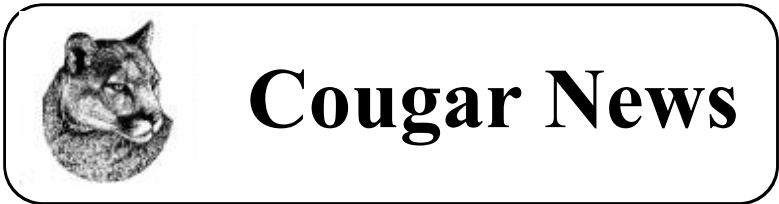


March-April 2010

Log onto [www.ekcsk12.org](http://www.ekcsk12.org)  
to download this newsletter.



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

## SUPERINTENDENT'S COMMENTS

Suzanne L. Kelly

Messages from the Superintendent:

As a district, we are in the process of building a budget for the next school year. Despite the tough economic times and possible cuts in funding we forge ahead to continue to offer the array of services we do for our children. The bottom line is we are proud to say that our students graduate from here with the knowledge and skills necessary to survive in this modern world.

Please join us at our board meetings where budget development is on the agenda over the next couple of months. We will review current expenditures and make projections for the next year. Feel free to join us or contact me with any suggestions or questions as we develop our plans.

Our Biomass system is up and running, it became official on 2-2-10. We would like to set up a couple of dates for community members to come in and tour the site. If you are interested in participating in a guided tour we will be offering them on March 3, from 1:00-4:00 pm. and March 6, from 10:00 am – 2:00 pm. In order to accommodate everyone we ask that you please contact Kay Amo at 562-8200 ext. 532, or by email [kamo@ekcsk12.org](mailto:kamo@ekcsk12.org) and let her know which date works best for you. We will be slotting participants into groups of twelve for approximately fifteen minute sessions. By notifying us it will help us to see or more dates are required.

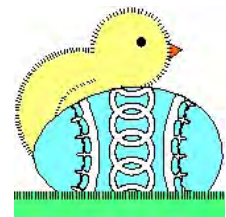
We are pleased with the current savings of approximately \$600.00 each day, and realize we definitely will save more in the colder months. This portion of the project has been a positive opportunity for the district and we are excited to share it with you.

Other renovations are just beginning to take form. The upgrades in the safety and security features will soon become a reality. The communication system however slow is now underway. This project will take up to three months to complete so the benefits will not be seen immediately. For the first time though we can say it is underway.

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## **SUPERINTENDENT'S COMMENTS CONT'D.**

**SUZANNE L. KELLY**

**Calling home musical instruments.....** If you've come across an instrument in your home while cleaning, please help us by dropping it off at school. We are trying to take an accurate account of our inventory, to help us decide what instruments we will need to purchase for future use. Even if you have one that has been sitting around your house for a couple of years we'd really appreciate getting it back. No questions asked!



**Physical Education becomes a concern at the high school level with 38% failing gym.....** Many students do not choose to participate in physical education causing some students to carry two, three or four gym classes daily in order to graduate. There seems to be a misunderstanding amongst students that physical education is not a required class. Education law and the Commissioner's Regulations mandate schools to provide physical education 120 minutes in a calendar week for all students' grades 7-12. There are no exceptions or waivers from this mandate.

Students who enter grade nine are required to have two units of credit in physical education in order to gain a diploma. This breaks down into eight semesters of  $\frac{1}{4}$  credits for each year of grades 9-12.

Our physical education staff has tried hard to make physical education more appealing to everyone. Units are broken down into five week blocks of particular sports or training. When possible, students are given a choice of activities to participate in.

Help us to encourage your child to take an active role in their physical education class. Remind them to keep shorts, T-shirts and sneakers at school to avoid getting a zero. If they miss gym class they must make up their time within a week. It is up to the students to make the necessary arrangements with their physical education teacher. Class can be made up daily during 9<sup>th</sup> period or after school.

**Changing the length of the school day for 2010-2011.....** Beginning next September, the length of the students' school day will be shortened by approximately 30 minutes. Although final details have not yet been worked out, the students' may be dismissed at approximately 2:45 each day, rather than just on Fridays. By announcing this change now, we hope to give parents ample time to arrange for changes in daycare.

Sincerely,

A handwritten signature in blue ink that reads "Suzanne Kelly". The signature is written in a cursive, flowing style.

Suzanne L. Kelly  
Superintendent of Schools

SLK/kca

SATURDAY, MARCH 6, 2010  
7:00 P.M.



**EDWARDS-KNOX  
CENTRAL SCHOOL  
MAIN GYMNASIUM  
vs.  
THE SENIOR CLASS  
OF 2010**

COST: \$8.00 Pre-sale from any Senior or After Grad Parent  
\$10.00 at the Door

This event will be a fun-filled night of comedy and basketball. Come out and pick a favorite player from the All-Stars roster: Ricky "7 Footer" Lopes, Chris "Chicken" Turnquist, Kevin "Showboat" Jackson, Kelvin "Hometown Kid" Wylie, Mark "Hollywood" Jones, Wayne "Air Royal" Clark, Ron "Rock-it" Christy and Jason "White Shadow" Gibbons

Concession stand available.  
Sponsored by the E-K After Grad Committee

## 7-12 News

### Jeff Davis, Principal

#### Early Dismissals and Bus Passes

There have been several parents come in or call in to have students excused without any note or prior notification. It helps us all if parents send in a note stating the student will be dismissed at a certain time and for whatever reason. This way their dismissal is on the daily attendance sheet and teachers know they aren't skipping class. To help defray confusion, Early Dismissal notes and Bus Pass notes need to be brought into the H. S. Office before 8:30 am. Please have both bus numbers, if changing buses, on the request to ride to someone else's house.

#### Reserved High School Calendar Dates

- |                 |  |  |
|-----------------|--|--|
| March 3         | H. S. Orientation for 8 <sup>th</sup> graders                                  |  |
| March 4         | Pre-Season Athletic Meeting for Spring Sports                                  |  |
| March 5         | End of 25-wk Progress Report Period  |  |
| March 6         | AfterGrad Harlem Super Stars Basketball game (7:00 PM)                         |  |
| March 9         | Modified Basketball Awards/Pizza Party (3:15-4:30)                             |  |
| March 10        | JV & Varsity Winter Sports Awards & Dinner (6:00)                              |  |
|                 | Please bring a dish to pass: Varsity Boys & Girls - Main Dish                  |  |
|                 | JV Boys & Girls - Side Dish    Cheerleaders - Desserts                         |  |
| March 11        | All students dismissed @ 11:30   |  |
| March 11        | Spring Conference (3:30 - 7:30 PM)   |  |
|                 | (Progress Reports Distributed at Conferences)                                  |  |
| March 11        | Winter Sports Awards   |  |
| March 19        | Staff Development Day - No school for students                                 |  |
| March 23        | ASVAB Testing (8:00 - 11:30 AM)  |  |
| March 23*       | Graduation Announcements delivered   |   |
| March 24        | Kaleidoscope Concert ( 7:00 PM)  |  |
| <b>March 29</b> | <b>State Lifeguard Test</b>  |  |
| April 2         | No school  |  |
| April 9         | End of 3 <sup>rd</sup> Interim Report Period – 11:30 Dismissal of all students |  |
| April 10-18     | Spring Recess  |  |
| April 22        | Interim Reports mailed to home   |  |
| April 23        | Musical "Once Upon a Mattress (7:30 PM)  |  |
| April 24        | Musical "Once Upon a Mattress (7:30 PM)  |  |
| April 27 / 28   | ELAs for Grades 7 & 8  |  |
| May 4           | Grades 5-8 Award Ceremony (1:00)   |   |
| May 18          | Celebration of the Arts  |  |



\*Tentative date. Seniors should listen for announcements.

# High School Guidance News

Linda Alford, Guidance Counselor

## TERM 2 HONOR ROLL

### GRADE 12

#### Outstanding Honor Roll (95.0-100)

Travis Amo	Lacey Brown	Yiran "Lily" Gu	Katelyn Ward
Catrin Brosi	Chelsea Cutway	Katherine Stone	

#### High Honor Roll (90.0-94.99)

Kyle Cassidy	Danielle Gollinger	Danielle Mullaney	Chikako Yokota
Nicole Durham	John McLaughlin	Raven Reese	

#### Honor Roll (85.0-89.99)

Shawn Allen	Timothy Gault	Nathaniel Morehouse	Maraya VanBrocklin
Mariah Brazeau	Andrew Given	Charles Paro	Megan White
Lindsey Crosbie	Alesha Gotham	Kerri Pike	Simon White
Taylor Davis	Tyler McDonald	Joshua Soucy	

### GRADE 11

#### Outstanding Honor Roll

none

#### High Honor Roll

Kamrie Dandrow	Kelly Hedrick	Della Rubin	Nikola Wolfe
Patricia Hathaway			

#### Honor Roll

Dylan Davis	Kaylee Hartley	Olivia Loop	Kelsi Robert
Kurtis Ellison	Morton Klock	Paige Mazuroski	Cassie Walrath

### GRADE 10

#### Outstanding Honor Roll

Kevin McNamara	Veronica White
----------------	----------------

#### High Honor Roll

Claire Davis	Janna Fountain	Kendra Horne	Jasamin Reese
Karl Dumoulin	Caleb Fuller		

#### Honor Roll

Lateia Gravett	Levi McCargar	Shelby Searles	Kacee Stein
Mercedes Mackin	Justin Schultz		

# High School Guidance News

Linda Alford, Guidance Counselor

## TERM 2 HONOR ROLL CONT'D.

### GRADE 9

#### Outstanding Honor Roll

Samantha Ellison      Brianna Farr

#### High Honor Roll

Jesse Bullock      Amanda Huebner-Lane      Alexander McDonald      Tyler Tresidder  
Katie Hale

#### Honor Roll

Zachary Allen      Logan McCollum      Michael Smith      Alison Thompson  
Nicholas Davison

### GRADE 8

#### Outstanding Honor Roll

Mackenzey Allen      Alyssa Parker      Sarah Rice      Hunter Tuttle

#### High Honor Roll

Kaden Dandrow      Kyl Huebner-Lane      Kate Rowe      Abraham White  
Katelynd Hill      Jessey Parker      Patricia Steele      Chloe Wilson

#### Honor Roll

Kiana Coffey      Jordan Davis      Marissa Johnson      Harleigh LeBarge  
Ross Curley      Nicole Hendricks

### GRADE 7

#### Outstanding Honor Roll

Molly Burger      Shaye Taylor

#### High Honor Roll

Makenna Ashley      Megan Farr      Connery Marsh      Raeann Thomas  
Kennedy Bell      Richard Finnerty      Katelynn Smith      Mackenzie Tresidder  
Darrick Cutway      Abbie Hale

#### Honor Roll

Tiara Allen      Mason Fountain      Cortney Marsh      Kali Sharpstene  
Rowena Casciaro      Connor Gotham      Ashley Sharpstene      Michaela Wilson  
Skylar Cross

# High School Guidance News

Linda Alford, Guidance Counselor

## SOUTHWEST TECH TOP ACHIEVERS

(top 20% of their class)

### Auto Technology I

Justin Schultz

### Auto Technology II

Joshua Soucy

### Building Trades I

Taylor Ashley

### Building Trades II

Charles Paro

Simon White

### Computers/Business

#### Tech II

Shawn Allen

#### Cosmetology I

Kelly Hedrick

#### Cosmetology II

Kelly McFerran

#### Early Childhood

#### Education II

Katelyn Ward

### Environmental

#### Technology II

Aaron Lewis

Ethan Panetti

### Multi-Occupations I

Thomas Smith

### Metalworking Tech I

Kelsi Robert

### Metalworking Tech II

Tyler McDonald



## DRIVER'S EDUCATION



★ ☆ ★ ☆ **BIG CHANGES** ★ ☆ ★ ☆

Driver's Education will be offered at a new time of year! Edwards-Knox will be offering Driver's education *in the spring rather than the summertime*. Class will start **April 2** and end in **June**. Classes will be held after school hours including our **April break**.

### DRIVERS EDUCATION SIGN-UP

The sign-up sheet is in the guidance office from **February 22 to March 12**. At the *end of the day on March 12<sup>th</sup>* the class will be *filled by oldest to youngest student until the class is full (24 students)*. Any student who signed up prior to this date and doesn't make the class list will be put on an alternate list based on their age. If a student misses the sign-up deadline of March 12<sup>th</sup> and there are still seats available in the class, students will be assigned by first come first served.



## High School Guidance News Cont'd.

Linda Alford, Guidance Counselor

### **COLLEGE/MILITARY ACCEPTANCES FOR SENIORS**

Making plans for the future is an exciting time for our seniors. I am proud of the work they have done and continue to do. Please help me congratulate the following seniors who have already received their acceptances. This is a list that the guidance office is aware of as of February 12<sup>th</sup>:

Travis Amo - Norwich Univ, The Citadel, Tulane Univ. Fordham Univ.  
Kristine Ashley - Herkimer CC  
Tyler Bleau - US Navy  
Mariah Brazeau - Collins College  
Ashley Chapin - SUNY Canton  
Chelsea Cutway - St. Lawrence Univ., SUNY Potsdam  
Taylor Davis - St. Bonaventure Univ., St. Lawrence U.  
Danielle Gollinger - SUNY Potsdam  
Alesha Gotham - SUNY Canton  
Beth Hedrick - Lincoln Culinary Institute  
Dominick Moore - SUNY Canton  
Nate Morehouse - Norwich University  
Joette Peacock - SUNY Canton  
Kerri Pike - Herkimer CC, North Country CC  
Raven Reese - Alfred U., Hartwick Univ., SUNY Brockport, SUNY Plattsburgh  
Katie Stone - University Of Wyoming  
Lucinda Tyler - Clinton CC, Herkimer CC, Onondaga CC  
Katelyn Ward - SUNY Potsdam  
Nikola Wolfe - Clarkson School  
Joey Zacharek - Norwich Univ.

**Seniors are encouraged to bring a copy of their acceptance letters  
to the Guidance Office.**

Check out the Guidance Web Page: [www.ekcsk12.org/guidance](http://www.ekcsk12.org/guidance)

Click on the Senior High Guidance page to find great information about graduation requirements, SAT and ACT testing information, college search links, financial aid & scholarship information, career exploration, military links, honor roll, Regents exam schedule, guidance calendar for upcoming events and more! It changes often be sure to refresh your page!

## High School Guidance News Cont'd.

Linda Alford, Guidance Counselor

### ASVAB TESTING FOR JUNIORS

The **ASVAB** (Armed Services Vocational Aptitude Battery) **Career Exploration 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.

The ASVAB Career Exploration Program is a tool to help make career decisions. The program centers on:

- Identifying interests, skills, and work-related values
- Matching interests and skills with occupations
- Learning where and how to get information on different careers
- Developing career decision-making skills



Juniors will participate in this program at school on **Tuesday, March 23, 2010 from 8:00 - 11:15am. Sign up in the guidance office by March 12.**

### 7-12 NEWS Jeff Davis, Principal

#### AWARD CEREMONIES

In an effort to continue a Middle Level environment that supports positive behavior and academic achievement, students in grades 5 through 8 will participate in two remaining award ceremonies. Some of the awards that students can earn include honor roll, citizenship, effort, positive bus conduct, and perfect attendance. Students can also earn certificates in special areas such as art, music, band, physical education, etc. The remaining dates are tentatively set for: Tuesday, May 4, 2010 at 1:00 pm and Thursday, June 24, 2010 at 8:00 am, last day of school.

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

## **K-8 COUNSELOR NEWS**

### **Michelle Cummings, Counselor**

#### **HOMework EXCELLENCE REWARD PROGRAM**

Parents, encourage your children in grades 5-8 to complete all their homework each night. These students are eligible to participate in a reward program at the end of each marking period. Eligible students from the first marking period went on a hike. Eligible students from the second marking period are going skating @ The St. Lawrence Centre Mall in Massena.

#### **HIGH SCHOOL ORIENTATION FOR 8<sup>TH</sup> GRADERS AND PARENTS**

This evening program is scheduled for Wednesday, March 3<sup>rd</sup> at 6:30 pm in the auditorium. Students and parents will learn about graduation requirements, department course offerings, and more. Students will also receive a list of the 9<sup>th</sup> grade classes proposed for them. The program will be held on Thursday, March 4<sup>th</sup> if we experience severe weather on March 3<sup>rd</sup>.

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### **HELPING YOUR CHILD STAY ORGANIZED**

The amount of work expected in middle school can be daunting to a child. Here are some ways to help your child get or stay organized:

Use the planner provided to track assignments, activities, project due dates, and test dates, etc.

Use different colored binders or folders (one for each subject) to store papers and handouts.

Check supplies. Middle school students waste time trying to find needed supplies. Avoid this by keeping supplies in one place. Have your child tell you when he/she needs more of something.

Have your child determine how much time he/she plans to spend on school work before taking a break. Use a timer to help your child stay focused. You can try using a timer for phone and computer time too.

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#### **PROGRESS REPORTS**

Students receive a progress report between each report card. This is to give parents an idea how their child is doing before the actual report card comes out. You can expect a progress report for your child on the tentatively scheduled dates: Thursday, March 11, 2010 and Thursday, May 21, 2010.

#### **REPORT CARD DATES**

Students are given report cards four times each year. Grades on the report card are used to calculate a final grade at the end of the year. You can expect your child to receive a report card on the tentatively scheduled dates:

Friday, April 23, 2010 and Thursday, June, 24, 2010

Students in grades 5-8 who fail two or more core courses are in danger of repeating the grade. Core courses include: ELA, Reading, Math, Social Studies, and Science. Contact the principal, guidance counselor, or teacher if you have any questions about your child's academic progress.

## K-8 COUNSELOR NEWS CONT'D. Michelle Cummings, Counselor

### STATE ASSESSMENTS

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

April 26 & 27	Grade 3 ELA
April 26 – 28	Grade 4 ELA
April 27 & 28	Grade 5 ELA
April 26 – 28	Grade 6 ELA
April 27 & 28	Grade 7 ELA
April 27 & 28	Grade 8 ELA
May 5 & 6	Grade 3 Math
May 5 - 7	Grade 4 Math
May 6 & 7	Grade 5 Math
May 6 & 7	Grade 6 Math
May 5 & 6	Grade 7 Math
May 5 & 6	Grade 8 Math
May 25	Grade 4 Science (Lab)
June 7	Grade 4 Science (Written)
May 26	Grade 8 Science (Lab)
June 7	Grade 8 Science (Written)
June 14 & 15	Grade 8 Social Studies



### MUSIC DEPARTMENT NEWS

#### Kaleidoscope Concert:

The Instrumental Music Department will present the annual Kaleidoscope Concert on Wednesday, March 24<sup>th</sup> at 7:00pm. Each of the major instrumental groups will be performing one piece. These groups include: High School Concert Band, Senior High Jazz Ensemble, Junior High Band, Junior High Stage Band, and Sixth Grade Band. This will be a concert full of enjoyable variety.

## MUSIC DEPARTMENT NEWS CONT'D.

### All-County Music Festival:

The Music Department would like to recognize all the students who participated in the All-County Music Festival this year. It is an honor to be selected to perform in one of these elite groups made up of the best musicians at each grade level throughout St. Lawrence County. Students are selected based on their performance at the NYSSMA Solo Festival and through teacher recommendation. Congratulations to all these students on such a prestigious honor!

- Junior High Orchestra: Sarah Rice.  
Junior High Band: Ross Curley, Marissa Johnson, Desirae Parrish, Mackenzie Tresidder, and Lenny Walrath.  
Senior High Band: Maraya VanBrocklin  
Elementary Chorus: Kara Davis, Destiny Durham, Kacee French, Madison Harris, Aubrey Snell, and Nicholas Wolfe.  
Junior High Chorus: Makayla Bartocha, Nicole Hendricks, Katelynd Hill, and Alyssa Parker.  
Senior High Chorus: Darryl Backus, Catrin Brosi, Alesha Gotham, and Yiran Gu.



## MUSIC DEPARTMENT NEWS CONT'D.

### Music in our Schools Month:

March is Music in our Schools Month! Music in our Schools Month is a month dedicated to recognizing the importance of a music education in creating well-rounded students and to remind us all that school is where all children should have access to performing and making music. The study of music contributes to young people's development through heightened skills in listening, reading, self-expression, and creativity (MENC). Active involvement in the arts is essential to the development of our children. In addition to creating well-rounded individuals, studying and performing music reaps many positive benefits. Besides gaining experience and enjoyment from performing, students have the potential to: improve math and reading skills, develop fine motor skills, learn cooperation and teamwork, develop self-discipline, develop responsibility, learn commitment, learn organization, and develop self-confidence through performance. Involvement in a music education teaches students planning, persistence, perseverance, and time management; skills required for success (NYSSMA). Research shows instruction in music and the arts has a positive impact on brain development, test scores, study habits, and a student's commitment to school (Glass). Studies show that schools with the most access to and support for music and the arts have the highest graduation rates.

### Kaleidoscope Concert:

The Instrumental Music Department will present the annual Kaleidoscope Concert on Wednesday, March 24<sup>th</sup> at 7:00pm. Each of the major instrumental groups will be performing one piece. These groups include: High School Concert Band, Senior High Jazz Ensemble, Junior High Band, Junior High Stage Band, and Sixth Grade Band. This will be a concert full of enjoyable variety.

### Other Upcoming Music Department Events:

Marching Band Interest Meeting: Monday, April 5<sup>th</sup>, 9<sup>th</sup> Period

NYSSMA Solo and Ensemble Festival: April 30<sup>th</sup> and May 1<sup>st</sup>

Festival of the Arts: May

Spring Concert I: Wednesday, May 26<sup>th</sup> at 7pm

Spring Concert II: Wednesday, June 2<sup>nd</sup> at 7pm

**The Edwards-Knox Music Department is proud to have 168 students participating in the instrumental music program from grades 5-12!**

## 7-12 NEWS

### Jeff Davis, Principal



Do You Still Need to Order  
Your Graduation Supplies?

Visit our website and order  
online at:

[www.nygrad.com](http://www.nygrad.com)

Josten's

201 West Genesee St.

PMB 311

Fayetteville, NY 13066

(315) 458-3871

Josten's will be here on March 6 during lunch to distribute Graduation announcements to those who have ordered them. If you have a senior who has not ordered their's yet, there is still time to do so. The representative will have order forms on March 6 as well. Don't forget this very important date!

The **2009 Cougar Yearbook** is nearing it's deadline date for completion. Yearbook orders will only be taken for a short time more. Orders can be placed on-line at [www.shop.jostens.com](http://www.shop.jostens.com). The cost is \$45. Personalization is no longer an option.

If you have any pictures you would like to share with the yearbook, please contact Kathy Whitmarsh in the cafeteria.

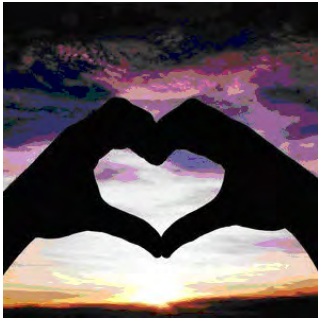
We would really like some pictures of the 2008 Marching Band.

### SEAWAY VALLEY PREVENTION COUNCIL NEWS

Submitted by Laurel Jay

Seaway Valley Prevention Council and the Tobacco Free Schools Initiative will be sponsoring Kick Butts Day on March 22<sup>nd</sup> here at E-KCS. Kick Butts Day is a national day of activism that empowers youth to speak up and take action against Big Tobacco. This year we have many exciting things to be seen at our awareness table including free giveaways and a chance to win an IPOD Touch! Make sure to stop at Mrs. Laurel Jay's awareness table to Stand Out and Speak Up against the Tobacco Industry. Faculty and staff are also welcome to earn a chance to win a basket of freebies, too!

## SEAWAY VALLEY PREVENTION COUNCIL NEWS CONT'D.



# Coping with Teen Dating - Tips for Parents

Most parents have some fears of the day their child will start dating. It is the big sign that they're growing up and are entering adulthood. But it's important to remember that they do still need you now and this is a normal development phase of the teen years. There are also things you can do to make dating easier for both of you.

Talk to your teen about what a good relationship is. While you may think your teen already knows how to date, they probably don't. Most of their information comes from media that's meant to be entertaining, not realistic. Make sure your child understands what it means to be in a loving and supporting relationship. Once you're done talking, set a good example in your relationship with your significant other.

Once your child starts dating, don't stop talking to them about relationships. Dating doesn't always go as you expect; your child may need someone to come to if they have a problem. You need to keep the lines of communication open and also reiterate to them how they should treat people and expect to be treated in a relationship.

When it comes time to meet your teen's date, be kind and respectful. While you may want to give a lecture on the rules; their date is not the one you should be talking to. It is your teen's responsibility to know your rules and follow them. Also, while you may not like the person your child is dating, be supportive. If you have taught them about a proper relationship, then you should trust them to make their own decisions. Only intervene if you think the relationship is dangerous for your child.

As a parent, it is important for you to recognize the danger signs of an unhealthy or abusive relationship. If you have a concern, talk honestly with your child and ask other's for help. Here are some clues that your child's relationship may be in trouble.

- Constant visits and phone calls
- Having to report where they are and what they're doing
- Signs of physical abuse
- Signs of depression

It may be hard to see your child growing up and finding new people to get close to, but if you take the right steps and teach them how relationships are supposed to be, they're much more likely to make the right choices.

For More Information contact: Laurel Jay, Student Assistance Program

[ljay@svpc.net](mailto:ljay@svpc.net)

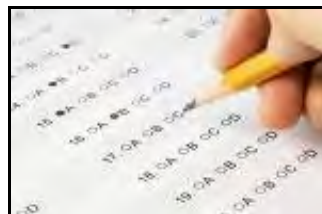
315-379-1211

## ELEMENTARY PRINCIPAL'S CORNER

By: Ronald Burke

### UPCOMING EVENTS

- 3/4: 6:30 pm: Parents Association meeting in library
- 3/5: End of 25 week progress reporting
- 3/8-3/12: Book Fair
- 3/8: 7:00 pm: Board of Education meeting in library
- 3/9: Grandparents' Breakfast for grades K-2
- 3/10: Grandparents' Breakfast for grades 3-6
- 3/11: 11:30: students dismissed early
- 3/11: 3:30-7:00: Spring Conferences
- 3/11: Progress Reports for grades 5-6 go home
- 3/19: Staff Development Day; NO SCHOOL FOR STUDENTS
- 3/22: 7:00 pm: Board of Education meeting in library
- 4/1: 6:30 pm: Parents' Association meeting in library
- 4/2: NO SCHOOL
- 4/9: End of third marking period
- 4/9: 11:30: students dismissed early
- 4/12-4/16: NO SCHOOL - SPRING BREAK
- 4/19: 7:00 pm: Board of Education meeting in library
- 4/23: Report cards go home
- 4/26: 8:00: grade 3 ELA test
- 4/26: 9:46: grade 6 ELA test
- 4/26: 12:25: grade 4 ELA test
- 4/27: 8:00: grade 5 ELA test
- 4/27: 9:43: grade 3 ELA test
- 4/27: 9:46: grade 6 ELA test
- 4/27: 12:25: grade 4 ELA test
- 4/28: 9:46: grade 6 ELA test
- 4/28: 12:25: grade 4 ELA test
- 4/28: 1:51: grade 5 ELA test



## ELEMENTARY PRINCIPAL'S CORNER CONT'D.

By: Ronald Burke

Dear Parents/Guardians:

It is hard to believe that we are now past the half-way point in the school year! In the sense of renewal that is found in spring, parents are encouraged to continue their efforts in helping their children succeed academically. With the anticipated arrival of warmer temperatures and longer days, it can be difficult to keep a child's focus on completing homework, studying for tests, and reading for pleasure.

It also remains important to stay in contact with your child's teacher. In so many ways, a child's success in school is a result of the partnership between the home and the school. Even as we approach spring, there is still time for us to work together to insure that each child is able to reach his or her potential.

Over the past six months as the elementary principal, I have been impressed by the strength of parental involvement in the school life of Edwards-Knox Elementary School. This is a community that truly acts on the best interest of the child.

<p><b><u>BUS PASSES</u></b></p> <p>For the safety and security of children, we <b><i>cannot</i></b> accept bus passes over the phone. Bus passes may be faxed to the elementary office at 562-3690 by 1:00 pm. By requiring a written note or faxed copy of a note, we are able to better insure that each child is bussed to the proper and safe location.</p>	<p><b><u>GRANDPARENTS' BREAKFAST</u></b></p> <p>The annual Grandparents' Breakfast is scheduled for Tuesday, March 9 for students in grades k-2 and Wednesday, March 10 for students in grades 3-6. Doors to the cafeteria will open at 8:15 for this special event.</p>
<p><b><u>BOOK FAIR</u></b></p> <p>The Parents' Association is hosting a Scholastic Book Fair from March 8 through March 12 in the Media Center. The Book Fair is open during normal school hours.</p>	
<p><b><u>TEACHER REQUESTS</u></b></p> <p>Again this year, we are not accepting teacher requests. At many of the grade levels, there are only two staff. We do carefully consider how students are placed at each grade. It is also important that we put a mixture of students with varying social, emotional, and academic abilities and needs in all rooms.</p> <p>As parents, we all want the best for our own child, and this is certainly understandable. However, we must look at 35-50 students per grade level and plan for their success. Your cooperation is greatly appreciated.</p>	

## ELEMENTARY PRINCIPAL'S CORNER CONT'D.

By: Ronald Burke

### FIELD TRIPS

Each teacher is responsible for planning their own field trip. The end-of-the-year activities vary greatly depending on age and curriculum studied. The trips are meant to be a positive experience for everyone and for the group to grow together as a whole.

Each grade level has a set procedure for the number of chaperones and how they are chosen. Unfortunately, we can't always take all the parents who would like to attend. We do ask that if you are participating on a scheduled field trip that you don't bring younger children along that may distract from the focus of the day.



Some groups request a bag lunch be packed to help keep cost at a minimum. The cafeteria is always willing to pack a lunch for any student interested. These brown bags include a sandwich of their choice, usually ham, turkey, or PB&J, a fruit, a drink, and a treat of some sort. The cost is whatever you pay on a regular day. Teachers do take orders for these lunches with each trip. If you pack a lunch, please do not send any glass bottles or any food that requires preparation.

#### **KINDERGARTEN SCREENING 2010-2011 School Year**

The Edwards-Knox Elementary School will be holding their Kindergarten screening on Wednesday, May 19 and Thursday, May 20, 2010.

If you have a child who will turn five by December 1, 2010, please call the Edwards-Knox Elementary School Office at 562-3284 or 562-3210 to set up an appointment for the Kindergarten screening.

Please note you will need to bring your child's birth certificate, immunization record, and completed registration form to your scheduled Kindergarten screening appointment.

#### **UNIVERSAL PREKINDERGARTEN 2010-2011 School Year**

Any child in the Edwards-Knox Central School District who is or will be four years old on or before December 1, 2010, is eligible to attend the Edwards-Knox Universal Prekindergarten program.

If you have a child who is eligible and who wishes to attend the Prekindergarten program, please call the Elementary Office at 562-3284 to request an application be sent to you.

If you have any questions, you may call 562-3284 or 562-3210 and speak with Sherry Shattuck in the Elementary Office; dial Ext. 113 directly for Joni Macaulay; or call Joni at home at 287-4517.

## ELEMENTARY PRINCIPAL'S CORNER CONT'D.

By: Ronald Burke

### FIRST MARKING PERIOD AWARDS

#### KINDERGARTEN

Good Neighbor  
Dylan Wood  
Nicholas Gladle  
Charlotte Mongillo

Hard Worker  
Hannah Duffy  
Lilah Daniell  
Taylor Daniels  
Mackalaster Sawyer

Nice Manners  
Landen Harris  
Sara Griffin  
Shanna Wright

Music  
Dylan Wood  
Dekoda Matthews  
Henry Hebb

Art  
Ryan Lennon  
Violeta DeGroat  
Tyler Scott  
Jace Robert

Phys. Educ. Sportsmanship  
Ryan Lennon  
Cierra Besaw  
Tyler Scott  
Jaelyn Stevens

#### GRADE 1

Most Improved  
Maiya Clary  
Dalton Fenton  
Jason Snyder  
Peter Parrish

Healthy Attitude  
Jeffrey Bush  
Morgan Wheat  
Lucy Fray

Hard Worker  
Kurt McCormick  
Avery Whitford  
Morgan Facey

Music  
Chad Facey  
Avery Whitford  
Kolby Barbarito

Art  
Emily Tresidder  
Hannah Hotaling  
Kolby Barbarito

Phys. Educ. Sportsmanship  
Danielle Snyder  
Hannah Hotaling  
Zebulon Douglass

#### GRADE 2

Eager Reader  
John Griffin  
Abigail Hart  
Eagen Baker

Most Improved  
Katelyn White  
Erich Lottie

Healthy Attitude  
Alexis Bass  
Samuel LaRue  
Timothy Hathaway

Music  
Jared McDougall  
Rachel Vachev  
Thorne VanBrocklin

Art  
Alexis Bass  
MaKayla Meilleur  
Abigail Paro

Phys. Educ. Sportsmanship  
Rachel Vachev  
Abigail Paro

# *FANTASTIC!*

# ELEMENTARY PRINCIPAL'S CORNER CONT'D.

By: Ronald Burke

## FIRST MARKING PERIOD AWARDS CONT'D.

### GRADE 3

Effort

Carly Frary  
Hannah Connors

Citizenship

Brooke Hotaling  
Joseph Gotham  
Rachell Poole

Music

Camryn Bullock  
Hannah Connors

**WOW!**

Art

Zachary Scott  
Spencer Thomas

Phys. Educ. Sportsmanship

Zachary Scott  
Justin Scott

### GRADE 4

Effort

Jordan Moore  
Seneca Wright  
Alexa White

Citizenship

Madison LaPoint  
Haven Gotham

Music

Julie Ashley  
Katharine Hebb

Art

Emily Lasher  
Tyler Whitmarsh

Phys. Educ. Sportsmanship

Logan Toohey  
Matthew Hall

**AWESOME!**

### GRADE 5

Effort

Emma-Lee Gotham  
Jordan Jeanette

Citizenship

Taylor Whitmarsh  
Bailey Coffey

Music

Karli French  
Jarrett Bullock

Art

Jacob Fenlong  
Ciara Bates

Phys. Educ. Sportsmanship

Mackenzie Frary  
Arael Scott

Chorus

Kara Davis

### GRADE 6

Effort

Christopher Moore  
Jeffrey Gladle  
Dakotah Bacon

Citizenship

Joshua Brassard  
Madison Harris

Music

Anisa Hotaling  
Destiny Durham

Art

Anisa Hotaling  
Catherine Curley

Phys. Educ. Sportsmanship

Luke Fenton  
Jason Burke

Band

Catherine Curley  
Heather Finnerty

**GREAT JOB!**

# ELEMENTARY PRINCIPAL'S CORNER CONT'D.

By: Ronald Burke

## HONOR ROLL AWARDS

### GRADE 3

#### HONOR ROLL

Camryn Bullock	Riannon Holly	Kassidy Ward	Austin Whitmarsh
Ryan Colton	Kyanne Jeanette	Trevor White	Madison Wood
Karigan Harris	Bryan Trombley		

#### HIGH HONOR ROLL

Blake Bidwell	Carly Frary	Justin Scott	Sydney Streeter
Collin Curley	Koryn Rowe	Zachary Scott	Spencer Thomas

### GRADE 4

#### HONOR ROLL

Alyssa Allen	Avery Hawn	McKayla Meier	Katrina Thornton
Sharon Carlin	Joshua Flanagan	Jordan Moore	Briana Tulip
Tucker Casciaro	Hanna LeBarge	Logan Stevens	Tyler Whitmarsh
Peyton Dafoe	Kelsie Matthews		

#### HIGH HONOR ROLL

Jada Flanagan	Katharine Hebb	Emily Lasher	Alexa White
Kacee French	Tanner LaPlant	Logan Toohey	Travis White
Haven Gotham			

### GRADE 5

#### HONOR ROLL

Jarrett Bullock	Emma-Lee Gotham	Levin McIntosh	Christina Smith
Alexander D'Agostino	Kristen Kroniser	Jared Robert	Hunter Thomas
Kara Davis			

#### HIGH HONOR ROLL

Paige Clary	Brooke Fenton	Tera Mason	James Smith
Matthew Colton	Lilly Gladle	Quincie Parker	Aubrey Snell
Shaylyn DeVito	Daniel Gotham	James Rice	TiLeigh Sturtevant

#### OUTSTANDING

Ciara Bates	Mackenzie Frary	Arael Scott	Alaina White
Jacob Fenlong	Karli French	Cheyanna Tuttle	

### GRADE 6

#### HONOR ROLL

Makayla Bacon	Heather Finnerty	David Trimm	Trenton White
Luke Fenton	William Smith	Kelsey White	

# ELEMENTARY PRINCIPAL'S CORNER CONT'D.

By: Ronald Burke

## HONOR ROLL AWARDS

### GRADE 6 CONT'D.

#### HIGH HONOR ROLL

Jason Burke	Darian Fenton	Anisa Hotaling	Caleb Rowe
Catherine Curley	Rebecca Hathaway	Nathan McCoy	

#### OUTSTANDING

None

### COMPUTER CLASS - TYPING EXCELLENCE

#### Grade 5

Ciara Bates	Shaylyn DeVito	Jordan Jeanette	Daman Trombley
Jarrett Bullock	Lilly Gladle	Arael Scott	Cheyanna Tuttle

#### Grade 6

Makayla Bacon	Kristen Farr	Jarred Meilleur	Kassandra Whiteford
Catherine Curley	Darian Fenton	Kelsey White	

### PERFECT ATTENDANCE FOR 2<sup>ND</sup> MARKING PERIOD FOR GRADES K-4

Alyssa Allen	Cooper Mackay	Mackalaster Sawyer	Emily Tresidder
Caleb Bowman	Jacob McDougall	Justin Scott	Rachel Vachev
Justin Fenlong	MaKayla Meilleur	Samuel Smith	Harley Watson
Kalie Gladle	Jordan Moore	Brielle Stone	Travis White
Avery Hawn	Cameron Rowe	Logan Toohey	Tyler Whitmarsh
Kanika Johnson			

### PERFECT ATTENDANCE FOR 2<sup>ND</sup> MARKING PERIOD FOR GRADES 5-8

MacKenzy Allen	Luke Fenton	Kristen Kroniser	Miranda Smith
Makenna Ashley	Heather Finnerty	Christopher Moore	Brandy Stein
Derek Barker	Daniel Gotham	Alyssa Parker	Suzanne Stein
Kaleb Bartocha	Paige Gravett	Arael Scott	Cheyann Tate
Austin Brown	Logan Harris	Marissa Smith	Ashlee Whitmarsh
Bridget Ellis			

### POSITIVE BEHAVIOR ON THE BUS AWARD FOR GRADES K-4

Hannah Connors	Abigail Hart	Erich Lottie	MaKayla Meilleur
Peyton Dafoe	Joseph Hart	Royce Lottie	Charlotte Mongillo
Matthew Hall	Ethan LaRose	Dekoda Matthews	Devin Peabody
Karigan Harris			Briana Tulip

### POSITIVE BEHAVIOR ON THE BUS AWARD FOR GRADES 5-6

Jarrett Bullock	Kayla Covey	Daniel Gotham	Cheyenne Schwartzfigure
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## GEOGRAPHY BEE 2010

Edwards-Knox once again held their local version of the National Geography Bee in January. This nationwide event is sponsored annually by the National Geographic Society to promote interest in geography. Students compete in their school's local Bee, with the winner taking a test for a possible chance to compete in the State Bee in the spring.

This year Edwards-Knox had thirty-one students from grades 4-8 compete against one another in an exciting event. Students who competed were selected by classroom teachers, based on exceptional interest and achievement in geography. This year's competitors included: (Grade 4) Josh Flanagan, Kacee French, Haven Gotham, Tanner LaPlant, Emily Lasher, and Alexa White; (Grade 5) Jacob Fenlong, Brooke Fenton, Mackenzie Frary, Karli French, Cheyanna Tuttle, and Alaina White; (Grade 6) Jason Burke, Darian Fenton, Luke Fenton, Heather Finnerty, Caleb Rowe, Will Smith, and Trenton White; (Grade 7) Makenna Ashley, Darrick Cutway, Richard Finnerty, Mason Fountain, Abbie Hale, and RaeAnn Thomas; (Grade 8) Kaden Dandrow, Katelynd Hill, Kyl Huebner-Lane, Josh LaPlatney, Alyssa Parker, and Dylan Sharpstene.

After several rounds of exciting competition and amazing answers, Alaina White was declared the winner, with Haven Gotham taking second place, and Kaden Dandrow coming in at third place. Congratulations to the winners and to all of the participants. We hope to see many of you again in the Geography Bee next year!



Left to Right: Haven Gotham, Kaden Dandrow, and Alaina White

## **Edwards-Knox Faculty Loses 1,000 Pounds!**

In the past year, the faculty at E-KCS has worked hard to lose 1,000 pounds. It all began when the district created their own Biggest Loser contest as a motivational technique. The contest is strictly optional. Participating faculty members attend a weekly weigh-in that holds them accountable for their weight loss. Every 10 weeks there is a cash prize for the team that loses the highest percentage of weight loss. At E-KCS the faculty believe in setting positive examples for their students by staying healthy.

There has been a total of 48 school employees involved in this contest who have made a commitment to staying healthy. This contest is open to the entire school district and has consisted of Teachers, Teacher Assistants, Secretaries, Cafeteria staff, Administration and the Nurse. The staff has been committed to a year-long contest to say farewell to 1,000 pounds of body weight. They hope it will encourage students to be more conscious about their health and fitness levels.

In addition to maintaining a healthy staff, the Edwards-Knox Central School District also started a *Start the School Day with a Walk* program for students in grades K-12. This program, backed by the well documented link between physical activity and improvements in health, behavior and academics, is simple—the school community walks together for 15 minutes each morning. Some staff feel the morning walk is simply a healthy habit in a world where children and youth don't have many opportunities to be active. By prioritizing a walk each morning, the Edwards-Knox Central School is seeing positive effects throughout their school community.



# WELLNESS COMMITTEE NEWS



## Fruits & Veggies Every Day the Tasty Way!



Give a gift of health to your family today. Eat more fruits and veggies!

### Follow the Leader

Play follow the rainbow leader...watch what happens when YOU enjoy a wide variety and color of fruits and veggies every day! Plan family meals and snacks to include fruits and veggies every day. Actions speak louder than bribing or clean plate club efforts.

### Ask the Kids

Talk with your kids about their "Fruit and Veggie" favorites. List them here. Make your next trip to the grocery store a "Fruits & Veggies" exploration!

AT THE STORE LET'S EXPLORE

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Veggie pizza for breakfast?

A GREAT way to start the day!

- Tomato sauce
- Chopped green peppers
- Shredded carrots
- Mozzarella cheese

on an English muffin.....

A do-it-myself breakfast!

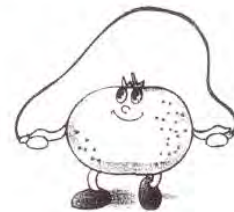
**Together, plan favorite colorful treasures into family menus.**

### Eat Your Colors

Colorful fruits and veggies provide a wide variety of nutrients to help our bodies stay healthy. Include the five color groups daily – blue/purple, green, yellow/orange, white, and red.

Here's an example of a colorful *Fruits & Veggies the Tasty Way* day.

- Breakfast - Orange wedges (*yellow/orange*)
- Lunch – Purple grapes (*blue/purple*), cucumber (*green*) and tomato slices (*red*)
- Dinner – Green beans (*green*), strawberries (*red*)
- Snacks – Raisins (*blue/purple*), banana (*white*)
- Our family's favorite fruit color \_\_\_\_\_ veggie color \_\_\_\_\_



### Size up servings

Depending on age and sex, MyPyramid recommends up to 5 cups of fruits and veggies each day. See [www.MyPyramid.gov](http://www.MyPyramid.gov) for specific recommendations.

### Snack or breakfast idea

Layer chopped fruits and yogurt and sprinkle with granola for your own on-the-go parfait!



### Fruits and Veggies - Your Active Play Pal

Have a fruit and veggie snack to give you energy after active play. Be physically active most days of the week and refresh with cool orange wedges or crisp veggie sticks with low-fat dip.



# CAFETERIA NEWS

Kathleen Whitmarsh, Cook/Manager



Dear Parents/Guardians:

As we round the bend to spring, I would like to make you aware of the upcoming **Grandparent's Breakfast** in the month of March. We hope to make it a very happy and successful event.

I missed writing to you about the National Eating Disorder Awareness Week (NEDA week) in February so I wanted to include a little bit of education on it in this newsletter. I hope it is helpful to you. I have made up a little questionnaire which I hope you will find both fun and informational.

Under-eating can take lives and do damage to the body. Overeating also takes lives, as well as contributes to diabetes, and heart disease. Our bodies are a magnificent machine, but we need to learn to care for them to keep the running properly; much like a car which needs water to keep cool, gas to run (energy like we need food) and proper maintenance to run smoothly and properly (exercise).

Sincerely,

Kathleen Whitmarsh  
Cafeteria Cook/Manager



Eat Well  
Exercise  
TO STAY HEALTHY  
Get Plenty of Rest



## Quiz for Myths About Eating Disorders

### QUESTIONS:

- |   |               |
|---|---------------|
| 1. Eating disorders are uncommon.                                       | True or False |
| 2. People choose to have eating disorders.                              | True or False |
| 3. Eating disorders are only in females.                                | True or False |
| 4. Anorexia nervosa is the only serious eating disorder                 | True or False |
| 5. No one dies from Bulimia   | True or False |
| 6. A person with Anorexia quits eating.                                 | True or False |
| 7. Purging is only throwing up.   | True or False |
| 8. You can tell by looking at a person if they have an eating disorder. | True or False |
| 9. Kids under age 10 are too young to have eating disorders.            | True or False |
| 10. Gaining weight means you are cured                                  | True or False |

### ANSWERS:

1. False Eating disorders are common. Anorexia nervosa, bulimia, and binge-eating disorder are on the rise in the United States. The more we dwell on childhood obesity, especially in young children, the more we run the risk of creating an eating disorder. The prevalence of clinical and sub clinical anorexia may be as high as 15% in females in their teens and early 20's. Anorexia nervosa ranks 3<sup>rd</sup> most common chronic illness among adolescent U.S. females. Recent studies show that up to 7% of U.S. females have had bulimia at some time in their lives. At any given time an estimated 5% of the U.S. population has undiagnosed bulimia. Current findings suggest that binge-eating disorder affects 0.7% to 4% of the general population.
2. False. People do not choose or start out to have an eating disorder. Eating disorders develop over time and require appropriate treatment to address the complex medical and psychiatric symptoms and underlying issues.
3. False. Males have eating disorders too. There are not as many statistics on males with eating disorders. The disorders are believed to be far more prevalent or common than reflected in statistics because of under-diagnosis. An estimated one-fourth (1/4) of anorexia diagnoses in children are in males. For binge-eating disorders preliminary research suggests equal prevalence among males and females. Incidence in males may be under-reported because females are more likely to seek help, and health practitioners are more likely to consider an eating diagnosis in females. Differences in symptoms exist between males and females. Females are more likely to focus on weight loss; while males are more likely to focus on muscle mass. Although issues such as altering diet to increase muscle mass, over-exercise, or steroid misuse are not yet criteria for eating disorders, a growing body of research indicates that these factors are associated with many, but not all, males with eating disorders.
4. False. The rate of death from bulimia nervosa is much lower than that seen with anorexia nervosa, but people with bulimia can be at risk of death and sudden death.
5. False Purging and its impact on the heart and electrolyte imbalances, laxative use and excessive exercise can increase the risk of death in individuals who are actively bulimic.

6. False. Most anorexics do eat. They tend to eat in smaller portions, eat lower calorie foods, or strange food combinations. Some may eat a candy bar in the morning and nothing else all day, and others may eat lettuce and mustard sandwiches with no bread every 2 hours. Eating disorders are very individualized. Not eating anything at all is very rare; however you may find some anorexics that also have a problem with bulimia and may purge what they ate. Death from malnutrition happens quite quickly when someone quits eating completely.
7. False. The definition of purging is to evacuate the contents of the stomach or bowels by any of several means. In bulimia purging is used to compensate for excessive food intake. Methods of purging include vomiting, (self induced throwing up) enemas, insulin abuse, fasting, and excessive exercise. Any of these behaviors can be dangerous and lead to a serious medical emergency or death. Purging by vomiting can also affect the teeth and esophagus because of the acidity of purged contents.
8. False. Anorexia may be easier to detect visually, although individuals may wear loose clothing to conceal their body. Bulimia is harder to see because individuals often have normal weight or may even be overweight. Some people may have obvious signs such as sudden weight fluctuations (weight gain or loss) while others may not. People with an eating disorder can become very effective at hiding the signs and symptoms. It is because of this eating disorders may go on for months or even years.
9. False. Eating disorders have been diagnosed in children as young as 7 or 8 years old. Often the precursor behaviors are not recognized until middle to late teens. The average age (at this time with studies) at onset for anorexia is 17 years old; the disorder rarely begins before puberty. Bulimia nervosa is usually diagnosed in mid-to-late teens or early twenties, although some people do not seek treatment until later in life (30's and 40's).
10. False. Weight gain is essential to enabling a person with anorexia to participate meaningfully in further treatment, such as psychological therapy. Recovering to normal weight does not in and of itself signify a cure, because eating disorders are complex medical, psychiatric illnesses.

I have just dealt with eating disorders that are undereating, cause weight loss and other problems. There is also overeating, an equally dangerous problem. Both children and adults have this problem.

Instead of dwelling on weight, muscle, and such things; let's dwell on eating healthy and smart. Get your vegetables, fruits, milks, grains, and proteins in small amounts every day and walk or exercise sensibly.



# MARCH 2010 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](mailto: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 Ravioli**  
Green Beans  
Milk  
Fruit

**2 Hot Sausage**  
on a bun  
Onions/Peppers  
Broccoli Salad  
Carrots  
Milk Fruit

**3 Crispy  
Chicken**  
Mashed no Gravy  
Peas Bread  
Milk Fruit

**4 Taco Day**  
Rice, Lettuce,  
Cheese  
Corn  
Milk  
Fruit

**5 Fishburger**  
French Fries  
Milk  
Fruit

**8 Pizza**  
Green Beans  
Bread  
Milk  
Fruit

**9 Hot Dog/  
on a bun**  
French Fries  
Peas  
Milk Fruit  
**Grandparent's  
Breakfast K-2**

**10 Hamburg/  
Bun**  
Bean Salad  
Corn  
Milk Fruit  
**Grandparent's  
Breakfast 3-6**

**11 Turkey  
Dinner**  
Mashed Potatoes  
Cranberry Sauce  
Peas Bread  
Milk Fruit

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

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

**16 Sloppy Joe**  
on a Bun  
Chips  
Carrots  
Milk  
Fruit

**17 Spaghetti  
Meal Balls**  
Peas  
Bread  
Milk  
Fruit

**18 Pizza**  
Green Beans  
Bread  
Milk  
Fruit

**19 STAFF  
DEVELOPMENT  
DAY**  
  
**NO SCHOOL  
FOR STUDENTS**

**22 Ravioli**  
Bread  
Peas  
Milk  
Fruit

**23 Chicken  
Nuggets**  
Green Beans  
Bread  
Milk  
Fruit

**24 Pizza**  
Tossed Salad  
Milk  
Fruit

**25 Pork Dinner**  
Mashed Potatoes  
Sweet Potatoes  
Bread Milk  
Ice Cream Fruit

**27 Vegetable  
Soup**  
Tuna or Egg Salad  
Sandwich  
Carrot Sticks  
Fruit Milk

**29 Hamburger  
on a Bun**  
Tortilla Chips &  
Salsa Corn  
Milk  
Fruit

**30 BBQ Pork  
on a bun**  
French Fries  
Peas  
Milk  
Fruit

**31 Chicken  
Patty on a Bun**  
Green Beans  
Bread  
Milk  
Fruit

Check your child's lunch account balance by logging onto [www.myNutrikids.com](http://www.myNutrikids.com). You can ask the computer to send you an automatic "low balance" e-mail when your child's account reaches a certain level that you set.

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.**



# APRIL 2010 MENU

<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	
<p>Check your child's lunch account balance by logging onto <a href="http://www.myNutrikids.com">www.myNutrikids.com</a>. You can ask the computer to send you an automatic "low balance" e-mail when your child's account reaches a certain level that you set.</p>			<p><b>1 Taco Day</b> Rice Lettuce Cheese Corn Milk Fruit</p>	<p><b>2 RECESS</b></p>	
<p><b>5 Sloppy Joe</b> Chips Peas Milk Fruit</p>	<p><b>6 Goulash</b> Green Beans Bread Milk Fruit</p>	<p><b>7 Hotdogs on a bun</b> French Fries Corn Milk Fruit</p>	<p><b>8 Turkey Dinner</b> Mashed &amp; Gravy Sweet Potatoes Carrots Bread Cranberry Sauce Milk Fruit</p>	<p><b>9 Chicken Patty/Bun</b> Chips Carrots Milk Fruit <b>½ Day for Students</b> <b>11:30 Dismissal</b></p>	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	
		<h2 style="color: blue;">SPRING BREAK</h2>			
<p><b>19 Pizza</b> Green Beans Milk Fruit</p>	<p><b>20 Chicken Nuggets</b> Buttered Pasta Carrots Milk Fruit</p>	<p><b>21 Hot Dog on a bun</b> French Fries Carrots Milk Fruit</p>	<p><b>22 Hamburg on a bun</b> Tortilla Chips and Salsa Corn Milk Fruit</p>	<p><b>23 Tomato Soup</b> Grilled Cheese Sandwich Milk Fruit</p>	
<p><b>26 French Toast</b> Sausage Hash Brown Milk Ice Juicee or Fruit</p>	<p><b>27 Chicken Patty/Bun</b> French Fries Fruit Milk</p>	<p><b>28 Pizza Roll</b> Tossed Salad Milk Fruit</p>	<p><b>29 Chicken Fajita</b> Rice, onions, Peppers, Lettuce, &amp; Cheese Corn Milk Fruit</p>	<p><b>30 Chicken Noodle Soup</b> Tuna or Egg Salad Sandwich Carrot Sticks Fruit Milk</p>	
<p><b>Kathy Whitmarsh</b> Cafeteria Manager 562-8326, ex. 507 Fax: 562-2477 <a href="mailto:kwhitmar@ekcsk12.org">kwhitmar@ekcsk12.org</a> P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684</p>	<p>Breakfast Every Day Cereal, Milk, Juice Some Days: Bagels/ Cream Cheese, English Muffins, Danish, fresh fruit, breakfast bars, donuts, eggs.</p>	<p><b>Peanut Butter &amp; Jelly and subs offered every day as a lunch choice. Milk, fruit, &amp; vegetable every day. Chef Salad Tue &amp; Thur. Trail Mix most days.</b></p>		<p><b>Breakfast: 7:45 A.M.</b> <b>Lunch: 11:00 A.M. - 1:00 P.M.</b></p>	

**Menu subject to change without notice.**

## **IMPORTANT CHANGES/DATES TO LOOK FOR INSIDE:**

**DRIVER EDUCATION: TIME OF YEAR AND SIGN-UPS**

**LENGTH OF SCHOOL DAY FOR 2010-2011**

**PRE-K AND KINDERGARTEN REGISTRATIONS**

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

**TO:**