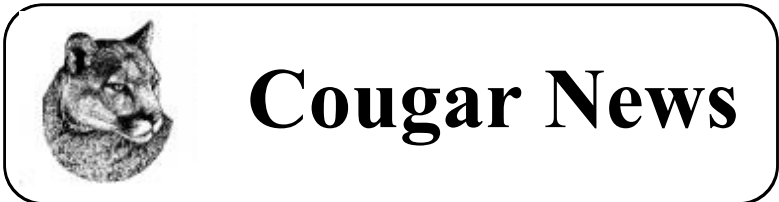


January-February 2010

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



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

SUPERINTENDENT'S COMMENTS

Dear Residents:

On October 26, 2009, we took time from the regular Board of Education meeting to recognize our current board members. Many elementary students were present to thank each board member for their dedicated service. All members received cards and various art projects made by the classes Pre-K through 6 grade. This celebration was enjoyed by all.

Please be sure to check out the districts website. You can access this by going to www.ekcsk12.org. Here you will find building renovation updates, Board of Education minutes, information on H1N1, news from the staff, valuable dates and other educational information.

For some very exciting news, I'd like everyone to know that the Tiffany window has been revived. As you enter the building the newly lit art work flows with the beauty of the woodland waterfalls. Stop by and enjoy the classic work of art by Louis Comfort Tiffany.

For those of you who don't know the history of this Tiffany window, it was created in 1913. Upon building the Knox Memorial school it was donated by Seymour Knox in memory of his mother. It was thought that this scenic landscape nicely mirrored the hills of the Adirondacks.

I sincerely hope that the holiday season brings you time to celebrate with friends and family. Be sure to slow down and enjoy those special moments and reflect on times past.

Sincerely,

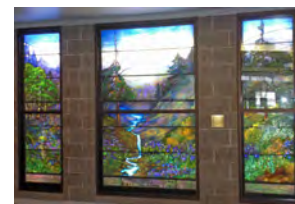
Suzanne L. Kelly

SLK/kca

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**Tiffany
Window
with New
Backlighting**



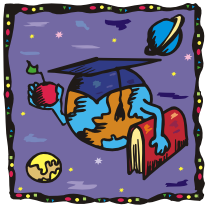
BOARD OF EDUCATION RECOGNITION



High School Guidance News

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 December 10th.

- Travis Amo - Norwich Univ., The Citadel, Tulane Univ.
- Tyler Bleau - US Navy
- Ashley Chapin - SUNY Canton
- Nate Morehouse - Norwich Univ.
- Joette Peacock - SUNY Canton
- Kerri Pike - Herkimer CC, North Country CC
- Katie Stone - Univ. of Wyoming
- Joey Zacharek - Norwich Univ.

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

GRADING PERIOD CALCULATIONS

Edwards-Knox 9 th through 12 th grade Honor Roll Calculation and Senior Privileges		Example:		Grade	Periods	Quality Points
Grading period averages are calculated in the following manner:		English 12	70	X	2	= 140
*All semestered courses count twice (2X)		PreCalculus	75	X	1	= 75
*Full year courses meeting every day count once (1X)		Physics	80	X	1	= 80
*Half year courses meeting every day count once (1X)		Spanish IV	90	X	1	= 90
*Single period every other day (½ credit courses) count one-half (½ X)		Studio in Art	82	X	1	= 82
*BOCES Vo-Tech courses count 3 times (3X)		Phys. Ed	90	X	½	= 45
*BOCES Math and Science count one-half (½ X)		Band	95	X	½	= +47.5
* Science lab grades to not count for honor roll .					7	559.5
They are calculated into course average.		Quality points ÷ number of periods = Term Ave.				
Honor Roll is 85 - 89.99%		559.5 ÷ 7 = 79.93% Term average is 79%				
High Honor Roll is 90 - 94.99%		Final Averages are based on the credits earned for each class.				
Outstanding High Honor Roll is 95 - 100%						



COLLEGE VISIT

On November 3rd the High School Guidance Office sponsored a field trip for interested Juniors and Seniors to explore opportunities available to them at SUNY Plattsburgh and Clinton Community College. Students were presented with great information about the college they visited and had an informative tour of the campus.



High School Guidance News Cont'd.

Linda Alford, Guidance Counselor

REGISTRATION DEADLINES

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

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

Registration materials can be picked up in the High School Guidance Office or can be done on-line at www.collegeboard.com for the SAT and www.actstudent.org for the ACT. The registration process takes some time so students are encouraged to start early, **DO NOT WAIT FOR THE REGISTRATION DEADLINE TO START THE REGISTRATION MATERIALS!**

ACT	<u>Registration Deadline*</u>	<u>Test Date</u>
	Mar. 05, 2010	Apr. 10, 2010
	May 07, 2010	Jun. 12, 2010

Test Fee: \$32.00 Fee waivers may be available in the Guidance Office
With Optional Writing: \$47.00 for students who qualify for a reduced or free lunch.

SAT	<u>Registration Deadlines*</u>	<u>Test Dates</u>
	Dec. 15, 2009	Jan. 23, 2010
	Feb. 04, 2010	Mar. 13, 2010
	Mar. 25, 2010	May 01, 2010
	Apr. 29, 2010	Jun. 05, 2010

Lp

Test Fee : \$ 45.00 Fee waivers may be available in the Guidance Office for students who qualify for a reduced or free lunch.

* Registration materials must be postmarked by this date.

CEEB/ACT HIGH SCHOOL CODE NUMBER : 334949

Be sure to include this number on your registration form or the guidance office will not receive your scores to add to your transcript.

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

For more information check out the following web pages:

- For SAT - www.collegeboard.com
- For ACT - www.act.org

or find a useful link on the High School Guidance web page.

High School Guidance News Cont'd.

Linda Alford, Guidance Counselor

DID YOU KNOW.....

- that FAFSA stands for "Free Application of Federal Student Aid"? This is the form used to apply for federal financial aid called a PELL Grant and the form that will start the TAP process if you are planning to attend a New York State college.
- that the amount of a PELL Grant for 1st year college students is as much as \$4731 for the 2009-10 school year
- that you can fill out and send many college applications and also the FAFSA on-line? The FAFSA web site is www.fafsa.ed.gov
- that to fill out the FAFSA on-line you must first apply for an electronic PIN number? You can do this from the FAFSA web site www.fafsa.ed.gov or you can go directly to the PIN web site at www.pin.ed.gov
- that a Merit Award is an award based on demonstrated academic excellence, professional promise, and personal merit?
- that a TAP Award, which is New York State's Tuition Assistance Program, was as much as \$5,000 last year?
- that Grants are financial aid that a student does not need to pay back?

Ms. Alford is available to ask general financial aid questions. If you have specific financial aid questions you should contact the financial aid officer at the college you may attend.

PLANNING FOR NEXT YEAR FOR 9th - 11TH GRADE STUDENTS

Starting in January all 9th through 11th grade students will meet with Ms. Alford regarding their schedules for next year. Students will be called from a study hall to review their school records, discuss the current school year and plan for next year. Students will talk about required courses, as well as elective courses in many areas, including Advanced Placement and college courses for older students. We will then send a copy of this plan to parents asking them to review it with their student. Parents are encouraged to contact Ms. Alford if changes to this plan are desired or if they would like to meet with her.

TERM 1 GRADES 7-12 HONOR ROLL 2009-2010

GRADE 12

Outstanding Honor Roll (95.0-100)

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

High Honor Roll (90.0-94.99)

Kyle Cassidy	Danielle Gollinger	Katelyn Ward
Nicole Durham	Danielle Mullaney	Chikako Yokota
Timothy Gault	Raven Reese	Joseph Zacharek

Honor Roll (85.0-89.99)

Shawn Allen	Andrew Given	Kerri Pike
Kristina Ashley	Aaron Lewis	Zebulun Tupper
Mariah Brazeau	Tyler McDonald	Maraya VanBrocklin
Amelia Colton	John McLaughlin	Megan White
Lindsey Crosbie	Ethan Panetti	Simon White
Alicia Dancause	Charles Paro	

GRADE 11

Outstanding Honor Roll
none

High Honor Roll

Patricia Hathaway	Cassie Walrath	Nikola Wolfe
Kelsi Robert		

Honor Roll

Kamrie Dandrow	Kelly Hedrick	Paige Mazuroski
Dylan Davis	Olivia Loop	Holly Thomas
Kurtis Ellison		

GRADE 10

Outstanding Honor Roll
Veronica White

High Honor Roll

Claire Davis	Caleb Fuller	Mercedes Mackin
Karl Dumoulin	Alexia Hawn	Kevin McNamara
Janna Fountain	Kendra Horne	Jasamin Reese

AMAZING!

GRADE 10 CONT'D.

Honor Roll

Kylie Averill
Benjamin Fuller

Cameron Koster
Kyrsten Phelps

Kacee Stein

GRADE 9

Outstanding Honor Roll

Samantha Ellison

Brianna Farr

High Honor Roll

Jesse Bullock
Amanda Huebner-Lane

Alexander McDonald
Alison Thompson

Tyler Tresidder

Honor Roll

Nicholas Davison
Katie Hale

Logan McCollum

Annabelle Royce

GRADE 8

Outstanding Honor Roll

Mackenzy Allen

Kyl Huebner-Lane

Hunter Tuttle

High Honor Roll

Katelynd Hill
Marissa Johnson
Alyssa Parker

Jessey Parker
Sarah Rice
Kate Rowe

Patricia Steele
Abraham White

Honor Roll

Makayla Bartocha
Kiana Coffey
Ross Curley
Kaden Dandrow

Jordan Davis
Kyle Gotham
Nicole Hendricks

Harleigh LeBarge
Leonard Walrath
Chloe Wilson

GRADE 7

Outstanding Honor Roll

Molly Burger

Darrick Cutway

Shaye Taylor

High Honor Roll

Makenna Ashley
Kennedy Bell
Rowena Casciaro

Richard Finnerty
Abbie Hale
Katelynn Smith

Raeann Thomas
Mackenzie Tresidder

FAANTASTIC!

GRADE 7 CONT'D.

Honor Roll

Tiara Allen
Skylar Cross
Nicholas Davis
Megan Farr

Mason Fountain
Connor Gotham
Erica Hendricks
Logan McIntosh

Brandon McKim
Tucker O'Brien
Kali Sharpstene
Michaela Wilson

BOCES TOP ACHIEVERS

(Top 20% of their respective classes)

Building Trades II

Dominick Moore
Simon White

Early Childhood Education II

Katelyn Ward

Metalworking Tech I

Kelsi Robert

Computers/Business Tech II

Shawn Allen

Environmental Technology II

Ethan Panetti

Metalworking Tech II

Tyler McDonald
Zebulon Tupper

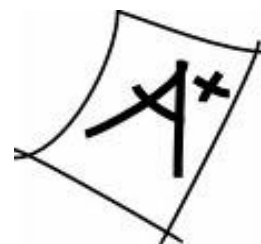
Cosmetology I

Holly Thomas

Multi-Occupations I

Thomas Smith

SUPERB!



7-12 News
Jeff Davis, Principal

Upcoming Events:

- | | | |
|------------------------------------|---|---|
| December 16, 2009 | - | Progress Reports Distributed in Homeroom |
| December 17, 2009 | - | College Spirit Day |
| December 23-January 3, 2009 | - | Winter Break |
| January 4, 2010 | - | School Resumes - 7-12 Faculty Meeting |
| January 18, 2010 | - | NO SCHOOL - Martin Luther King, Jr. Day |
| January 26 - 29, 2010 | - | Regents Examinations |
| February 3, 2010 | - | Report Cards Mailed Home |
| February 4, 2010 | - | Parent's Assoc. Meeting 6:30 - 8:00 Library |
| February 11, 2010 | - | K-4 & 5-8 Award Assembly 8:00 AM-3:00 PM |
| February 15 - 19, 2010 | - | Mid-Winter Break |

STUDENT ATTIRE

Just a reminder that clothing and hats bearing messages, comments or illustrations which contain inappropriate sexual innuendos, or which are lewd, vulgar, offensive, sexist or racist or promotes illegal behavior (i.e. drugs, alcohol or tobacco) will not be worn in school. Articles of clothing must be turned inside out or covered in some way for the remainder of the school day if asked to do so by the school administration or a staff member. These messages do not reflect the ideals and values that represent our school. Parents, please check your child's clothing before they leave for school to make sure they are dressed appropriately so they do not have to change their attire.

BOCES ATTENDANCE

The number of students attending the South West Technical Center in Fowler has risen in recent years. This year 35 students attend the BOCES facility in the morning, consisting of mostly student in their second year of a BOCES occupational program. In the afternoon 25 students are attending their first year of an occupational program. At BOCES students learn a trade with skills many use immediately after graduation when they secure employment. Keep up the great work BOCES students.

LEADERSHIP TEAM UNDERWAY

Mr. Patrick Ames, from the Cornell Cooperative Extension in Canton, is continuing working with a leadership group of 12 students in grades 10-12 this year. The leadership team will do a variety of skill building activities as they learn the importance of leadership and skills necessary to be an effective leader. The leadership team will develop and complete a service learning project during the 2009-2010 school year. Members of the Leadership Team include: Veronica White; Ben Fuller; Janna Fountain; Alexia Hawn; Kamrie Dandrow; Patricia Hathaway; Cassie Walrath; Nikola Wolfe; Katie Stone; Travis Amo; Raven Reese and Taylor Davis.

7-12 News Cont'd.
Jeff Davis, Principal

Yearbook Information:

The cost of yearbooks are now \$45. If you would like to purchase one please see Ms. Manning in the high school office or Kathy Whitmarsh in the cafeteria.

Italian Feast for Thanksgiving:

Financially smart students hosted an Italian feast prior to Thanksgiving. The menu consisted of homemade Italian bread, Antipasto Salad, homemade Manicotti, homemade Fettuccine Alfredo, and Cannelloni. As a unit of study, students created a shopping list, a cost analysis, and prepared all of the food swerved that afternoon. Students and invited staff members enjoyed an elegant lunch and learned that the cost of preparing homemade food is well worth it.



**7-12 News Cont'd.
Jeff Davis, Principal**

January Regents Test Week:

Only students taking Regents examinations during the four days, January 26 - 29 of Regents test week will attend school all other students should not be in attendance. Students who need to make up BOCES classes can do so during this time. Morning and afternoon bus trips to BOCES will continue each day except Friday, January 29, when only a morning bus will take students to BOCES. Students can still attend BOCES during the afternoon on January 29, but transportation by the school will not be provided. Call the high school office at 562-3227 if you have any questions.

FINAL DRAFT

FINAL DRAFT

EXAMINATION SCHEDULE FOR JANUARY 2010

<i>January 26 TUESDAY</i>	<i>January 27 WEDNESDAY</i>	<i>January 28 THURSDAY</i>	<i>January 29 FRIDAY</i>
8:15 a.m.	8:15 a.m.	8:15 a.m.	8:15 a.m.
Living Environment Mathematics B RCT in Global Studies	Comprehensive Spanish Physical Setting/Earth Science RCT in U.S. History & Gov't.	RE in U.S. History & Government RCT in Reading Geometry	RE in Global History & Geography RCT in Writing
12:00 noon	12:00 noon	12:00 noon	<p align="center">Uniform Admission Deadlines</p> <p align="center">Morning Exams: 10:00 a.m.</p> <p align="center">Afternoon Exams: 2:00 p.m.</p>
Comprehensive English: Session One RCT in Mathematics	Comprehensive English: Session Two RCT in Science	Integrated Algebra Physical Setting/ Chemistry Physical Setting/ Physics	

7-12 News Cont'd.
Jeff Davis, Principal

FORMER STUDENT VISITORS

Any former students wishing to visit must come at the end of the school day (3:12) to visit staff members. Please contact Mr. Davis at 562-3227 Ext. 534 if you have any questions regarding this matter.

The Truth About Energy Drinks



Caffeinated energy drinks have become a popular among teenagers and young adults, but studies have shown that there are major health risks for consumers. Drinks like Red Bull, Full Throttle and Monster offer a jolt of energy but in return will also cause a major energy crash as well as serious health problems.

The Amount of Caffeine

Energy drinks range in the amount of caffeine, but typically have much more than coffee or sodas. According to a [New York Times](#) article published September 25, 2008, "The caffeine content of energy drinks varies from 50 milligrams to more than 500 milligrams per serving. A regular 12-ounce cola drink has about 35 milligrams of caffeine, and a 6-ounce cup of brewed coffee has 80 to 150 milligrams of caffeine."

Health Risks

The New York Times article also states a list of medical risks associated with energy drinks, and that according to the Diagnostic and Statistical Manual of Mental Disorders and the World Health Organization's International Classification of Diseases recognizes caffeine intoxication as a clinical syndrome. "It is marked by nervousness, anxiety, restlessness, insomnia, gastrointestinal upset, tremors, rapid heartbeats, restlessness and pacing, and in rare cases, even death."

Red Bull: 80 milligrams of caffeine per 8.3 oz. serving

Tab Energy: 95 milligrams of caffeine per 10.5 oz. serving

Monster and Rockstar: 160 milligrams of caffeine per 16 oz. serving

No Fear: 174 milligrams of caffeine per 16 oz. serving

Wired X505: 505 milligrams of caffeine per 24 oz. serving

Behavioral Risks

A study by the Researchers at the University of Buffalo's Research Institute on Addictions published in the [Science Daily](#) on July 25, 2008 shows a link to energy drinks and risk taking behaviors among teenagers and young adults. The studies first results show that there were links between energy drink consumption, risky substance use and sexual risk taking. "Energy drink consumption is correlated with substance use, unsafe sexual activity and several other forms of risk-taking,"

Energy Drink Mixer

Many young adults use energy drinks to mix with alcohol because they believe the energy drink will off set the effect of alcohol, but this mixture is very dangerous. The mix of depressants with stimulants can be very detrimental to the heart. It can cause heart rhythm problems, and energy drinks which include stimulants such as ginseng and taurine can send mixed messages to the nervous system and cause cardiac complications. Mixing energy drinks and alcohol can also increase dehydration.

What Other Countries are Doing

Following recent deaths that were linked to energy drinks several countries have take action to restrict the use of these beverages. France, Turkey, Denmark, Norway, Uruguay and Iceland ban high-caffeine/taurine energy drinks altogether. Canada, requires warning labels alerting against use by children, pregnant women, or use with alcohol. In the United States there are no regulations on the consumption of these drinks.

High School Business Education Department Activities – Fall 2009

Students taking business education courses at Edwards-Knox High School have participated in several exciting educational programs this fall:

- On November 18, students from Mrs. Cummings and Mr. Remington's classes (including 8 students from Heuvelton CSD who are students in Mr. Remington's Graphic Communications class taught on the Distance Learning network) visited Community Bank in Potsdam, and SUNY Potsdam. At Community Bank, they heard a comprehensive presentation on banking services, both personal and business/corporate, facilitated by Vicky Strader, Branch Manager. At SUNY Potsdam, Dr. Edwin Portugal, a Professor in the college's Business Administration program, scheduled an educational experience that included a tour of the campus and a presentation on Entrepreneurship. Students from Dr. Portugal's Small Business Management classes presented an interesting look at Entrepreneurship- his students were given an assignment to develop and market a small business on campus and would be graded on the amount of funds that they earned. This fascinating concept may be revisited this spring in Mr. Remington's Small Business Management class; Dr. Portugal has graciously offered to visit Edwards-Knox (with his students) to offer support and additional guidance with developing this real world based educational experience

7-12 News Cont'd.
Jeff Davis, Principal

High School Business Education Department Activities – Fall 2009

- The Small Business Management class mentioned above, along with Mr. Remington's Accounting I class offer students the option of earning college credit from Paul Smith's College, at a cost of only \$60 per student. Additional information on this program can be found on Mr. Remington's Home Page (within the EKCS Website) at www.ekcsk12.org/faculty/tremington. As part of this relationship with Paul Smith's College, Mrs. Cummings and Mr. Remington's classes were invited to a Business Entrepreneurship Seminar at Paul Smith's College on October 23. The seminar, presented by the College's Business Education Department, offered view several presentations by the professionals from the business world and college professors, related to Accounting, Corporate Management, Small Business Management, Investment Management, and other business management-related scholarly topics.
- Mr. Remington's Investment Management class (Travis Amo, Tyler Bleau, Kyle Cassidy, and Joette Peacock) is participating in participating in New York State Division of The Stock Market Game™. The Stock Market Game™ is a trademark of the Foundation for Investor Education, a nonprofit organization dedicated to developing and providing learning resources for investors of all ages, raising the level of investor awareness in the U.S., supporting research programs, and advocating the advancement of investor education. Starting with a virtual cash account of \$100,000, students strive to create the best-performing portfolio using a live trading simulation. The students work as a team, utilizing financial and market analysis skills to compete for first place (the team earning the greatest profit from their investments). Participation in the competition is free for all New York State Schools. In building an investment portfolio, students research and evaluate stocks, and make informed decisions based on their knowledge. Teams trade common stocks and mutual funds from the NYSE, NASDAQ and AMEX exchanges; earn interest on cash balances; pay interest if buying on margin and pay a commission on all trades. To determine why certain stocks perform the way they do, or to determine why the broader market has moved up or down, students must develop an understanding of how the economy works, and develop efficient mathematical means to calculate the return on their investment. Since 1977, more than 10 million students have participated in The Stock Market Game™ program, including teams from all 50 states and worldwide. Mr. Remington's Web Page Design Class participated in this competition last fall and finished 12 out of 200 schools within our region (from Albany north and west to Buffalo). Matt Monroe, Vice President for Investment Planning with Wells Fargo, has visited class on two occasions to offer the students real world investment advice and strategies for the students to develop an Investment Portfolio that would realize a return (profit) on their hypothetical investment. For more information on the student's current year competition participation, please visit the student's Investment Management Class Web page, www.ekcsk12.org/faculty/tremington/investment%20Mgmt%20Class%20Web%20Site.htm

7-12 News Cont'd.
Jeff Davis, Principal

High School Business Education Department Activities – Fall 2009

- Mr. Remington's Sports Management class (Nate Morehouse, Jon Davison, Kurtis Ellison, Lucinda Tyler, Alicia Dancause, and Ben Rulffes) has been studying sports broadcasting and media topics this fall and have produced several videos of sporting events (Girls Varsity Soccer, and Boys and Girls Varsity Basketball). They have also developed several sports media related items, such as online rosters for boys and girls varsity basketball teams that when accessed provide photos and basic statistics for each player – this online roster is available by accessing either the "View My Schedule – Digital Sports.Com" website, www.digitalsports.com/school/id/8166.aspx, or the student's Sports Management Website, www.ekcsk12.org/faculty/tremington/edwards-knox%20sports%20page.htm. Both websites will be offering interviews with coaches, videos of home varsity games, action photos, limited team and individual statistics, and game recaps (both written and video highlights) in the near future. The enormous growth in sports media in our society has impacted the lives of all who are interested in sports in general. This course has offered students an opportunity to join this ever growing field on a limited basis (the students have created/produced all videos found on their website, and have created all photos posted on not only their website, but also the ones attached to the rosters on the View My Schedule Website (they also input the rosters and statistics). This truly qualifies them as members of the sports media world

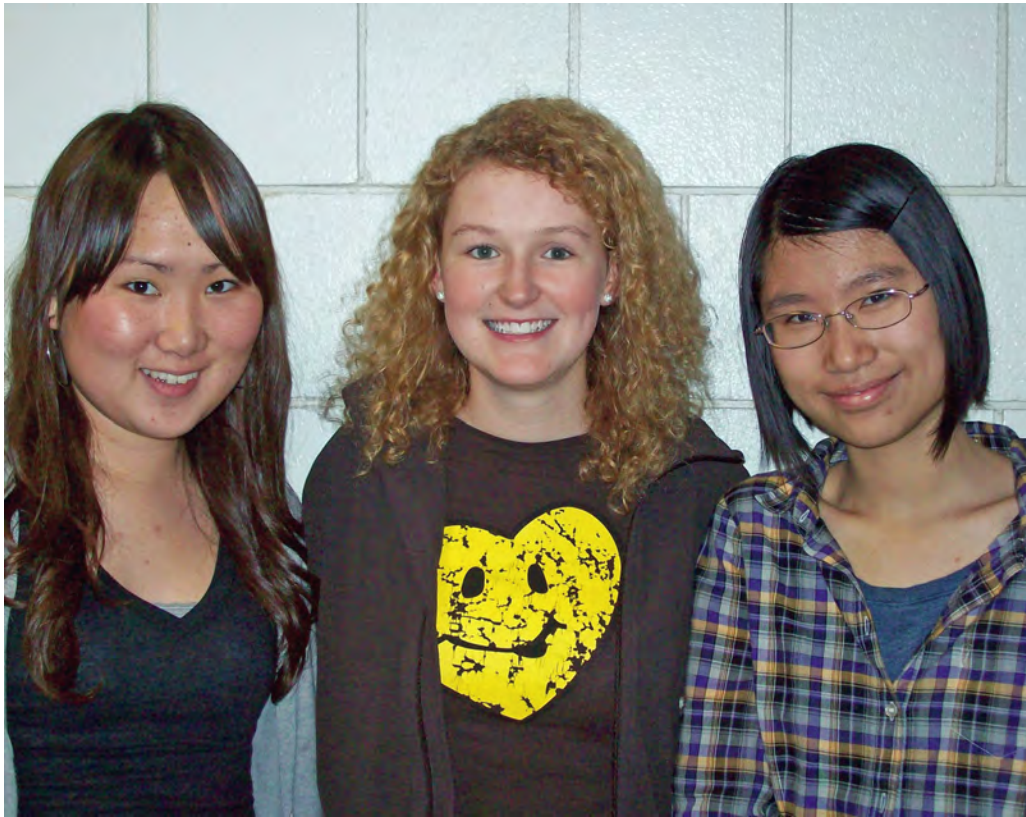
- Members of Mr. Remington's Graphic Communication Class (Kaylie Shecton, Samantha Dziegielewski, and Kristine Trimm) created/developed and published the programs for the recent Winter Concerts. An enormous task and responsibility in its own right, these girls were able to utilize their graphic communication skills in a creative manner, working within some tight deadlines. They have truly experienced what it takes to utilize their skills in a real world situation, in a time dependent schedule.

Business Education programs at Edwards-Knox High School are designed to provide students essential skills that can be used in other high school classes, college, and the working world. Instruction is designed for students to enjoy what they are doing and pursue additional instruction when they identify a specific area of interest. If you have any questions or would like additional information on Business Education courses offered at Edwards-Knox, please feel free to contact Mrs. Cummings and Mr. Remington, or visit our websites at www.ekcsk12.org/faculty/tremington/ and www.ekcsk12.org/faculty/ccummings/.

**7-12 News Cont'd.
Jeff Davis, Principal**

AFS NEWS

The AFS foreign exchange program is alive and well at Edwards-Knox! We currently have three students spending a year in our villages and our school. They are: Chikako Yokota, from Japan, who is living with the Kelly and Bill Stone family; Yiran ("Lily") Gu, from China, who is living with the Jennie and Bruce Flanagan family; and Catrin Brosi, from Germany, who is living with the Kim and Charlie French family.



Chikako Yokota, Catrin Brosi, & Yiran Gu

We welcome these students and hope they enjoy their year with us here at Edwards-Knox. As they learn about our culture and schools, they are also very eager to share information about their cultures. If you get the chance, be sure to say hello and get to know these wonderful young ambassadors of peace and understanding in the world.

We are always looking for new host families. If you are interested in possibly hosting a student for next year, see Margie LaPoint.

ELEMENTARY CORNER

Ron Burke, Principal

Pre-K Classes Help Local Food Pantries

The Edwards-Knox Pre-K classes helped the Russell and Edwards food pantry during the Christmas season.

Each child was given a small baby food jar to collect spare change at home. The students collected \$168.00 which was split between the local pantries.



Mrs. Macaulay took half of the money and shopped for food for the Edwards pantry and then the boys and girls had a shopping list and shopped for specific items.

Thank you to all Pre-K parents and students for making Christmas a little brighter for those in need.

Upcoming Events

- 1/1: NO SCHOOL - New Year's Day
- 1/7: 6:30 pm: Parents' Association meeting in library
- 1/11: 7:00 pm: Board of Education meeting in library
- 1/18: NO SCHOOL - Martin Luther King, Jr. Day
- 1/25: 7:00 pm: Board of Education meeting in library
- 1/29: end of 2nd marking period
- 1/29: **11:30 am: students dismissed early**

- 2/4: 6:30 pm: Parents' Association meeting in library
- 2/5: report cards go home
- 2/8: 7:00 pm: Board of Education meeting in library
- 2/11: 8:15 am: Awards Assembly for grades 5-8
- 2/11: 1:00 pm: Awards Assembly for grades K-4
- 2/15-2/19: NO SCHOOL - Mid-Winter Break
- 2/22: 7:00 pm: Board of Education meeting in library

A Special Thanks

Wellington Swem, Jr., of the Gouverneur Elk's Lodge, visited our third grade students with a special gift. Each student was given their own dictionary. This is the fifth year the Elk's have been so generous!



ELEMENTARY CORNER
Ron Burke, Principal

FIRST MARKING PERIOD AWARDS

KINDERGARTEN

Good Neighbor

Bethany Gotham

Tyler Scott

Karly Gollinger

Hard Worker

Cierra Besaw

Dekoda Matthews

Ethan Cross

Nice Manners

Mason White
Ryan Lennon

Taylor Daniels

Jayla Courtright

Music

Bethany Gotham

Halee Lennon

Jaelyn Stevens

Art

Cierra Besaw

Caleb Bowman

Jaelyn Stevens

Physical Education Sportsmanship

Walker Typhair

Halee Lennon

Alisha Marschat

GRADE 1

Most Improved

Benjamin LaPoint

Caleb Sharlow

Jacob Cleary

Healthy Attitude

Brielle Stone

Zebulon Douglass

Avery Whitford

Hard Worker

Jeffrey Bush

Morgan Facey

Joey Griffin

Music

Emily Tresidder

Devin Peabody

Morgan Wheat

Art

Maiya Clary

Lucy Frary

Cameron Rowe

Physical Education Sportsmanship

Maiya Clary

Devin Peabody

Morgan Wheat

FABULOUS!

ELEMENTARY CORNER
Ron Burke, Principal

FIRST MARKING PERIOD AWARDS CONT'D.

GRADE 2

Eager Reader

Samuel Smith

Logan Blackmer

John Griffin

Healthy Attitude

Rylee Gotham Abigail Paro Alexis Bass

Music

Samuel Smith

Michael Shatraw

Jared McDougall

Most Improved

MaKayla Meilleur

Carter Wright

Art

Valaree Hale

Timothy Hathaway

Physical Education Sportsmanship

Rylee Gotham

Morghan White

Alexis Bass

GRADE 3

Effort

Willow Frizzell

Karigan Harris

Ian McIntosh

Citizenship

Joey Gotham

Royce Lottie

Music

Koryn Rowe

Rachell Poole

Art

Collin Curley

Hannah Connors

Physical Education Sportsmanship

Koryn Rowe

Riannon Holly

GRADE 4

Effort

Haleigh Reynolds

Katharine Hebb

Jordan Moore

Citizenship

Remington Steele

Peyton Dafoe

Music

Travis White

Haven Gotham

Art

Jada Flanagan

Camden Burwell

Physical Education Sportsmanship

Emily Lasher

Haven Gotham

GREAT!

ELEMENTARY CORNER

Ron Burke, Principal

FIRST MARKING PERIOD AWARDS CONT'D.

GRADE 5

Effort

Kara Davis
Lilly Gladle

Ciara Bates

Citizenship

Christina Smith

Tera Mason

Music

Kara Davis

Brooke Fenton

Art

Mackenzie Frary

Arael Scott

Physical Education Sportsmanship

James Smith

Cheyanna Tuttle

Chorus

MyKenzie Toohey

Arael Scott

GRADE 6

Effort

Darian Fenton

Joshua Brassard

Citizenship

Makayla Bacon

Hunter Phelps

Music

Madison Harris

Kenda Peters

Art

Dakotah Bacon

Luke Fenton

Physical Education Sportsmanship

Jason Burke

Luke Fenton

Band

Dakotah Bacon

Trenton White

Grade 6 - Computer Excellence - For Excellence in Completing "All About Me" Powerpoint

Heather Finnerty
McKenzie LaPlatney
Cheyenne Schwartzfigure

Rebecca Hathaway
Kenda Peters

Anisa Hotaling
Brandy Stein

OUTSTANDING!

ELEMENTARY CORNER

Ron Burke, Principal

FIRST MARKING PERIOD AWARDS CONT'D.

GRADE 3 HONOR ROLL

Camryn Bullock	Ian McIntosh	Sydney Streeter	Kassidy Ward
Riannon Holly	Joseph Miller	Corey Vater	Madison Wood
Kyanne Jeanette	Rachell Poole		

HIGH HONOR ROLL

Blake Bidwell	Koryn Rowe	Zachary Scott	Bryan Trombley
Collin Curley	Justin Scott	Spencer Thomas	Austin Whitmarsh
Carly Frary			

GRADE 4 HONOR ROLL

Alyssa Allen	Peyton Dafoe	Avery Hawn	Jordan Moore
Nadine Camidge	Taylor Dean	Hanna LeBarge	Remington Steele
Sharon Carlin	Marcus Dent	Kelsie Matthews	Katrina Thornton
Tucker Casciaro	Joshua Flanagan	McKayla Meier	Briana Tulip
Sydney Coffey	Matthew Hall		

HIGH HONOR ROLL

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

GRADE 5 HONOR ROLL

Jarrett Bullock	Kara Davis	Quincie Parker	TiLeigh Sturtevant
Kayla Covey	Kristen Kroniser	Damian Sharlow	Dawson Taylor
Alexander D'Agostino	Tera Mason	Aubrey Snell	MyKenzie Toohey

HIGH HONOR ROLL

Ciara Bates	Brooke Fenton	James Rice	James Smith
Paige Clary	Lilly Gladle	Arael Scott	Hunter Thomas
Shaylyn DeVito	Levin McIntosh	Christina Smith	

OUTSTANDING

Matthew Colton	Mackenzie Frary	Cheyanna Tuttle	Alaina White
Jacob Fenlong	Karli French		



ELEMENTARY CORNER

Ron Burke, Principal

FIRST MARKING PERIOD AWARDS CONT'D.

GRADE 6 HONOR ROLL

Jason Burke	Anisa Hotaling	Dylan Moore	Kelsey White
Luke Fenton	Christopher Moore	William Smith	Trenton White
Rebecca Hathaway			

HIGH HONOR ROLL

Catherine Curley	Heather Finnerty	Nathan McCoy	Caleb Rowe
Darian Fenton			

OUTSTANDING

None

PERFECT ATTENDANCE FOR 1ST MARKING PERIOD FOR GRADES K-4

Adam Brown	Dalton Fenton	Tanner LaPlant	Connor Snell
Jeffrey Bush	Grace Fenton	Jared McDougall	Brielle Stone
Jacob Cleary	Carly Frary	Aaron Mason	Cheyne Thompson
Collin Curley	Bethany Gotham	Kelsie Matthews	Bryan Trombley
Zebulyn Curtis	Haven Gotham	MaKayla Meilleur	Thorne VanBrocklin
Violeta DeGroat	Leeann Gotham	Charlotte Mongillo	Harley Watson
Hannah Duffy	Avery Hawn	Jordan Moore	Katelyn White
Trey Durham	Henry Hebb	Skyler Sanford	Travis White
Breanna Facey	Katharine Hebb	Zachary Scott	Trevor White
Morgan Facey	Kanika Johnson		

POSITIVE BEHAVIOR ON THE BUS AWARD FOR GRADES K-4

Hannah Duffy	Carly Frary	Timothy Hathaway	Dylan Wood
Autumn Forbes	Lucy Frary	Hailey Matthews	

PERFECT ATTENDANCE FOR 1ST MARKING PERIOD FOR GRADES 5-8

Makenna Ashley	Heather Finnerty	Kyl Huebner-Lane	Christina Smith
Derek Barker	Mason Fountain	Kristen Kroniser	Miranda Smith
Kaleb Bartocha	Kelvin Gordon	Tyler LaPlante	Aubrey Snell
Austin Brown	Connor Gotham	Levin McIntosh	Ross Sprague
Jason Burke	Daniel Gotham	Tera Mason	Brandy Stein
Jordan Davis	Emma-Lee Gotham	Alyssa Parker	MyKenzie Toohey
Destiny Durham	Kyle Gotham	Kenda Peters	Mackenzie Tresidder
Bridget Ellis	Paige Gravett	Michael Poole	Tamara Watson
Brooke Fenton	Logan Harris	Cody Rowe	Kassandra Whiteford
Darian Fenton	Nicole Hendricks	Cassidy Rubin	
Luke Fenton	Katelynd Hill	Cheyenne Schwartzfigure	

ELEMENTARY CORNER

Ron Burke, Principal

FIRST MARKING PERIOD AWARDS CONT'D.

POSITIVE BEHAVIOR ON THE BUS AWARD FOR GRADES 5-6

Ciara Bates

Kristen Farr

Rebecca Hathaway

Allison Pharoah

Joshua Brassard

Mackenzie Frary

WHAT IS LPP?

LPP is an acronym or more accurately an initialism for Liberty Partnerships Program. Liberty Partnerships Program (LPP) is a program with a focus on helping students pass and ultimately graduate from high school.

How can LPP do this?

Actually, LPP can't do this. Education, passing and graduating is the effort of many people in a student's world. The student succeeds with the assistance of the LPP Education Coordinator (Claudia MacDonald) as well as with the help of teachers, staff, friends and family but mostly through her/his own efforts. Students who join LPP take part in a variety of activities, all focused on assisting the student towards success.

S/he may come to the LPP room (306) on Mondays and/or Thursdays to visit with Claudia, work on homework, work with a St. Lawrence University student (tutor), have lunch, play games or work on an art project.

LPP tries to go on a field trip every month. They are either low cost or free. On October 30, LPP participants went to St. Lawrence University to be part of a diversity program. They heard half a dozen students from different countries (Armenia, China, Japan, Poland, Mexico and South Africa) discuss what their country was like and how they came to SLU (an acronym for St. Lawrence University). The students took part in some hands-on activities with the SLU students then went to dinner at Dana Dining Hall followed by games at the Student Union and then we were off to see Wm. Shakespeare's 'Romeo and Juliet.' This was a free trip.

On December 6, LPP students are invited to attend a Christmas Concert and dinner at SUNY Potsdam. There is no charge for this field trip and transportation is provided.

On January 22, we will go to SLU for a talk on astronomy (stars and stuff by Prof. Jeff Miller), have dinner and attend a men's hockey game (Brown vs the saints). There is no charge for this trip.

Another benefit for LPP members is graduating seniors qualify for a variety of LPP scholarships such as ½ tuition to LPP students accepted through the regular admission process to Clarkson, St. Lawrence, Syracuse, Utica and Marist colleges/universities. LPP graduates are also offered related assistantships at SUNY Canton and Potsdam. (These scholarships may change from year to year.)

Some other programs LPP offers include work mentoring and camp scholarships.

If you have any questions or interest about or in Liberty Partnerships Program, please stop in on Tuesday or Wednesday to visit with me, Claudia MacDonald in room 202. I look forward to meeting you and, feel free to bring a friend!

From the K-8 Counselor Michelle Cummings

Second semester begins on Monday, February 1st. The following tips may help students to organize their study time as they prepare for state and school exams:

STUDY TIPS

- ✧ Allow enough time for study and homework. Get in the habit of looking over information covered in class and text materials. Study and homework time will vary for each student depending on individual needs and desired grades. Set a specific amount of time to study after homework is completed.
- ✧ Make use of your study hall time and time after school. Proof your written work for capitalization and punctuation. Use small blocks of time to review notes and make corrections to homework.
- ✧ Study at the same time daily. Having specific hours set aside each day will maintain the systematic organization of your schedule and keep you actively involved in studying.
- ✧ Schedule daily reviews. Keep a calendar/assignment book with exam dates, upcoming project or homework due dates, and appointments. Look this over at the same time each day, either in the morning, to help get ready for the day, or at night to plan for the next day.
- ✧ Schedule a weekly review. Plan to review class notes and reading assignments from beginning to end once a week. This only takes a short time and will reduce the amount of study time needed before an exam.
- ✧ Estimate time for projects and papers. Remember to schedule extra time to complete special projects and papers. These things can take longer than expected. Plan ahead during the course of the week.
- ✧ Allow for flexibility. The more routine your schedule is the stronger the habit will be. At the same time flexibility is necessary to respond to unanticipated situations.

TIPS FOR REDUCING STRESS

- ➔ Keep your perspective. When faced with a stressor, ask yourself if it is worth being upset by the situation.
- ➔ Keep in contact with friends and family. This helps to keep you from feeling alone.
- ➔ Talk about things. Don't yell or argue with others.
- ➔ Listen. Never assume you know what another person is thinking.
- ➔ Focus on goals. Determine what is really valuable to you and what you are willing to do to get it.
- ➔ Make a list of the things you need to accomplish.

From the K-8 Counselor
Michelle Cummings

TIPS FOR REDUCING STRESS CONT'D.

- Manage your time. Don't leave things until the last minute. Determine how you are spending your time. Eliminate wasteful activities.
- Make time to relax.
- Reward yourself for accomplishing your goals. This gives you something to look forward to.
- Listen to music that calms you down.
- Exercise, it helps to build stamina.
- Eat balanced meals at regular intervals.
- Ask for help when you need it.

**Parents - As students enter into this stressful time of year keep school staff informed if there are unusual circumstances or concerns.

HIGH SCHOOL ORIENTATION

High School Orientation for 8th graders and their parents will be held one evening in March in the auditorium. Students and parents will learn about graduation requirements, school policies, math and science sequencing, and other high school course offerings. Each student will receive a folder of information and tentative freshman year classes.

STATE ASSESSMENTS

New York State will continue the 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. It would help if 7th & 8th graders could bring a book with them to read in the event that they finish their tests early.

The 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 AM	Grade 7 ELA

From the K-8 Counselor
Michelle Cummings

STATE ASSESSMENTS CONT'D.

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

REPORT CARD DATES

Students are given report each year. Grades on the report card are used to calculate a final grade at the end of the year. You can expect to receive a report card on or around the following dates:

- Friday, February 5, 2010
- Friday, April 23, 2010
- Thursday, June 24, 2010

Students who fail two or more core courses will repeat the grade level unless they attend and pass summer school. Core courses include: ELA, Math, Social Studies, and Science.

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 to receive a report from your child on or around the following dates:

- Thursday, March 11, 2010
- Wednesday, May 19, 2010

MIDDLE LEVEL AWARD CEREMONIES

In an effort to continue rewarding Middle Level accomplishments and supporting positive behavior and academic achievement students in grades 5 through 8 will again participate in four award ceremonies this year. 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. We have already held one ceremony, the remaining ceremonies are scheduled as follows.

- Thursday, February 11, 2010 at 8:15 am
- Tuesday, May 4, 2010 at 1:00 pm
- 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 indicating the date and time of the award ceremony.



CAFETERIA NEWS

KATHLEEN WHITMARSH, COOK/MANAGER



Hello Everyone!

On Nov. 18th our school won an award for our participation in the St. Lawrence County Health Initiative Grant. Several new healthy choices have been initiated this school year. These include: the daily walk program, the Health Fair during Open House and the introduction of hummus.

In order to promote healthy choices for lunch we have been performing taste tests with students grades K-12. Students were given the opportunity to sample a hummus veggie wrap. Due to the popularity of this test we have added these wraps to our lunch selection. These wraps are made with hummus, lettuces, cheese, tomatoes, peppers, cucumbers, broccoli, cauliflower and carrots. Hummus is made from chick peas that are ground up with garlic, lemon juice and cumin. Some of the advantages of Chick peas are: they lower cholesterol, raise good cholesterol, high in fiber, and helps keep sugar levels from spiking.

In August, our school had received the Equipment Grant that the new Obama Administration had put forth in the spring. We were the only school in St. Law., Jefferson, and Lewis County to get this grant. This allowed us to obtain two new pieces of equipment for the kitchen.

Our new 6 burner stove has a large regular oven in it. Now we have a double stack oven that is convection, and a 6 burner stove with a regular oven. The other item we got was a blast chiller to cool left over foods quickly to prevent any kind of food poisoning from setting in because of improper cooling. Prior to this we cooled using ice, ice paddle wands and the freezer.

As we start a new year, let's try to eat healthier, and stay free of colds and flu.

We wish everyone the best of holidays and a wonderful New Year.

Sincerely,

Kathy Whitmarsh

Cook Manager

562-8326- Ex. 507

1-877-201-3694, EXT. 507




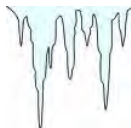
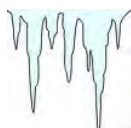



JANUARY 2010 MENU

Mon	Tues	Wed	Thur	Fri
<p><i>Did you see the free and reduced meal application on page 7? If you qualify for these lunches, our school receives many benefits. Please apply or call us to discuss your eligibility.</i></p>		<p>Kathy Whitmarsh Cafeteria Manager 562-8326, ex. 507 Fax: 562-2477 kwhitmar@ekcsk12.org P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684</p>	<p>Breakfast Every Day Cereal, Milk, Juice Some Days: Bagels/ Cream Cheese, English Muffins, Danish, fresh fruit, breakfast bars, donuts, eggs.</p>	<p>Prepayments Happily Accepted</p>
<p>4 Pizza Green Beans Milk Fruit</p> <p style="color: purple; font-weight: bold;">Welcome Back!</p>	<p>5 Chicken Patty on a bun Nachos & Salsa Corn Milk Fruit</p>	<p>6 Hamburger on a Bun Pasta Salad Milk Fruit</p>	<p>7 Turkey Dinner Mashed & Gravy Cranberry Sauce Peas Bread Milk Fruit</p>	<p>8 Chicken Noodle Soup Tuna or Egg Sandwich Fresh Carrots Milk, Fruit</p>
<p>11 Quesadilla Pizza Green Beans Milk Fruit</p>	<p>12 Sloppy Joe on a bun Chips Peas Milk Fruit</p>	<p>13 BBQ Pork on a Bun Sweet Potatoes Milk Apple Crisp</p>	<p>14 Taco Day Rice Corn Milk Fruit</p>	<p>15 Fishburger Fresh Veggies Bread Milk Fruit</p>
<p>18 Martin Luther King, Jr. Day</p> 	<p>19 Chicken Nuggets French Fries Corn Milk Fruit</p>	<p>20 Spaghetti/ Sauce Meatball & 1 String Cheese Peas Bread Milk Fruit</p>	<p>21 Macaroni & Cheese Hot Dog Green Beans Bread Milk Fruit</p>	<p>22 Tomato Soup Grilled Cheese Sandwich Carrots Milk Fruit</p>
<p>25 Sausage Mini Bread Muffin Variety Hash Brown Milk Ice Juicee or Fruit</p>	<p>26 Hotdog on a Bun French Fries Carrots Milk Fruit</p>	<p>27 Hamburger Patty/Bun Sweet Potato Corn Milk Fruit</p>	<p>28 Chicken Patty on a Bun French Fries Corn Milk Fruit</p>	<p>29 Pizza Green Beans Milk Fruit</p> <p>11:30 Dismissal for students</p>
<p>Check your child's lunch account balance by logging onto www.myNutrikids.com. You can ask the computer to send you an automatic "low balance" e-mail when your child's account reaches a certain level that you set.</p>		<p>Peanut Butter & Jelly and subs offered every day as a lunch choice. Milk, fruit, & vegetable every day. Chef Salad Tue & Thur. Trail Mix most days.</p>		<p>Breakfast: 7:45 A.M.</p> <p>Lunch: 11:00 A.M. - 1:00 P.M.</p>

Menu subject to change without notice.



FEBRUARY 2010 MENU

Mon	Tues	Wed	Thur	Fri
1 Super Bowl Hotdog or Hamburger on a bun Side of Nacho & Cheese Milk Fruit Rainbow Sherbet	2 Chicken Nuggets Sweet Potatoes Bread Milk Fruit	3 Rib B Q on a Bun Baked Beans Green Beans Bread Milk Fruit	4 Taco Day Rice Lettuce Cheese Corn Milk Fruit	5 Tomato Soup Tuna or Egg Salad Sandwich Fresh Carrots & Celery Sticks Milk Fruit
8 Pizza Peas Bread Milk Fruit	9 Goulash Green Beans Bread Milk Fruit Ice Cream	10 Hotdogs on a bun French Fries Carrots Milk Fruit	11 Turkey Dinner Mashed Potatoes Cranberry Sauce Corn Bread Sweet Potatoes Milk Fruit	12 Fishburger on a bun French Fries Carrots Milk Fruit
15 	16 	17	18 	19 
<h2 style="color: blue;">MID-WINTER BREAK</h2> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>				
22 Chicken Patty/Bun Carrots Milk Fruit	23 Hamburger on a Bun Green Beans Milk Fruit	24 Sloppy Joe on a bun Chips Corn Milk Fruit	25 French Toast Sausage Hash Browns Milk Fruit Ice Juicee	26 Vegetable Soup Tuna or Egg Salad Sandwich Milk Fruit
Kathy Whitmarsh Cafeteria Manager 562-8326, ex. 507 Fax: 562-2477 kwhitmar@ekcsk12.org P.O. Box 630 2512 Co. Rt. 24 Russell, NY 13684	Breakfast Every Day Cereal, Milk, Juice Some Days: Bagels/ Cream Cheese, English Muffins, Danish, fresh fruit, breakfast bars, donuts, eggs.	Peanut Butter & Jelly and subs offered every day as a lunch choice. Milk, fruit, & vegetable every day. Chef Salad Tue & Thur. Trail Mix most days.		Breakfast: 7:45 A.M. Lunch: 11:00 A.M. - 1:00 P.M.

Menu subject to change without notice.

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

TO: