	-	weight of three
Mathematics B	-	weight of three
Global Studies	-	weight of one
U.S. history	-	weight of one
2 Highest Science Scores	-	weight of one per course

If a student elected not to take the Regents examination listed, or an approved alternative assessment, then that student cannot compete or be selected as a scholarship winner. In the case of a tie in the weighted average score that is used for the selection of the scholarship nominee, the high school shall use the students' class rank at the end of their junior year to determine the priority ranking of tied scholarship nominees.

### How the Scholarship Can be Used

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

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

Dr. William Cartwright  
Superintendent of Schools

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

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www.ekcsk12.org

August, 2007

Dear Juniors, Seniors, and their Parents:

On Tuesday morning, September 18, 2007, 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 11, 2007.** Students will leave at 8:15am and return before lunch.

On Tuesday morning, October 2, 2007, 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 Augsburg 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 Tuesday, September 26, 2006.** We must give OFA a firm number of students attending. **We will be leaving the building at 8:50am and returning to school for lunch except for afternoon BOCES students. These students will need to pack a lunch due to the fact we will return to school at 11:30am which is the time they leave for BOCES.**

Sincerely,  
*Linda J. Alford*  
Linda J. Alford  
Guidance Counselor

-----  
My son/daughter, \_\_\_\_\_,

\_\_\_\_\_ has my permission to attend the "SUNY Road Show on September 18, 2007.

\_\_\_\_\_ has my permission to attend the College Fair at Ogdensburg Free Academy on Tuesday morning, October 2, 2007. I understand all participating students will ride school transportation to and from OFA.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

## **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.

### **PARENT QUIZ**

(Taken from St. Lawrence-Lewis BOCES Newsletter: Parents + Teachers = Success)

Take this quiz to see if you are helping your child get organized for homework and schoolwork. Give yourself 5 points for something you do often, zero points for something you never do, or any score in between.

1. I encourage my child to write down all assignments.
2. I provide my child with a special spot for school work.
3. I encourage my child to work on projects a little at a time.
4. I keep necessary school supplies on hand.
5. I monitor my child's activity schedule.

How did you score?

Above 20 means you are promoting organization.

Fifteen to 19 is average.

Below 15? Try some of the tips below.

### **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 long periods of time doing homework and studying.

## ELEMENTARY BASKETBALL



**Who:** 3<sup>rd</sup> - 4<sup>th</sup> Grade Girls and Boys

**When:** Beginning in September, 2007

**Where:** E-KCS

Coach Montgomery of the E-KCS Basketball Coaching Staff is continuing the basketball program for 3<sup>rd</sup> & 4<sup>th</sup> 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 9/15/07 and continue through 10/27/07, 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 3<sup>rd</sup> & 4<sup>th</sup> 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.



## FALL SPORTS SCHEDULES

### Women's Soccer

08/28/07 Home Scrimmage  
 08/29/07 Away Scrimmage  
 08/31/07 Home Tournament  
 09/01/07 Home Tournament  
 09/04/07 LISBON  
 09/07/07 @ St. Regis Falls  
 09/08/07 @ P-H  
 09/10/07 CLIFTON-FINE  
 09/13/07 @ Morristown  
 09/18/07 HERMON-DEKALB  
 09/21/07 @ Heuvelton  
 09/24/07 HARRISVILLE  
 09/27/07 @ Lisbon  
 10/02/07 HAMMOND  
 10/05/07 @ Clifton-Fine  
 10/08/07 MORRISTOWN  
 10/11/07 @ Hermon-DeKalb  
 10/15/07 @ Hammond  
 10/17/07 HEUVELTON  
 10/19/07 @ Harrisville

#### MODIFIED

09/04/07 LISBON  
 09/10/07 CLIFTON-FINE  
 09/13/07 @ Morristown  
 09/18/07 HERMON-DEKALB  
 09/21/07 @ Heuvelton  
 09/24/07 HARRISVILLE  
 09/27/07 @ Lisbon  
 10/02/07 HAMMOND  
 10/05/07 @ Clifton-Fine  
 10/08/07 MORRISTOWN  
 10/11/07 @ Hermon-DeKalb  
 10/15/07 @ Hammond  
 10/17/07 HEUVELTON  
 10/19/07 @ Harrisville

### Men's Soccer

08/27/07 Home Scrimmage  
 08/31/07 Home Tournament  
 09/01/07 Home Tournament  
 09/04/07 @ Lisbon  
 09/07/07 COLTON-PIERREPONT  
 09/08/07 Harrisville Tourn.  
 09/10/07 @ Clifton-Fine  
 09/13/07 MORRISTOWN  
 09/18/07 @ Hermon-DeKalb  
 09/21/07 HEUVELTON  
 09/24/07 @ Harrisville  
 09/27/07 LISBON  
 10/02/07 @ Hammond  
 10/05/07 CLIFTON-FINE  
 10/08/07 @ Morristown  
 10/11/07 HERMON-DEKALB  
 10/15/07 HAMMOND  
 10/17/07 @ Heuvelton  
 10/19/07 HARRISVILLE

#### MODIFIED

09/04/07 @ Lisbon  
 09/10/07 @ Clifton-Fine  
 09/13/07 MORRISTOWN  
 09/18/07 @ Hermon-DeKalb  
 09/21/07 HEUVELTON  
 09/24/07 @ Harrisville  
 09/27/07 LISBON  
 10/02/07 @ Hammond  
 10/05/07 CLIFTON-FINE  
 10/08/07 @ Morristown  
 10/11/07 HERMON-DEKALB  
 10/15/07 HAMMOND  
 10/17/07 @ Heuvelton  
 10/19/07 HARRISVILLE

### Swimming

09/04/07 GOUVERNEUR  
 09/07/07 @ Salmon River  
 09/11/07 MASSENA  
 09/18/07 GOUVERNEUR  
 09/25/07 FRANKLIN ACADEMY  
 09/28/07 @ Potsdam  
 10/02/07 OFA  
 10/05/07 ST. LAW. CENTRAL  
 10/12/07 SALMON RIVER  
 10/16/07 @ Massena  
 10/23/07 @ Gouverneur  
 11/03/07 Sectionals @  
 Potsdam

#### MODIFIED

09/18/07 GOUVERNEUR  
 09/25/07 FRANKLIN ACADEMY  
 09/28/07 @ Potsdam  
 10/02/07 OFA  
 10/05/07 ST. LAW. CENTRAL  
 10/09/07 @ Canton  
 10/12/07 SALMON RIVER  
 10/16/07 @ Massena

### VOLLEYBALL

#### VARSIITY

09/05/07 @ Brushton Moira  
 09/07/07 MASSENA  
 09/12/07 @ Salmon River  
 09/14/07 @ Franklin Academy  
 09/17/07 CHATEAUGAY  
 09/19/07 ST. REGIS FALLS  
 09/21/07 CANTON  
 09/26/07 @ Tupper Lake  
 09/28/07 @ Gouverneur  
 10/01/07 POTSDAM  
 10/03/07 OFA  
 10/05/07 @ Madrid-Waddington  
 10/10/07 @ Canton  
 10/15/07 TUPPER LAKE  
 10/17/07 GOUVERNEUR  
 10/19/07 @ Potsdam  
 10/23/07 @ OFA  
 10/25/07 MADRID-WADDINGTON

#### MODIFIED\*

09/05/07 @ Brushton Moira  
 09/12/07 @ Salmon River  
 09/26/07 @ Tupper Lake  
 10/03/07 OFA  
 10/15/07 TUPPER LAKE  
 10/23/07 @ OFA

\*More contests will be added to this schedule in the near future.

# EDWARDS-KNOX SCHOOL BASED HEALTH CENTER

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

The School Based Health Center (SBHC) is an independent clinic based directly in the E-KCS. Services are available only to students enrolled in the school and clinic. Enrolled students must have written parental / guardian consent for any treatment.

- Clinic is open during all school hours. *Phone access to medical care can be obtained by calling the Clifton-Fine Hospital.*
- Onsite SBHC services are provided at no out of pocket cost. Services done off-site (medical testing, etc.) will be billed to your insurance or responsible party.
- The clinic will make efforts to contact the student's family (phone, letter, etc.); whenever possible, parents are encouraged to join the child at their visits.

The SBHC is organized through the efforts of the family, school and community relationships. Thank you for supporting the program. Please complete the information for each of your children enrolled in the clinic and return it to us. This update information will assist us to better serve you.

<b>SCHOOL BASED HEALTH CENTER INFORMATION / UPDATE</b>	Student Name:	
	DATE OF BIRTH:	Grade
<b>PARENT OR GUARDIAN INFORMATION</b>		
<b>INSURANCE INFORMATION</b> <input type="checkbox"/> No <input type="checkbox"/> Yes (If Yes, Complete)		
Name	INSURANCE NAME	
Address		
Home Phone	Policy #	
Work Phone	Group #	
Relationship to Child <i>Mother / Father / Guardian</i>	Esq #	
SS#	Birth Date	Policy Holders Name
<b>Check One</b>		
<b>PHYSICIAN INFORMATION</b>		
<input type="checkbox"/> I would like to continue to use the Edwards-Knox School Based Health Center for my health care needs.	Does your child have a Primary Physician? <input type="checkbox"/> Yes <input type="checkbox"/> No	
	Physician Name	
<input type="checkbox"/> My child regularly goes to another health care provider and I would like to use the School Based Health Center when necessary.	Phone #	
	Address	

<b>SCHOOL BASED HEALTH CENTER INFORMATION / UPDATE</b>	Student Name:	
	DATE OF BIRTH:	Grade
<b>PARENT OR GUARDIAN INFORMATION</b>		
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Name	INSURANCE NAME	
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<input type="checkbox"/> I would like to continue to use the Edwards-Knox School Based Health Center for my health care needs.	Does your child have a Primary Physician? <input type="checkbox"/> Yes <input type="checkbox"/> No	
	Physician Name	
<input type="checkbox"/> My child regularly goes to another health care provider and I would like to use the School Based Health Center when necessary.	Phone #	
	Address	

**IF YOUR CHILD IS NOT ENROLLED IN THE SCHOOL BASED CENTER AND YOU WISH THEM TO PARTICIPATE IN THE PROGRAM, PLEASE PICK UP AN APPLICATION AT THE CLINIC.**



Dr. William Cartwright  
Superintendent of Schools

Jeffrey A. Davis  
Jr.-Sr. H.S. Principal  
562-3227 or 347-3410

Suzanne L. Kelly  
Elementary Principal  
562-3284 or 347-3210

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

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PHONE: (315) 562-8326  
FAX: (315) 562-8433  
BUS GARAGE: (315) 562-8440  
SCHOOL-BASED HEALTH CLINIC: (315) 562-7242  
www.ekcsc12.org

**BOARD OF EDUCATION**  
Wheeler D. Maynard, Jr., Pres.  
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Kay C. Amo, Clerk

August 25, 2007

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

What is Integrated Pest Management?

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

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

The E-KCS representative for our IPM Plan is John Daniels. To be placed on a list to receive 48-hour notice of pesticide application, please contact Mr. John Daniels, Superintendent of Buildings & Grounds, at 562-8326, Ext. 526.

## ELEMENTARY CORNER

By: Sue Kelly, Principal

### **PRE-K NEWS**

The prekindergarten covered dish dinner will be Monday, August 27, 2007, from 6:00-7:30 p.m. in the downstairs cafeteria. Please bring a covered dish to pass and your own table service. Drinks will be provided.

After the dinner, parents and incoming pre-k students will visit the pre-k classroom and go on a short bus ride.

### **PARENTS**

- ★ School is just around the corner. Start the year off right! Help your child to ease back into the routine of a regular habit by starting in advance. Choose an appropriate bed time and begin this a week ahead of time to build a routine.
- ★ Be prepared for school. Purchase only the requested items for your child. Too many items are a distraction and not necessary. Label your child's supplies as well as jackets and boots. All too often there are multiple items that look the same in each classroom.
- ★ Choose a spot to store school items ahead of time. This will help children find their bookbags, folders, and things more easily each day. Designate a location to complete homework that is distraction free.
- ★ Lastly, children should eat breakfast daily. Every child may eat at school from 7:45 to 8:00 a.m. Staff are in the cafeteria to assist the young ones with cutting, spreading butter/jam, and opening containers. Any child who chooses not to eat report to their classroom for quiet reading time.

Please join in and help us to provide a successful school year to everyone.

### **REGISTRATION**

For all new students, it is necessary to register your child with the elementary office. It is important to do so before the year begins to allow for the transfer of records from another school. This way your child will be able to attend the first day of school.

When you come to register, please bring the child's birth certificate, social security card, immunization records, and custodial papers, if applicable. These forms must be on file for a child to start school. You may want to call in advance to set up a time.

We ask that you NOT wait until September 4, 5, or 6, 2007, to register children as the office will be quite busy with the opening of school.

## ELEMENTARY CORNER CONT'D.

By: Sue Kelly, Principal

### **NEW FACULTY**

There will be a few new faces this year serving our students. Please help us to welcome the following:

Christine Fuller: grade one assistance

Pamela Stevens: grade 5-6 Title Reading and Math

Jillian Ventura: music pre-k to grade 6

Rod Hooper: Instructional Technology one day per week

Brian Doyle: covering one month maternity leave in September for Samantha Bullock

### **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. Please don't purchase other items that are not listed because space is limited in each student's desk.

Just a reminder, all students are required to wear sneakers for physical education unless they are swimming. If possible, children should keep a pair of sneakers at school so they are prepared for class and also to use for the playground daily. Children may not wear any open-toed shoes, sandals, or flip flops on the equipment for safety purposes.

### **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
- 8) Request for Duplicate Forms: this is a new form this year to cover families who need duplicate copies of report cards, invitations to conferences, and any other pertinent documents. Please complete this form and submit a copy of the court issued documents dealing with custody. In order to be aware of specific details, it is important for us to have the documentation. Without the necessary paperwork on file, all pertinent information will be sent to the primary address of residence.

### **BUS NOTES**

Any requests for a child requiring a bus change to an alternate address will have to be sent into school in writing. Otherwise, students will be dropped off at their residence. No changes will be accepted over the telephone. For parents who fax a note, it must be received by 1:00 p.m. in order to be processed. A follow-up telephone call is suggested to ensure receipt.

## ELEMENTARY CORNER CONT'D.

By: Sue Kelly, Principal

### BUS NOTES CONT'D.

In the case where no one is at home, children will be brought back to school, and it is the family's responsibility to pick up their child. If you wish for your child to be dropped off irregardless of someone being at home, please send a note into the office stating your wishes. For safety purposes, the drivers have been instructed not to drop off young children without supervision.

### CODE OF CONDUCT

This policy deals with many issues related to promoting a positive learning environment and ensuring safety for our children. One area that always comes under question is the dress code. The reason certain limits are set is to cut down on distractions for students and staff.

Therefore, we ask that students wear clothes that are not revealing in any way. Shorts or skirts should be long enough to reach to a child's finger tips with their hands extended to their sides. Sleeveless shirts may be worn but must have a two-finger width band for a strap. The popular "wife beater" undershirts are not to be worn as a shirt. Tops that are strapless, spaghetti straps, or tie around the neck exposing the entire back are not permitted.

Clothes should not promote drugs, alcohol, inappropriate language, or sexual innuendos. Any students wearing an item with such labeling will be sent to the office and provided the opportunity to change. If necessary, parents will be notified.

In the elementary, students may not wear any type of head covering in the halls or classrooms. Once students report to their locker/cubby, all hats, headbands, and bandanas are to be removed and not replaced until dismissal.

Hopefully, this clarifies a few concerns that seem to creep up each year. If you have any questions, please don't hesitate to contact the elementary office at 562-3284.

### 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.

## News From the 7-12 Principal

Mr. Jeff Davis, Principal

### Early Dismissals and Bus Passes -

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

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

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

**Students who need to leave at 2:30 for work** must complete the form in the High School office reflecting the hours of work each day. The work supervisor and the High School Principal must sign the form prior to students being dismissed to go to work. The **criteria** for students being able to leave for work at 2:30 consists of: students must be passing all subjects with a 70% or better, students must have parental permission, students must meet state mandates regarding AIS (Academic Intervention Services), and must be in their senior year.



### Excuses for Absences -

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

### Late to School -

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

## News From the 7-12 Principal Cont'd.

### EMERGENCY FORMS

Emergency Forms will be accompanying the student's schedule in the mail in late August. These are extremely important to have on file. Please question your son/daughter to be sure they have turned in their form. If another form is needed, one can be picked up in the High School Office or by calling the school and requesting another one. This form has important information that must be put into the computer for the nurse as well as the office. If you move, change telephone numbers, or your son/daughter develops a special medical need and you need to update this form, please contact the High School Office.

### STUDENT DRIVERS

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

### PHYSICAL EDUCATION EXEMPTION

Students on Varsity Teams - Students who are participating on Varsity athletic teams can use an "extra-class" athletic program for physical education credit if:

"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)©. Once the extra-class athletic program has ceased, the students must return to class.

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.

### SWIMMING PROFICIENCY

In February and March of 2004, eighth, ninth, tenth and eleventh grade students who were interested were tested to determine if they were proficient swimmers. Students who meet the standard for "Proficient Swimmer" in grades 8 and 10 have the option of not swimming during physical education classes during the following school year for eighth graders and the next two years for tenth graders. 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:

- ~ Jumping in water over one's head
  - ~ Swimming a total of 500 yards (ten laps up and back = 1/4 mile continuous).
- Students will be tested each year in grades 8 and 10 to determine their on-going proficiency.

## 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.

**Staff Development Days - September 4 & 5, 2007**

**School Opens for Students - September 6, 2007**

**Fall Conferences for High School - October 11, 2007**

**3:30 to 7:30 p.m.**

**All students dismissed at 11:30 a.m.**

### Reserved Calendar Dates -

- |                  |   |   |
|------------------|---|---|
| Sept. 7, 2007    | - | Dance, sponsored by Close Up  |
| Sept. 28, 2007   | - | Dance, sponsored by Class of 2009                                       |
| October 4, 2007  | - | End of 1 <sup>st</sup> Interim Report period                            |
| October 8, 2007  | - | NO SCHOOL - Columbus Day  |
| October 9, 2007  | - | NO SCHOOL for students - Staff Development Day                          |
| October 11, 2007 | - | Fall Conferences from 3:30 to 7:30 pm<br>Students dismissed at 11:30 am |
| October 12, 2007 | - | Remaining Interim reports distributed to students                       |

The 2008 Cougar Yearbook can be ordered as soon as the first week of school. Orders can be placed in person at the High School Office or on-line at [www.shop.jostens.com](http://www.shop.jostens.com). We anticipate the cost to be \$30 each and an extra \$5 if you wish to have your name imprinted. More information will be available in the High School in September.

## News From the 7-12 Principal Cont'd.

### **Congratulations**

Edwards-Knox Central and Southwest Tech are proud to announce that the following students have ranked in the top 20% of their class and have become **Top Achievers**. They have achieved this honor during the marking period ending June 13, 2007.

Britney Wilmarth in Allied Health  
Trisha Hogle in Cosmetology II  
Tim Gladle in Welding I  
Frank Mackin in Welding I  
Isaac White in Welding I

Jim Tresidder in Auto Technology I  
Justin Little in Environmental Tech I  
Clinton Ashley in Welding II  
Caleb Colton in Criminal Justice I  
Elizabeth Flanagan in Criminal Justice I

### **RECYCLING FUNDRAISER**



The Class of 2013 would like to announce a new and exciting fundraiser! We are collecting any and all used ink jets, toner cartridges, and cell phones. We will be recycling these items and in doing so will be raising money for our class. We are excited to be doing something that is so planet friendly also!!



If you have any used inkjet or toner cartridges (including copy machine cartridges) or cell phones that you are not currently recycling, please consider donating them to our cause. You can send them in to school where there will be collection boxes. You can send them in with any 7th grader, or you can send them in to the school nurse. Thank you in advance for your support!!

## **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.



## CAFETERIA NEWS KATHLEEN WHITMARSH, COOK/MANAGER



Hello everyone!

It hardly seems possible it is already time to start thinking about school.

I would like to remind everyone they can check their students account at any time by going to **Edwards-Knox Central School web page** and **clicking on Cafeteria**. Click on the little bar (that is under what looks like a book) that says **mynutrikids.com** and setting up an account (**which if free**). Click the green balloon which says **sign-up**, or if you have already signed up, then sign in. If you need any help please feel free to call or stop in and see me.

We received word that the fee that is paid if you put money on your students account with a check debit card or a credit card or pay pal, or what ever method you use to put money on will be changed.

The variable **fee structure of 3.5% + \$.30** will be **replaced** by a **flat fee of \$1.75**. This new convenience fee will apply to **deposits of all amounts**. **Parents making payments into multiple meal accounts will only be assessed the \$1.75 fee once per deposit transaction**. This fee must be applied to **all payment types** (credit, debit, e-check, PayPal account).

You only have to pay if you are putting money on an account. We do not receive any money for this, it is something regulated by the government and charged by pay pal or who ever nutrikids uses.

You may check a students account and see what he has been buying up to 30 history for free, and how much they have on account.

There are still some students who owe money from last year. **Remember, this money needs to be paid or we cannot serve your student a hot lunch**. We can only give Peanut butter if the student owes more than \$6.50.

Please feel free to fill out the meal application and send it in if to get free or reduced meals this year. You may send it back as soon as possible so it doesn't get backed up.

I look forward to seeing everyone this fall.

Kathleen Whitmarsh (Kathy)  
Cook- Manager  
562-8326- Ex. 507  
347-3410 ex. 507



# SEPTEMBER 2007 MENU

<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>
<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><b>3</b></p> <p style="text-align: center;"><b>Labor Day No School</b></p>	<p><b>4</b></p> <p style="text-align: center;"><b>Staff Development Day</b></p>	<p><b>5</b></p> <p style="text-align: center;"><b>Staff Development Day</b></p>	<p><b>6</b></p> <p style="text-align: center;"><b>Chicken Nuggets</b> Green Beans Bread Milk Peaches</p>	<p style="text-align: center;"><b>Prepayments Happily Accepted</b></p>
<p><b>10</b></p> <p style="text-align: center;"><b>Ravioli</b> Peas Bread Milk Fruit Cocktail</p>	<p><b>11</b></p> <p style="text-align: center;"><b>Sloppy Joe on a Bun</b> Chips Green Beans Milk Fruit</p>	<p><b>12</b></p> <p style="text-align: center;"><b>Pizza</b> Green Beans Milk Cherry Cobbler</p>	<p><b>13</b></p> <p style="text-align: center;"><b>Spaghetti w/ Sauce</b> Bread Tossed Salad Milk Fruit</p>	<p><b>7</b></p> <p style="text-align: center;"><b>Tomato Soup Grilled Cheese Sandwich Milk Fruit</b></p>
<p><b>17</b></p> <p style="text-align: center;"><b>Hot Dog on a Bun</b> French Fries Carrots Milk Fruit</p>	<p><b>18</b></p> <p style="text-align: center;"><b>Pizza</b> Chips Green Beans Milk Fruit</p>	<p><b>19</b></p> <p style="text-align: center;"><b>Chicken Patty/Bun</b> California Vegetables Milk Fruit</p>	<p><b>20</b></p> <p style="text-align: center;"><b>Taco Day</b> Rice Corn Milk Fruit</p>	<p><b>14</b></p> <p style="text-align: center;"><b>Chicken Noodle Soup</b> Grilled Cheese Sandwich Fresh Carrots &amp; Celery Sticks Milk, Fruit</p>
<p><b>24</b></p> <p style="text-align: center;"><b>French Toast Sausage</b> Hash Brown Milk Ice Juicee or Fruit</p>	<p><b>25</b></p> <p style="text-align: center;"><b>Hamburger on a Bun</b> Pasta Salad Milk Pears</p>	<p><b>26</b></p> <p style="text-align: center;"><b>Chicken Nuggets</b> Green Beans Bread Milk Fruit</p>	<p><b>27</b></p> <p style="text-align: center;"><b>Pizza Burger</b> Tossed Salad Bread Milk Peaches</p>	<p><b>21</b></p> <p style="text-align: center;"><b>Fishburger</b> French Fries Carrots Milk Fruit</p>
<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 Some Days: Bagels/ Cream Cheese, English Muffins, Danish, fresh fruit, breakfast bars, donuts, eggs.</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.</b></p>		<p><b>28</b></p> <p style="text-align: center;"><b>Tomato Soup Grilled Cheese Sandwich Milk Fruit</b></p> <p style="text-align: center;"><b>Breakfast: 7:45 A.M.</b></p> <p style="text-align: center;"><b>Lunch: 11:00 A.M. - 1:00 P.M.</b></p>

**Menu subject to change without notice.**



# OCTOBER 2007 MENU

<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>
<p><b>1 Pizza</b> Green Beans Milk Fruit</p>	<p><b>2 Rib-B-Q on a bun</b> French Fries Peas Milk Fruit</p>	<p><b>3 Chicken Patty on a Bun</b> Toasted Sunflower Seeds California Veggie Milk Fruit</p>	<p><b>4 Turkey Dinner</b> Mashed Potatoes Bread, Carrots Cranberry Sauce Milk Fruit</p>	<p><b>5 Chicken Noodle Soup</b> Egg Salad or Tuna Sandwich Fresh Carrots Milk, Fruit</p>
<p><b>8 Columbus Day</b> No School</p> 	<p><b>9 No School for Students</b></p> <p><b>STAFF DEVELOPMENT DAY</b></p>	<p><b>10 Chicken Nuggets</b> Buttered Pasta Green Beans Bread Milk Fruit</p>	<p><b>11 Hot Dogs/ Bun</b> Carrots Gold Fish Milk Fruit</p> <p><b>11:30 Dismissal</b></p>	<p><b>12 Fishburger on a bun</b> Green Beans Milk Fruit</p>
<p><b>15 Ravioli</b> Peas Bread Milk Fruit</p>	<p><b>16 Chicken Patty on a Bun</b> California Blend Vegetables Buttered Pasta Milk Fruit</p>	<p><b>17 Pizza</b> Green Beans Milk Fruit</p>	<p><b>18 Taco Day</b> Rice Corn Milk Fruit</p>	<p><b>19 Fishburger on a bun</b> Carrots Milk Fruit X-treme Fruit</p>
<p><b>22 French Toast</b> Sausage Hash Browns Milk Ice Juice or Fruit</p>	<p><b>23 Sloppy Joe on a Bun</b> Chips Green Beans Milk Fruit</p>	<p><b>24 Chicken Nuggets</b> Green Beans Bread Milk Fruit</p>	<p><b>25 Ham Dinner</b> Mashed Potatoes Carrots Bread Milk Cherry Cobbler</p>	<p><b>26 Tomato Soup</b> Grilled Cheese Sandwich Milk Fruit</p>
<p><b>29 Pizza</b> Green Beans Milk Fruit</p>	<p><b>30 Ham &amp; Cheese Melt on a Bun</b> French Fries Carrots Milk Fruit</p>	<p><b>31 Hamburger on a Bun</b> Pasta Salad w/ veggie Milk Fruit</p>		
<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>Peanut Butter &amp; Jelly and subs offered every day as a lunch choice. Milk, fruit, &amp; vegetable every day. Chef Salad Tue &amp; Thur. Trail Mix most days.</p>	<p><b>Breakfast:</b> <b>7:45 A.M.</b></p> <p><b>Lunch:</b> <b>11:00 A.M. - 1:00 P.M.</b></p>	

**Menu subject to change without notice.**

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

Ms. Elizabeth Ladouceur - Alternative Educ. (G.E.D.)  
Mrs. Nicole McConnell - Mathematics  
Ms. Pamela Stevens - Remedial Reading  
Mrs. Kelly Stone - Mathematics  
Ms. Stephanie Stone - Remedial Reading  
Mr. Lawrence Storie - Special Education  
Ms. Jillian Ventura - Music

Mrs. Robin Oelschlager - Cook

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**Edwards-Knox Central School  
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