

May/June 2003

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# Cougar News



A Publication of the Edwards-Knox Central School Board of Education

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## SUPERINTENDENT'S COMMENTS

### I. BUDGET MEETINGS

We have held budget meetings since the beginning of January, 2003 and are now in the process of finalizing this tough budget. Our school district, like many other districts statewide, lacked flexibility in dealing with this year's fiscal crisis in New York State. Since this is the second year in a row that the projections of state aid have not been favorable to us, our district has made several cuts during the current budgetary process. We have, unfortunately, had to cut the following positions:

1 High School English Teacher (due to retirement)

1 Elementary Teacher (due to retirement)

1 Music to 60% Teacher

1 Administrative Position CSE Chairperson

1 50% Technology Teacher

1 Wheelchair Lift

No after school Bussing (4:30 trip)

4 JV squads (Baseball, softball, boys & girls soccer)

BOCES Services

1 Cafeteria (not replacing on leave)

Reduced Administrative, Teacher, and Board of Education conferences.

1 High School Business Teacher

1 High School Math Teacher

1 Administrative Intern Position

½ French Teacher

2 Teaching Assistants

1 New Custodian

No new Buses ordered

Supplies, Materials, and Equip.

1 Bus run to Gouverneur

1 Clerk (Attendance)

These cuts have reduced our budget gap in expenditures by \$515,876 dollars during these three and one-half months. Consequently, we are looking at a 34.92% increase in the tax levy. Our tax rate is currently \$8.43 per 1,000 of assessed value. It will go to \$11.37 per 1,000 or a \$2.94 increase per thousand of assessed value.

Our budget is going up \$211,537 from last year or a 2.78 per cent increase. This school year's expenditures are at \$7,614,148 and next year's will be \$7,825,685.

Consequently, the tax levy will impact you as follows:

**EDWARDS-KNOX CENTRAL SCHOOL  
2003-04 TAX BILL IMPACT SUMMARY**

	2002-2003		2003-2004	Difference
<b>TAX LEVY</b>	\$948,840	34.92%	\$1,280,145	
TAX RATE PER \$1,000 ASSESSED VALUE*	\$8.43	Edwards	\$11.37	\$2.94
	\$8.43	Russell	\$11.37	\$2.94
EST. TAXES FOR \$50,000** PROPERTY (WITHOUT STAR REDUCTION)	\$422	Edwards	\$568.75	\$147.18
	\$422	Russell	\$568.75	\$147.18
EST. TAXES FOR \$50,000 PROPERTY (WITH REGULAR STAR REDUCTION: ASSESSED VALUE - \$30,000)	\$169	Edwards	\$227.50	\$58.87
	\$169	Russell	\$227.50	\$58.87
EST. TAXES FOR \$50,000 PROPERTY (FOR INCOME ELIGIBLE SENIORS: ASSESSED VALUE - \$50,000)	\$0	Edwards	\$0	\$0.00
	\$0	Russell	\$0	\$0.00

\* ASSUMES NO CHANGE IN TOTAL ASSESSED VALUE FOR 2003-2004

\*\* \$50,000 = FULL VALUE FOR MID-RANGE PROPERTY IN RUSSELL & EDWARDS

**II. UPDATE ON BUILDING CONSTRUCTION PROJECT**

In May, construction will begin on the front upper level of the of facility, which includes cafeteria and maintenance areas, new cafeteria, and 9 classrooms. Consequently, access to the front of the building will be difficult and sometimes impossible. If you have any questions regarding the construction project, please call me.

Sincerely,

Dr. William Cartwright  
Superintendent of Schools

## Valedictorian and Salutatorian of the Class of 2003

Edwards-Knox Central School is proud to announce the Valedictorian and Salutatorian for the Class of 2003.



Jamie Chonka 17, daughter of Ms. Denice Szafran of Edwards, New York has been named Valedictorian of the Class of 2003. Her overall high school average is 96.54%.

Jamie is a member of the National Honor Society through which she volunteers as a guide for school programs and tutors other students who need academic help. She is a member of the school's Swim Team and earned the Most Improved Swimmer Award in her junior year. Jamie is a vital member of our concert and stage bands, having the opportunity to play for President Clinton during a visit to St. Lawrence County. She is also an important member of our marching band which has earned the 1<sup>st</sup> place Governor's Trophy at the New York State fair for the past 7 years. Jamie participates every year in the school plays and musicals. All during her high school career she has participated in the NYSSMA program, Area All State, District Chorus, and All County Jazz Band.

Being a Girl Scout is also something that Jamie is very proud of. She has been a member since first grade. Through scouting she volunteers to help the community in many ways and has earned the Silver Award.

Jamie has earned several academic awards such as the US Navy Honors Program Award in Music and Mathematics & Science. She has also received the RIT Computing Medal & Scholarship. Locally Jamie has also earned the Triple Crown Award and the McGill Mathematics Award for excellence in mathematics. In the fall Jamie is planning to attend SUNY Potsdam's Crane School of Music with a dual major in Computer Science and Music Education. She hopes to pursue Music Performance in the future.

Matthew Maynard, 17, son of Mr. and Mrs. Wheeler Maynard Jr. of Russell, New York has been named Salutatorian of the Class of 2003. His overall high school average is 95.58%.

Matthew is a member of the National Honor Society through which he volunteers as a guide for school programs and tutors other students who need academic help. He is also a D.A.R.E role model for our young students. Matthew has been a member of the concert band and the stage band throughout his high school career. He is also an important member of our marching band which has earned the 1<sup>st</sup> place Governor's Trophy for the past 7 years. Matthew participates in school plays and musicals and has participated in the NYSSMA program every year. Matthew was also selected to be the school's representative at the HOBY Leadership Conference. As a member of the Whiz Quiz Team he had the opportunity to experience the fierce academic competition. This year's team competed well and took part in the Championship round and placed second.



Matthew has earned many academic awards including the E-K Mathematics Regents Excellence Award, the Edwards Alumni Science Award, and the US Navy Honors Program Award for mathematics and science. He was also selected to receive the University of Rochester Humanities and Social Science Award. Matthew is planning to attend St. Lawrence University in the fall to study Mathematics and Pre-Med.

# High School Guidance News

Linda Gordon, 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 April 3, 2002

Hansel Berbrich - Clarkson University

Jake Bice - SUNY Canton

Aric Butts - Clarkson University, St. John Fisher

Tammy Carlin - SUNY Potsdam, SUNY Canton

Jamie Chonka - SUNY Potsdam, Ithaca College, Crane School of Music

Tyler Curtis - SUNY Potsdam, Crane School of Music

Cari Denesha - SUNY Canton

Jeremy Dovel - University of Vermont, St. Lawrence University, Southern Illinois University, Syracuse University

Zachary Dovel - McGill University

Nani Fernandes - Houghton College, Nazareth College

Joshua Foote - US Airforce

Justin Franklin - SUNY Canton

Samuel Fuller - Nazareth College, Elmira College, Clarkson University, St. Lawrence University, Hamilton College

Greg Given - SUNY Delhi, Jefferson CC, SUNY Canton

Sean Johnson - SUNY Potsdam

Amanda Matthews - SUNY Canton

Matt Maynard - St. Lawrence, Elmira College, Clarkson University

Lorianne Newcombe - SUNY Canton, SUNY Potsdam

Jenna Panetti - Nazareth College, University of Vermont

Renee Rider - SUNY Canton, North Country CC, Jefferson CC

Jessica Rivers - SUNY Potsdam

Miranda Schryver - Albany College of Pharmacy

Kristin Tulip - SUNY Potsdam

Donnie Wayering - SUNY Potsdam, St. Lawrence University

## ACT/SAT TESTING DATES & REGISTRATION DEADLINES

	<u>Registration</u>	<u>Test Date</u>
SAT I and SAT II	Mar. 28, 2003	May 3, 2003
SAT I and SAT II	May 2, 2003	June 7, 2003

**Fee:** SAT I - \$26.00      Fee waivers may be available in the Guidance  
**Late Fee:** SAT I - \$42.00      Office for students who qualify for a reduced or  
free lunch.

Tests of the **American College Testing** Program are required or accepted by most colleges. Students should carefully check the catalog of each prospective college to determine whether the examinations are required. The test is administered in one session of two hours and forty minutes.

<u>Registration Deadline</u>	<u>Test Date</u>
May 9, 2003	June 14, 2003

**Fees: \$24.00**      Fee waivers may be available in the Guidance Office for  
**Late Fee: \$ 39.00**      students who qualify for a reduced or free lunch.

**CEEB/ACT HIGH SCHOOL CODE NUMBER : 334949**

Arrangements for special testing situations for students with learning disabilities may be made by contacting the CEEB or the American College Testing Program. See Mrs. Gordon for more details.

For more information check out the following web page:

For SAT - [www.collegeboard.com](http://www.collegeboard.com)  
For ACT - [www.act.org](http://www.act.org)

For more information check out the following web page:

For SAT - [www.collegeboard.com](http://www.collegeboard.com)  
For ACT - [www.act.org](http://www.act.org)

## HOBY LEADERSHIP CONFERENCE

The mission of the Hugh O'Brian Youth Leadership Conference, HOBY, is to seek out, recognize and develop leadership potential commencing with high school sophomores. The Leadership Conference is designed to create an experience for sophomore leaders that will produce the following result:

Students learn to think critically. HOBY motivates students by showing them that “how to think” can be just as important as “what to think”.

Caitlin Hill has been selected as the representative for Edwards-Knox and will attend the HOBY Conference at LaMoyne College in May. Liz Tupper was chosen as an alternate and will attend the conference if Caitlin is unable to attend.



Liz Tupper, Mr. Davis, 7-12 Principal, Caitlin Hill

### Newsletter Notes From Mrs. Bain:

Eighth grade students have begun the process of scheduling classes for 9<sup>th</sup> grade. The New York State graduation requirements don't leave much flexibility in scheduling for 9<sup>th</sup> graders. Please feel free to contact Mrs. Bain if you would like to discuss course options for your student.

Eighth grade students will be taking the **State Math Assessment** on Tuesday and Wednesday May 6<sup>th</sup> and 7<sup>th</sup>. Please encourage students to get a good nights rest before the test. Other NY State grade 8 assessments (Social Studies 8 and the Science 8 written exam) will be scheduled in June.

As a first step in the **career exploration** process 8<sup>th</sup> grade students were asked to think about what activities they enjoy and what activities they are good at. A recent visit to Southwest Tech Vocational Center in Fowler provided students with the opportunity to learn about the program offerings as well as the sort of work-related tasks being performed. Students were also encouraged to practice an “informational interview”. They were given a list of sample questions to guide their inquiries. For example: What skills do students learn? Are there jobs in this region? What salary can a person earn in this job? Eighth grade Students also took a computerized interest inventory to get a picture of what their interests are at this time. The computer software is called Choices. It relates a student's interest to work options and provides a detailed description of over 600 careers along with educational and training requirements.

## **A Parent's Guide to Talking with Your Child About the War With Iraq**

This guide provides some ideas for bringing up difficult topics and helping you reassure your child. There is no one "right way" to talk with your child.

### **When you don't know how else to bring something up, state the obvious:**

"There has been more on the news lately about the war with Iraq. Sometimes when that kind of news is on television, kids feel confused or concerned about what it means. What kind of thoughts have you had?"

### **Speak in hopeful terms.**

"People high up in government are working on these complex issues, and we're hoping they will make good decisions that help keep us safe." Emphasize that you'll get through this together. Children of all ages need to hear that they aren't having to figure this out alone, that you're really there for them, wanting to support them, wanting to hear their concerns.

**Make it easy for kids to reveal their concerns to you.** Often, if we ask a child, "Are you worried?" the answer is likely to be "no." But if you ask, "When you are concerned about this, what part worries you?" Another helpful approach is to distance the child from feeling like they're having to reveal concerns they have personally to concerns they think other students might have. An example of that is, "What do you think other kids your age might be worrying about?" This gives them a chance to voice a concern without having it be too personal.

### **Be honest with your children.**

**Limit or eliminate your child's viewing of television coverage.**

**Differentiate between war and terrorism**

**Have faith in your child's ability to cope.**

**Remember the value of laughter and fun!**

Adapted from CRISIS MANAGEMENT INSTITUTE [www.cmionline.org](http://www.cmionline.org)

## **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.

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**

\* 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 [www.ekcsk12.org](http://www.ekcsk12.org)  
(click on "Pupil Services" and then "Guidance").**

## **ELEMENTARY NEWS**

**Michael Trudo, Principal**

The elementary students have been very busy this quarter working on the many varied and exciting projects within each class and grade level. Soon we will all be enjoying warmer weather and longer days. With the promise of spring on the wind, I would like to take a moment to remind you of a couple of upcoming events.

I would like to remind parents that it will soon be time to start planning for next year. prekindergarten applications will be available from the elementary office after our April vacation. If you live in the district and have a child that will be four years of age by December 1, 2003, they will be eligible to attend our half-day program. Space is limited, so please make sure that you call the elementary office (562-3284) and arrange for an application to be mailed to you as soon as they are available. Spaces are filled when we receive the completed application and records on a first come, first served basis.

Kindergarten registration will be held May 28 and 29, 2003. Students who are currently enrolled in our prekindergarten program will be screened for kindergarten during the time that they attend our pre-k program. Any other district resident who has a child that will be five years of age by December 1, 2003, is asked to phone the elementary office (562-3284) to arrange for an appointment for Kindergarten screening. The process should take about one hour.

All other district parents are reminded that if you would like to express a teacher preference for your child for next year, you may do so in writing to the principal. While the classroom assignment process does allow for parental input and the committee tries to accommodate every request, class assignments are based upon the specific educational needs of each and every child. Therefore, not all requests can be accommodated, and the district reserves the right to assign students in classes based upon perceived educational needs and available resources of the district. All requests must be submitted for consideration **before June 1, 2003**.

This past quarter also saw our students and staff recognized for their achievements on the grade four ELA and math tests last year. I am very proud of the hard work that each individual has done to make Edwards-Knox Central recognized throughout the state as a quality school. I know that as we prepare to take the math and science tests in May, our current grade four class will do their best in keeping with the tradition of doing their best!

The elementary office will be moving in June to room 102 while renovations are done for a new elementary office space. We look forward to hosting our first Open House next year from new office space as we plan to move again in September 2003 to the new elementary office, which will be in what is now room 100.

Make sure to check the elementary calendars for the most up-to-date schedule for registrations and end-of-year traditions (testing, field trips, graduations, etc.). Should you have any questions or concerns, please call me so that we can speak about them. Thank you for working with the staff and me to help your child(ren). Together we make a great team!

## ***THANK YOU TO PARENTS***

The elementary office staff would like to acknowledge all of the cooperation we have received from parents in helping to keep your child(ren) safe at dismissal times. Parents have been doing an excellent job ensuring that written notification about changes in drop-off sites are given to the office. We would also like to thank parents for the timely return of excuses for absences. Your attention to this helps us keep your child(ren)'s attendance records up to date, and it is greatly appreciated.

I would also like to inform the community that a long time teacher and friend to many students, Mrs. Arnold, has decided to retire at the end of this year. I invite you to join me and the rest of our community in wishing her well at this new and exciting time. Mrs. Arnold has been a part of the Edwards-Knox School family for 36 years. During that time, she has taught, supported, guided, nurtured, challenged, cared for, and encouraged us all to grow; and we will miss her.

### **DID YOU KNOW THAT...**

The prekindergarten class flew a kite during wind week in March and in April they hunted for eggs during egg week!



Four Edwards-Knox Central School fifth graders are exhibiting their portraits at the Frederic Remington Art Museum in Ogdensburg. They are Chelsea Cutway, Kyle Dashner, Taylor Davis, and Lacey Brown. The exhibit will be on display through May 31.



Students at Edwards-Knox took part in the "Iditarod" or "Last Great Race." Mrs. Storrin's 5<sup>th</sup> grade reading class tracked real mushers in the 2003 Iditarod. The Iditarod began in Fairbanks, Alaska, this year due to warm weather conditions. Starting March 3<sup>rd</sup>, the students would log on to the Internet each morning and locate and record their musher's current rank, checkpoint, and number of dogs. Students used their knowledge of math, social studies, and computers to discover a variety of facts about their mushers, their relationship with their dogs, and the challenges they

all faced. Mrs. Bailey, our librarian, shared photo footage of the 2003 race that her brother sent straight from the starting line. He also wrote a newsletter for the Iditarod that we received via Internet. The students summed up their feelings about the Iditarod Unit in one word, "Awesome."

## **UNIVERSAL PREKINDERGARTEN**

2003-2004 School Year

Any child in the Edwards-Knox Central School District who is or will be four years old on or before December 1, 2003, is eligible to attend the Edwards-Knox Universal Prekindergarten program.

The program consists of two half-day sessions. The morning session is from 7:45 a.m. to 11:00 a.m., and the afternoon session is from 12:15 p.m. to 3:15 p.m. on Monday through Thursday and 2:45 p.m. on Friday.

Breakfast is available for the morning class, and lunch is available for the afternoon class. Children also have a daily snack time.

Children will be involved in basic readiness skills such as cutting and pasting; recognizing colors, numbers, shapes, and letters; printing names; fine motor skills; large motor skills; and personal care skills such as zipping, tying, and taking care of personal belongings.

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

If you have any questions, you may call 562-3284 or 347-3210 and speak with Sherry Shattuck in the Elementary Office; dial Ext. 105 directly for Joni Newvine; or call Joni at home at 287-4517.

## **BOX TOPS FOR EDUCATION**

I would like to take this opportunity to thank EVERYONE for their support with the Box Tops program by sending in all their Box Tops! I sent the last bunch in for this year on March 27<sup>th</sup>.

This year we collected 2,500 box tops and 360 bonus certificates which earned us \$286! When we add this to last year's total (\$209.50), it gives us \$495.50 in our "savings" toward playground equipment! WAY TO GO!!

I would like to encourage everyone to continue saving their Box Tops (even throughout the summer) as I will continue with this wonderful program next year!! Let's make our third year of collecting the best year yet!!

Thank you,

Sherry Shattuck  
Elementary Secretary and Box Tops Coordinator

## **SEAWAY VALLEY PREVENTION COUNCIL**

**by Pat Chotkowski**

I would like to take the time to introduce myself. My name is Pat Chotkowski. I am an educator for the Seaway Valley Prevention Council in Canton. I have spent the past ten weeks in the Edwards-Knox Central School District with grades three and four.

For grade three, the emphasis was on familiarizing the students with alcohol, tobacco, and marijuana, and their affects on the body. Specific pieces of literature and videos were used to help the students formulate an understanding of the drugs discussed. Developing a positive self-esteem was also included so that the students have the confidence to make the correct decisions in tough situations.

For grade four, the emphasis was on substance abuse prevention. The students were involved in different activities dealing with alcohol, tobacco, and marijuana. Special attention was given to a refusal skills activity which gave the students the opportunity to deal with peer pressure and situations that could happen to them in the coming years.

All of the students and teachers within the district are wonderful to work with, and I hope that the district will continue to give the Council the opportunity to make a difference with the students.

## **St. Lawrence County Head Start Program**

It's that time of year again! The staff of the St. Lawrence County Head Start Program are recruiting in your area. This is a wonderful program for income eligible children who will be three or four years old by December 1st. The program offers home visits which provide education, health, nutrition and family services. We serve children with special needs.

If you, or anyone you know may be interested, please call us at our Administrative Office in Canton at 386-8574. We encourage you to call so that we might arrange a date and time, convenient for you, to speak to you about the possibility of your family participating in this Home-Based Program.

## **7-12 NEWS**

Mr. Jeff Davis, Principal

### **Middle School Concept to be in Place After New Addition is Completed**

We will be adding nine new classrooms over the front of our building beginning this spring and summer and re-configuring classroom placements to have our middle-level students (in grades 5-8) close together so we can better meet their unique needs. The classrooms on the second floor front of our building, which should be completed in late spring, 2004, will house our middle-level grades. At the same time we will be focusing on Pre-K to 4 and 9 to 12 as separate grade configurations on the first and second floors of our two “wings”.

The New York State testing and assessments are now at grades 4 and 8 plus Regents Tests in grades 9 - 12. We will be better able to assist students and provide opportunities for integrating curriculum and coordinating staff efforts when we re-position the classrooms in the manner listed here. We are very pleased about the re-configuration of classes and grades and expect to see continued academic improvement and success as a result.

### **Guess What?**

Our 8<sup>th</sup> grade English Language Arts scores from the ELA 8 tests students took in January were the highest of the 18 component schools in St. Lawrence County! Congratulations to Mrs. Paro, Mrs. Bortnick, Mrs. Storrin, Mrs. Porter, Mr. White, Mrs. Bain, parents, students and anyone else we may be forgetting for this superb job!

### **Students: Time to Put Forth Your Best Efforts**

There will only be a few weeks of school left when we reach May 1<sup>st</sup> and students should put forth their very best efforts to finish the school year on a successful note. This may require students stay after for teacher review classes, more studying and preparation, completing assignments in a timely manner and basically striving for the best grades in the final weeks of courses. Reminder to middle-level students in grades 7 & 8 that failing two core classes (i.e. English, math, science, social studies or foreign language) means repeating the entire grade. Summer school in Gouverneur is available but at a slight cost and transportation is not provided by our school. Please call guidance counselors Mrs. Bain (grades 7-8) or Mrs. Gordon (grades 9-12) if you have any questions.

## Upcoming High School Events for May and June, 2003 -

May 1	Parent Association Meeting	June 3 & 4	55 Alive Course
May 10	Youth Activity Night - 6 pm	June 5	Spring Interscholastic
May 13	Board Meeting / Hearing		Banquet/Chicken Bar-B-Q
May 14	Spring Concert I - 7 pm		Parent Association Meeting
	After Grad meeting	June 9	Board of Education Meeting
May 17	Junior / Senior Prom	June 13, 16	Final Exams
May 20	Budget Vote	June 17 - 25	Regents, RCT's and
	Celebration of the Arts		Proficiency Exams
May 21	Spring Concert II - 7 pm	June 23	Board of Education Meeting
May 22	End of 4 <sup>th</sup> Interim Report Period	June 25	Last day of school
May 23	Snow Day returned - No School	June 26	Academic Awards Assembly
May 24	Edwards Alumni Banquet	June 28	Commencement
May 26	Memorial Day observed-No School		
May 28	After Grad meeting		
May 30	Interim Reports Mailed Home		

### Secretarial Award of Excellence

High School Secretary, Crystal Whitford, received the Judith A. Martens Secretarial Award of Excellence which was presented at a Section 10 Athletic Director's luncheon on Wednesday, April 2, 2003, at Tardelli's Restaurant in Potsdam. Mrs. Whitford was the recipient for Section 10 for her contributions to interscholastic athletics due to the myriad of tasks she completes for our athletic department. Crystal has demonstrated outstanding contributions to athletics at the local level for a minimum of five years.

This award is given in memory of Judith Martens, the wife of David Martens, Director of Physical Education at Fairport High School, who was instrumental in the founding of the New York State Athletic Administrator's Association (NYSAAA).

### *Thank You*

Mrs. Bonnie Moore wants to thank everyone who donated items at the benefit garage sale which was held on March 22<sup>nd</sup>. Approximately \$520 was raised to help with Michaela Chapin's family with her medical and related expenses. Thank you to all.

The following are articles from the Middle/High School Newsletter printed by the St. Lawrence-Lewis BOCES. The newsletter is designed to help parents and teachers in their efforts to link school with home.

### **Students Who Don't Give Up Achieve Academic Success**

Few qualities will serve your child better than sticking to a job until she has done her best. Success happens most often to people who will not allow themselves to become discouraged.

Here are some ways you can teach your child this very important lesson:

**Talk about perseverance** with your child. Remind her that we all make mistakes. Tell her that what matters is learning from her mistakes.

**Encourage your child** to cheer herself on. Positive self-talk, such as "I am going to make it through this", really does help a person keep going.

**Notice your child's** progress and completion of tasks. When you see her working hard, make an encouraging comment, such as "You're really coming along with that!" When she finishes, say, "That job wasn't easy, but you kept at it. Well done."

**Give small rewards** for hanging in there. Treat your child to some special time with you after she finishes a tough task.

**Be a role model.** Pick a job that you've been putting off. Mention it to your child. Then say, "Today I am going to sit down and stay with this until I get it done." Keep your word.

### **Expect Changes During the Middle School Years**

In the middle school, children often change before our eyes. It's common to wonder, "Who's this young person in my house using my child's name?!" You'll be less confused and a better parent if you know what's normal for children this age. Of course, each child is unique. But all go through similar developmental issues. They exhibit some typical feelings and behaviors:

Being self-absorbed.

Starting to see faults in parents.

Moodiness.

Showing less affection to family members.

Shyness.

Testing of rules and limits.

More interest in the opposite sex.

Wanting more independence.

More concern about personal attractiveness. Acting childishly, especially when stressed.

Often changing relationships.

Concerned only about the present, not the future.

Interests and clothing influenced by peers. Worrying about "being normal" and fitting in.

Identity struggles: Trying on different traits, behaviors

Awkwardness: Feeling strange about themselves and their bodies

Being a middle school student isn't always easy. Be aware of the changes your child is going through. Remember that your child still needs to know how much you care.

## Discuss Cheating Violations With Your Adolescent

Few teens want to seem out of step with their peers. If “everybody’s doing it”, it must be okay. This kind of peer pressure can lead teens to try alcohol or drugs. What parents may not realize is that it can also lead to academic cheating.

Today, many teens think cheating is normal. In one survey, nearly three-quarters of the teens who responded admitted to cheating at least once. Half who responded thought they could copy answers from someone else’s test without having it count as cheating.

To discourage your teen from cheating:

**Say that never cheating** means always doing your own work. That means no copying answers from a friend. No copying from a book or from the Internet and passing it off as your own original effort.

**Don’t do your teen’s work** for him. This sends two bad messages. It says that turning in another’s work is sometimes okay. It also says that you don’t think he can do good work on his own.

**Encourage your teen** to be proud of himself when he accomplishes things on his own. This tells him he can do it - without cheating.

Cheating at Edwards-Knox, whether it be on a test, assignment or from the Internet will result in a zero for the student’s grade and parents are notified by the teacher.

## Did you Know the Internet has many good Homework Resource Sites?

A few are listed here:

**Math.** Try “Ask Dr. Math”, at <http://mathforum.org/drmath/>. If there’s time, your teen can e-mail a question to the site. Otherwise, have her check the answers posted to other students’ questions.

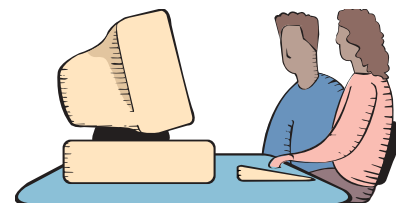
**Science.** A comprehensive list of places to get science project help was developed by the Andover (MA) Public Library. Check out their links at [http://www.mhl.org/research/brochures/science\\_projects.htm](http://www.mhl.org/research/brochures/science_projects.htm).

**Research papers.** From choosing a topic to using proper footnotes, a great source is [www.researchpaper.com/](http://www.researchpaper.com/).

**Dictionary, thesaurus.** Check Miriam-Webster online at [www.m-w.com/](http://www.m-w.com/).

**Foreign Languages.** A list of dictionaries for languages from Abenaki to Zulu is found at [www.yourdictionary.com/languages.html](http://www.yourdictionary.com/languages.html).

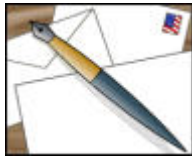
**General homework help.** The Internet Public Library has assembled a great list of links for many subjects. This site also includes study skills. Check it out at [www.ipl.org/div/teen/browse/gh0000/](http://www.ipl.org/div/teen/browse/gh0000/).



## *Corresponding with an Author*



Mrs. Swinwood's ELA classes read the book, The Best Christmas Pageant Ever, by Barbara Robinson and wrote letters to the author. They received a personal reply, in which Mrs. Robinson complimented the children on the quality of their letters. She said, "I think there are many future authors at Edwards-Knox Central School." Each child was given a copy of her autographed letter to proudly take home.



## **Family Fun Night Raffle Ticket Winners**

Held March 14, 2003 at Edwards-Knox Central School  
To Benefit Michela Chapin

1st Prize - Princess House Candle Holders  
Winner: H. Whitmarsh

2nd Prize - Helmet from Fun Unlimited  
Winner: Jerrica Jones

3rd Prize - \$40 Cash from E-KCS Parents' Association  
Winner: Audrey Tebo

4th Prize - \$20 Gift Certificate to Hillside Diner  
Winner: Cindy Cutway

5th Prize - \$Pizza Gift Certificate from Monterey Market - Degrasse  
Winner: Becky Bellinger

A special "**Thank You**" to Charla Whitmarsh for organizing this raffle for Michela.











# Edwards-Knox Central School May 2003 Menu



P.O. Box 630  
2512 County Route 24  
Russell, New York 13684-0630

Phone: 315-562-8326  
Fax: 315-562-2477  
Website: www.ekcsk12.org




Fresh Fruit Every Day  
Soup & Sandwich Offered Daily  
Sub Line Offered Daily

Tuesdays & Thursdays:  
"Salad Bar"

Breakfast:  
Cereal, Juice, Graham Cracker,  
Bagel/English Muffin

Milk Choices:  
Whole, Chocolate  
1%, Skim, & 2%.

The cafeteria is open at 7:45 AM. Lunch is served from 10:30 - 1:15. Pre-Payments accepted at any time. Visit us and ask Mrs. Empey about free and reduced price meals.

			<p>1 Soup &amp; Sandwiches Veggie Fruit</p>	<p>2 Pizza Side Salad Veggie Dessert</p>
<p>5 Chicken Nuggets Rice Pilaf Veggie Fruit</p>	<p>6 Ziti w/ 3 cheeses &amp; sauce Veggie Fruit</p>	<p>7 Beef Stew Biscuits Dessert</p>	<p>8 Pizza Veggie Fruit</p>	<p>9 Tacos w/ toppings Veggie Dessert</p>
<p>12 Chicken burgers on a bun, Chips, Veggie Fruit</p>	<p>13 Steak-um Sandwich Cole Slaw Fruit</p>	<p>14 Fajitas w/ toppings Veggie Dessert</p>	<p>15 Hamburgers French Fries Veggie Fruit</p>	<p>16 Pizza Veggie Fruit</p>
<p>19 Rotini w/ sauce Veggie Fruit</p>	<p>20 Calzones dipping sauce Veggie Fruit</p>	<p>21 Hot Turkey gravy on Bread Veggie Dessert</p>	<p>22 Pizza Veggie Fruit</p>	<p>23 NO SCHOOL Memorial Day Weekend</p>
<p>26 NO SCHOOL Memorial Day Weekend</p>	<p>27 Hot dogs on a bun, Veg. Beans Fruit</p>	<p>28 Goulash Bread Sticks Veggie Dessert</p>	<p>29 Macaroni &amp; Cheese Veggie Fruit</p>	<p>30 Pizza Veggie Fruit</p>

# Edwards-Knox Central School June 2003



## Menu

P.O. Box 630  
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2 Subs or Sandwiches w/ chips Fruit	3 Single Tossed Salad, or Sub or Sandwich w/ chips Fruit	4 Subs or Sandwiches w/ chips Fruit	5 Single Tossed Salad, or Sub or Sandwich w/ chips Fruit	6 Subs or Sandwiches w/ chips Fruit
9 Subs or Sandwiches w/ chips Fruit	10 Single Tossed Salad, or Sub or Sandwich w/ chips, Fruit	11 Subs or Sandwiches w/ chips Fruit	12 Single Tossed Salad, or Sub or Sandwich w/ chips, Fruit	13 Subs or Sandwiches w/ chips Fruit
16 Subs or Sandwiches w/ chips Fruit	17 Single Tossed Salad, or Sub or Sandwich w/ chips, Fruit	18 Subs or Sandwiches w/ chips Fruit	19 Single Tossed Salad, or Sub or Sandwich w/ chips, Fruit	20 Subs or Sandwiches w/ chips Fruit
23 Subs or Sandwiches w/ chips Fruit	24 Subs or Sandwiches w/ chips Fruit	25 Last Day of School	26	27
30	1	2	3	4 Happy 4th of July