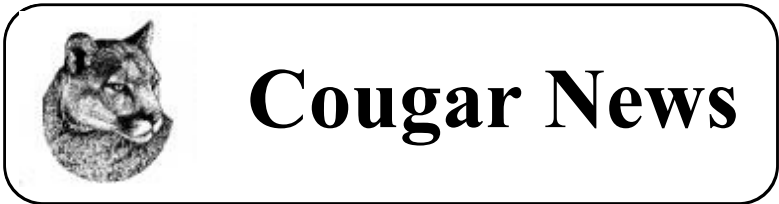


November-December 2008

Log onto www.ekcsk12.org
to download this newsletter.



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

SUPERINTENDENT'S COMMENTS

Dear Residents:

I. Violence in Schools – Using our Safe School/Healthy Students (SS/HS) Initiative

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

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.

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

- Our district has an active Safety Committee,
- We practice lockdowns and evacuations,
- We have counselors in the school,
- We have 44 cameras inside and outside our facility at the bus garage and the main complex and soon we will add to this number with our EXCEL project implementation.

We have:

- School Resource Officer -Sgt Thomas Caringi - DARE Rep.
- Emergency Procedures Manual
- Assemblies for students
- Training for adults
- Safety Policies and Procedures



Contents:

Topic	Page
Supt. Comments.....	1-2
Senior Play.....	3
Yearbook News.....	4



Disposal of Old Playground Equip....	5
Nurse's Notes.....	6
7-12 News.....	7-8
NYSSMA.....	9



K-8 Counselor....	10-11
9-12 Counselor..	12-13
Elementary.....	14-16
Cafeteria News...	17-18
Lunch Menus.....	19-20



SUPERINTENDENT'S COMMENTS CONT'D.

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

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

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

As you know we have implemented the Safe School/Healthy Students (SS/HS) Initiative under the collaborative leadership of the U.S. Departments of Education, Health and Human Services, and Justice. The SS/HS Initiative awards three-year grants of \$1 million to \$3 million to school districts that collaborate with local law enforcement and mental health agencies to promote the healthy development of school-age children. We are in our third year of this program with seven north country school districts.

In our SS/HS Program, groups come together to share ideas, pool resources, and build joint programs to protect young people. The collaborative nature in which the grants are conceived and carried out not only ensures that each site's programs are efficiently and effectively delivered but also that key interagency relationships are forged-relationships that are critical to sustaining this type of community-based effort over time. We thank the St. Lawrence BOCES, through Gail Gotham, for coordinating this program for us.

Sincerely

A handwritten signature in black ink that reads "William Cartwright". The signature is written in a cursive style with a large, prominent initial "W".

Dr. William Cartwright
Superintendent of Schools



SENIOR PLAY

November 20 & 21, 2008



The class of 2009 will present the play Murder Runs in the Family by Pat Cook, on November 20 & 21 at 7:30pm.

This classic murder mystery takes place at the estate of the late Bernard Pallfeather. His daughter Heather (Mari Zacharek) has hired a seedy private eye, Jack Sparks (Chris Kirkpatrick) to pose as her fiancé while investigating her father's rather mysterious death.

On a dark and stormy night the family anxiously awaits midnight for the reading of the will. But which "will" will it be? The one substituted by the ex-con

son-in-law (James Hewlett)? Or the one switched by the crazy aunt (Megan Hubbard)? Heather's mother, Mirium (Amber Barker), seems a bit batty but she has a plan of her own. Even the butler (Jeffrey Stone) is a suspect since he carries a gun and seems to know more than he's telling. And dead bodies pile up like firewood as Jack tries to unravel just who is killing all the Pallfeathers. And he only has until midnight.

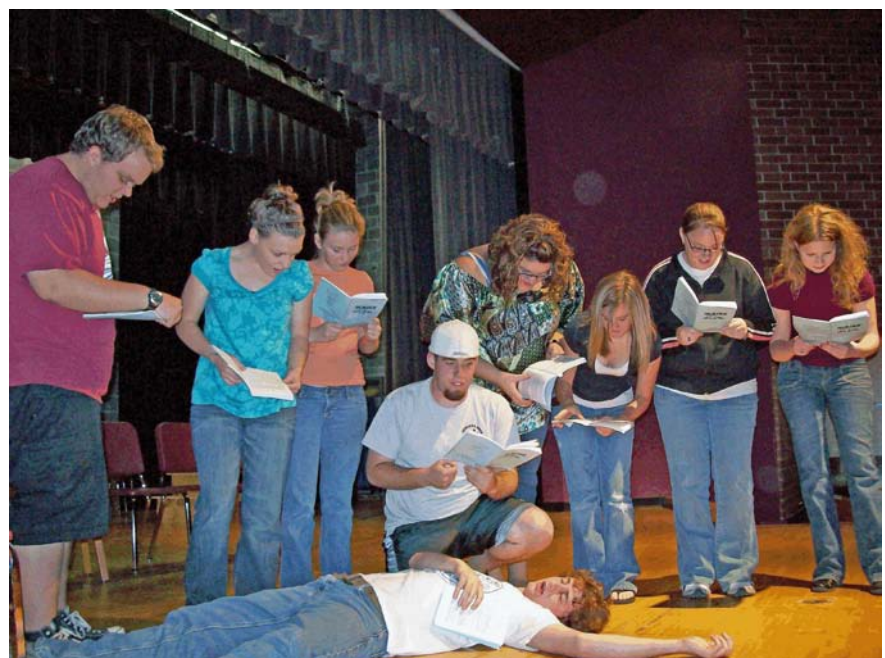
Unfortunately, the prime suspect is Jack himself. Throw in a lady of mystery, twins who are never seen together, and a disorganized lawyer and Jack comes to the conclusion that murder runs in the family.

Plan to bring your family and friends for an evening of intrigue and laughter while supporting the senior class. Tickets will be available at the door.

\$5.00 – Adult

\$3.00 – Students & Seniors
(over 60)

Under 4 free (with adult)



Help our School Get Free Equipment!



Log on to www.pricechopper.com to register your **Price Chopper AdvantEdge** card for our school code 1 8 6 7 5.

This will automatically earn credit for the school every time you use your *AdvantEdge* Card. If you signed up for our school last year, you do not need to re-register.

Yearbook News

Yearbooks are now on sale. They are \$35 until November 30, 2008 and then the cost increases to \$45.

You may order your yearbooks from school, or go to the Edwards-Knox Central School web site and click on yearbooks and order directly from Josten's with a debit or credit card.

If you wish to order from school, send a check made out to E-K Yearbook for \$35 before November 30, or a check for \$45 after November 30. You may leave it in Kathy Whitmarsh's mailbox at either office, or put attention Cafeteria if mailing it in or sending with your child.

There is also a place on the district's website for yearbook sales. When you click on yearbook sales, you can upload any pictures you would like to share with us. We would be very happy to see other's submissions and we may possibly use some of what you share with us this year.

Seniors, please remember to turn in your Senior pictures and Baby pictures.

Kathleen Whitmarsh
Yearbook Advisor

DISPOSAL OF OLD PLAYGROUND EQUIPMENT

As you are probably aware, a couple of years ago the school, with the help of the community, installed a new playground. This new playground has worked out very well for the students and allowed us to remove the treated lumber features providing a safer environment.

This leaves us with a couple of items that we are disposing of. The first item is a tubular slide and the second item is an outdoor Tic-Tac-Toe board. Both items require structures to reassemble them and make them workable. By this we mean that both were attached to treated lumber for their structure and if you wanted either of these items, they are not "ready to go" without some work on your part.

Due to the fact that the district has had a few inquiries regarding this equipment, the school board has formally declared them obsolete, which allows for their disposal. If you are interested in one of both of these items, please submit your name, address and telephone number below and return your coupons to the school by December 1, 2008. At 9:00 A.M. on that morning, we will have two separate drawings; one for each piece of equipment and we will notify the winners by telephone. However, you are only eligible to enter the drawing for one item, so you would have to choose between the slide or the Tic-Tac-Toe game. You will then have to make arrangements to pick up your item.

PLEASE NOTE: The photographs below *are not images of the actual items* available, but rather they are there to merely give you an idea of the type of equipment available.

Tube Slide Drawing

Name _____

Address _____

Telephone _____



Tic-Tac-Toe Drawing

Name _____

Address _____

Telephone _____





MELISSA BROWN, School Nurse
E-KCS, P.O. Box 630, Russell, NY 13684
FAX: 562-3698
PHONE: 562-3227 or Toll Free 1-866-201-3694



NOTES FROM THE NURSE'S OFFICE



MEDICATIONS IN THE SCHOOL



Under no circumstance is a child to bring in his/her medications to school. A parent or guardian must deliver any prescribed OR over the counter medications along with a Doctors signed order to the School Nurse. Please feel free to call me with any questions regarding medication in the school. Consent forms can be downloaded from my website, mailed home or sent home with your child.

<http://www.ekcsk12.org/district/nurse/Forms/Medication%20authorization.pdf>

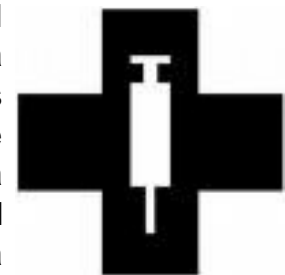
Melissa Brown, R.N.
School Nurse

REQUIRED PHYSICALS

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

UPDATES ON PHYSICALS AND IMMUNIZATIONS




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



7-12 NEWS

Mr. Jeff Davis, Principal

UPCOMING EVENTS

November 7, 2008	Tentative – Fall Sports Awards End of 1 st Marking Period, 11:30 dismissal of all students	
November 10, 2008	Staff development day	
November 11, 2008	NO SCHOOL – Veteran’s Day	
November 17, 2008	Report cards distributed to students	
November 25, 2008	Grades 5-8 Awards Assembly @ 1:00 PM	
November 26-28, 2008	NO SCHOOL - Thanksgiving Holiday	
December 3, 2008	Winter Concert I	
December 10, 2008	Winter Concert II	
December 12, 2008	End of 2 nd Interim Report Period	
December 18, 2008	15 th annual college spirit Day (Grades 9-12)	
December 19, 2008	Interim Report distributed to students	
December 22-31, 2008	NO SCHOOL – Winter Recess	
.January 5, 2008	School resumes	

YEARBOOKS ON SALE

Yearbooks can be ordered in the H.S. Office for the cost of \$35 until November 1. After that date, the cost goes up to \$45. This year students have the option of having up to four additional icons embossed on their book cover. As always, personalization is optional. Yearbooks can also be ordered online at www.shop.jostens.com. If anyone has any questions, please feel free to contact Mrs. Kathy Whitmarsh in the Cafeteria.



7-12 NEWS CONT'D.

Mr. Jeff Davis, Principal

High School Business Education *Web Page Design Class* participates in a State-wide Educational Competition

The High School Business Education Department **Web Page Design Class** (*students Travis Amo, Justin Shecton, Robert Symonds, and Joey Zacharek; Teacher – Mr. Remington*) is participating in New York State Division of The Stock Market Game™. The Stock Market Game™ is a trademark of the Foundation for Investor Education, a nonprofit organization dedicated to developing and providing learning resources for investors of all ages, raising the level of investor awareness in the U.S., supporting research programs, and advocating the advancement of investor education. Starting with a virtual cash account of \$100,000, students strive to create the best-performing portfolio using a live trading simulation. The students work as a team, utilizing financial and market analysis skills to compete for first place (the team earning the greatest profit from their investments). Participation in the competition is free for all New York State Schools.



In building an investment portfolio, students research and evaluate stocks, and make informed decisions based on their knowledge. Teams trade common stocks and mutual funds from the NYSE, NASDAQ and AMEX exchanges; earn interest on cash balances; pay interest if buying on margin and pay a commission on all trades. To determine why certain stocks perform the way they do, or to determine why the broader market has moved up or down, students must develop an understanding of how the economy works, and develop efficient mathematical means to calculate the return on their investment.



Since 1977, more than 10 million students have participated in The Stock Market Game™ program, including teams from all 50 states and worldwide. The Web Page Design Class is a member of the Albany BOCES Regional Group. As of October 10, the Web page Design team ranked 2 out of 127 schools in the regional group.

The goal for participation in the game for the Web page Design class is:

- 1) to develop a web site that communicates the theme of the value and significance of knowledge of financial investment in our complex economy and
- 2) understand the value of leadership and teamwork to realize a common goal (the development of an effective and profitable investment portfolio and to communicate that information via graphic communication design principles).

Additional information regarding this activity (including the student's Stock Market Game Web Page), and other business education courses is available at Mr. Remington's Home Page, located in the Staff Directory at the School Home Web Page, www.ekcsk12.org.

Terry Remington
Business Education Teacher



MUSIC DEPARTMENT NEWS

by Mrs. Curley



Seated: Amelia Colton & Maraya VanBrocklin
Standing: Samantha LaPoint & Darryl Backus

AREA ALL-STATE PARTICIPANTS

Congratulations go out to Maraya VanBrocklin and Amelia Colton for being selected for Area All-State Band; and to Samantha LaPoint and Darryl Backus for being selected for Area All-State Chorus.

Musicians are selected from St. Lawrence, Jefferson and Lewis Counties to form one band and one chorus. They are chosen from their 2008 NYSSMA solo scores. This is a very selective process. Only the top scores and the highest levels of difficulty are considered. It is an honor that four students from E-KCS have been selected to perform in these groups. This accomplishment reflects years of practice and diligence from these students. They will represent our school well. The Area All-State festival will be held on November 21 & 22 at the Crane School of Music on the SUNY Potsdam campus.



WINTER CONCERTS

There will be two winter concerts again this year. The first concert will be on Wednesday, December 3rd at 7:00. Groups to perform in this concert are: Junior Band, Junior High Stage Band, Junior High Chorus, Fifth Grade Chorus and Sixth Grade Band. The second concert will be on Wednesday, December 10th at 7:00. Groups to perform in this concert are: High School Band, High School Chorus, Jazz Ensemble, and Fourth Grade Chorus.



K-8 COUNSELOR NEWS

Michelle Cummings, Counselor

AWARD CEREMONIES

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

Thursday, February 12, 2009 @ 8:15 am
 Tuesday, May 5, 2009 @ 1:00 pm
 Thursday, June 25, 2009 @ 8:00 am, last day of school



Ceremonies are planned approximately one week after report cards are sent home. If your child is eligible to receive an award a postcard will be sent with your child's report card indicating the date and time of the award ceremony. Please come and help us celebrate your child's success.

REPORT CARD DATES

Students are given report cards four times each year. Grades on the report card are used to calculate a final grade at the end of the year. Report Cards will be mailed out on the following dates:

Friday, February 6, 2009
 Friday, April 24, 2009

***Students will bring Report Cards home on:

Friday, June 25, 2009



Students who fail two or more core courses are in danger of repeating the grade. Core courses include: ELA, Math, Social Studies, Science, and Spanish. You will be notified if your student is in jeopardy of failing the grade.

PROGRESS REPORTS

Students receive a progress report between each report card. This is to give parents an idea how their child is doing before the actual report card comes out. You can expect a progress report from your child on the following dates:



Wednesday, December 17, 2009
 Thursday, March 19, 2009
 Thursday, May 28, 2009

K-8 COUNSELOR NEWS CONT'D.

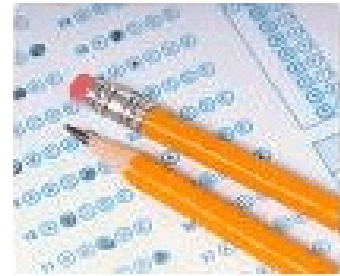
Michelle Cummings, Counselor

NEW YORK STATE ASSESSMENTS

New York State has implemented an assessment program for students in grades 3 through 8 in the areas of English Language Arts (ELA) and Math. Grades 4, 5 and 8 will continue to be assessed in additional areas: Grade 4 -Science, Grade 5-Social Studies, and Grade 8-Social Studies and Science.

Students should be sure to get plenty of sleep the night before a test and eat a good breakfast in the morning. They will also need to bring two #2 pencils to the test. The tentative assessment dates are as follows:

January 15 & 16	Grade 3 ELA
January 13 - 15	Grade 4 ELA
January 12 & 13	Grade 5 ELA
January 20 – 22	Grade 6 ELA
January 21 & 22 PM	Grade 7 ELA
January 21 & 22 AM	Grade 8 ELA
March 4 & 5	Grade 3 Math
March 2 - 4	Grade 4 Math
March 5 & 6	Grade 5 Math
March 9 & 10	Grade 6 Math
March 11 & 12 AM	Grade 7 Math
March 11 & 12 PM	Grade 8 Math
April 28	Grade 4 Science (Written)
April 30	Grade 4 Science (Lab)
April 30	Grade 8 Science (Lab)
May 5	Grade 8 Science (Written)
June 2 & 3	Grade 8 Social Studies



Remember, before any test

Be well rested

and

have a good breakfast.



GUIDANCE NEWS

Linda Alford, High School Guidance Counselor

2008-2009 Report Card and Progress Report Dates

November 14 - Report mailed to parents.

December 17 - Progress distributed to students.

February 4 - Report card mailed to parents.

March 19 - **Spring Conference** - Progress reports available to parents.

March 23 - Progress Reports Distributed to students.

April 22 - Report card mailed to parents.

May 28 - Progress reports distributed to students.

June 25 - Report card distributed to students.

College Spirit Day

The High School Guidance office is preparing for its annual "College Spirit Day" on Thursday, December 18, 2008. This is a fun program designed to increase awareness of colleges and to **encourage high school seniors to complete college applications by this date**. With many different categories for participation, 9th through 12th grade students have the opportunity to win college tee shirts or other donated items from colleges throughout the area. Recent past graduates who are attending college are invited for a reception in the Library at lunch time. This reception is held so juniors and seniors have an opportunity to meet past graduates and discuss their college experiences. We are planning a local college fair during lunch time.



Grade 10 students to visit Southwest Tech

On Wednesday, November 12, 2008 the counselor from Southwest Tech will visit to introduce Sophomores to technical programs available to Edwards-Knox students at the tech center. During this meeting the students will be invited to visit on Thursday, December 4, 2008. They will have the opportunity visit several programs. The following courses are a sample of the courses currently available at Southwest Tech:

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



GUIDANCE NEWS CONT'D.

Linda Alford, High School Guidance Counselor

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 for the SAT and www.actstudent.org for the ACT.

ACT	<u>Registration Deadline*</u>	<u>Test Date</u>
	Nov. 07, 2008	Dec. 13, 2008
	Feb. 27, 2009	Apr. 04, 2009
	May 08, 2009	Jun. 13, 2009

Test Fee: \$31.00**With Optional Writing: \$46.00**

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>
	Nov. 05, 2008	Dec. 06, 2008
	Dec. 26, 2008	Jan. 24, 2009
	Feb. 10, 2009	Mar. 14, 2009
	Mar. 31, 2009	May 02, 2009
	May 05, 2009	Jun. 06, 2009

Test Fee : \$ 45.00 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

For ACT - www.act.org

Check Out The New High School Guidance Web Page!

- From the main page (www.ekcsk12.org) click on the guidance link.
- It has been updated and had many changes made to it.
- If you've been to our page before, be sure to click on the refresh button for the updated pages.

ELEMENTARY CORNER

By: Sue Kelly, Principal

WINTER WEAR



As the temperatures go down, it is important for children to be dressed properly. The classes will go outside each day for recess unless the weather is bad. Send in an extra set of gloves, a hat, and boots, if possible, or make sure your child(ren) has them daily.

Even when riding a bus, children should have the appropriate winter gear. Hopefully, our busses won't break down, but it can happen.



BOX TOPS

We do have a collection can in the office for Box Tops. Please help us by sending yours in. Each Box Top is worth 10 cents, and when we put them all together, it is quite successful. Last year, we collected nearly \$500. Each year we put the profits toward items that benefit the children and staff.



READ-ALoud ENJOYMENT

Some of the best times with your child may be when you share a story. Get the most out of reading aloud with these three easy tips:



1. Hold the book so your youngster can see the words and pictures while you're reading. Run your finger under the text, or point to interesting things in the illustrations.
2. Take your time and don't rush the story. Your child can tell if you're in a hurry. Reading slowly will help you read clearly—and give you and your youngster more time together.
3. Don't be afraid to stop reading a book if your child doesn't seem interested. Have a backup selection ready so read-aloud can continue.

ELEMENTARY CORNER CONT'D.

By: Sue Kelly, Principal

UPCOMING EVENTS

- 11/5: 7:00 pm: Circus
- 11/6: 6:30 pm: Parents' Association meeting in library
- 11/7: End of first marking period. Students dismissed early at 11:30 AM.
- 11/10: NO SCHOOL FOR STUDENTS - STAFF DEVELOPMENT DAY
- 11/11: NO SCHOOL - VETERANS DAY
- 11/12: 8:15 am: grade 5 NYS Social Studies test
- 11/13: 8:15 am: grade 5 NYS Social Studies test
- 11/17: Report Cards go home
- 11/25: 8:15 am: Awards Assembly for grades K-4 in auditorium
- 11/25: 1:00 pm: Awards Assembly for grades 5-8 in auditorium
- 11/26-11/28: NO SCHOOL - THANKSGIVING RECESS
- 12/4: 6:30 pm: Parents' Association meeting in library
- 12/12: End of 15-week progress
- 12/17: 1:15 pm: Holiday Program in auditorium
- 12/19: Progress Reports go home
- 12/22-01/02: NO SCHOOL - WINTER BREAK
- 01/05: School Resumes



NEWS FROM THE PARENTS' ASSOCIATION

We would like to thank the many volunteers who worked October 4th spreading the wood chips on the playground. We had a great turnout and the playground looks great! The extra layers of wood chips makes the playground safe for our children. Thank you to John Daniels, Paul Hull, and Mark Reed for their initial work making manageable piles for us to work with. Thank you to Danielle Beachard, Danielle and Jason Burke, Cindy and Darrick Cutway, Dawn and Rich Finnerty, Mandy Fuller, Carole and Avery Hawn, Paul Hull, Derrick and Laurie Matthews, the Shecton family, Scott, Abbie, Tyler, and Mackenzie Tresidder, Danielle and Bill Wheat, Sherry White, Kambree and Kelsey White, and Allen Whitmarsh.



We would also like to thank the many parents, staff members, and Monty Curtis' Life Skills class for bringing in baked goods for Open House, and also the volunteers who served the refreshments. Thank you to Cindy Cutway for making all of the telephone calls, too.

November 2008						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

The Parents' Association meetings are the first Thursday of the month at 6:30pm in the School Library. Our next meeting is November 6th.

ELEMENTARY CORNER CONT'D.

By: Sue Kelly, Principal

KINDERGARTEN FIELD TRIP

Mrs. Bullock's, Mrs. Green's, and Ms. Kerr's classes made pumpkin shirts to go to Old McDonald's Farm.



Row 1: Darrian Gavin, Austin Farr, Levi LaRue, Danielle Snyder, Dalton Fenton, & Jayla Courtright

Row 2: Benjamin LaPoint, Brielle Stone, Morgan Wheat, Kolby Barbarito, Connor Moulton, Devin Peabody
Mrs. Bullock



Row 1: Trey Durham, Jeffrey Bush, Mack Sawyer, Kody Burwell, & Lucy Frary

Row 2: Mrs. Green, Ryan Daniels, Peter Parish, Gage Dear, Jacob Cleary, Amanda Rusho, & Hailey Matthews



Row 1: Cheyne Thompson, Morgan Facey, Elise Woods, Jared Lottie, & Avery Whitford

Row 2: Cameron Rowe, Chad Facey, Kaygen Peters, Haylee Reed, Shea Ciccirelli, & Halee Lennon





CAFETERIA NEWS
KATHLEEN WHITMARSH, COOK/MANAGER



Hello Everyone!

The State of NY Education Department has issued it's Nutrient Standards for Lunch and I thought I would share them with you. I am supposed to stay within these limits because of the way the state is fighting childhood obesity.

NUTRIENT	PRE-K	GRADES K-3	GRADES 4-12
Calories	517	633	785
Cholesterol	Less than 150	Less than 150	Less than 150
Sodium (mg)	Less than 1200	Less than 1200	Less than 1200
Fiber (g)	8	8	8
Iron (mg)	3.3	3.3	4.2
Calcium (mg)	267	267	370
Vitamin A (RE)	150	200	285
Vitamin A (IU)	750	1000	1425
Vitamin C (mg)	14	15	17
Protein (mg)	7	9	15
Total Fat % Calories	Less than 30%	Less than 30%	Less than 30%
Saturated Fat % Cal.	Less than 10%	Less than 10%	Less than 10%

I also just received the following e-mail.

Re: Childhood Obesity Audits
Date: October 7, 2008

It has come to our attention that the Comptroller's Office has been authorized by Governor Spitzer, and now Governor Patterson, to perform school audits in relation to Childhood Obesity.

Currently they are doing a "pilot" audit operation at Watervliet CSD in the Albany area. Their plan is to audit 20 schools, and NYC, by June 2009 and issue an audit letter on their findings in each district and require a corrective action plan if necessary. Individual audit letters are public reports and will be posted on the Comptroller's website.

They will be looking at menus to see if they meet the USDA guidelines, vending machine sales, wellness policies and their implementation and physical education to see if it is in compliance with what is required by law.

Bill Campbell, the Assistant Director of Local Government & School Accountability, based in Syracuse, is overseeing the audits. His department is working in conjunction with SED on the criteria. There are no fiscal sanctions for any findings.

CAFETERIA NEWS CONT'D.
KATHLEEN WHITMARSH, COOK/MANAGER

Basically what this means is:

- The state took almost 3 cents away from the 25 cents it pays for each meal I served in August to help balance the budget
- And it took 6 cents more away starting September 1, 2008 to balance things even further

However, the state has enough money to pay someone to come and examine menus and make sure we are following the above guidelines for meals we serve.

I would also like to remind everyone to take advantage of the free and reduced meal applications. If you qualify for free/reduced the extra you would have spent can be used for heat and gas. It is important to take the opportunity to apply while the government is still letting us. Our tax dollars are being spent anyway, so if you qualify why let them spend it on something else. Call me if you need help filling it out or have questions. The application can be mailed to you or sent home with your student, or found on our website for you to print off.

Speaking of our website, I hope you do visit it. It is www.ekcsk12.org. You can find a Cafeteria bar and click on it and see the menus for the month. I also try to get the newsletter in there. You can get the meal applications or click on the little green bar under the book that says mynutrikids.com and sign up to see your student's account, what they have eaten in the last 30 days and have the program send you an e-mail if they are getting low on money. You can do all these things for free.

You can add money to their accounts too, but this does cost money per transaction that goes to paypal.

If you have 3 students put money on each account and pay with 1 transaction and you will only be charged one fee for all three students.

You can call me if you have questions about this too. My number is, (any of the numbers for the school) then my extension is 507. 562-3227 ext.507.

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



November 2008 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>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>Prepayments Happily Accepted</p>
<p>3 Chicken Nuggets Sweet Potatoes Bread Milk Fruit</p>	<p>4 Sausage on a Bun Onions & Peppers French Fries Milk Fruit</p>	<p>5 Hot Dog on a Bun Mac & Cheese Carrots Milk Fruit</p>	<p>6 Taco Day Rice Corn Milk Fruit</p>	<p>7 Fishburger Chips Carrots Milk Fruit 11:30 Dismissal</p>	
<p>10 STAFF DEVELOPMENT DAY NO SCHOOL FOR STUDENTS</p>	<p>11 Veteran's Day Observed  No School</p>	<p>12 Pizza Broccoli Bread Milk Fruit</p>	<p>13 Turkey & Gravy Mashed Sweet Potatoes Cranberry Sauce Corn Bread Milk Fruit Ice Cream</p>	<p>14 Tomato Soup Grilled Cheese Sandwich Carrots Milk Fruit</p>	
<p>17 Hot Dog on a bun Peas Milk Fruit</p>	<p>18 Pizza Logs French Fries Green Beans Milk Fruit</p>	<p>19 Hamburger Patty/Bun Pasta Salad Milk Fruit</p>	<p>20 Spaghetti/Meatball Peas Bread Milk Fruit</p>	<p>21 Chicken Noodle Soup Tuna or Egg Sandwich Fresh Carrots Milk, Fruit</p>	
<p>24 French Toast Scrambled Egg Hash Browns Blueberry Muffin Milk Ice Juicee or Fruit</p>	<p>25 Chicken Nuggets Green Beans Bread Milk Fruit</p>	<p>26 THANKSGIVING</p>	<p>27 </p>	<p>28 HOLIDAY</p>	
<p>Check your child's lunch account balance by logging onto www.myNutrikids.com. You can ask the computer to send you an automatic "low balance" e-mail when your child's account reaches a certain level that you set.</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.



DECEMBER 2008 MENU

Mon	Tues	Wed	Thur	Fri
<p>1 Hot Dog on a bun French Fries Carrots Milk Fruit</p> <p>8 Scrambled Eggs Blueberry Muffin Sausage Hash Browns Milk Ice Juicee or Fruit</p> <p>15 Goulash Peas Bread Milk Fruit</p>	<p>2 Hamburger Patty/Bun Pasta Salad Broccoli Milk Fruit</p> <p>9 Chicken Nuggets Carrots (cooked) Bread Milk Fruit</p> <p>16 Hamburger on a Bun Corn Milk Fruit</p>	<p>3 Pizza Green Beans Milk Fruit</p> <p>10 Pizza Green Beans Milk Apple Crisp</p> <p>17 Turkey Dinner Mashed Potatoes Green Beans Sweet Potato Corn Bread Milk Fruit</p>	<p>4 Taco Day Rice Corn Milk Fruit</p> <p>11 Spaghetti with Sauce Meatball Broccoli Bread Milk Fruit</p> <p>18 Chicken Patty on a Bun Corn Milk Fruit</p>	<p>5 Fishburger on a bun French Fries Carrots Milk Fruit</p> <p>12 Chicken Noodle Soup Egg Salad or Tuna Sandwich Fresh Carrots Milk, Fruit</p> <p>19 Pizza Tuna or Egg Sandwich Fresh Carrots Milk Fruit</p>
22	23	24	25	26



WINTER BREAK

Happy Holidays & Happy New Year



29 30 31 1 2

WINTER BREAK - School Resumes Jan. 5, 2009.

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

Breakfast Every Day
Cereal, Milk, Juice
Some Days:
Bagels/ Cream
Cheese, English
Muffins, Danish,
fresh fruit, breakfast
bars, donuts, eggs.

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.

Breakfast:
7:45 A.M.
Lunch:
11:00 A.M. -
1:00 P.M.

Menu subject to change without notice.

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

TO: