

To reach school district personnel by email please visit our website at www.keshequa.org, click on the Dalton Elementary, Nunda Middle School, or Nunda High School link, scroll down the page and look for the link that says Facility Directory. For questions please call 468-2541 ext. 1105.

Volume 2, Issue 6

Keshequa

Chronicle

Honor

Wisdom

Leadership

Truth

A Message from the Superintendent

In the next few issues of the Chronicle I will continue to update you on our 2005-2006 budget development. We are committed to scrutinizing all of our expenses, including staffing, so that we can present to you in May a spending plan that will be as affordable as possible to you, while providing a quality education to our students.

A decision was made at the January 13th Board of Education meeting to proceed with the planned purchase of busses in the amount of \$185,000 with funds that were approved by the voters last May for the 2004-2005 budget. However, since under the new rules the State will not be reimbursing us next year, but over the next five (5) years instead, we will ask you the voters, on May 17, 2005 for authorization to finance these bus purchases through five year bonds and set the already approved funds in a reserve to pay the bonds. This way our taxpayers will not have to shoulder the burden of a big expense in one year without the aid. So here is how it would work:

Option #1

2004-2005	Spend \$185,000	Cash on busses
2005-2006	Receive \$33,300	State Aid
2006-2007	Receive \$33,300	State Aid
2007-2008	Receive \$33,300	State Aid
2008-2009	Receive \$33,300	State Aid
2009-2010	Receive \$33,300	State Aid
		Final Cost to District ..	\$18,500

Dates to Remember

2/4/05...Report Cards Carried Home by students

2/14/05...St. Valentine's Day
(Remember someone special to you)

2/16/05...Scheduling meeting at 7:00 p.m. with 8th grade parents to plan student's schedule for 9th grade

2/21/05...No School – Presidents' Day
(Remember George Washington and Abraham Lincoln)

2/23/05...MS Rollerskating Party, 2:20-4:00 p.m.

The mission of the Keshequa Central School District is to provide opportunities to empower all students to be cooperative, self-directed lifelong learners, prepared to responsibly meet the challenges of the twenty-first century.

February 2005
www.keshequa.org

District Goals

Keshequa Central School District Goals, 2004-05

- No. 1 Academic Achievement
- No. 2 School Climate
- No. 3 District Communication
- No. 4 Facilities
- No. 5 Educational Structure Evaluation

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Option #2

2004-2005	Spend \$185,000 with the cost financed over five (5) years
2005-2006	Pay \$37,000 on Bond Receive \$33,300 State Aid
2006-2007	Pay \$37,000 on Bond Receive \$33,300 State Aid
2007-2008	Pay \$37,000 on Bond Receive \$33,300 State Aid
2008-2009	Pay \$37,000 on Bond Receive \$33,300 State Aid
2009-2010	Pay \$37,000 on Bond Receive \$33,300 State Aid

Final Cost to District .. \$18,500 (Note: There would be interest involved, but this would be reimbursed by the State.)

If Option #1 is used, the District would front the \$185,000 and get reimbursed over five (5) years.

If Option #2 is used the District would finance the \$185,000 and make the payments over five (5) years using the money already appropriated in the current year's budget. These funds would be set-aside for this purpose.

Option #2 is being recommended to you over the transportation reserve fund discussed in December so that other district reserve funds would not be tied up. This method still spreads the payments and receivable state aid evenly over the years, and also allows voters to approve transportation purchases yearly.

If you have questions on this proposal please feel free to give me a call at 468-2541 ext. 1105. You may also hear and see a detailed explanation at the Annual Meeting on May 10, 2005.

Board of Education Communication

Meeting Highlights

This section of the newsletter is intended to communicate highlights from BOE meetings the previous months. Complete minutes are available from the District Clerk.

November 15

- This meeting was held in the Cafetorium of the Elementary Building in Dalton. The Board of Education completed a tour of the Elementary Building prior to the Business Meeting.
- A routine meeting with the normal action items for approval.
- Policies regarding Fund Raising (for education or school activities) and Operation of Motor-Driven Vehicles on District Property were approved.

December 9

- A routine meeting with normal action items for approval.
- Dominic Aloisio, Business Administrator did a presentation regarding a transportation reserve fund to assist with the purchases of busses. Discussion regarding the reserve was held with Board members who are exploring the different scenarios.

January 13

- Elena Samson of Genesee Community College did a presentation on the number of students at Keshequa that have taken and or are currently taking advanced placement courses. She explained that students are able to take these college level courses at a lower rate than when they begin classes at the college level.
- A presentation was made by Dominic Aloisio regarding the 2005-2006 school budget. In particular the

budget for Buildings and Grounds, Debt Service and the Cafeteria Fund were highlighted.

- The Board of Education voted unanimously to have a storage building located at Dalton Elementary declared an unsafe structure and to be removed as recommended by the State Education Department.
- The Board increased the limits for the Senior Citizen and Disability Exemptions for taxpayers. Persons with qualifying income of \$24,400 or less may be eligible for this exemption. You may contact your local assessor with any questions.

Next BOE Meetings

Board meetings are generally the second and fourth Thursdays of the month but can vary. The public is welcome and encouraged to attend these upcoming BOE meetings:

February 17, 2005 ... 7:00 p.m., Nunda Boardroom

March 3, 2005 7:00 p.m., Nunda Boardroom

March 17, 2005 7:00 p.m., Dalton Cafetorium

PageTurners

Submitted by Joan Ellison, Elementary Librarian

At the first PageTurners competition of the year for the lower level team (grades 3-5), held on January 7, our team took first place! We competed against teams from Dansville, Wayland, and Cohocton. Each team read 24 books from the same list. At the competition a series of questions were asked to see which team could answer the most about the books read. The questions were difficult, but our team knew many of the answers. I would like to thank the parents, faculty, friends and relatives who came to support our team.

We will compete against the same schools in April. We have a new list of books to read for the second competition. Our score from the January competition will be added to the score we receive in April. If we are in first place after the second competition we will go to the finals, which will include teams from other schools in our BOCES district.

Team members are: Gabrielle DiAngelo, Lindsay Piriano, Michaela Hillier, Amzi Mitchell, Alexandria Flint, Brooke Alford, Harlee Wood, Katie Forrester, Katelyn Costello, Tim Carlin, Sarah Link, Blaithe Donovan, Olivia Morris-Quackenbush, Sofia Pernicone, Audrey Preen, Jessica Ratchford, and Amy Bloomer. Great job, team!

The southern division of upper level PageTurners held their first competition for the 2004-05 school year at Perry Elementary School on November 30. Keshequa Middle School students competed against students from Dansville, Letchworth, and Perry. This was our first time competing at the Middle School level. Although our group was smaller than those from the other schools we held our own in the competition, coming on strong in the second half. As it stands Perry and Letchworth both have 28 points and Keshequa and Dansville both have 18 points. The second tournament is scheduled for April 28 at Dansville with a new set of books to read and become familiar with. Points from the first competition will be added to the points from the second and the winner will go to a final round against the winners of the central and northern divisions in May. We have enjoyed it so far and look forward to our next match.

Members of PageTurners are: Tom Bailey, Tom Miller (8th grade); Elizabeth Gilbert, Christine Tallman, Paige Essler, Zach Coffey, Josh Gonzalez, Patti Toler (7th grade); and Justin Kelly (6th grade). Lydia Keough, the school librarian, is the coach. Congratulations to all for a great start and best of luck for continued success for the spring competition.

Mock Trial Dates Set

The Livingston County High School Mock Trial Competition has set its dates. Keshequa, who has finished first and second in the county the past two years, plans to be very successful. The law program, taught by business teacher Mr. Riggi has been increasingly popular at KCS. This year the district will enter two teams into the tournament. The team is anchored by returning stars Chris Whiteman, Steven Duby, Amber Funk and Dillon Kronert.

Round 1: Saturday, February 12, 2005

Courtroom

9:15 am

11:15 am

2:00 pm

A

Avon I vs. Geneseo

KCS II vs. Avon II

KCS I vs. KCS II

B

Cal-Mum vs Avon II

Dansville vs. KCS I

Dansville vs. Avon I

GJ

KCS II vs. Dansville

Avon I vs. Cal-Mum

Avon II vs. Geneseo

KCS School-to-Work Coordinator Mr. Bielicki, who helped make arrangements for the tournament commented, "We plan on great success. We booked a field trip down to the courthouse to help the students become more comfortable in front of the judge and I know Mr. Riggi has been working countless hours drilling the class on procedures and techniques."

Riggi closed, "All the students will be winners, irregardless of what place we finish." This will be KCS's third appearance in the tournament.

Do You Want To Know if a Sex Offender Lives In Your Area?

Go to: <http://criminaljustice.state.ny.us>. Look for Quick Links. Click on: Sex Offender Level 3. You will be required to complete the Inquirer Information screen and acknowledge reading the disclaimer. After completing this form you will be able to search by zip code or county.

Keshequa Receives 3 Mini-Grants from Business Education Alliance

Keshequa Central Schools has been awarded three mini-grants to complete standards based field trips and career based learning extensions. The grants were awarded by the Livingston County Business Education Alliance.

Each grant is worth one hundred dollars, which helps offset the district's cost in providing these opportunities to its students. The field trips, or learning extensions, are tied to the career development and occupational (CDOS) New York State learning standards: career development, integrated learning, universal foundation skills, and career majors. Mr. Bielicki serves as CDOS Coordinator and applied for the mini-grants. "As a teacher I am thrilled that our students will have additional opportunities to learn. Walt Disney once said that crowded classrooms are the biggest waste of our most valuable resource - the minds of our children," stated Mr. Bielicki. "As a community member, I am always pleased to receive unexpected funds. Every bit helps and I know we work hard at grabbing these types of grants. I am thankful for Carrie Malone (BEA County Coordinator) and the BEA for continuing to work with the districts on such programs."

The district follows up with the specifics of the trip and informs the BEA how many students benefited from these experiences. Bielicki, who reports for KCS closed, "Ultimately, no one will benefit more than the students from these experiences and knowing that makes it all worthwhile."

Keshequa is an active member of the Livingston County Business Education Alliance. Carrie Malone is in her first year as the County BEA Coordinator. Mr. Bielicki is in his seventh year for KCS.

E-Learning at KCS

Keshequa students earn more than a grade in Mr. Bielicki's Computer 11/12 Web Page Design course; they also earn real-life experience, technology skills, and college credit. The AP course is offered as an elective through Genesee Community College. Students earn 3 college credits, but also an important skill. "Computers are an equalizer for rural communities and small schools. In today's age, the ability to navigate, interpret, develop, and communicate is essential for success. Global technology makes the world smaller," Bielicki stated. "Students who learn to create web pages are often given internships as designers while still in school. Many of them will earn real-life experience before graduating and some of them will earn real-life money."

Senior Bryan Buckel takes the course and created a frames-enabled informational website about paintball. Junior Alex Ulik hosts his own website for online video games, chatting, and viewing cartoons. His site features a simple registration process and has almost one hundred registered

users. Ulik stated, "one thing I like about the course is that it is good for both beginners and advanced people. It's information that can be used anytime and in the real world." He has an 'A' average in the course and ultimately plans to study electronic engineering at college. He is currently looking at attending Clarkson.

Students spend half the course learning to write HTML code and the other half using Microsoft's FrontPage software. Students will complete a number of websites, but their final one is most important. Students must create a page for a business, organization, or person. While students may build a website for a make-believe business, many students opt to create one for a real business and take advantage of an internship opportunity. "Many students seem to be



KCS student Bryan Buckel writes code for his website

excited about the website class because they are able to make connections from the textbook to the real world. They recognize that it doesn't matter if you're in a big city or small village. Some of them, I expect, cut a deal on the side with a business to make their website and get paid, in essence, for their schoolwork. I never ask, but their smiles usually give it away."

Candidate for Mayor of Buffalo, Restaurateur Visits Keshequa



Steve Calvaneso visits KCS Small Business Class

Owning four of Buffalo's most prominent restaurants, a men's spa, an upscale clothing store, and a catering business is not enough for Steve Calvaneso, self-made entrepreneur. He is now running for

mayor of Buffalo. As busy as he is, he still found time to give something back, as he visited Keshequa's small business class taught by Mr. Riggi. Mr. Riggi said simply, "Mr. Calvaneso came to talk about success, and he left students with a road map."

Mr. Calvaneso grew up poor, but wanted to be rich, like so many students today. His mother told him to do something he loved, so he started working in the restaurant business. Today he owns Ultimate Restaurants Inc. which includes an impressive lineup of Bacchus, Calvaneso's, City Grille, YaYa Bayou, and Exquisite Catering. He no longer views success as financial. "Success is when your personal and business goals are on the same page" told Calvaneso.

Steve was never without adversity, as many of his businesses struggled at one point or another. He kept true to his goals of family, ethics, and civic pride which make a run for the mayor of Buffalo a logical one. "You live. You grow. You build up, rather than break down."

When asked the secret of finding success, Calvaneso replied, "Know what motivates you. Do your homework. Plan. Have pride in everything. Ask yourself, 'Are you proud of the work you've done today and is this your best?'

If it is, success will follow." He taught the students to manage by exception, "Only 10% of what you do is important. Concentrate on it!"

The advice he gave some future entrepreneurs was to look for opportunity. Successful people will take you under their wing. He emphasized to only work with people you like, "people who you feel comfortable representing you". He also told students to closely follow their mission and to set very high standards. "You get what you give."

Mr. Calvaneso left the class with some interesting business expectations that can also be applied to school:

- 1) Do your best;
- 2) Be respectful;
- 3) Be honest;
- 4) Give back to your community;

- 5) Take pride in everything;
- 6) Be dependable;
- 7) Have a nice appearance and never use foul language;
- 8) Speak highly of yourself and of your organization;
- 9) Welcome adversity (it's where champions are made), and;
- 10) Seek opportunity.

He explained how these all lead back to ambition, which in turn, will lead to success.

Mr. Bielicki arranged the visitation as part of the district's effort to add relevance to classroom material. Bielicki closed, "Bringing in Mr. Calvaneso wasn't just a big score for the district." It was also a big score for the students. They left motivated and inspired. Few textbooks can do that."

Greetings from KCS High School

by Mark Mattle, High School Principal

As Mid-Term and the second quarter come to an end I would like to share with you several exciting field trips taken by our high school students.



Mr. Burt and Mr. Boos took their Busy Bees to visit Allegany Log Homes and then to the location of the log cabin built by last year's Busy Bee students. Pictured is this year's level I and level II students exploring the site and proudly posing in front of the cabin actually built last year at our KCS Construction Trades Technical Facility and transported to an Allegany County location.

Mr. Bucur and Mr. Raymond took this year's photography students to visit the

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Community/Adult Education Classes

Please register for all classes with Peggy Huffman at 468-2541 ext. 1105. No registration is needed for the Open Computer Lab.

Intermediate Microsoft Office Programs

Come and experience more advanced features in the Microsoft Office software package. We will be learning further elements in Word, organizing and presenting numerical data and charts in Excel, creating animated presentations in PowerPoint and designing publications in Publisher.

Date February 8 and 10

Time 3:30-5:30 p.m.

Location ... Middle School Lab 1170

Cost \$10 per person

Internet 101

Are you finally ready to really start using the Internet? This course will cover the basics of logging on to the internet, surfing, searching, shopping, using email, booking travel, and more. This course is designed for the beginner and will help students become comfortable with using the Internet. Senior students are welcome. No computer experience required.

Date Wednesday, February 16

Time 6:30-8:30 p.m.

Location ... 1170 (Computer Lab)

Cost \$5 per person

Open Computer Lab

The Middle School Computer Lab will be opened to all students and community members on Tuesdays and Thursdays throughout the school year. Feel free to stop in, use Microsoft Office, or surf the Internet. No registration is required.

Date Tuesdays and Thursdays

Time 6:00-8:30 p.m.

Room 1170 (Computer Lab)

Cost Free

KCS Student on the Move

Keshequa Senior Melissa Krenzer finished up her first semester internship at St. John and Baldwin Financial Services in Nunda. Melissa kept busy doubling as a student by day, bookkeeper by



Melissa Krenzer finishes computer work before heading to her internship

afternoon. Her internship was part of an early release program that allows seniors in good standing to seek real life work experience to complement their education. Mr. Bielicki, KCS School-to-Work Coordinator, oversees the program for the district. Students fill out work logs and take responsibility for themselves.

Making community ties and bridging the gap between textbooks and real life is a goal of the district. According to Bielicki, "Melissa sought out this opportunity herself and did a great job. She is one of our best and we are proud of her. Studies show that students like these are extremely successful in college and I have no doubt she'll mirror that."

Melissa's supervisor Chris at St. John and Baldwin added, "Melissa did a real good job for us. She is very good at following through with her work and a great plus is that she is not afraid to ask questions. She also picked up things pretty quickly. We were happy with her."

Melissa Krenzer will be attending SUNY Fredonia this fall and majoring in business administration. She commented about her internship experience, "although my internship focused on bookkeeping, it entailed more business than expected. It also allowed me the opportunity to see what accounting is all about. Through this experience, I know what I want to do after high school."



Congratulations to Eric Kanouse and Janae Holley for being selected as the Section V of the New York State Public High School Athletic Assoc. and Birds Eye Foods, Inc. Player of the Week. This award is for outstanding performance in basketball during the week of December 6 – 11, 2004. Congratulations!

Middle School Corner

by Doris Marsh, Interim Middle School Principal

Study. Rest. Eat a good breakfast. No arguing with siblings! These words were spoken many times during the month of January in the KCS Middle School – especially with our eighth grade students. Eighth grade students took the NYS ELA and the NYS Science tests in addition to studying for the mid-term tests at the twenty-week marking period.

Grades 6-8 took the mid-terms on January 26-27 and will be taking their report cards home on February 4, 2005. Mrs. Marsh will be rewarding all students who have an 80 average or

better, or were acknowledged by their teachers for working to the best of their abilities. This reward activity will take place during the week of February 7.

An anti-bullying workshop presentation for parents was held on Tuesday, January 11, 2005. If you were unable to attend, please contact the Middle School Office for information on anti-bullying.

Eighth grade parents are encouraged to attend a Parent Information meeting on Wednesday, February 16 at 7:00 p.m. regarding creating next year's schedule for ninth grade. Believe it or not, your

eighth grade student will be a high school student soon. So have your student begin thinking about what courses they will have to take to meet their career goal.

Our Middle School Student Council will be combining the Valentine's Day activity with a Tsunami relief project. The council will sell red, white, and blue hearts for .50¢ each. Students and faculty may put a message to a special friend on the heart and we will post the heart in our Middle School display case. All donations will go to the American Red Cross. Student Council will also be hosting a roller skating party at the end of February or the first part of March. The roller skating party will be on February 23, 2005, from 2:40 – 4:00 p.m. Students will need to arrange for their own transportation home that day.

Our Middle School Math Competition Team competed in two competitions this year. Team members were Amber Herington, Matt Moran, Christopher Gray, Brett Vesico, Amanda Gath, Jake Rung, Stephanie Kruezer, and Brandy Gallicchio. We had nineteen students participate in the National AMC 8 Math Competition. We are hoping that more students will join our team next year as we continue to increase student awareness of this great opportunity.

Middle School students are being encouraged to participate in job shadowing opportunities coordinated by the Livingston County BEA. We are presently asking our eighth grade students about their job interests and looking for businesses that might allow these students to shadow an employer for one day.

Enjoy the month of February. Remember someone special to you on Valentine's Day! Remember the MS Principal Loves Chocolate!!!!

It's Elementary!

by Marilyn Capawan

The time and snow have been flying this January in Dalton! Here is a sampling of what has been keeping us busy:

Congratulations to our PageTurners Club! In their first competition in January, they won first place among four area schools. Dansville Wayland, and Cohocton

joined us for the event in the High School auditorium. It was exciting to watch our students excel in their reading efforts, and we look forward to seeing them again in April!

5th Graders and their teachers have organized a coin drive to aid the victims of the recent tsunami. The contributions will be sent to the American Red Cross International Response Fund. Our children may live in a small, rural area, but they have shown that they are aware and part of a global community.

At the last KPTSA meeting, held in Dalton, awards were presented to many of our students for their excellence in artistic expression. The annual Reflections Program gave children the opportunity to submit works of art in literature, musical composition, photography, and the visual arts to express their idea of "A Different Kind of Hero". The KPTSA meeting was also noteworthy because of a special presentation by first graders Brock Allen, Dylan Lew, and Anthony Dietz.



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February is Heart Healthy Awareness Month

Diabetes Prevention

Diabetes is a growing disease – 8,000,000 new cases of diabetes are diagnosed each year – a number that is expected to rise as baby boomers age. If not diagnosed and treated early, it can result in blindness, heart attack, stroke, kidney failure, birth defects, and limb loss. What's more, diabetes kills approximately 200,000 people each year.

Startlingly, you may not know you have it. Onset is often gradual and difficult to identify—you can have diabetes without any symptoms. In fact, half of those affected don't even know they have the disease until they seek help for one of its complications. In spite of these statistics, diabetes is not an inevitable part of aging. You can do much to prevent it by eating right and simply moving more.

Eating Right

- You don't have to cut out the foods you love to eat. Just cut down on the amount you eat, and eat them less often.
- Try to keep meat, poultry, and fish servings down to three ounces—that's about the size of a deck of cards.
- Try to eat three sensible meals at regular times throughout the day.
- Eat more fresh fruit, veggies, nuts, and whole grains.
- Limit fried foods. Baking and broiling are healthier ways to eat meat, chicken, and fish.
- When eating out, share large portions.
- Drink six to eight glasses of water every day.

Moving More

- Put away the TV remote control – get up to change the channel.
- March in place during commercial breaks.
 - Try walking around the house while you talk on the phone.

- Park the car farther away from stores, movie theatres, or your office.
- Get off the bus one stop early if you are in a safe place to walk.
- Visit museums, the zoo, or an aquarium. These are great ways to be active with your family.

For more information on diabetes prevention visit the National Diabetes Education Program's website at www.ndep.nih.gov.

Source: National Institutes of Health

Coming to Terms With Exercise

When you begin exercising you'll hear all kinds of talk about intensity level—light intensity, moderate intensity, and vigorous exercise. What does it all mean? Below you'll find examples of activities and how they rank.

Light-Intensity Activities

- Walking slowly
- Golf in a powered cart
- Gardening or pruning
- Dusting or vacuuming

Moderate-Intensity Activities

- Walking briskly
- Golf—pulling or carrying clubs
- Mowing the lawn with a power motor
- Bicycling on level terrain, or with a few hills

Vigorous-Intensity Activities

- Racewalking, jogging, or running
- Mowing the lawn with a hand mower
- Bicycling more than 10 mph, or on steep uphill terrain
- Moving or pushing furniture

Here's the key. You don't have to be a marathon runner to get health benefits from physical activity—in fact, you should begin exercising slowly and build your endurance.

The Surgeon General recommends that you engage in moderate level physical activity for 30 minutes on most days of the week, but some benefit can be derived from doing low intensity activities, too—you'll just have to do them for longer periods of time.

If you're doing low intensity activities, you'll need to do them for about an hour to get health benefits. Moderate level activities, about a half hour, and if you're engaged in vigorous activity, you'll only need to keep it up for about 20 minutes. Also, it's recommended that you check with your healthcare provider before beginning or increasing physical activity.

Sources: www.acsm.org, www.acdfitness.org, www.fitness.gov

It's Elementary *continued from page 7...*

They and reading teacher Jeaneane Finnemore demonstrated reading strategies and games for parents to use with their children to help develop reading skills.

Dalton Elementary School has been chosen as a model school for the Peacebuilders Program. Please check us out on their website www.Peacebuilders.com. In the last two months, nearly 140 students have received "I Noticed You Build Peace" awards! This month we are also beginning "Principal's Preferrals" as a way to recognize students who demonstrate outstanding peacebuilding skills. Teachers may nominate one or two students each month to receive these awards. I am looking forward to sharing lunch and conversation with these children who are serving as role models for all of us!

Counseling Corner

Beginning on February 11 our school will be implementing a program called Project ALERT. A presenter from Livingston County Council on Alcohol and Substance Abuse, Prevention and Education, will be at our school on Tuesdays and Wednesdays to incorporate this program during your son's/daughter's library skills class. Project ALERT is an age-appropriate substance abuse prevention curriculum proven effective in reducing experimentation and usage among teens.

Project ALERT contains 11 lessons in its initial year that focus on alcohol, tobacco, marijuana and inhalants – those substances that are the first and most widely used by young people today. Project ALERT's focus is on motivating non-use, learning to recognize pressures that are used and on developing and practicing skills to resist these pressures.

Our district is committed to providing the most effective approaches to preventing the use of alcohol, tobacco, and other drugs in our school and community. We know that prevention is most effective when it is a partnership between the community, the home, and the school.

According to a nationwide survey released by the Partnership for a Drug-Free America, youth who learn about the risks of drugs from their parents are much less likely to use drugs than those who do not. However, getting the message across is not easy. According to the partnership's survey, virtually all parents (98%) reported talking to their kids at some point about drugs, but just 68% of the kids remembered the conversation, and only 27% reported learning about this issue at home. Here is where the structured home learning opportunities within Project ALERT can help to focus discussion between you and your kids.

Your child will be bringing home five homework assignments that will

involve you in discussion, sharing responses and listening to oral reports. These Home Learning Opportunities will be for Lessons 1,5,6, 8, and 9.

Please be aware that this process and your responses will not be shared in class. These activities provide you an opportunity to communicate with your

child about these important issues. If for any reason you are not comfortable with returning your responses, a note will be accepted confirming the assignment has been completed. If you have any questions, please contact the Middle-School Counselor, A. Prince at 468-2513 ext. 2008.

Sideline Suggestions

10 Things Your Kids Say They Don't Want

by Darrell J. Burnett, Ph.D.

1. **Don't yell out instructions.** During the game I'm trying to concentrate on what the coach says and working on what I've been practicing. It's easier for me to do my best if you save instructions and reminders for practice or just before the game.
2. **Don't put down the officials.** This embarrasses me and I sometimes wonder whether the official is going to be tougher on me because my parents yell.
3. **Don't yell at me in public.** It will just make things worse because I'll be upset, embarrassed, worried that you're going to yell at me the next time I do something "wrong".
4. **Don't yell at the coach.** When you yell about who gets to play what position, it just stirs things up and takes away from the fun.
5. **Don't put down my teammates.** Don't make put-down remarks about any of my teammates who make mistakes. It takes away from our team spirit.
6. **Don't put down the other team.** When you do this you're not giving us a very good example of sportsmanship so we get mixed messages about being "good sports".
7. **Don't lose your cool.** I love to see you excited about the game, but there's no reason to get so upset that you lose your temper! It's our game and all the attention is supposed to be on us.
8. **Don't lecture me about mistakes after the game.** Those rides home in the car after the game are not a good time for lectures about how I messed up – I already feel bad. We can talk later, but please stay calm and don't forget to mention the things I did well during the game!
9. **Don't forget to laugh and have fun.** Sometimes it's hard for me to relax and have fun during the game when I look over and see you so tense and worried.

Don't forget that it is just a game! Odds are, I'm not going to make a career out of playing sports. I know I may get upset if we lose, but I also know that I'm usually feeling better after we go get a pizza. I need to be reminded sometimes that it's just a game.

A Different Kind of Hero

National PTA believes all children deserve a quality arts education and encourages students to pursue artistic expression through participation in its annual Reflections Program. The program offers students the opportunity to create works of art for fun and recognition.

Students in preschool through grade 12 are encouraged to create and submit works of art in four areas: literature, musical composition, photography, and the visual arts (which include art forms such as drawing, painting, print making, and collage). In its more than 30-year history, the program has encouraged millions of students across the nation and in American schools overseas to create works of art. The Reflections Program was started in 1969 by then Colorado PTA President Mary Lou Anderson.

Once again, the Keshequa PTSA is proud to sponsor a successful Reflections Program which challenged 513 students to create a total of 558 works of art that support this year's theme "A Different Kind of Hero". Awards and prizes were presented to our winners during the Keshequa PTSA meeting held on January 11.

Thank you to all the students for sharing your creative abilities. And, thank you to the parents and teachers for supporting our children. The hard work and time spent shows in each and every wonderful piece. The KPTSA would also like to acknowledge and thank Mrs. Castor, Mrs. Coffey, Mr. Bucur, Mr. Raymond, Mrs. Therrien-Borgus, and Mrs. Strathearn (Get Well Soon!) for the extraordinary time and effort committed to our program. Your dedication reflects in our students, and is greatly appreciated.

Congratulations to all of our winners!!

Winners

Visual Arts

Primary: Preschool – Grade 2: 1st Place – *Sylvia Thompson**; 2nd Place – *Brittany Pierce*; 3rd Place – *Paige Lew*

Middle/Junior: Grades 6 – 8: 1st Place – *Emily Gibson*; 2nd Place – *Albert Schmitter*

Intermediate: Grades 3 – 5: 1st Place – *Nick Faulds**, *Philip Wood**; 2nd Place – *Atticus Kiser*; 3rd Place – *Shannon Gordinier*

Senior: Grades 9 – 12: 1st Place – *Kassandra Schrier*; 2nd Place – *Rachel King*; 3rd Place – *Melissa Strain*, *Greg Fraser*

Photography

Primary: Preschool – Grade 2: 1st place – *Cortney Clinton***

Intermediate: Grades 3 – 5: 1st Place – *Megan Moran**

Senior: Grades 9 – 12: 1st Place – *Tiffany Nixon*; 2nd Place – *Paul Kreuzer*; 3rd Place – *Steve Duby*

Literature

Intermediate: Grades 3 – 5: 1st place – *Michaela Hillier**; 2nd Place – *Megan Moran*; 3rd Place – *Kathryn Forrester*

Middle/Junior: Grades 6 – 8: 1st place – *Michelle Montgomery**; 2nd Place – *Rissa Smith*; 3rd Place – *Paige Essler*

Musical Composition

Intermediate: Grades 3 – 5: 1st Place – *Amzi Mitchell**; 2nd Place – *Lindsay Piraino*; 3rd Place – *Kendra Smith*

**denotes student entries submitted to the Genesee Valley Region PTA Competition*

***denotes winner in Region Competition and submitted to NYS PTA Competition*

The AHERA Periodic Surveillance was completed on December 17, 2004 by John Polito, of the Genesee Valley BOCES Regional Environmental Health & Safety Office. There were no changes recommended in the condition of the asbestos containing building materials in the Jr./Sr. High School Building, Nunda or the Elementary Building, Dalton.

Getting Enough Sleep

Submitted by Christina Meissel, RN

Many of our children are sleep deprived. Many adults do not realize the implication of this deprivation. Our children are barraged with demands of school, chores, keeping good relationships with others, and just being kids. How your child thinks, feels, and functions depends on their sleep habits. A study showed that students who received C's, D's, and F's got 25 fewer minutes of sleep and had later bedtimes – 40 minutes later than A and B students. Sleep also improves the body's immune response and helps cell repair.

Interestingly pediatric research shows the following:

- Complaints of depression, decreased energy, feeling tired, tense, moody, stressed and irritable with low self image is directly related to lack of sleep.
- Sleep deprivation has been associated with daytime fatigue, inability to concentrate in school, ADHD, problematic behaviors, and lower levels of social skills.
- Several studies report that more total sleep, earlier bedtimes, and later weekday rise times are associated with better performance in school.

Studies showed that almost 40% of elementary school-aged children have some kind of sleep problem while 10% of them had daytime drowsiness. Up to half of adolescents reported at least occasional difficulty falling asleep or staying asleep with up to 13 % experiencing chronic and severe insomnia. The average sleep time for teens is under 7 1/2 hours per night with only 15% sleeping 8 1/2 hours or more on school nights and more than 25% typically sleeping 6 1/2 hours or less. Clearly our teens are not receiving enough sleep at night.

Sleep deprivation is difficult to detect because children rarely complain of sleep problems, we are unaware of the actual time they fall asleep as well as night awakenings.

What can we do?

Children as a whole do not “grow out” of sleep problems. They tend to persist into adulthood. Early intervention is key.

- Taking the time to talk with your son or daughter with the right questions can go a long way. If you discover a problem, make a plan agreeable to all. You may include target behavior and rewards in your plan.
- It will help to speak to coaches, bosses, and teachers and ask them if they see signs and symptoms of sleep deprivation.
- Teach your child good sleep habits while they are young. These are also known as “sleep hygiene” Having good bedtimes with routines, habits, and diets will help immensely.
- Limit TV and other ‘screen time’ near bedtime. It is also a good idea not to put a TV in your child's bedroom, which enhances stimuli that is not conducive for falling asleep.
- As with anything, be consistent with routines and habits. Ask for help. Do not hesitate to call your doctor or sleep specialist.
Sleep well!!!

Put an End to Bedtime Battles

- Create a routine which fits everyone's needs. Bedtime routines can include: bathing, teeth brushing, stories, listening to music, recalling events from the day, talking about feelings, saying prayers, etc. Having a predictable, consistent routine helps give them a familiar sequence they can begin to relax to.”
- Discuss with your child ways to help themselves fall asleep. “If you are still awake after we leave the room, you could help yourself go to sleep by thinking of your favorite friend, or by holding your bear, or by singing yourself a song.”
- Decide on a plan for follow-through or limit-setting. If they call or cry, you can peek your head in **once** and remind them that it is bedtime and that they can help themselves go to sleep. Explain that you will not come to them again. If they get out of bed, gently, firmly and without anger, talking or fanfare, put them back in bed. You may need to do this many times before they get the message. Understand that they may need to test you many times in order to learn you are serious, it may prevent you from feeling angry.
- Tell your child the plan. “Once we leave the room, it will be your job to stay in bed and help yourself fall asleep. You can cry or call if you need to. If you get out of bed, we will put you back in bed, because it is your bedtime.”
- Give your child information about the importance of sleep. “Your body needs sleep so you can have energy to play tomorrow. Sleep helps you feel better, grow and be strong.”

High School *continued from page 5...*

George Eastman House in Rochester. Pictured is Mr. Raymond and his photo students engaged in one of the many exceptional displays depicting the life and accomplishments of George Eastman. The students had an opportunity to see first hand the development of modern photography and the house where it all began. Also pictured is an old friend of Mr. Bucur who popped in to say hello, he was too big to use the door so he just opened a window!



Scholarship Announcement

Seniors who are dependants of local small businesses may be eligible to apply for Padgett Business Services Foundation scholarships. Winners will be determined based on GPA, test scores, and extra-curricular activities. Interested students may contact Mr. Bielicki for more details or log onto www.smallbizpros.com. Deadline to apply is March 1.

Keshequa Central School

PO Box 517
Nunda NY 14517-0517

February 2005

School Board Members

Theron Foote
John Gordinier
Lori Gray
Patricia Kreuzer
Terry Lowell, Vice-President
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