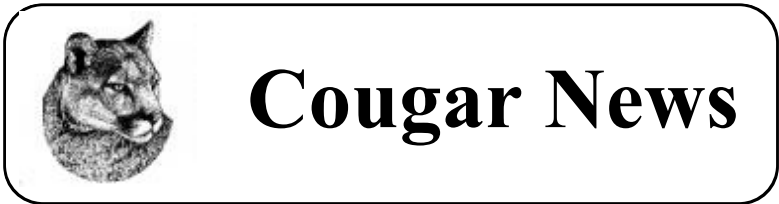


May-June 2010

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  
Dianne Hurley, Vice-President Bryan Gotham Andrea Webb  
Rick Brewer Teresa Hogle Tom Wood

## SUPERINTENDENT'S COMMENTS

Dear Residents:

Spring is definitely upon us and all is beginning to look bright and colorful. This is always an exciting time of the year at school as the Kindergarten received their introduction to the "big" playground and the sports teams are outside.

Spring also brings many New York State tests for grades 3-8 and Regents' examinations for 9-12th graders. Notices should be coming home with test dates and helpful hints for preparation. Don't hesitate to call the guidance department or offices if you have any test concerns.

In early April we shut down the Biomass Boiler for the season. We have been very happy with its performance and the daily savings to the district. There have been several visitors to the facility inquiring about our success.

I would like to congratulate the Boys' Varsity Basketball team for an excellent run. Your dedication and commitment served you well. The community support was great and added to the excitement.

A big round of applause to all our seniors as they begin to plan their next step. We are proud of the many college, military, and career paths they will be taking. There is quite an array of choices being made by these young adults.

As the year comes to an end, we will be hiring some new staff. If you are interested in serving on a hiring committee, please contact my office.

Sincerely,

Suzanne L. Kelly  
Superintendent of Schools

SLK/kca

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## EDWARDS-KNOX PROUDLY ANNOUNCES THE VALEDICTORIAN AND SALUTATORIAN OF THE CLASS OF 2010

**Raven Reese**, daughter of Martin and Diane Reese of Edwards, New York, is named Valedictorian with a cumulative average of 96.9519%. Raven is a member and Secretary of our National Honor Society and has earned numerous academic awards such as the Air Force Math & Science Award, the Marine Corps Scholar/Athlete Award and the Lion's Club Awards, Highest Final Average, for all her high school years and Best Effort in 10<sup>th</sup> grade. Raven has also received awards every year for her effort and academic excellence in her science classes. She is a member of the Edwards Youth Group and the Edwards-Knox Leadership Team. Raven has participated in several community service activities including the Buddy Walk and helped many of the Edwards-Knox Basketball Tournaments be a success.



Raven is very active in sports. She has been a member of our soccer, basketball and softball teams for four years. She has earned an Academic All-Northern award for her sophomore and junior years in soccer, basketball and softball and in her senior year for Soccer and Basketball. Raven has also received an All Northern award in soccer in her junior and senior years as well as for softball in her junior year.

Raven plans to attend college and study Chemistry and Biology.



**Katherine Stone**, daughter of William and Kelly Stone of Russell, New York, is named Salutatorian with a cumulative average of 96.4271%. Katherine is a member of the National Honor Society. She participated in the Edwards-Knox peer mentoring program called BUDDIES where she met with her "buddy" regularly to share conversations and activities. The goal for this program is to give a younger student a positive peer role model to assist them with homework or just to share fun activities.

Katherine has been the goalie for the soccer team all during high school. She earned an All-Northern Award and the Sportsmanship Award in her junior year and an All Academic Award in her senior year. Katherine has taken horseback riding lessons since elementary school and has earned many honors in local and statewide shows. Katherine participates in these activities and accomplishes these goals while working a part-time job.

The People-To-People Ambassador Program was started by President Eisenhower, who believed that direct interaction between ordinary citizens around the world can promote cultural understanding and world peace. Katherine participated as a Student Ambassador to Japan and spent two weeks enjoying and learning about Japanese culture. She has traveled with the Spanish Club to Spain and her family has hosted two foreign exchange students, Ness from Thailand and Chikako from Japan.

Katherine plans to attend the University of Wyoming to study Nursing.

## HIGH SCHOOL GUIDANCE NEWS

Linda Alford, High School Guidance Counselor  
Guidance Web Page is [www.ekcsk12.org/guidance/](http://www.ekcsk12.org/guidance/)

### 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 April 6th:

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

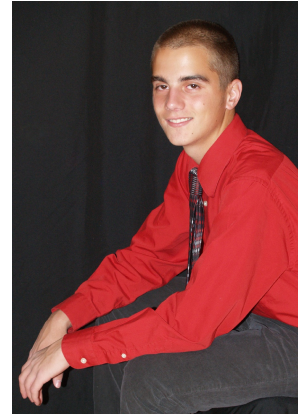
Travis Amo - Norwich Univ., The Citadel, Tulane Univ., Fordham Univ.,  
Virginia Tech, University of Arizona, The US Naval Academy  
Kristine Ashley - Herkimer CC  
Tyler Bleau - US Navy  
Mariah Brazeau - Collins College  
Ashley Chapin - SUNY Canton, North Country CC  
Lindsey Crosbie - Buffalo Univ., Alfred U., SUNY Potsdam, Wells College  
Chelsea Cutway - St. Lawrence Univ., SUNY Potsdam  
Alicia Dancause - SUNY Canton  
Taylor Davis - St. Bonaventure Univ., St. Lawrence Univ.  
Nicole Durham - North Country CC  
Danielle Gollinger - SUNY Potsdam  
Alesha Gotham - SUNY Canton, North Country CC  
Beth Hedrick - Lincoln Culinary Institute  
Dominick Moore - SUNY Canton  
Nate Morehouse - Norwich Univ.  
Danielle Mullaney - Ithaca College  
Joette Peacock - SUNY Canton  
Kerri Pike - Herkimer CC, North Country CC, Elmira College  
Raven Reese - Alfred Univ., Hartwick U., RIT, SUNY Brockport,  
SUNY Plattsburgh  
Benjamin Rulffes - Clinton CC  
Katie Stone - Univ. Of Wyoming  
Zebulon Tupper - Associated Training Services  
Lucinda Tyler - Clinton CC, Herkimer CC, Onondaga CC  
Maraya VanBrocklin - SUNY Potsdam, University of Vermont  
Katelyn Ward - SUNY Potsdam  
Nikola Wolfe - Clarkson School  
Joey Zacharek - Norwich Univ.

**HIGH SCHOOL GUIDANCE NEWSCONT'D.**

Linda Alford, High School Guidance Counselor  
Guidance Web Page is [www.ekcsk12.org/guidance/](http://www.ekcsk12.org/guidance/)

**UNITED STATES NAVAL ACADEMY APPOINTMENT**

Acceptance to the Naval Academy in Annapolis Maryland is a very difficult goal to obtain. The application process is daunting and the requirements are rigorous. Students must meet a high academic and moral standard, meet a challenging physical fitness test, and have one of only a few nominations from a government official. I am proud to announce that Travis Amo, a graduating senior, has met this monumental challenge and has received an appointment to the United States Naval Academy. He is the first student from Edwards-Knox to earn a nomination and appointment to any of our nation's service academies. He plans to study Political Science.



Travis is the son of Lawrence and Kay Amo of Russell, NY. He is ranked 4<sup>th</sup> in his class with a cumulative average of 94.9175% and was also awarded a NROTC scholarship to attend Virginia Tech. Travis is the President of the Edwards-Knox chapter of the National Honor Society where he exemplifies the Scholarship, Service, Leadership, and Character required for selection to this national organization. He has logged over 150 hours of community service. One activity he has participated in for two years is our BUDDIES program. BUDDIES is a peer mentoring program where a high school student is paired with an elementary student to assist with things such as homework or other academic strengthening skills, social skills, and other fun activities that helps build a positive relationship.

Travis also challenges himself though sports. He has been a member of the soccer, basketball, and baseball teams throughout high school. Travis has earned numerous awards such as All Academic for soccer and baseball in his sophomore year, for soccer, basketball and baseball in his junior year, and soccer and basketball in his senior year. He also earned the Scholar Athlete Team Award in Basketball in his junior year. Travis has volunteered to help with youth sports camps hosted by Edwards-Knox to help young students experience the pleasure of being part of a team and learn skills that will help them on the playing field as well as in life.

As the High School Guidance Counselor I have had an opportunity to know many wonderful young people. It has been my pleasure to know Travis Amo and be a small part of this journey he is embarking on. Travis hopes that by reaching this goal, other students might be inspired and encouraged to pursue their goals and dreams and also to know that it is possible to attain these high goals from a small school with the right amount of determination. Congratulations Travis for earning this appointment.

## HIGH SCHOOL GUIDANCE NEWS

Linda Alford, High School Guidance Counselor  
Guidance Web Page is [www.ekcsk12.org/guidance/](http://www.ekcsk12.org/guidance/)

### Final Average Calculation for the Final High School Report Card Grades (This is different from the marking period calculations)


**Edwards-Knox 7<sup>th</sup> through 12<sup>th</sup> grade  
Final Honor Roll Calculation**



Grading period averages are calculated in the following manner:

- \*All semestered courses count once (1X)
- \*Full year courses meeting every day count once (1X)
- \*Half year courses meeting every day count one-half (½ X)
- \*Single period every other day (½ credit courses) count one-half (½ X)
- \*BOCES Vo-Tech courses count 3 times (3X)
- \*BOCES Math and Science count one-half (½ X)

Honor Roll is 85 - 89.99%  
High Honor Roll is 90 - 94.99%  
Outstanding High Honor Roll is 95 - 100%

Final Averages are based on the credits earned for each class.



	Example:	Grade	Credits		Quality Points	
	English 11	70	X 1	=	70	
	US History	85	X 1	=	85	
	Math B	75	X 1	=	75	
	Chemistry	80	X 1	=	80	
	Spanish 11	90	X 1	=	90	
	Health	82	X ½	=	41	
	Phys. Ed	90	X ¼	=	22.5	
	Phys. Ed	92	X ¼	=	23	
	Band	95	X ½	=	47.5	
	<p style="text-align: center;">Quality points ÷ number of Credits = Final Ave.  <b>534 ÷ 6.5 = 82.15%      Term average is 82%</b></p>					

## SCHOLARSHIP OPPORTUNITIES

Seniors are encouraged to continue filling out scholarship applications. Information can be found in the High School Guidance office or the E-K Guidance web page at:

[www.ekcsk12.org/guidance/scholarships.pdf](http://www.ekcsk12.org/guidance/scholarships.pdf)

Some Scholarship applications can be printed from the guidance web page at <http://www.ekcsk12.org/guidance/> under local scholarship applications.

**Loop Scholarship Applications** are available on the guidance web page: [www.ekcsk12.org/guidance/applications/loopscholarship.pdf](http://www.ekcsk12.org/guidance/applications/loopscholarship.pdf). The Ray Loop Scholarship is available for anyone who meets the following criteria:



1. Is a graduating senior or a graduate of Edwards-Knox, or Knox Memorial.
2. Have an average of at least 85% or a cumulative average of 2.5 GPA
3. Studying Theology or a medical field (to be determined by the committee)

## **EDWARDS-KNOX TEACHERS ASSOCIATION** **SCHOLARSHIP APPLICATION**

The Edwards-Knox Teachers Association created a \$500.00 scholarship to assist a graduate who has elected to pursue a career in education. The committee will make the selection based on scholarship, leadership, service, character and potential for success. The Scholarship will be presented during the student's senior year. To be eligible students must:

- Be a graduate of Edwards-Knox Central School, Edwards School, or Knox Memorial School.
- Have completed at least the first semester of the Junior year by the end of June\*.
- Hold a Grade Point Average of 3.0 or higher.
- Complete an application form. (Can be printed from EK web site or requested at the Guidance Office).
- Submit an official transcript that includes grades for all courses taken.
- Submit two letters of recommendation (one must be from a college professor).
- Proof of enrollment in the field of education or teaching (course schedule, semester bill) for the fall semester.\*
- **All documents must be postmarked no later than August 31 to the following address:**

**Edwards-Knox Central School**  
**% Teachers Association President**  
**P.O. Box 630**  
**Russell, NY 13684**

Documents that are hand delivered must be dated and initialed by school personnel.

- \* The Scholarship recipient who is starting the second semester of the Junior year in September will wait until the Spring semester, when starting the Senior year, to receive the award. Proof of Senior year enrollment will also be necessary at that time.

**APPLICATIONS ARE AVAILABLE THROUGH THE**  
**EDWARDS-KNOX GUIDANCE OFFICE**  
**or by visiting**

<http://www.ekcsk12.org/guidance/senior/pages/scholarship/ektascholarship.pdf>

## GATEWAYS FOR SENIORS



Edwards-Knox Seniors participated in "Gateways 2010". This program is offered by the Office of Educational Partnerships and is designed to give all St. Lawrence County seniors the opportunity to practice the skills needed to obtain a job. On April 27<sup>th</sup> students will experience mock job interviews, have their resume critiqued, and have discussions about their communication skills. There will be over 100 employers



from the area to help with this endeavor.

## WORKING CARD APPLICATIONS OBTAINED IN THE GUIDANCE OFFICE

Please complete your working card paperwork in May or June if you plan to work during summer vacation.



Students less than 18 years of age who are employed after school or during vacations are required to have a Working Card. This involves filling out and having a parent sign an Application for Employment Certificate and having a doctor complete a Physical Fitness Certification based upon a physical examination performed within a calendar year. These forms can be picked up in the High School Guidance Office. A current sports physical or school physical (given to all 7<sup>th</sup> & 10<sup>th</sup> Grade Students at Edwards-Knox) is sufficient to meet the physical requirement. The school nurse can help with the completion of the Physical Fitness Certification for those students who have had a physical in school.

Students must also submit a copy of their social security card, with the required completed forms, to the Guidance Office.

We will do our best to provide you with the proper forms and knowledge of procedures, but getting things done in a timely fashion is up to you. Please don't wait until the end of June to start this process. During mid-summer there will be times when both Mrs. Finnerty and Ms. Alford will not be available. Be sure to plan ahead!

## Help our School Get Free Equipment!



Log on to [www.pricechopper.com](http://www.pricechopper.com) to register your **Price Chopper AdvantEdge** card for our school code 1 8 6 7 5.

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

## K-8 COUNSELOR NEWS

### Michelle Cummings, Counselor

<p><b>PARENTS CAN HELP STUDENTS STUDY</b></p> <ul style="list-style-type: none"><li>❖Require your child to write down homework assignments in a daily planner or calendar.</li><li>❖Help your child find a quiet location to study and do homework. Provide them with pens, pencils, paper, and other necessities.</li><li>❖Assign a minimum amount of time to spend on homework and study (the amount will vary depending on the grade your child is in.) This can prevent rushing through homework.</li><li>❖Require your child to show you his/her homework when he/she is finished. Edit the work for spelling and grammar errors.</li><li>❖Help your child use a homework folder to ensure his/her hard work makes it back to school.</li><li>❖Allow your child a break when he/she is spending long blocks of time on homework and studying.</li></ul>	<p style="text-align: center;"><b>STUDY TIPS FOR STUDENTS</b></p> <p>As the end of the school year approaches studying for quizzes and tests, and completing homework are more important than ever. Your 4<sup>th</sup> quarter and final grades will be calculated in June.</p> <p>Learning how to study is a skill and will improve your academic success. Strong study habits will lead to achieving high academic goals. Many skills that lead to success in school also lead to succeed on the job. The following are tips on how to study for the remainder of the year:</p> <p>Think positively. It will take effort to be prepared for your classes but you can do it. Come to class prepared. Bring the book, a pen or pencil, paper, folder and any other materials your teachers suggest.</p> <p>Be sure to take notes in class. It can help you concentrate while in class and provides you with valuable information for upcoming tests and quizzes. Use your time wisely. Examine how you spend your time outside of school.</p> <p>Use a calendar/assignment book to write down homework and test dates. Plan for deadlines. Schedule study/homework time each day.</p> <p>Make studying/homework your job. Select a comfortable spot with minimal distractions. Have the materials you need handy (pencils, pens, paper, calculator, index cards, etc.).</p> <p>Consider forming a study group with other members of your class. You can share notes, quiz each other, and work out questions you have with the material.</p> <p>Take a break when you are spending several hours doing homework and studying.</p>
<p style="text-align: center;"><b>CAREER EXPLORATION FOR 8<sup>TH</sup> GRADERS</b></p> <p>A visit to Southwest Tech Vocational Center in Fowler provided students with the opportunity to learn about educational program offerings as well as the sort of work-related tasks being performed. Students examined programs in terms of tasks involving working alone or as a team member; working with machines, or computers; the pace of the work environment, and the degree of accuracy involved.</p>	

## K-8 COUNSELOR NEWS

### Michelle Cummings, Counselor

#### AWARD CEREMONIES

Students in grades 5 through 8 will participate in one remaining award ceremony. 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 date is Wednesday, June 23, 2010, Pre-K through 4 @ 8am and 5-8 @ 9:30 am on the last day of school. If your child is eligible to receive an award a postcard will be sent indicating the date and time of the award ceremony.

#### 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. So far this year eligible students have gone on a zip line @ SUNY Canton, Bowling @ the Gouverneur Bowl and ice skating in Massena.

#### ORIENTATION PROGRAM FOR 6<sup>TH</sup> GRADERS

**June**

Students in grade 6 will participate in a 7-12 Grade Orientation program in June. They will have the opportunity to meet several 7<sup>th</sup> grade faculty members, get a feel for what will be required next year, and receive a list of supplies needed in 7<sup>th</sup> grade. Please be on the look out for the list so you can purchase school supplies when they go on sale over the summer. The list will also be posted at Wal-Mart

#### PROGRESS REPORTS and REPORT CARDS

Students receive a **progress report** between each report card. This is to give parents an idea of how their child is doing before the actual report card comes out. You can expect a progress report from your child on the tentatively scheduled date of Wednesday, May 19, 2010.

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 bring you his/her final report card on Wednesday, June, 23, 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.

#### ORIENTATION PROGRAM

**August**

A separate orientation program for students and parents will take place in August about a week before school begins. Students will receive a copy of their schedule, locker location, and a tour of the school. A notice of date and time will be sent home in early August.

**K-8 COUNSELOR NEWS**  
**Michelle Cummings, Counselor**

**REMAINING NEW YORK STATE ASSESSMENTS FOR GRADE 8:**

Math

3<sup>rd</sup> Grade – May 5 – 6

4<sup>th</sup> Grade – May 5 – 7

5<sup>th</sup> Grade – May 6 – 7

6<sup>th</sup> Grade – May 6 – 7

7<sup>th</sup> Grade – May 5 – 6

8<sup>th</sup> Grade – May 5-6

Science

Grade 4 Performance – May 25

Grade 4 Written – June 7

Grade 8 Performance – May 26

Grade 8 Written – June 7

Social Studies 8:

Monday, June 14

Tuesday, June 15

*Please encourage students to get plenty of sleep the night before each test and eat a good breakfast in the morning. Students will also need to bring two number 2 pencils with them to the test.*

## 7-12 News

### Jeff Davis, Principal

#### 8<sup>TH</sup> GRADE TRIP TO NEW YORK CITY

A large percentage of our 8<sup>th</sup> graders will be going for three days in June to New York City, New York, as part of our 8<sup>th</sup> grade trip that has taken place each of the past six years. Our 8<sup>th</sup> grade trips have included going to Boston, Cleveland, Ohio and New York City. All have been very exciting learning experiences for our students and staff. This year's group is advised by Mrs. Karen Dandrow and Mrs. Michelle Cummings. An exciting itinerary/schedule has been developed for our students and the chaperones to participate in. This is a great opportunity for our 8<sup>th</sup> grade students and we thank our Board of Education for supporting these trips.

#### DRESS CODE

Reminder to students and parents about proper clothing and attire to wear to school, particularly as the weather does get warmer . . . The four basic criteria Mr. Davis uses are as follows:

No midriff exposed/showing

Tops cannot be lower in the back than 4" below the base of one's neck where the neck meets the shoulders

No cleavage showing

Skirts/shorts/skortis cannot be shorter than the ends of one's fingertips when the shoulders are relaxed and the arms are held down at one's side

The "new jeans look", which involve numerous holes in the pant legs, can not be higher than the extended fingertips.

In addition, no clothing or hats can have alcohol or drug references.

Failure to comply and wear proper clothing will result in a student being sent to the In-School Suspension room for the day or until a parent/guardian brings in proper clothing for the student to change into so they can return to their regular class schedule.

#### RESERVED CALENDAR DATES (subject to change)

May 4	7 - 8 Awards @ 1:00 PM	June 2	Spring Concert II
May 11	Annual Budget Hearing	June 3	Senior Awards @ 8:00 AM
May 13	End of 4 <sup>th</sup> Interim Report Period	June 10 & 11	Final Exams
May 14	No School	June 15 - 23	Regents, RCTs and Proficiency Exams
May 15	Junior / Senior Prom	June 21	Grades 7 - 8 Awards Assembly @ 6:30 PM
May 17	Celebration of the Arts	June 23	Last Day of School
May 18	Budget Vote/Celebration of the Arts	June 24	Report Cards Mailed to Students
May 19	Spring Concert I	June 26	Commencement @ 7:00 PM
May 19	Interim Reports distributed to students		
May 28-31	Memorial Day weekend - No School		

**7-12 News**  
**Jeff Davis, Principal**

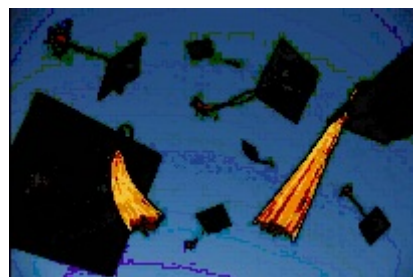
<p align="center"><b><u>2010 Cougar Yearbook</u></b></p> <p>We currently have 5 yearbooks in reserve. In order to be guaranteed a yearbook, you must pre-order and pay the full \$45. It is on a first come first serve basis. The company needed the yearbook order by March 1 and will not be printing any more. Don't miss out on your opportunity to get a 2010 Cougar Yearbook. If you have any questions, please call the High School office.</p>	<p align="center"><b><u>Commencement and Practice</u></b></p> <p>The 24<sup>th</sup> Commencement of Edwards-Knox Central School will be on Saturday, June 26, at 7 pm in the Edwards-Knox gymnasium. Graduation practice will be on Friday, June 25, beginning at approximately 9:00 am. ALL graduating seniors must be present at practice and should plan to be here until approximately noon (no exceptions). Students will be released to go to work or home after all criteria has been met. More information will be given to seniors in May.</p>
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<p align="center"><b><u>Southwest Tech Top Achievers</u></b></p>	
<p>It is a pleasure for Southwest Tech to announce the following students as Top Achievers for the marking period ending April 1, 2010. Top Achiever signifies that these students are in the top 20 percent of their class. Southwest Tech is proud of their accomplishment.</p>	
<p>Auto Technology - Michael Reynolds</p>	<p>Building Trades II - Linden McIntosh</p>
<p>Computers/Business Tech II - Shawn Allen</p>	<p>Charles Paro Simon White</p>
<p>Cosmetology I - Kelly Hedrick Holly Thomas</p>	<p>Early Childhood Ed. II - Katelyn Ward</p>
<p>Environmental Tech II - Ethan Panetti</p>	<p>Multi-Occ. I - Thomas Smith, Jr.</p>
<p>Metalworking Tech I - Kelsi Robert</p>	<p>Metalworking Tech II - Tyler McDonald</p>

<p align="center"><b>The Charlotte Award</b></p> <p>The Charlotte Award is named after the main character from Charlotte's Web by E. B. White. The award is given to great authors who have written great books. Every other year the New York State Reading Association chooses notable children's and young adult literature books to be on the Charlotte Award's ballot. There are three different reading levels that contain ten books under each one. New York State students are encouraged to participate in the voting process by reading the ten books from their reading level and voting for their favorite. Participants are exposed to exceptional pieces of literature as well as familiarizing themselves with various authors.</p> <p>Six students from seventh and eighth grade participated in the voting process for the 2010 Charlotte Award. Kennedy Bell, Molly Burger, Richard Finnerty, Brandon McKim, Alyssa Parker, and Raeann Thomas read the ten books from the young adult level during readers' workshop, study hall, and on their own time. An after school reception will be held for the participants at a date to be determined. Thank you, and congratulations, to all the participants!</p> <p>For more information about the Charlotte Award, and to view past winners, please visit the NYS Reading Assoc.'s website at <a href="http://www.nysreading.org/awards/charlotte/index.html">http://www.nysreading.org/awards/charlotte/index.html</a></p>
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## SEAWAY VALLEY PREVENTION COUNCIL NEWS

Senior year of high school.  
A time of nostalgia,  
excitement,  
possibility, and temptation.



*Your teen may be graduating soon, but  
that doesn't mean it's time to let go.*

From spring break to prom, senior trips to graduation day, there are plenty of opportunities where teens may consider taking risks, especially drinking and drug use. In fact, although drug use has declined over the past four years, surveys show nearly one in three high school seniors were drunk in the last month, and more than one in five used an illicit drug.<sup>1</sup>

Your teen needs you now just as much as ever. There are many ways to help keep your teen safe and healthy.

- **REINFORCE YOUR EXPECTATIONS.** Throughout their high school years, you've set rules and established the consequences for breaking them. Perhaps you've loosened up on a few rules, like curfew. But be clear—drinking or drug use remains unacceptable. Being an upperclassman has privileges, but it also has responsibilities.
- **ENCOURAGE YOUR TEENS TO MAKE EACH MOMENT COUNT.** Your teens only get one senior year. Let them know you don't want them to miss out on things because of bad choices, like drinking or drug use. One bad choice could change their lives forever.
- **PROVIDE SAFE ALTERNATIVES.** Parties abound during senior year. Plan chaperoned alcohol-free parties around prom and graduation. For teens staying home during spring break, volunteering and other community activities offer a safe and productive use of their free time.
- **SET A GOOD EXAMPLE.** Don't let anyone convince you that it's a good idea for teens to drink or use marijuana under your supervision. It sends the wrong message and may lead your teen to make other bad choices.

**Visit [TheAntiDrug.com](http://TheAntiDrug.com) or call 1.800.788.2800 for more ways to help your teen make the most of this important time. Monitoring the Future Survey, 2005. 23.1 percent of high school seniors report using an illicit drug in the past 30 days; 30.2 percent report having been drunk in the past 30 days.**

Office of National Drug Control Policy

For More Information Contact:

Laurel Jay

Student Assistance Program

Seaway Valley Prevention Council

315-379-1211

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

## 7-12 NEWS CONT'D. Mr. Jeff Davis, Principal

### Great Adirondack Young People's 2010 Poetry Contest

Mrs. White's 8<sup>th</sup> grade English class recently submitted poems to the **Great Adirondack Young People's 2010 Poetry Contest**. The contest is sponsored by The Lake Placid Education Foundation and the Lake Placid Institute for the Arts and Humanities. Winning poets will have a chance to read their work at the award ceremony and have their poems published in "**Words from the Woods**". In addition, the poems will be listed on The Lake Placid Institute's website. Each student from Mrs. White's English 8 class entered one or more poems to the contest with the hope that their poem(s) will be selected for an award and publication. **Good Luck to Our Future Writers!**

<b>Regents Examination Schedule for June 2010</b>							
<b>June 15 Tuesday</b>	<b>June 16 Wed.</b>	<b>June 17 Thursday</b>	<b>June 18 Friday</b>	<b>June 21 Monday</b>	<b>June 22 Tuesday</b>	<b>June 23 Wed.</b>	<b>June 24 Thursday</b>
<b>8:15 a.m.</b>	<b>8:15 a.m.</b>	<b>8:15 a.m.</b>	<b>8:15 a.m.</b>	<b>8:15 a.m.</b>	<b>8:15 a.m.</b>	<b>8:15 a.m.</b>	
Algebra 2/ Trigonometry  Mathematics B	Comprehensive English: Session One	Comprehensive English: Session Two	Regents in U.S. History & Government  RCT in Science	<i>Second Language Proficiency Examinations</i> French Italian German Latin Spanish	<i>Physical Setting/Earth Science</i>  <i>Physical Setting/Physics</i>	RCT in Mathematics  RCT in U.S. History and Govern- ment	<b>Rating Day</b>
<b>12:00 p.m.</b>	<b>12:00 p.m.</b>	<b>12:00 p.m.</b>	<b>12:00 p.m.</b>	<b>12:00 p.m.</b>	<b>12:00 p.m.</b>		
Regents in Global History and Geography	Living Environment  Physical Setting/ Chemistry	Geometry	Integrated Algebra	RCT in Writing  RCT in Global Studies	Comprehensive Regents Exams French Italian German Latin Hebrew Spanish	<u><b>Uniform Admission Deadlines</b></u>  <b>Morning Exams: 10:00 a.m.</b>  <b>Afternoon Exams: 2:00 p.m.</b>	



# NURSE'S CORNER

Melissa Brown, School Nurse



### Attention 5<sup>th</sup> graders:



The New York State Department of Health **requires** students who are **entering 6<sup>th</sup> grade** and who are **11 years of age** or older to receive an immunization called **Tdap**. This is a scheduled booster shot that also protects against pertussis (whooping cough). Please arrange for this immunization to be given to your child and a copy of this record mailed or faxed to the School Nurse **prior** to the start of 6<sup>th</sup> grade.

The New York State Department of Health is also requiring that all students who enroll in the 6<sup>th</sup> grade are immunized against varicella (chicken pox). You must submit proof of this immunization **or** documented history of disease from your child's physician. Parental recall is not acceptable. Call the School Nurse with any questions.

### Dental Certificate Request



As of September 2008 The New York State Department of Education will be requesting a dental certificate from any student entering pre-K, Kindergarten or First grade. This certificate from your dentist should be presented to the School Nurse before your child enters school in the Fall. You may mail or fax this to the School Nurse.

### Required school physicals

Physicals are required by New York State on all students entering grades pre-K, Kindergarten, 2,4,7,and 10. You may have this physical done at your own physician, the School Based Health Clinic or with the School Physician Andrew LaFrance, FNP. The school physician will be here once more in May. Call the School Nurse if you would like to set up an appointment.



### The New York State Lions SEE (Screening Eyes Early)

The Edwards Lions Club will have a digital kindergarten registration. This is an in depth charge. The screening provides instant eyes to determine the presence of eye is made with your child and no eye drops are the kindergarten screening packet. This is an excellent opportunity made available to our school.



photo screener available at vision screening and is free of photographs of your child's disorders. No physical contact needed. Consent forms are in

# NURSE'S CORNER CONT'D.

Melissa Brown, School Nurse

Suzanne L. Kelly  
Superintendent of Schools

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

Ronald P. Burke  
Elementary Principal  
562-3284 or 347-3210

**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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Thomas F. Wood  
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## 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: \_\_\_\_\_ Cell: \_\_\_\_\_

### 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 (please print): \_\_\_\_\_

Prescriber's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

**7-12 NEWS CONT'D.**  
**Mr. Jeff Davis, Principal**

**TERM 3 HONOR ROLL 2009-2010**  
**GRADE 12**

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

Travis Amo	Lacey Brown	Yiran "Lily" Gu
Catrin Brosi	Danielle Gollinger	Katelyn Ward

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

Kyle Cassidy	Linden McIntosh	Katherine Stone
Chelsea Cutway	Danielle Mullaney	Simon White
Alicia Dancause	Ethan Panetti	Chikako Yokota
Timothy Gault		

**Honor Roll (85.0-89.99)**

Shawn Allen	Andrew Given	Ashley Matthie	Michael Reynolds
Traci Allen	Alesha Gotham	Tyler McDonald	Benjamin Rulffes
Tyler Bleau	Beth Hedrick	Dominick Moore	Joshua Soucy
David Bullock	Aaron Lewis	Raven Reese	Maraya VanBrocklin
Lindsey Crosbie	Crystina Mandigo	Bridgett Reynolds	Joseph Zacharek
Taylor Davis			

**GRADE 11**

**Outstanding Honor Roll**  
 none

**High Honor Roll**

Kamrie Dandrow	Patricia Hathaway	Cassie Walrath
Kurtis Ellison	Kelsi Robert	Nikola Wolfe

**Honor Roll**

Dylan Davis	Morton Klock	Della Rubin	Holly Thomas
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**GRADE 10**

**Outstanding Honor Roll**

Kevin McNamara	Veronica White
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**High Honor Roll**

Claire Davis	Mercedes Mackin	Jasamin Reese	Kacee Stein
Caleb Fuller			

**Honor Roll**

Kylie Averill	Lateia Gravett	Kendra Horne	Kyrsten Phelps
Darryl Backus	Alexia Hawn	Ryan Kirk	Shelby Searles
Janna Fountain			

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

**TERM 3 HONOR ROLL 2009-2010**

**GRADE 9**

**Outstanding Honor Roll**

Samantha Ellison                      Brianna Farr

**High Honor Roll**

Jesse Bullock                                      Alison Thompson                                      Tyler Tresidder  
Amanda Huebner-Lane

**Honor Roll**

Zachary Allen                      April Chapin                      Alexander McDonald                      Thomas Smith  
Brent Archer                      Katie Hale                      Michael Smith

**GRADE 8**

**Outstanding Honor Roll**

Mackenzy Allen                                      Kyl Huebner-Lane                                      Hunter Tuttle

**High Honor Roll**

Kaden Dandrow                                      Jessey Parker                                      Patricia Steele  
Katelynd Hill                                      Sarah Rice                                      Abraham White  
Alyssa Parker                                      Kate Rowe                                      Chloe Wilson

**Honor Roll**

Makayla Bartocha                                      Nicole Hendricks                                      Harleigh LeBarge  
Ross Curley                                      Marissa Johnson                                      Leonard Walrath  
Jordan Davis

**GRADE 7**

**Outstanding Honor Roll**

Molly Burger                      Darrick Cutway

**High Honor Roll**

Makenna Ashley                                      Richard Finnerty                                      Abbie Hale                                      Shaye Taylor  
Rowena Casciaro                                      Mason Fountain                                      Katelynn Smith                                      Raeann Thomas

**Honor Roll**

Kennedy Bell                                      Nicholas Davis                                      Connor Gotham                                      Mackenzie Tresidder  
Skylar Cross                                      Megan Farr                                      Daniel Pharoah                                      Michaela Wilson

## ELEMENTARY CORNER

By: Ron Burke, Principal

### UPCOMING EVENTS

5/4: 8:30: Awards Assembly for grades K-4  
 5/4: 1:00: Awards Assembly for grades 5-8  
 5/5: 9:46: grade 4 NYS Math test  
 5/5: 12:25: grade 3 NYS Math test  
 5/6: 8:00: grade 5 NYS Math test  
 5/6: 9:46: grade 4 NYS Math test  
 5/6: 12:25: grade 3 NYS Math test  
 5/6: 1:51: grade 6 NYS Math test  
 5/6: 6:30 pm: Parents' Association meeting in library  
 5/7: 8:00: grade 5 NYS Math test  
 5/7: 9:46: grade 4 NYS Math test  
 5/7: 1:00: grade 6 NYS Math test  
 5/13: 8:20: Field Test for ELA & Math for grades 3-8  
 5/14: end of 35-week progress reporting  
 5/14: NO SCHOOL (give back unused snow day)  
 5/18: 5:30-7:00 pm: Celebration of the Arts  
 5/18: Annual Budget Vote  
 5/19: 8:00-3:00: Kindergarten Screening in the high school gym  
 5/19: progress reports go home for grades 5-6  
 5/20: 8:00-12:00: Kindergarten Screening in the high school gym  
 5/24: 7:00 pm: Board of Education meeting in library  
 5/25: grade 4 Science test (performance part)  
 5/28: NO SCHOOL (give back unused snow day)  
 5/31: NO SCHOOL - MEMORIAL DAY



6/1: 10:15-1:00: grades PK-2 to OCP in Ogdensburg  
 6/3: 6:30 pm: Parents' Association meeting in library  
 6/4: 8:15-2:45: 4<sup>th</sup> grade to Cornell Co-op Farm in Canton  
 6/7: 9:46: grade 4 Science test (written part)  
 6/9: 8:15-2:45: 4<sup>th</sup> grade to Wilder Farm in Malone  
 6/11: 8:10-1:45: 5<sup>th</sup> grade to Cornell Co-op Farm in Canton  
 6/14: 7:00 pm: Board of Education meeting in library  
 6/16: 6:00 pm: Kindergarten Ceremony in Auditorium  
 6/18: NO SCHOOL FOR STUDENTS  
 6/21: NO SCHOOL FOR STUDENTS  
 6/22: NO SCHOOL FOR STUDENTS  
 6/23: 8:00-9:15: Awards Assembly for grades K-4  
 6/23: 9:30-11:00: Awards Assembly for grades 5-7  
 6/23: 11:30: students dismissed early  
 6/23: report cards go home  
 6/23: LAST DAY OF SCHOOL



## ELEMENTARY CORNER CONT'D.

By: Ron Burke, Principal

### Teacher Requests

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.

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.

### 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.

### Safety Concerns and Summer Attire

With the nicer weather we tend to get students wearing sandals that they seem to have difficulty walking in. Please remember many of our students have to go up and down the steps to get to the cafeteria or other specials. It is always a concern when younger students are wearing flip flops and don't always hold onto the railings. Please keep this in mind as your children go out the door.

Everyone is excited to wear shorts to school with the warmer temperatures. We ask that students don't wear clothes that are distracting to others. Our handbook provides guidelines for appropriate dress. As a reminder, students are not to wear halter tops or bare back shirts.

If a student is wearing an outfit that seems inappropriate, they will be sent to the office. A discussion will take place and, if necessary, parents will be called. In the past, we have had students wearing shorts and midriff tops that were distracting to other students. If students are busy talking about what someone is wearing, they obviously aren't learning. Your help is greatly appreciated.



## CAFETERIA NEWS

KATHLEEN WHITMARSH, COOK/MANAGER



I hope everyone enjoyed the Spring break. Here we are almost at graduation time again.

Again this year, we will have free summer food for breakfast and lunch. Anyone may come, you do **not** need to be participating in school or an activity. If you baby sit and want to feed the children free with no dishes to do, load them in the car and bring them to school. An adult can also eat lunch, but if you are over 18 lunch will cost \$3.25 as they have for the last several years, unless the government raises them.

Janet Butler, writer for the Russell News in The Plaindealer, is printing our menus. I am hoping to get the menu to Janet so you will know what the main offering is every day. We will always have Ham or Turkey subs, Peanut Butter sandwich, or yogurt for a main entrée.

We have been hearing a lot about school meals on television and in the newspaper lately. Our menu has a main entrée listed every day with a main vegetable, fruit, milk, and bread. We also have other choices that are not listed every day. We have a veggie wrap, a ham or turkey sub or sandwich, and peanut butter every day instead of the main entrée. Many days we offer a hummus veggie wrap. Some of you may have tried our hummus recipe at the health fair last fall. It has no fat other than what is in the bean and very few calories. The wrap is a combination of many healthy fresh vegetables. We offer a fresh fruit choice almost every day, as well as a small tossed salad, and fresh carrots, celery, and/or broccoli. We do not charge extra for more than one vegetable. We offer frozen strawberries and blue berries when possible as well as canned fruit as a choice instead of fresh. Fresh fruit may be apples, oranges, bananas or a fruit in season. Almost all breads and rolls are whole grain and I give a 100% whole wheat bread choice also. All milks offered on our meal line are 1% or skim. We have a vanilla fruit yogurt parfait that we make and sell or can be used as the main protein for a meal with 3 of the 5 other food group choices. We have many low sugar and whole grain cereal choices for breakfast as well. It is not too late to fill out a meal application. If you are laid off, or have received a cut in pay, or reduced income of any kind, or if you have had an addition to the family, it could change your status and allow you to get lunch or breakfast at a reduced price (25¢) or even free of charge.

Remember to think of your body as a machine. Like a machine, it needs maintenance. It needs to be exercised so its parts don't stiffen, or get weak. It needs plenty of water too keep it cool and running well. Good food is like a high grade gasoline, but it needs to rest between jobs. Don't run the engine too hard, it does need play or social time. A healthy choice like fresh fruits and vegetables are usually lower in calories and gives the body the vitamins it need, while at the same time tastes good.

I do hope you enjoy the spring and summer and I hope to see you all at summer meals. Have a great summer.

Kathy Whitmarsh, Cook Manager  
562-8326 ex 507  
kwhitmar@ekcsk12.org



# MAY 2010 MENU

<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>
<p><i>Did you see the free and reduced meal application on page 7? If you qualify for these lunches, our school receives many benefits. Please apply or call us to discuss your eligibility.</i></p>		<p><b>Kathy Whitmarsh</b> Cafeteria Manager 562-8326, ex. 507 Fax: 562-2477 <a href="mailto:kwhitmar@ekcsk12.org">kwhitmar@ekcsk12.org</a> P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684</p>	<p><b>Breakfast Every Day</b> Cereal, Milk, Juice <b>Some Days:</b> Bagels/ Cream Cheese, English Muffins, Danish, fresh fruit, breakfast bars, donuts, eggs.</p>	<p><b>Breakfast:</b> <b>7:45 A.M.</b>  <b>Lunch:</b> <b>11:00 A.M. -</b> <b>1:00 P.M.</b></p>
<p><b>3 Goulash</b> Peas Bread Milk Fruit</p>	<p><b>4 Hot Dog</b> on a Bun French Fries Broccoli Milk Fruit</p>	<p><b>5 Chicken Nuggets</b> French Fries Green Beans Bread Milk Fruit</p>	<p><b>6 Taco Day</b> Rice Cheese Lettuce Peppers Tomatoes Onions Corn Milk Fruit</p>	<p><b>7 Tomato Soup</b> Grilled Cheese Sandwich Milk Fruit</p>
<p><b>10 Pizza</b> Green Beans Milk Fruit</p>	<p><b>11 BBQ Rib on a Bun</b> Chips Carrots Milk Fruit</p>	<p><b>12 Hamburger on a Bun</b> Peas Bread Milk Apple Crisp or Blueberry Cake</p>	<p><b>13 Chicken Fajitas</b> Lettuce, cheese, onions, peppers, Corn Milk Fruit</p>	<p><b>14 Unused Snow Day</b> <b>No School</b></p>
<p><b>17 Corn Dog or Hamburg on a bun</b> Green Beans Bread Milk Fruit</p>	<p><b>18 Sloppy Joe on a bun</b> Chips Carrots Milk Fruit</p>	<p><b>19 Crispy Chicken</b> Sweet Potatoes Cranberry Sauce Variety Mini Bread Milk Fruit</p>	<p><b>20 Lasagna</b> Tossed Salad Bread Milk Fruit</p>	<p><b>22 Fish on a bun</b> French Fries Carrots Milk Fruit</p>
<p><b>24 French Toast</b> Sausage Hash Browns Milk Ice Juicee Fruit</p>	<p><b>25 Hamburger on a bun</b> French Fries Corn Milk Fruit</p>	<p><b>26 Chicken Patty/Bun</b> Broccoli Salad Green Beans Milk Fruit Ice Cream</p>	<p><b>27 Spaghetti Meatballs</b> Peas Bread Milk Fruit</p>	<p><b>28 Unused Snow Day</b> <b>No School</b></p>
<p><b>31 MEMORIAL DAY</b></p> <div style="text-align: center;">  <p>Memorial Day</p> </div>	<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>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>	

**Menu subject to change without notice.**



# JUNE 2010 MENU

<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>
	<b>1 Hamburger Patty/Bun</b> French Fries Corn Milk Fruit	<b>2 Chicken Nuggets</b> Peas Bread Milk Fruit	<b>3 Turkey Dinner</b> Mashed Potatoes Gravy Green Beans Milk Fruit	<b>4 Chicken Noodle Soup</b> Tuna or Egg Salad Sandwich Fresh Carrots Milk Fruit
<b>7 Ravioli</b> Green Beans Bread Milk Fruit	<b>8 Rib-B-Q on a bun</b> Carrots Milk Ice Cream / Fruit	<b>9 Pizza Burger/Bun</b> Chips Peas Milk Fruit	<b>10 Chicken Fajitas</b> lettuce, cheese, rice, corn Shells Milk Fruit	<b>11 Tomato Soup</b> Grilled Cheese Sandwich Milk Fruit
<b>14 Hamburg/Bun</b> Corn Milk Fruit	<b>15 Chicken Patty/Bun</b> French Fries Carrots Milk Pears	<b>16 Grilled Cheese or Corn Dog</b> Peas Bread Milk Fruit	<b>17 Pizza</b> Tossed Salad Milk Fruit	<b>18 Fishburger on a bun</b> French Fries Green Beans Milk Fruit
<b>21 Chicken Nuggets</b> Peas Bread Milk Fruit	<b>22 Hotdog/Bun</b> French Fries Corn Milk Fruit	<b>23 Pizza</b> Green Beans Milk Fruit	<b>24 Unused Emergency Day</b>	<b>26 HAPPY SUMMER VACATION!!</b>
<h2 style="color: blue;">DON'T FORGET - There will be free Breakfast and free Lunch this summer for anyone 18 or younger.</h2>				
<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	Breakfast Every Day Cereal, Milk, Juice Some Days: Bagels/ Cream Cheese, English Muffins, Danish, fresh fruit, breakfast bars, donuts, eggs.	Peanut Butter & Jelly and subs offered every day as a lunch choice. Milk, fruit, & vegetable every day. Chef Salad Tue & Thur. Trail Mix most days.	Breakfast: 7:45 A.M.  Lunch: 11:00 A.M. - 1:00 P.M.	

**Menu subject to change without notice.**

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

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