

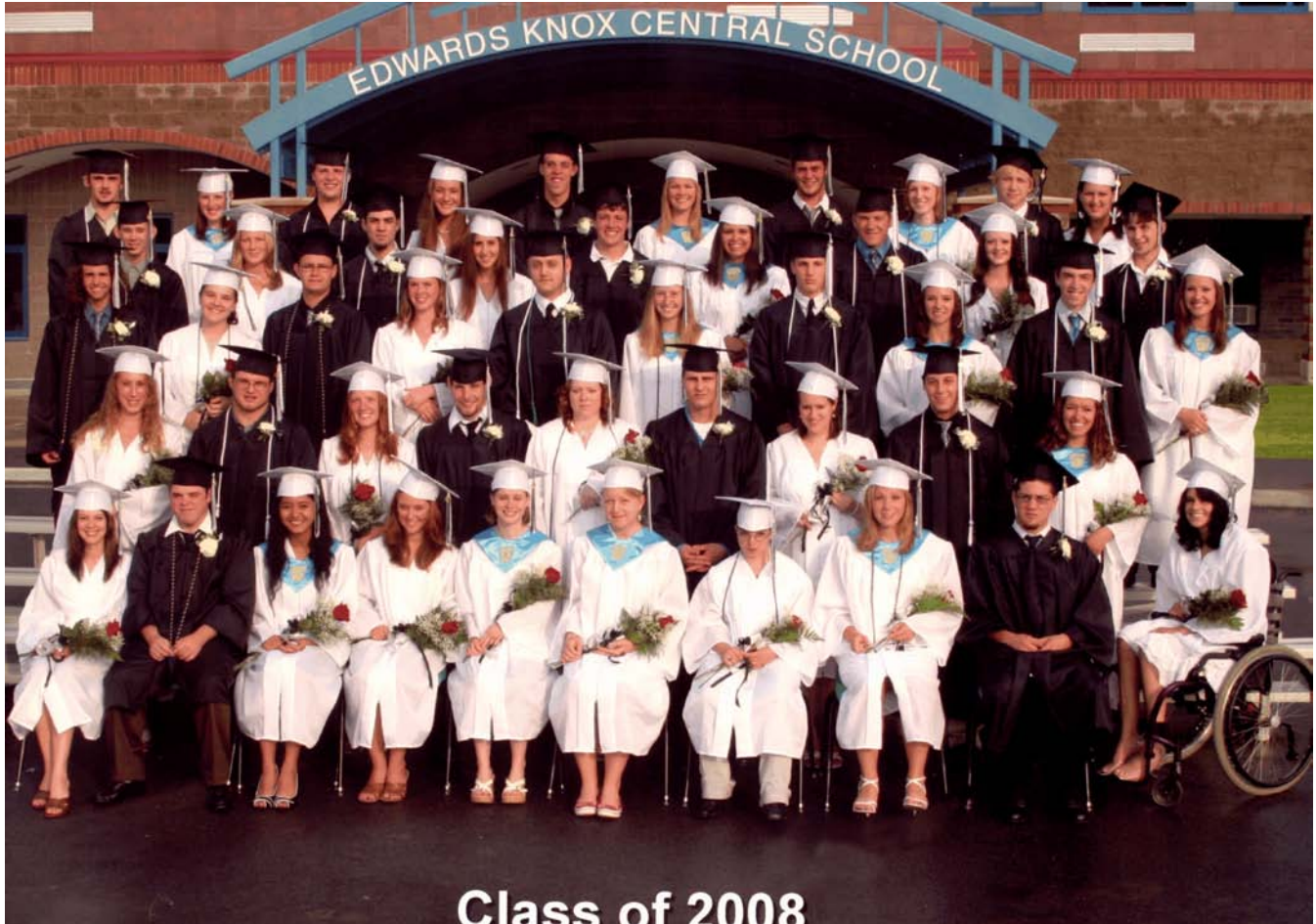
September 2008

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Cougar News

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



Class of 2008

- Row 1: Morgan LaPlante, Kyle Fountain, Salasiah Salamon, Nicole Knable, Faith Beatty, Randi Wagner, Elizabeth Flanagan, Cassandra Averill, Bradley Rafter, Spree Carr
- Row 2: Kelsey Leroux, Lucas Colton, Jeanette Mullaney, Joshua Kirkpatrick, Sausha Pierce-Peabody, Kyle Gravett, Samantha Grimshaw, Omar Serrano, Regina Reese
- Row 3: Nathan Pike, Kaitlin Clark, Trevor Hale, Kristyn Tebo, Erick Whitmarsh, Emily Fuller, Caleb Colton, Chelsea Ellis, Jason Powers, Keri Straw
- Row 4: Eric Beau, Miranda Typhair, Timothy Gladle, Rachel Campbell, Donald Reynolds, Miranda Given, Justin Little, Jeneca LaPlante, James Tresidder
- Row 5: Isaac White, Anne Hawn, Franklin Mackin, Rebecca Johnson, Kevin Stein, Kelsey Tupper, Daniel Ashlaw, Jerrica Jones, Benjamin Davison, Rachel Hatch

SUPERINTENDENT'S COMMENTS

Dear Residents:

I am fortunate enough to have been here in this district for over eighteen years now. I tell people proudly that I am Superintendent for the Edwards-Knox Central School. I will share with you some of the reasons why I am proud and thankful.

The community has and continues to support the mission of educating our children. This is witnessed by your approval of district budgets, attendance at music concerts, sporting events, school plays, parent conferences, and a host of other venues. The work done by the PTO alone is incredible. In addition, a large number of you volunteer to coach little league teams in virtually every sport, advise classes and co-curricular activities, and lead so many other youth activities, that I could not possibly list them all.

The members of the Board of Education donate their time and energy to read the mountains of material that I send them, prepare and attend meetings, and set policies for the benefit of all students. They have supported students throughout my tenure.

The teachers here in the district are a great group of professionals. Over the past eighteen years when we have presented them with research-based programs that have been shown to help students learn, they have stepped forward to do the work necessary to implement these programs. Programs such as the Pre-K, extended day to accommodate extra math in 8th grade and extra English in 7th grade, the adoption of the Saxon Phonics Program, the 9th period remediation or enrichment classes, and the health and dental clinics are but a few of the many programs the Board of Education has approved. The teaching assistants and teacher aides constantly learn new skills and techniques. These skills help our students to meet new standards.

The support staff has met the increasing demands placed upon them. The clerical staff works tirelessly and efficiently. Our bus drivers do an excellent job of safely transporting our children to and from school. The maintenance, custodial, and cleaning staffs can take pride in the fact that our school buildings are immaculate, and our lawns and fields are always being improved.

I have been blessed to have an outstanding team of administrators. They put in long hours, care deeply about students, and treat people respectfully. The students here at Edwards-Knox Central are renowned for their excellent behavior and good manners. They accept responsibility and represent E-KCS proudly. Our students grow and learn from both their successes and their failures.



Contents:

| Topic | Page |
|--------------------------------------|-------|
| Graduation Class of 2008..... | 1 |
| Superintendent's Comments..... | 2-3 |
| Tax Collector..... | 3 |
| School Bus Safety..... | 4 |
| Cafeteria/School Lunch Info: | |
| Instructions..... | 5-6 |
| Application..... | 7-8 |
| School Nurse Info: | |
| Immunizations & Physicals..... | 9 |
| Medications..... | 10 |
| New BMI Exam.. | 11 |
| Permission | 12 |
| Student Accident Insurance..... | 13 |
| Student Directory Information..... | 13 |
| Booster Club | 14-15 |
| Guidance News: | |
| Information..... | 16 |
| ACT/SAT..... | 17 |
| PSAT..... | 18 |
| Graduation Requirements.. | 19-20 |
| NYS Academic Scholarship..... | 21 |
| Athletics..... | 22-23 |
| Health Center..... | 24-25 |
| Pest Management.... | 26 |
| Elementary News: | |
| Bullying, New Staff What to Buy..... | 27 |
| Handouts & Bus Notes..... | 28 |
| Code of Conduct..... | 29-34 |
| Visitors & Public Conduct..... | 34 |
| School Hours, Volunteers | 35 |
| NYSCHIP & Internet Safety.. | 36 |
| Parents' Assoc..... | 36 |
| 7-12 News..... | 37-41 |
| Cafeteria News... | 42-43 |
| Menus..... | 44-45 |

Again, let me reiterate my pride in E-KCS. Thank you all for the opportunity to represent you as Superintendent! This summer we have been busy replacing employees for certain positions.

Please welcome the following new employees Hired this summer:

TEACHERS:

Ms. Kristen Cheney Title 1 Reading – 1 Yr.
Mrs. Clara Cummings –Business/Distributive Educ.
Mrs. Diane Durham – Title 1 Reading
Ms. Elizabeth Ludovici - Spanish Teacher
Ms. Carrie Felix – Elementary Teacher
Mr. Terry Remington – Business Teacher
Mrs. Amanda Siver – H.S. Math Teacher
Ms. Kristen Tulip - Resource Room Teacher- 1 Yr.
Mrs. Cynthia Carr - Teaching Assistant

Non-Instructional:

Ms. Melanie Manning – H.S. Secretary
Guidance Secretary - To Be Determined

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.

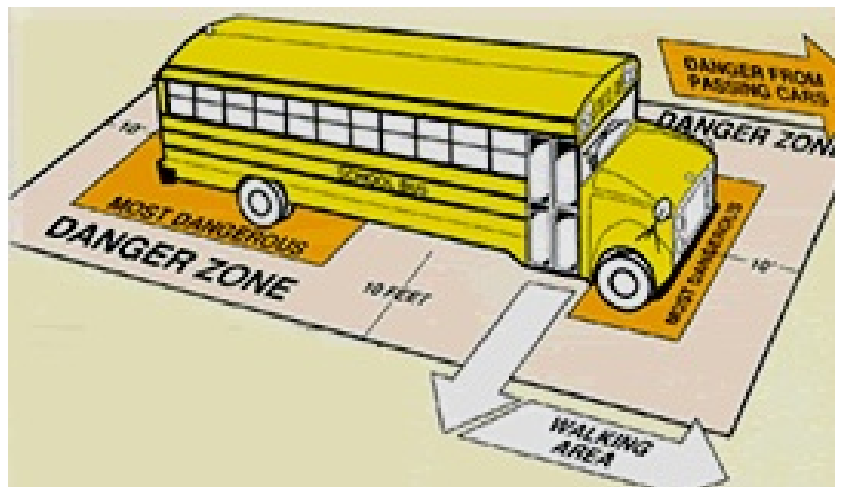
A number of children have been injured or killed when their clothing became caught when exiting the bus.

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 the bus.



Dear Parent/Guardian:

Children need healthy meals to learn. The Edwards-Knox Central School offers healthy meals every school day. Breakfast costs .65¢ and lunch costs \$1.35 for Pre-K-3 and \$1.60 for grades 4-12. Children from households that meet federal income guidelines (outlined below) are eligible for free meals or reduced price meals. Reduced price meals cost each eligible student .25¢ for lunch and .25¢ for breakfast. To apply for free or reduced price meals, submit a Direct Certification letter from the NYS Office of Temporary and Disability Assistance **OR** complete the enclosed application, sign it, and return it to Kathleen Whitmarsh, Cook Manager, as soon as possible. Please refer to the guidelines contained in this letter when completing the application. We cannot approve an application that is not complete, so be sure to fill out all required information.

- 1. Do I need to fill out an application for each child?** No. Complete the application to apply for free or reduced price meals. Do not fill out more than one application for your household.
- 2. Who can get free meals?** Children in households getting Food Stamps or TANF and most foster children can get free meals regardless of your income. Also, your children can get free price meals if your household income is within the free limits on the Federal Income Guidelines. Each foster child must be listed on a separate application, with Part 2 completed and include an adult signature.
- 3. Can homeless, runaway and migrant children get free meals?** Please call Kathleen Whitmarsh, Cook Manager, to see if your child(ren) qualify, if you have not been informed that they will get free meals.
- 4. Who can get reduced price meals?** Your children can get low cost meals if your household income is within the reduced price limits on the Federal Income Chart, shown on this application.
- 5. Should I fill out an application if I received a letter this school year saying my children are approved for free or reduced price meals?** Please read the letter you received carefully and follow the instructions. Call the school at 562-8326, Ext. 507 if you have questions.
- 6. I get WIC, can my child(ren) get free meals?** Children in households participating in WIC may be eligible for free or reduced price meals. Please fill out an application.
- 7. Will the information I give be checked?** The school may ask you at any time during the school year to verify your eligibility. You will be notified, in writing, if you have been selected for Verification. School officials may ask you to send papers showing that your child should receive free or reduce price meals at the time you applied.
- 8. If I don't qualify now, may I apply later?** Yes. You may apply at any time during the school year if your household size goes up, income goes down, or if you start getting Food Stamps, TANF or other benefits. If you lose your job, your children may be able to get free or reduced price meals.
- 9. What if I disagree with the school's decision about my application?** You should talk to school officials. You also may ask for a hearing by calling or writing to: Dr. William Cartwright, E-KCS, P.O. Box 630, Russell, NY 13684-0630, (315)562-8326.
- 10. May I apply if someone in my household is not a U.S. citizen?** Yes. You or your child(ren) do not have to be a U.S. citizen to qualify for free or reduced price meals.
- 11. Who should I include as members of my household?** You must include all people living in your household, related or not (such as grandparents, other relatives, or friends). You must include yourself and all children who live with you.
- 12. What if my income is not always the same?** List the amount that you normally get. For example, if you normally get \$1000 each month, but you missed some work last month and only got \$900, put down that you get \$1000 per month. If you normally get overtime, include it, but not if you get it only sometimes.

INCOME CHART (Reduced Eligibility Scale)

Effective from July 1, 2008 to June 30, 2009

| Household size | Twice Per | | | Every Two | | | | | | | | |
|----------------|-----------|---------|---------|-----------|--------|--------|---|----------|---------|---------|---------|--------|
| | Annual | Month | Week | Annual | Month | Week | | | | | | |
| 1..... | \$19,240 | \$1,604 | \$ 802 | \$ 740 | \$ 370 | 5..... | \$45,880 | \$3,824 | \$1,912 | \$1,765 | \$ 883 | |
| 2..... | \$25,900 | \$2,159 | \$1,080 | \$ 997 | \$ 499 | 6..... | \$52,540 | \$4,379 | \$2,190 | \$2,021 | \$1,011 | |
| 3..... | \$32,560 | \$2,714 | \$1,357 | \$1,253 | \$ 627 | 7..... | \$59,200 | \$4,934 | \$2,467 | \$2,277 | \$1,139 | |
| 4..... | \$39,220 | \$3,269 | \$1,635 | \$1,509 | \$ 755 | 8..... | \$65,860 | \$5,489 | \$2,745 | \$2,534 | \$1,267 | |
| | | | | | | | For each additional family member, add..... | \$ 6,660 | \$ 555 | \$ 278 | \$ 257 | \$ 129 |

How to Apply: To get free or reduced price meals for your children you may submit a **Direct Certification letter received from the NYS Office of Temporary and Disability Assistance, OR carefully complete one application** for your

household and return it to the designated office. If you now receive food stamps, Temporary Assistance to Needy Families (TANF) for any children, or participate in the Food Distribution Program on Indian Reservations (FDPIR), the application must include the children's names, the household food stamp, TANF or FDPIR number and the signature of an adult household member. All children with the same case number may be listed on the same application. Separate applications are required for children with different case numbers. If you do not list a food stamp, TANF or FDPIR number for all the children for whom you are applying, the application must include the names of everyone in the household, the amount of income each household member, and how often it is received and where it comes from. It must include the signature of an adult household member and that adult's social security number, or the word "none" if the adult does not have a social security number. An application that is not complete cannot be approved. Contact your local Department of Social Services for your food stamp or TANF number or complete the income portion of the application.

Reporting Changes: The benefits that you are approved for at the time of application are effective for the entire school year. **You no longer need to report changes for an increase in income or decrease in household size, or if you no longer receive food stamps.**

Income Exclusions : The value of any child care provided or arranged, or any amount received as payment for such child care or reimbursement for costs incurred for such care under the Child Care Development (Block Grant) Fund should not be considered as income for this program.

Nondiscrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to *USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington DC 20250-9410* or call 202-720- 5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Meal Service to Children With Disabilities: Federal regulations require schools and institutions to serve meals at no extra charge to children with a disability which may restrict their diet. A student with a disability is defined in 7CFR Part 15b.3 of Federal regulations, as one who has a physical or mental impairment which substantially limits one or more major life activities. Major life activities are defined to include functions such as caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, and working. You must request the special meals from the school and provide the school with medical certification from a medical doctor. If you believe your child needs substitutions because of a disability, please get in touch with us for further information, as there is specific information that the medical certification must contain.

Confidentiality: The United States Department of Agriculture has approved the release of students names and eligibility status, without parent/guardian consent, to persons directly connected with the administration or enforcement of federal education programs such as Title I and the National Assessment of Educational Progress (NAEP), which are United States Department of Education programs used to determine areas such as the allocation of funds to schools, to evaluate socioeconomic status of the school's attendance area, and to assess educational progress. Information may also be released to State health or State education programs administered by the State agency or local education agency, provided the State or local education agency administers the program, and federal State or local nutrition programs similar to the National School Lunch Program. Additionally, *all* information contained in the free and reduced price application may be released to persons directly connected with the administration or enforcement of programs authorized under the National School Lunch Act (NSLA) or Child Nutrition Act (CNA); including the National School Lunch and School Breakfast Programs, the Special Milk Program, the Child and Adult Care Food Program, Summer Food Service Program and the Special Supplemental Nutrition Program for Women Infants and Children (WIC); the Comptroller General of the United States for audit purposes, and federal, State or local law enforcement officials investigating alleged violation of the programs under the NSLA or CNA.

The disclosure of eligibility information not specifically authorized by the NSLA requires a written consent statement from the parent/guardian.

We will let you know when your application is approved or denied.

Attachment IIIA
 School Year 2008-2009
 Date withdrew _____

_____ F _____ R _____ D
 Temp Free Expires _____
 45 Days

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: \$100.29/weekly, \$100.29/bi-weekly, \$100.29/2x per month, \$100.29/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

ANNUAL INCOME CONVERSION: (ONLY CONVERT WHEN MULTIPLE FREQUENCIES ARE REPORTED ON APPLICATIONS):
WEEKLY X 52; EVERY 2 WEEKS X 26; MONTHLY X 12

FOOD STAMP, ADC/TANF, FOSTER CHILD

INCOME HOUSEHOLD: Total Household Monthly Income: _____ Household size: _____

Application APPROVED for: Free Meals Reduced Price Meals
 Temporary Free (expires in 45 days) ___/___/___ Application DENIED

Date Notice Sent: _____ Signature of Reviewing Official: _____ Date: _____

APPLICATION INSTRUCTIONS

To apply for free and reduced price meals, submit a Direct Certification letter received from the Office of Temporary and Disability Assistance OR complete 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.

PART 1 ALL HOUSEHOLDS MUST COMPLETE STUDENT INFORMATION.

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

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

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

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

- (1) List a current food stamp case number, ADC/TANF or FDPIR (Food Distribution Program for Indian Reservations) number. Complete a separate application for a child/children with a different case number.
- (2) An adult household member must sign the application in PART 5. SKIP PART 4. Do not list names of household members or income if you list a food stamp case number, ADC/TANF or FDPIR number.

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

- (1) Write the names of everyone in your household, whether or not they get income. Include yourself, the children you are applying for, all other children, your spouse, grandparents, and other related and unrelated people in your household. Use another piece of paper if you need more space.
- (2) Write the amount of current income each household member receives, before taxes or anything else is taken out, and indicate where it comes from, such as earnings, welfare, pensions and other income. If the current income was more or less than usual, write that person’s usual income. **Specify how often this income amount is received: weekly, bi-weekly, monthly, 2 x per month.**
- (3) The value of any child care provided or arranged, or any amount received as payment for such child care or reimbursement for costs incurred for such care under the Child Care and Development Block Grant, TANF and At Risk Child Care Programs should not be considered as income for this program.
- (4) The application must include the social security number of the adult who signs **PART 5** IF Part 4 is completed. If the adult does not have a social security number, write “none”. 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.



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

Attention students entering the 6th grade:

The New York State Department of Health **requires** students who are **entering 6th grade** and who are **11 years of age** or older to receive an immunization containing tetanus toxoids, diphtheria and acellular pertussis (**Tdap**).

Also, students born on or after January 1, 1994, and who enroll in the **6th grade** must be immunized against varicella (chicken pox). Exemptions include:

- 1). **Documented history of disease** by your physician. Parental recall is not sufficient and will not be accepted as proof of immunization.
- 2). Medical exemption consisting of a written statement from physician licensed to practice in the state of New York. A copy of exemption must be retained by the school.
- 3). A statement of religious exemption. A copy must be retained by the school.
- 4). Serologic proof of immunity to varicella.

Required physicals

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

New BMI (Body Mass Index) Requirements

Recent changes to the New York State Education Law require that BMI and weight status group be included as part of the students's school health examination. This is a measurement obtained by using the students height and weight. Please see the attached letter included in this newsletter. A sample of school districts will be selected to take part in a survey by the New York State Department of Health. If our school is selected to be part of the survey, we will be reporting to New York State Department of Health information about our students weight status groups. Only summary information is sent. No names and no information about individual students are sent.

Updates on physicals and immunizations

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

Dr. William Cartwright
Superintendent of Schools

EDWARDS-KNOX CENTRAL SCHOOL DISTRICT

P.O. BOX 630

RUSSELL, NEW YORK 13684-0630

PHONE: (315) 562-8326 or Toll Free 1-866-201-3694

FAX: (315) 562-8433

BUS GARAGE: (315) 562-8440

SCHOOL-BASED HEALTH CLINIC: (315) 562-7242

www.ekcsk12.org

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

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

AUTHORIZATION FOR ADMINISTRATION OF MEDICATION IN SCHOOL

To be completed by the parent or guardian:

I request that my child _____ grade _____ receive the medication as prescribed below by our licensed health care provider. The medication is to be furnished by me in the **original** labeled contained from the pharmacy. Medications are to be delivered to the school nurse by the **parent**. Understand that the school nurse, or other designated person in the case of the absence of the school nurse, will administer the medication.

Signature of Parent / Guardian: _____ Date _____

Address: _____

Telephone: Home: _____ Work: _____ Date: _____

To be completed by the licensed health care prescriber:

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

Name of Student _____ Date of Birth _____

Diagnosis _____

Name of Medication _____

Prescribed dosage, frequency and route of administration: _____

Time to be taken during school hours: _____

Duration of treatment _____

Possible side effects: _____

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

Prescriber's signature: _____ Address: _____

Telephone: _____ Date: _____

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

New Body Mass Index Requirements



As part of a required school health examination, a student is weighed and his/her height is measured. These numbers are used to figure out the student's body mass index or 'BMI'. The BMI helps the doctor or nurse know if the student's weight is in a healthy range or is too high or too low. Recent changes to the New York State Education Law require that BMI and weight status group be included as part of the student's school health examination. A sample of school districts will be selected to take part in a survey by the New York State Department of Health. If our school is selected to be part of the survey, we will be reporting to New York State Department of

Health information about our students' weight status groups. Only summary information is sent. No names and no information about individual students are sent. However, you may choose to have your child's information excluded from this survey report.

The information sent to the New York State Department of Health will help health officials develop programs that make it easier for children to be healthier.

If you do not wish to have your child's weight status group information included as part of the Health Department's survey this year, please print and sign your name below and return this form to:

Edwards-Knox Central School
Melissa Brown/School Nurse
P.O. Box 630
Russell, N.Y. 13684

Please do not include my child's weight status information in the 2008-2009 School Survey.

Print Child's Name

Date

Print Parent's Name

Parent's Signature

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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562-3227 or 347-3410

PHONE: (315) 562-8326 or Toll Free 1-866-201-3694
FAX: (315) 562-8433
BUS GARAGE: (315) 562-8440
SCHOOL-BASED HEALTH CLINIC: (315) 562-7242

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

Dear Parent or Guardian:

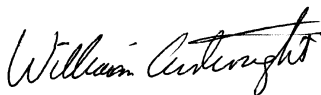
Each school district is mandated by law (section 904) to provide an examination by the school physician of those pupils whose parents do not provide these reports from their family physician. Consequently, a parent does have the right to have their child examined by either their own family physician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

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

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

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

Sincerely,



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 1-866-201-3694, 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 30th. If notice of refusal is not received by this date, the District may release such information to an outside group without individual consent. If you have refused to release this information in previous years, you still need to renew your refusal every year. The Family Education Rights and Privacy Act (FERPA) defines student directory information as the following: name, address, telephone listing, date and place of birth, major field of study, participation in officially recognized activities and sports, weight and height (if members of athletic teams), degrees and awards received, the name of the educational agency or institution previously attended by the student.

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

or go to

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.

The Booster Club could use your help with fall concession stands. 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. Through past fund-raising, we have been able to send many teams to tournaments through transportation costs, as well as entrance fees. The past two years we have been able to host our own summer soccer and basketball camps. Please consider giving this Club your time.



GUIDANCE NEWS

Linda Alford - Guidance Counselor



PROGRAMS FOR JUNIORS AND SENIORS THIS FALL

SUNY Road Show

Clifton-Fine will host the "SUNY ROAD SHOW" on Tuesday, September 16, 2008. 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 7, 2008 for the "College Fair". This program will bring together many college representatives from New York State, other northeastern states and Canada. Represented will be four-year colleges, two-year colleges including community colleges, and the military branches. In addition to the morning event, the "College Fair" will be set up at St. Lawrence University during that evening for all community members.

Juniors and seniors please fill out and return the permission form to the Guidance Office at the start of school if you intend to participate in these programs. This form is mailed with your schedule in August or is available in the guidance office or on the guidance web-page.



Guidance Web-Page is Under Construction

Check out the Guidance Web-Page! There are many useful links, important dates and other important information. As the school year starts this information will be updated and current.

<http://www.ekcsk12.org/guidance/>

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 : October 1, 2008 at 6:30pm in room 304.

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

| ACT | <u>Registration Deadlines*</u> | <u>Test Dates</u> |
|--------------------------------|---|-------------------|
| | Sept. 19, 2008 | Oct. 25, 2008 |
| | Nov. 07, 2008 | Dec. 13, 2008 |
| | Feb. 27, 2009 | Apr. 04, 2009 |
| | May 08, 2009 | Jun. 13, 2009 |
| Test Fee: \$31.00 | Fee waivers may be available in the Guidance Office | |
| With Optional Writing: \$46.00 | for students who qualify for a reduced or free lunch. | |

| SAT | <u>Registration Deadlines*</u> | <u>Test Dates</u> |
|---|--|-------------------|
| | Sept. 09, 2008 | Oct. 04, 2008 |
| | Sept. 26, 2008 | Nov. 01, 2008 |
| | 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

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 15, 2008**. **There is a charge of approximately \$13.00 per student**. It will be given in the morning during school hours.

Students must sign-up in the Guidance Office by September 19th. Tests must be ordered.

Why would a junior choose to take the PSAT?

- * Compare their ability to do college work with the ability of college-bound peers
- * Practice for the SAT I, a college admission test with similar questions and scores
- * Enter scholarship competitions conducted by National Merit Scholarship Corporation and other programs
- * Receive information from colleges, universities, and certain scholarship programs about educational and financial aid opportunities

For more information check out the following web page:

www.collegeboard.com

ASVAB TESTING FOR JUNIORS IN THE SPRING

As part of the Comprehensive Guidance Plan juniors will take part in the ASVAB Career Exploration Program on March 27, 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.

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 24, 2009 with an official interpretation at some point after that.

GUIDANCE NEWS CONT'D.
Linda Alford - Guidance Counselor

GRADUATION REQUIREMENTS

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

There are actually 3 distinct areas of requirements. They are:

- 1) units or credits a student must earn
- 2) courses a student must pass
- 3) exams a student must pass

| | Local Diploma | Regents Diploma | Advanced Regents Diploma |
|----------------------|--|---|--|
| 1) Units or Credits | 22 Units | 22 Units | 22 Units |
| 2) Courses Required | English (4 Units) History (4 Units) Math (3 Units) Science (3 Units) Spanish (1 Unit) Art/Music (1 Unit) HS Health (½ Unit) Physical Ed. (2 Units) | English (4 Units) History (4 Units) Math (3 Units) Science (3 Units) Spanish (1 Unit) Art/Music (1 Unit) HS Health (½ Unit) 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 th Grade | Local Diploma Requirements | Regents Diploma Requirements | Advanced Regents Diploma Requirements | Diplomas w/ Honors |
|------------------------------------|---|---|--|--|
| 2004 and Before | can score 55% - 64% on 5 required exams | must score 65% or higher on 5 required exams | must score 65% or higher on 8 required exams | An average of 90% or higher on all Regents exams required for diploma. |
| 2005 | can score 55% - 64% on 3 required exams. Must score 65% or higher on 2 required exams | must score 65% or higher on 5 required exams | must score 65% or higher on 8 required exams | An average of 90% or higher on all Regents exams required for diploma. |
| 2006 | can score 55% - 64% on 2 required exams. Must score 65% or higher on 3 required exams | must score 65% or higher on 5 required exams | must score 65% or higher on 8 required exams | An average of 90% or higher on all Regents exams required for diploma. |
| 2007 | can score 55% - 64% on 1 required exams. Must score 65% or higher on 4 required exams | must score 65% or higher on 5 required exams | must score 65% or higher on 8 required exams | An average of 90% or higher on all Regents exams required for diploma. |
| 2008 | no longer available | must score 65% or higher on 5 required exams | must score 65% or higher on 8 required exams | An average of 90% or higher on all Regents exams required for diploma. |
| Required Exams | ELA, Global History, US History, Math A, Living Environment | ELA, Global History, US History, Math A, Living Environment | ELA, Global History, US History, Math A, Living Environment, A Physical Science, Math B, Spanish | |

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.

ELEMENTARY BASKETBALL



Who: 2nd, 3rd & 4th Grade Girls and Boys

When: Beginning in September, 2008

Where: E-KCS

Coach Montgomery of the E-KCS Basketball Coaching Staff is continuing the basketball program for 2nd, 3rd & 4th graders in September. Similar to the last five years, this program will stress basic basketball skills for both girls and boys and a schedule of Saturday practices will start on 9/13/08 and continue through 10/25/08, 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 2nd, 3rd & 4th grade co-ed basketball program.

Parent/Guardian Signature Date

Classroom Teacher/Grade _____ Phone # _____



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



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

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

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



2008 FALL SPORTS SCHEDULES

Women's Soccer

08/26/08 Home Scrimmage
 08/29/08 Home Tournament
 08/30/08 Home Tournament
 09/03/08 @ Harrisville
 09/05/08 LISBON
 09/09/08 @ Heuvelton
 09/11/08 HAMMOND
 09/16/08 @ Morristown
 09/19/08 @ Hermon-DeKalb
 09/23/08 CLIFTON-FINE
 09/26/08 HARRISVILLE
 09/29/08 @ Lisbon
 10/02/08 HEUVELTON
 10/06/08 @ Hammond
 10/09/08 MORRISTOWN
 10/14/08 HERMON-DEKALB
 10/16/08 @ Clifton-Fine

MODIFIED

09/03/08 @ Harrisville
 09/05/08 LISBON
 09/09/08 @ Heuvelton
 09/11/08 HAMMOND
 09/16/08 @ Morristown
 09/19/08 HERMON-DEKALB
 09/23/08 CLIFTON-FINE
 09/26/08 HARRISVILLE
 09/29/08 @ Lisbon
 10/02/08 HEUVELTON
 10/06/08 @ Hammond
 10/09/08 MORRISTOWN
 10/14/08 HERMON-DEKALB
 10/16/08 @ Clifton-Fine

(H-D modified teams will play both games at E-K due to field construction at H-D.)

Men's Soccer

08/25/08 Home Scrimmage
 08/29/08 Home Tournament
 08/30/08 Home Tournament
 09/02/08 HARRISVILLE
 09/04/08 @ Lisbon
 09/05/08 Harrisville Tourn.
 09/06/08 Harrisville Tourn.
 09/08/08 HEUVELTON
 09/11/08 @ Hammond
 09/15/08 MORRISTOWN
 09/18/08 HERMON-DEKALB
 09/22/08 @ Clifton-Fine
 09/25/08 @ Harrisville
 09/30/08 LISBON
 10/03/08 @ Heuvelton
 10/07/08 HAMMOND
 10/10/08 @ Morristown
 10/14/08 @ Hermon-Dekalb
 10/17/08 CLIFTON-FINE

MODIFIED

09/02/08 HARRISVILLE
 09/04/08 @ Lisbon
 09/08/08 HEUVELTON
 09/11/08 @ Hammond
 09/15/08 MORRISTOWN
 09/18/08 HERMON-DEKALB
 09/22/08 @ Clifton-Fine
 09/25/08 @ Harrisville
 09/30/08 LISBON
 10/03/08 @ Heuvelton
 10/07/08 HAMMOND
 10/10/08 @ Morristown
 10/14/08 HERMON-DEKALB
 10/17/08 CLIFTON-FINE

Swimming

09/05/08 @ Franklin Academy
 09/12/08 @ Salmon River
 09/16/08 @ St. Law. Central
 09/19/08 MASSENA
 09/26/08 POTSDAM
 09/30/08 @ Gouverneur
 10/07/08 @ OFA
 10/10/08 SALMON RIVER
 10/17/08 @ Canton
 10/21/08 @ Massena
 10/24/08 @ Gouverneur
 11/01/08 Sectionals @
 Potsdam-Maxcy Hall

MODIFIED*

09/16/08 @ St. Law. Central
 09/19/08 MASSENA
 09/26/08 POTSDAM
 10/07/08 @ OFA
 10/21/08 @ Massena

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

VOLLEYBALL

VARSITY

09/03/08 @ Canton
 09/05/08 BRUSHTON-MOIRA
 09/09/08 @ Gouverneur
 09/11/08 MASSENA
 09/16/08 @ Chateaugay
 09/18/08 @ Salmon River
 09/23/08 FRANKLIN ACADEMY
 09/25/08 @ Tupper Lake
 09/30/08 OFA
 10/02/08 @ Brushton-Moira
 10/07/08 MADRID-WADDINGTON
 10/09/08 @ Massena
 10/15/08 POTDSAM
 10/17/08 SALMON RIVER
 10/21/08 TUPPER LAKE
 10/23/08 @ OFA

MODIFIED*

09/05/08 BRUSHTON-MOIRA
 09/25/08 @ Tupper Lake
 09/30/08 OFA
 10/02/08 @ Brushton-Moira
 10/21/08 TUPPER LAKE
 10/23/08 @ OFA

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

SCHOOL BASED HEALTH CENTER NEWS

While the summer winds down, we are soon to be in full swing in the Health Center, ready to help you care for your child(ren)'s needs this coming year. We are looking forward to providing the full scope of pediatric care right here at Edwards-Knox, including well visits, immunizations, acute visits and chronic care. If your child(ren) need medical attention, we are happy to help.



We find it of vital importance to let you know what is happening with your child(ren) during a Health Center visit. If you have updated contact information, such as mailing address, home address and/or phone numbers (especially those where we can reach you during school hours), please bring this to our attention. This helps us keep you informed of your child's health! Additionally, if your child does have health insurance, please forward a copy of your insurance card (front and back) to us as soon as possible. This allows us to be prepared and awaiting your child(ren)'s first office visit.

This coming year, we will continue to provide immunization updates and well visits. Many of you heard from us this past year, and we are pleased that our student population benefits from this preventive care! If you are unsure if your child needs vaccine updates, feel free to call us. Most children aged 11 or older, or those who have had only one chicken pox shot (regardless of age), are in need of updates. We're happy to review this by telephone.



New York State required us as a school based clinic to perform a well visit for your enrolled child(ren) yearly. If your child did have a physical exam with his/her primary care provider over last school year or this summer, having a copy of this exam forwarded to us by mail or fax (562-7244) could lessen duplication of services.

This school year we will again offer flu shots to those children enrolled in the clinic. Of note, the current recommendation is for all children aged 6 months and older receive this vaccine, especially if you would like to reduce the risk of contracting the flu and its complications. Certain people are at higher risk of contracting the flu, so anyone who falls into the following categories (or is in contact with someone from one of these categories, e.g. family members of asthmatics) should have a flu shot: children ages 6 months to 5 years, pregnant women, people aged 50+, or people any age with chronic medical conditions (asthma, diabetes, blood disorders, kidney disease, liver disease, seizures, or spinal cord injuries). If you are interested in your child(ren) receiving the flu shot at the Health Center, please call us in September to sign up. It is never too early to plan ahead!



If any questions or comments arise, please call us at your earliest convenience. We look forward to talking with you throughout this academic year!

Sincerely,

The Edwards-Knox School Based Health Center Staff
Katie Matthis, RPAC
Sharon MacDonald, LPN
Debbie Rixon, MA
Megan Wright, DO



Enrollment Form
Edwards-Knox School Based Health Center
 (315) 562-7242
 In affiliation with Clifton-Fine Hospital



The School Based Health Center (SBHC) is an independent clinic based in the Edwards-Knox Central School District (E-KCS). Services are available to all enrolled in the school or clinic. Enrolled students must have a written parental/guardian consent for any treatment. Onsite SBHC services are provided at no out of pocket expense. Services done off-site (medical testing, lab, etc.) will be billed to your insurance or responsible party. The clinic will make every effort to contact the student's family (phone, letter, etc.) Whenever possible, parents are encouraged to join the child at their visits.

Student Information

| | | | |
|----------------------|---------------------------------------|--|---------------|
| Student Name: | Male: <input type="checkbox"/> | Female: <input type="checkbox"/> | Grade: |
| Student DOB: | Social Security # | Circle one: Patient's Race: White Black Asian Native American Other | |

Parent or Guardian Information

| | | | |
|---|---------------------|-----------------------------------|-------------|
| Mother's Information | DOB: | Father's Information | DOB: |
| Name: | Maiden Name: | Name: | |
| Address: City/State/Zip | | Address: City/State/Zip | |
| Home Phone: | | Home Phone: | |
| Work Phone: | | Work Phone: | |
| Social Security # | | Social Security # | |
| Does Student have Health Insurance Yes <input type="checkbox"/> No <input type="checkbox"/> ☆ Please make copy of insurance card - front and back. ☆ | | | |

| | |
|------------------------------|-----------------------|
| Insurance Name: | Policy # |
| Policy Holder's Name: | Group # |
| Insurance Address: | City/State/Zip |
| Insurance Phone # | |

| | |
|------------------------------|-----------------------|
| Insurance Name: | Policy # |
| Policy Holder's Name: | Group # |
| Insurance Address: | City/State/Zip |
| Insurance Phone #: | |

Physician Information

| | |
|---|--|
| <input type="checkbox"/> I would like to use the Edwards-Knox Health Based Health Center for my child's health care needs. | Does our child have a Physician? Yes <input type="checkbox"/> No <input type="checkbox"/> |
| <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. | Physician name: |
| | Address: |
| | City/State/Zip |
| | Phone #: |

Pharmacy Information

| | |
|---|-----------------|
| Do you have a pharmacy you would like used for call in prescriptions? Yes <input type="checkbox"/> No <input type="checkbox"/> | |
| Pharmacy Name: | Phone #: |
| Address: | |

Parental Consent For Treatment

I give my consent for my child to receive services provided by the staff of the School Based Health Clinic.

| | |
|-------------------------------------|--------------|
| Signature of Parent/Guardian | 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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Jr.-Sr. H.S. Principal
562-3227

PHONE: (315) 562-8326 or Toll Free 1-866-201-3694
FAX: (315) 562-8433
BUS GARAGE: (315) 562-8440
SCHOOL-BASED HEALTH CLINIC: (315) 562-7242
www.ekcsk12.org

Suzanne L. Kelly
Elementary Principal
562-3284

August 25, 2008

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

We are looking forward to the return to school in September! There will be many new things, people, and experiences for our children. These include:

Anti-bullying “Owleus” Program: Help us to decrease bullying from Edwards-Knox School. This will be a big challenge, but we are dedicating time and energy to this project. Look for more information on how you can be part of this, too. Eight staff will be attending a two-day seminar to learn how we can decrease bullying and help the students to take an active role.

Technology News: Several elementary classrooms have received Smart Boards over the summer. A Smart Board is an interactive computer-based board that is used for instruction. Many children experienced these last year and really caught on quickly. They are an excellent tool that makes learning fun.

Another exciting tool that will be used in many classrooms this year are CPS or Senteo systems. These are paddles or remote control type gadgets that allow every person to interact and answer questions and participate by pushing a button for the correct answer.

Grades 4, 5, and 6 will have computer classes three times per week to learn basic typing, Microsoft programs, Power Point, and various other exciting programs.

New Staff to Welcome:

| | |
|----------------|----------------------------|
| Cynthia Carr | Teacher Assistant |
| Kristen Cheney | Title Grades 3-4, room 203 |
| Diane Durham | Title Grades 5-6, room 701 |
| Carrie Felix | Grade 1, room 110 |
| Kristen Tulip | Resource Room, room 216 |

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.

ELEMENTARY CORNER CONT'D.

By: Sue Kelly, Principal

Supply lists can be found on each individual teacher's web page. Go to www.ekcsk12.org, click on staff directory, and then find your child's teacher's name and click on the gray box that says "Home Page;" from there, click on "Supply List." You may also contact the elementary office or stop by and pick up a list.

This year we are asking all parents to provide us with your e-mail address on our Emergency Information form. Each teacher has their e-mail address available on their web page.

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.



Please try to remember to send in a note with updates (new address, change in telephone numbers...) for your Emergency forms. Last year there were several incidents where we couldn't contact parents because information was invalid. Don't rely on children to pass on such important information.

BUS NOTES

All bus changes should be received in written form prior to 1:00 p.m. This includes written notes, faxes, or e-mails with telephone approval. Please be sure to include the child's first and last name, location to be dropped off including address and name of residence, the dates to be dropped off or picked up, parent/guardian's signature, and the date of request. At times, substitute secretaries may be on duty and aren't always familiar with the names and locations within our district.

ELEMENTARY CORNER CONT'D.

By: Sue Kelly, Principal

BUS NOTES CONT'D.

For those children who go to more than one household, i.e. babysitter, alternate parent, or relative, feel free to send in a permanent bus pass by the week, month, or year if you know the schedule.

In the case where no one is at home, children will be brought back to school, and it is the family's responsibility to pick up their child at school. If you prefer that your child be dropped off, whether an adult is home or not, please send a note stating this to the office. For safety purposes, the drivers have been instructed not to drop off young children without supervision



CODE OF CONDUCT

Introduction:

The Edwards-Knox Central School District Code of Conduct is designed to meet the requirements of the Safe Schools Against Violence in Education Act (Project SAVE). Project SAVE legislation sets forth different and expanded requirements for codes of conduct in public schools. This law requires every school district and BOCES to have new codes of conduct in place by July 1 that are renewed each year. Ultimate authority for adoption of a code rests with the Board of Education, but the statute requires school boards to develop their codes in collaboration with administrator, teacher, parent, and student organizations. The Edwards-Knox Central School District Code of Conduct (hereafter referred to as the "Code") is the result of that collaborative effort. A full copy of the Code of Conduct can be requested from either offices.

Purpose of the Code:

The Code governs the conduct of students, teachers, other school personnel, as well as visitors. The purpose of the Code is to foster a safe and orderly school environment where students may receive and district personnel may deliver quality education services without disruption or interference. The Code outlines expectations for appropriate behaviors on school property or while attending a school function and identifies consequences for inappropriate conduct for students, school personnel, parents, and visitors.

Student Rights and Responsibilities:

The district is committed to safeguarding the following fundamental rights of all students. The right to: take part in all district activities on an equal basis; be heard in cases of alleged misconduct; and have access to school rules and an explanation of those rules.

ELEMENTARY CORNER CONT'D.

By: Sue Kelly, Principal

Student Rights and Responsibilities Cont'd.:

With these rights, come responsibilities for contributing to a safe and orderly environment. Students are expected to show respect to others and school property; be familiar with and abide by the district's policies; attend school regularly; work to the best of their ability; respond in a respectful, positive manner; control their anger; dress appropriately for school and school functions; and conduct themselves appropriately when participating in or attending school-sponsored extracurricular events.

Essential Partners:

The SAVE legislation requires that codes of conduct contain provisions defining the roles of teachers, administrators, other school personnel, boards of education and parents. In our Code this section sets forth certain specific roles and responsibilities for parents, teachers, principals, the guidance counselor, school psychologist, superintendent, and the board of education in regard to their roles in creating and maintaining a safe, orderly, and effective school.

Student Dress Code:

The SAVE legislation also requires that a student dress code be adopted regarding dress while on school property, and the code may not be vague, subjective or overly broad. This section of the code provides students with guidelines about acceptable and unacceptable appearance standards. Each building principal shall be responsible for informing all students and their parents of the student dress code at the beginning of the school year. Students who violate the dress code shall be required to modify their appearance by covering, removing, or replacing the offending item, as appropriate.

In our code a student's dress, grooming and appearance, including hair style/color, jewelry, make-up and nails, shall:

1. Be safe, appropriate and not disrupt or interfere with the educational process.
2. Recognize that extremely brief garments such as tube tops, net tops, plunging necklines (front and/or back), tops that expose the midriff, see-through garments, as well as short shorts and short skirts may not be appropriate for school during regular school hours. In addition, tops cannot be lower than 4" from the base of the neck in the back, no cleavage should be observed and shorts, skirts, and dresses cannot be shorter than finger tip length when a person's arms are relaxed at their sides. (Exceptions to this rule could include special designated events, such as wearing a dress with spaghetti straps to the prom or to music concerts.) The principal will make decisions when questions or concerns arise regarding the appropriateness of an individual student's dress.

ELEMENTARY CORNER CONT'D.

By: Sue Kelly, Principal

Student Dress Code Cont'd.:

3. Ensure that underwear is completely covered with outer clothing.
4. Include footwear at all times. Footwear that is a safety hazard will not be allowed. At the elementary level sneakers are required on gym days and on the playground.
5. For students grades 7-12 hats or visors will not be permitted in offices, in the cafeteria, during assemblies, at banquets, or programs. At the elementary level hats, bandanas or any other head covering may not be worn in the building. Students are to leave such items in their lockers/cubbies upon entry.
6. Not include items that are vulgar, obscene, libelous or denigrate others on account of race, color, religion, creed, national origin, gender, sexual orientation or disability. Not promote and/or endorse the use of alcohol, tobacco or illegal drugs and/or encourage other illegal or violent activities.

Prohibited Student Conduct:

Students are expected to conduct themselves in an appropriate and civil manner, with proper regard to the rights and welfare of other students, district personnel and other members of the school community, and for the care of school facilities and equipment. Students must learn to assume and accept responsibility for their own behavior, as well as the consequences of their misbehavior. Students may be subject to disciplinary action, up to and including suspension from school, when they engage in: conduct that is disorderly, insubordinate, disruptive, violent, or that endangers the safety, morals, health or welfare of others. Inappropriate behavior also includes misconduct on a school bus or any form of academic misconduct such as plagiarism, cheating, copying, or altering records.

Reporting Violations:

Everyone subject to the Code is expected to promptly report violations to proper school officials. Anyone observing an individual possessing a weapon, alcohol or an illegal substance on school property or at a school function shall immediately report this information to a school official. Any weapon, alcohol or illegal substance found in a student's possession shall be confiscated immediately, if possible. This will be followed by notification to the parent of the student involved and the initiation of appropriate action, which may include permanent suspension from school and/or referral for civil prosecution. The building principal or designee must notify the local law enforcement official(s) of those Code violations that substantially affect the order or security of the school and constitute a crime.

ELEMENTARY CORNER CONT'D.

By: Sue Kelly, Principal

Disciplinary Procedures:

Disciplinary action, when necessary, will be firm, fair and consistent so as to be the most effective in changing student behavior. In determining the appropriate disciplinary action, school personnel authorized to impose disciplinary penalties will consider the student's age; the nature of the offense and the circumstances which led to the offense; the student's prior disciplinary record; the effectiveness of other forms of discipline; information from parents, teachers and/or others, as appropriate; and other extenuating circumstances.

As a general rule, discipline will be progressive. This means that a student's first violation will usually merit a lighter penalty than subsequent violations. Students will receive progressively more severe consequences when school rules are disregarded more than one time.

Progressive discipline measures for K - 6th grade will include:

1. Behavior plan written by the child and teacher to be sent home to the parent.
2. Loss of classroom privileges and/or exclusion from specific activities.
3. "Time Out" within the classroom, in another classroom, or school location.
4. After school detention.
5. Special arrangement, on a case-by-case basis, may be made for children having serious behavior difficulty.
6. Suspension from school, in conjunction with supporting professional staff.

Progressive discipline measures for 7th - 12th grade will include:

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. First offense: 2. Second offense: 3. Third offense: 4. Fourth offense: 5. Fifth offense: 6. Sixth offense: 7. Seventh offense: | <p>1 night of detention 2 nights of detention 1 full day in In-School Planning Room 1 day Suspension Out-of-School 2 days Suspension Out-of-School 3 days Suspension Out-of-School 5 days Suspension Out-of-School and referral to the Superintendent for a Superintendent's Hearing to consider out of school placement, home-tutoring or other options</p> |
|---|--|

The principal may use discretion in issuing these consequences upon reflection of the length of time between referrals.

ELEMENTARY CORNER CONT'D.

By: Sue Kelly, Principal

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| <p>Alternative Instruction:</p> <p>When a student of any age is removed from a class by a teacher or a student of compulsory attendance age is suspended from school pursuant to Education Law, the district will take immediate steps to provide alternative means of instruction for the student.</p> | <p>Corporal Punishment:</p> <p>Corporal punishment of students is forbidden. Reasonable physical force may only be used to protect any person from physical injury, to protect the property of the school or others, or to restrain or remove a student who has refused to refrain from acts that interfere with the orderly exercise and performance of school district functions.</p> |
| <p>Discipline of Students with Disabilities:</p> <p>Students with disabilities are guaranteed certain procedural protections when they become the subjects of disciplinary action. The Code expressly recognizes and employs these protections in accordance with applicable federal and state laws and regulations.</p> <p>If the conduct of a student is related to a disability or suspected disability, the student shall be referred to the Committee on Special Education and discipline, if warranted, shall be administered consistent with the separate requirements of this code of conduct for disciplining students with a disability or presumed to have a disability. A student identified, as having a disability shall not be disciplined for behavior related to his/her disability.</p> | |

Student Searches and Interrogations:

The United States Supreme Court has held that a student may be searched by a school official if the official has "reasonable suspicion" to believe that a search of the student will result in evidence that the student violated the law or a school rule. Students are not entitled to any sort of "Miranda"-type warning before being questioned by school officials, nor are school officials required to contact a student's parent before questioning the student. However, school officials will inform all students why they are being questioned.

An authorized school official may conduct a search of a student's belongings that is minimally intrusive, such as touching the outside of a book bag, without reasonable suspicion, so long as the school official has a legitimate reason for the very limited search. An authorized school official may search a student or the student's belongings based upon information received from a reliable informant. Lockers, desks, and other such storage spaces remain the exclusive property of the school, students have no expectation of privacy with respect to these areas.

ELEMENTARY CORNER CONT'D.

By: Sue Kelly, Principal

Student Searches and Interrogations Cont'd.:

Before searching a student or the student's belongings, the authorized school official should attempt to get the student to admit that he or she possesses physical evidence that they violated the law or the district code, or get the student to voluntarily consent to the search. Searches will be limited to the extent necessary to locate the evidence sought. Whenever practicable, searches will be conducted in the privacy of administrative offices and students will be present when their possessions are being searched.

Law enforcement officials may be summoned in order to conduct an investigation of alleged criminal conduct on school premises, or during a school-sponsored activity, or to maintain the educational environment. They may also be summoned for the purpose of maintaining or restoring order when the presence of such officers is necessary to prevent injury to persons or property.

The School District's administrators shall at all times act in a manner that protects and guarantees the rights of students and parents. Police authorities have no right to interview students in the school building without a warrant or probable cause for suspicion, they should take the matter up directly with the student's parent/legal guardians. If a student is to be questioned by police, it is the responsibility of the school administration to see that the interrogation takes place privately and in the presence of the parents/legal guardians and the building principal/designee unless the student is 16 years of age or older. The building principal or his/her designee must be present with the student at all times during an interrogation and will be responsible for terminating the questioning in the event it becomes inappropriate.

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| <p style="text-align: center;">Visitors:</p> <p>Parents and other district citizens are encouraged to visit our school. Visitors are asked to schedule appointments, so sign in at the main office to receive a visitor's pass, and to abide by the same rules our students follow for public conduct on school property.</p> | <p style="text-align: center;">Public Conduct on School Property:</p> <p>All persons on school property or attending a school function shall conduct themselves in a respectful and orderly manner. This requirement extends to the wearing of appropriate attire. Violators will be subject to removal and exclusion from school grounds and school-sponsored activities.</p> |
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ELEMENTARY CORNER CONT'D.

By: Sue Kelly, Principal

SCHOOL HOURS

Any student who is dropped off prior to 7:45 a.m. is to report directly to the downstairs cafeteria and be seated until 7:45. Students are not permitted to walk the halls, go to a classroom without a teacher's approval, or stand and wait in the lobby. For those students who violate this request, a warning will be issued and parents notified. Repeated offenders will receive consequences.



VOLUNTEERS

This year we need to add members to our Parents' Association. We meet the first Thursday of the month at 6:30 p.m. in the library. September 4, 2008, will be the first meeting where we will set the committee to take on the Book Fair project. The monies earned by this pay for many things for the children including all of the end-of-the-year field trips. If we don't get six new members, there will not be a Book Fair. Without a Book Fair, we will not be able to go on field trips, attend plays at OCP, or receive other advantages. PLEASE HELP US HELP THE CHILDREN! By serving on the Book Fair committee does not mean you have to attend all of the general monthly meetings. Call Abbie Tresidder, Mandy Fuller, Dawn Finnerty, Carol Hawn, or Sue Kelly for information. Hope to see you on September 4, 2008, at 6:30!

Dissemination and Implementation:

The board will work to ensure that the community is aware of this code of conduct by: providing copies of a summary of the code to all students and parents; making copies of the code available for review by students, parents and other community members; providing all current teachers and other staff members with a copy of the code and a copy of any amendments to the code as soon as practicable after adoption; and providing all new employees with a copy of the current code of conduct when they are first hired.

The board of education will review this code of conduct every year and update it as necessary. In conducting the review, the board will consider how effective the code's provisions have been and whether the code has been applied fairly and consistently.

Before adopting any revisions to the code, the board will hold at least one public hearing at which school personnel, parents, students and any other interested party may participate. The code of conduct and any amendments to it will be filed with the Commissioner no later than 30 days after adoption.

ELEMENTARY CORNER CONT'D.

By: Sue Kelly, Principal

NYSCHIP UPDATE

Last school year many of the elementary students participated in this process. For those of you who didn't get involved, there is still an opportunity to do so.

NYCHIP is a program sponsored by the Masonic Lodge throughout New York State. The purpose is to assist law enforcement agencies in the safe and timely recovery of lost or missing children or senior citizens. The program is free to all participants. A mini CD-Rom is created that contains critical identification and information to assist in locating and identifying a missing child, student, or senior.

The CD-Rom is the property of the parents only and has a digital photograph, digital fingerprints, and a write up of pertinent information provided by the parents. The Masonic Lodge keeps no records or files once the CD-Rom is produced to help ensure confidentiality.

PARENTS BE SURE TO ATTEND

On September 23, Masonic Wildwood Lodge #477 and Edwards-Knox Central School and Parents' Association will be hosting an Internet Safety presentation by the NYS Attorney General's Office, in coordination with the National Center for Missing and Exploited Children, that is designed to assist parents with securing their children while they play in the 21st century playground of the internet.

The information will be provided by the NYS Attorney General's Office in partnership with the National Center for Missing and Exploited Children. It is important for parents to learn the dangers of the internet and how they can protect their children and avoid harmful situations. Even in the North Country, we must be ready and aware.

When 9/23/08 at 7:30

Where: Masonic Wildwood Lodge #477

Who: All parents and adults who deal with children

Why To become educated on the possible situations children come in contact with while on the internet



We hope to see you there for this presentation and also to be brought up to date on the Child ID program many of you participated in last school year.

PARENTS' ASSOCIATION UPDATE

We need to have new members to continue as an organization this school year. The last few years, we have hurt for members and volunteers. On Thursday, September 4, 2008, at 6:30 p.m., we will **meet in the library to determine if there will be a Book Fair this year.** The Book Fair has been a huge success monetarily, helping to support all of the theater shows the students attend and the end-of-the-year field trips. This is one example of how the Parents' Association helps the children and school.

There needs to be a committee of six interested and able to meet adults to pull this off. Please come on September 4th to be part of this committee. Being on the committee does not tie you into coming to every meeting throughout the year.

If you have any questions, please contact any of the following members:

Abbie Tresidder - 562-3457

Dawn Finnerty - 347-1432

Carole Hawn - 562-3593

Mandy Fuller - 562-3779

Cindy Cutway - 562-3952

Sue Kelly - 562-3284

7-12 NEWS

By: Jeff Davis, Principal

Early Dismissals and Bus Passes -

This year, as in years past, parents/guardians will need to send a note to the H. S. Office if a student will be getting dismissed early or if a student will be going to a location other than home. Telephone calls will not be accepted. It helps us all if parents/ guardians send in a signed and dated note stating the student will be dismissed at a certain time 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 avoid 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.

7-12 NEWS CONT'D.
By: Jeff Davis, Principal

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| <p align="center"><u>EMERGENCY FORMS</u></p> <p>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.</p> | <p align="center"><u>STUDENT DRIVERS</u></p> <p>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.</p> |
| <p align="center"><u>PHYSICAL EDUCATION EXEMPTION</u></p> <p>Students on Varsity Teams - Students who are participating on Varsity athletic teams can use an "extra-class" athletic program for physical education credit if:</p> <p>"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.</p> <p>Students who have a "full schedule" and believe they have extenuating circumstances warranting exclusion from physical education class for one or more sports seasons and can meet the above criteria must present their request for exemption from physical education class before a review committee of seven consisting of: Athletic Director, Principal, P.E. Teacher, Coach, Neutral Coach, Guidance Director, and Student. A ruling will be made and announced to the student that day.</p> | |
| <p align="center">Engineering, Research & Design at EKCS</p> <p>In an effort to better prepare our future scientists the EKCS science department created a new course two years ago for those students considering engineering as a career. The course allows students to gain experience in different engineering fields and to improve their scientific skills in a broad base of areas. The curriculum formed makes use of hands on projects, and problem solving with an activity based learning approach. The science department sees this course as a gateway to success for our engineering students.</p> <p>Ryan Davis, Ryan Brewer and Anne Hawn are EK graduates that took the Engineering, Research & Design class and are currently studying engineering at Clarkson University. Our most recent graduate is Anne Hawn who is currently a freshmen pursuing mechanical engineering. A personal favorite for Anne was the rocketry unit where students designed a rocket to remain airborne for a minimum of 8 seconds with engine and body part restrictions. Using constraints applied to scientific problems generates creativity and ingenuity. As academic communities in the US strive to increase the number of engineers, we at EK hope to do our part!</p> | |

7-12 NEWS CONT'D.
 By: Jeff Davis, Principal

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.

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 2 & 3, 2008

School Opens for Students - September 4, 2008

Fall Conferences for High School - October 9, 2008

3:30 to 7:30 p.m.

All students dismissed at 11:30 a.m.

7-12 NEWS CONT'D.

By: Jeff Davis, Principal

Reserved Calendar Dates -

- Sept. 12, 2008 - Dance (7-10 PM), sponsored by Class of 2009
- October 3, 2008 - End of 1st Interim Report period
- October 9, 2008 - Fall Conferences from 3:30 to 7:30 pm
Students dismissed at 11:30 am
- October 10, 2008 - Remaining interim reports distributed to students
- October 13, 2008 - NO SCHOOL Columbus Day
- October 24, 2008 - Halloween Dance 7-10PM - Sponsored by the Class of 2012



The 2009 Cougar Yearbook can be ordered as soon as the first week of school. Orders can be placed in person in the cafeteria with Kathy Whitmarsh or on-line at www.shop.jostens.com. We anticipate the cost to be \$35 each until December 1st, at which time it will go to \$40 each and an extra \$5 if you wish to have your name imprinted. More information will be available in the cafeteria through Kathy Whitmarsh in September.

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 achieved this honor during the marking period ending June 16, 2008.

- Steven Mackin in Auto Technology I
- Donald Reynolds in Auto Technology II
- Robert Latimer in Criminal Justice I
- Elizabeth Flanagan in Criminal Justice II
- Jeanette Mullaney in Early Childhood Education II
- Joshua Jones in Metalworking Tech I
- Isaac White in Metalworking Tech II

- Jason Powers in Auto Technology I
- Jimmy Tresidder in Auto Technology II
- Caleb Colton in Criminal Justice II
- Allison Ryan in Culinary Arts I
- Jake Enslow in Metalworking Tech I
- Frank Mackin in Metalworking Tech II

**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.

7-12 NEWS CONT'D.

By: Jeff Davis, Principal

Good Job Girls

In May of this past school year, a group of Edwards-Knox varsity girls softball players and their coach, Lori Brewer, helped raise money in the St Lawrence County fight against Cancer, on the Ferguson Trail and out of Appleton Arena on the St. Lawrence University Campus.

Students from Gouveneur Central, Edwards-Knox, Seaway Area Technical Center, Hermon Dekalb School, Potsdam and Canton School participated. This year marked the 30th Anniversary of the Edward I. Moses walk/run/bike event which raised a total of \$85,000. The Edwards-Knox students and Coach Brewer were given the Bonnie Hayden award for raising the second highest amount among participating school groups.



L to R: Leah White, Katelyn Ward, Vanessa Bullock, Miranda Typhair, Emily Fuller, Randi Wagner, Rachel Campbell, Kamrie Dandrow, Coach Lori Brewer and Kristyn Tebo



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' accounts at any time by going to the **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, log in. You can also set up so Nutrikids will remind you that your student's balance is low and you need to add money. If you need any help please feel free to call or stop in and see me.

We received word that the fee that is charged if you electronically put money on your student's account (with a check debit card, a credit card, paypal, or whatever method you use to put money on) **will be changed**.

A flat fee of \$1.75 will be charged to the total bill. 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 this fee 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 paypal or whoever Nutrikids uses.

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

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 you want to get free or reduced meals this year. You may send it back as soon as possible so it doesn't get backed up. Your account will not change status until you put in a new application for meals, or **on October 1, 2008**. On October 1, 2008 anyone who has not reapplied for free/reduced meals will automatically change to **FULL PRICE MEALS**.

Many other schools raised the breakfast and lunch prices to try to keep up with rising costs. Thanks to a school board and administration that has the best interests of children and families in the school, we have decided to try not to raise them and make sure your child still receives a healthy meal. I am thankful to be able to work with such caring people and we do hope this will help everyone.

CAFETERIA NEWS

KATHLEEN WHITMARSH, COOK/MANAGER

The cost of a full priced breakfast is still \$.65 and the cost of a full price lunch is still \$1.35 for pre k – 3 and \$1.60 for 4-12.

We will be using very little Styrofoam this year. Please help remind children to put their dishes and silverware on the counter and not in the trash. I hope this will cut down on trash and the unnecessary loss of silverware. We are implementing this as there are questions of the safety of hot foods served in Styrofoam containers.



We try to always think of the best interest of students. I try almost always to give a larger salad with meat and cheese or with just cheese as a main entrée choice. Many days there are also fresh carrots. There should always be a choice of Ham, Turkey, or Peanut Butter and Jelly as an entrée. There is also a choice of string cheese and crackers for the main entrée, and yogurt (8oz.) in 4oz. containers so the student may choose 2 flavors if they want.

A menu is written monthly with a main entrée on each day. However if a student doesn't like that menu item, they may choose one of the above entrees. I do try to serve a fresh fruit and vegetable choice every day. I also try to make sure there is a tossed salad choice for a vegetable, a fresh vegetable and a hot vegetable every day. I also try to make sure there are a variety of canned fruits as well as the fresh fruit. A student may pick all of the 5 meal items (main entrée, vegetable, fruit, bread, and milk) or any 3 of the 5. Hopefully with all the choices a student can find some foods they like.

If you have any questions about meals please feel free to contact me. I do hope this is one of the best years ever for all of our students and their families. I look forward to seeing everyone this fall.

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



September 2008 MENU

Mon

Tues

Wed

Thur

Fri

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.

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.

**Prepayments
Happily
Accepted**

1
**Labor Day
No School**

2
**Staff
Development
Day**

3
**Staff
Development
Day**

4 **Chicken
Nuggets**
Pasta,
Green Beans
Bread
Milk Fruit

5 **Tomato Soup
Grilled Cheese
Sandwich
Milk
Fruit**

8 **Ravioli**
Peas
Bread
Milk
Fruit

9 **Sloppy Joe
on a Bun**
Broccoli
Chips
Milk
Fruit

10 **Pizza**
Green Beans
Milk
Fruit

11 **Spaghetti w/
Sauce**
String Cheese &
Meatball
Bread
Tossed Salad
Milk Fruit

12 **Chicken
Noodle Soup**
Tuna or Egg
Sandwich
Fresh Carrots &
Celery Sticks
Milk, Fruit

15 **Hot Dog
on a Bun**
Mac & Cheese
Carrots
Milk
Fruit

16 **Pizza**
Green Beans
Milk
Fruit

17 **Chicken
Patty/Bun**
California
Vegetables
Milk
Fruit Cookies

18 **Taco Day**
Rice
Corn
Milk
Fruit

19 **Fishburger**
French Fries
Cole Slaw
Milk
Fruit

22 **French Toast
Sausage**
Hash Browns
Milk
Ice Juicee or Fruit

23 **Hamburger
on a Bun**
Pasta Salad
Corn
Milk
Fruit

24 **Chicken
Nuggets**
Green Beans
Pasta Bread
Milk
Fruit

25 **Pizza Burger**
Tossed Salad
Bread
Milk
Fruit

26 **Tomato Soup
Grilled Cheese
Sandwich
Milk
Fruit**

29 **Pizza**
Green Beans
Milk
Fruit

30 **Rib-B-Q/
Bun**
French Fries
Peas
Milk
Fruit

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.



OCTOBER 2008 MENU

| Mon | Tues | Wed | Thur | Fri |
|---|---|---|--|---|
| <div style="text-align: center; margin-bottom: 10px;">  </div> <p>6 Ravioli Peas Bread Milk Fruit</p> <p>13 Columbus Day No School</p> <div style="text-align: center; margin-bottom: 10px;">  </div> <p>20 French Toast Sausage Hash Browns Milk Ice Juice or Fruit</p> <p>27 Pizza Green Beans Milk Fruit</p> <p>Kathy Whitmarsh Cafeteria Manager 562-8326, ex. 507 Fax: 562-2477 kwhitmar@ekcsk12.org P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684</p> | <div style="text-align: center; margin-bottom: 10px;">  </div> <p>7 Hamburger on a Bun Pasta Salad w/ veggie Milk Fruit</p> <p>14 Chicken Patty on a Bun California Blend Vegetables Buttered Pasta Milk Fruit</p> <p>21 Sloppy Joe on a Bun Chips Corn Milk Fruit</p> <p>28 Hot Dog/ on a Bun French Fries Carrots Milk Fruit</p> <p>Breakfast Every Day Cereal, Milk, Juice Some Days: Bagels/ Cream Cheese, English Muffins, Danish, fresh fruit, breakfast bars, donuts, eggs.</p> | <p>1 Chicken Patty on a Bun Buttered Pasta California Veggie Milk Fruit</p> <p>8 Chicken Nuggets Buttered Pasta Green Beans Bread Milk Fruit</p> <p>15 Pizza Green Beans Milk Fruit</p> <p>22 Chicken Nuggets Green Beans Pasta Bread Milk Fruit</p> <p>29 Hamburger on a Bun Pasta Salad w/ veggie Milk Fruit</p> <p>Peanut Butter & Jelly and subs offered every day as a lunch choice. Milk, fruit, & vegetable every day. Chef Salad Tue & Thur. Trail Mix most days.</p> | <p>2 Turkey Dinner Mashed Potatoes Bread, Carrots Cranberry Sauce Milk Fruit</p> <p>9 Hot Dogs/ Bun Mac & Cheese Carrots Milk Fruit 11:30 Dismissal</p> <p>16 Taco Day Rice Corn Milk Fruit</p> <p>23 Crispy Chicken French Fries Carrots Bread Milk Fruit</p> <p>30 Spaghetti w/ Meatball (1) String Cheese Bread Peas Milk Fruit</p> | <p>3 Chicken Noodle Soup Egg Salad or Tuna Sandwich Fresh Carrots Milk, Fruit</p> <p>10 Fishburger on a bun French Fries Green Beans Milk Fruit</p> <p>17 Tomato Soup Grilled Cheese Sandwich Milk Fruit</p> <p>24 Fishburger on a bun Fresh Carrots Chips Milk Fruit</p> <p>31 Chicken Noodle Soup Egg Salad or Tuna Sandwich Fresh Carrots Milk, Fruit</p> <p>Breakfast: 7:45 A.M. Lunch: 11:00 A.M. - 1:00 P.M.</p> |

Menu subject to change without notice.

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

Mrs. Cynthia Carr - Teaching Assistant
Ms. Kristen Cheney Title 1 Reading – 1 Yr.
Mrs. Clara Cummings –Business/Distributive Ed.
Mrs. Diane Durham – Title 1 Reading
Ms. Carrie Felix – Elementary Teacher
Ms. Elizabeth Ludovici - Spanish Teacher
Ms. Melanie Manning – H.S. Secretary
Mr. Terry Remington – Business Teacher
Mrs. Amanda Siver – H.S. Math Teacher
Ms. Kristen Tulip - Resource Room Teacher- 1Yr
Guidance Secretary - To Be Determined

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

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