



## Board Report

I'd like to welcome our students, teachers, staff, administration and community as we start a new school year at Sherburne - Earlville. As we begin the 2006-07 school year, I find myself reflecting on the past year. We welcomed Gayle Hellert as our new Superintendent. Our High School leadership changed as we welcomed both Keith Reed and Nnette Greeno. We welcomed many new faculty and staff, and we also thanked our retirees for their many years of service and commitment to our students. Never was this commitment more evident than at Graduation when many of them joined our students on the field to share their proud day.

Your Board of Education is also committed to the success of our students. As your new Board President I would like to share the Board's mission statement with you.

"During the 2006-2007 school year, we will focus on improving our measurement and accountability

related to academic achievement. We will endeavor to engage parents as more active participants in their child's education by providing greater opportunity and tools. Finally, we will encourage and support the professional development of teaching staff to meet our challenges and needs."



To support this statement we established these goals:

1. By June 2007, 75% of students will achieve a level 3 or above on the State Math Assessments
2. By June 2007, 75% of students will achieve a level 3 or above on the State ELA Assessments
3. By June 2007, 80% of students will pass all five core Regents Exams with a 65% or higher
4. By January 2007, we will engage in defined and measurable activities that enhance our parental involvement in learning and report the results.
5. By June 2007, the District will strive to reduce our CSE classification toward the State average of 12% without compromising any services to our children in need.
6. Our graduation rate for the class of 2007 shall be at or above 95%.

As we formulated our mission statement and associated goals, we realized that a committee structure would be appropriate. At our July reorganizational meeting we formed the following committees.

**Business:** Steven Harris (VP), Robert Wright, Nancy Beadle, Andrew Jenne, Thomas Strain

**Academic:** Thomas Caton, James Brown, Douglas Shattuck, Andrew Jenne, Gayle Hellert

I believe that if we are going to accomplish these goals, we need to foster an environment where trusting and authentic relationships can be forged. A quote I read recently explains this more clearly. "To be in an authentic relationship means that we provide long-term support for one another, challenging one another to improve and to question our current perceptions, and to learn together." (Linda Lambert)

I look forward to learning together.

— Andrew J. Jenne,  
Board President

## Sherburne-Earlville Central School

*The Maroon and White* is published by the Sherburne-Earlville Central School Board and Administration, 15 School Street, Sherburne, New York 13460.

### Administrators/Supervisors

Gayle Hellert, Superintendent  
Thomas Strain, Assistant Superintendent for Business  
Keith Reed, High School Principal  
Nenette Greeno, Assistant High School Principal  
Jill Lee, Middle School Principal  
Jolene Emhof, Assistant MS Principal  
James Plesniarski, Elementary Principal  
John Douchinsky, Assistant Elementary Principal  
Todd Griffin, Director of Instructional Technology  
Catherine Schuler, Special Education Director  
Brad Perry, Athletic Director  
Kimberly Corcoran, Food Service Director  
Timothy Furner, Superintendent of Buildings & Grounds

### Board of Education

Andrew Jenne, President; Stephen Harris, Vice-President;  
Nancy Beadle, James Brown, Thomas Caton,  
Doug Shattuck, Robert Wright

### DISCLAIMER

Please take notice that the viewpoint articles that appear in this Newsletter are the personal expressions of individual authors and do not necessarily represent the official policies or positions of the Sherburne-Earlville Central School District or the Board of Education.

## One Man's Trash . . .

Is Another Man's Treasure! Just a reminder that the S-E CSO is still collecting your used/broken cell phones and used inkjet print cartridges. It is a part of our recycling project/fund raiser. Drop boxes have been placed in all three school offices for your convenience.

If you have any questions, please feel free to contact me at 607-674-7350. Thank you in advance for your continued support.

— Terri L. Doing, CSO President

## A New School Year

Our new school year is well underway. Our focus for the year is to continue to increase student achievement and to enhance our school community. We ask for your support and partnership to ensure that these goals are achieved.

We welcome new staff:

### District Office

Cathy Schuler, Director of Special Education  
Cheryl Brewer, Account Clerk  
Arlene Wade, Senior Account Clerk / Treasurer  
Rebecca Wojehowski, Insurance Clerk

### High School

Jennifer Glaude, Math  
Kristie Hill, Food Service Worker  
Charles Schiralli, Social Studies  
Heather Sweet, Special Education  
Jonathan Vaughn, Art  
Erin Hogan, Special Education  
Gregory Vaccaro, Math  
Brad Perry, Athletic Director

### Middle School

Scott Bugbee, Technology  
Jessica Yaksta, 6th Grade Math  
Carrie McIntosh, Art

### Elementary School

Stacey Davis, Grade 5  
Jennifer Howard, Grade 4  
Stacy Jusaniec, Grade 1

In June, we said a tearful goodbye to seven wonderful teachers who served the District very well for many, many years. Marge Depta, Pat Gunther, Barb Kraft, Sylvia McSwain, Lee Perrin, Betty Plesniarski, and Sam Scafidi are enjoying their retirement and will hopefully return as substitute teachers. Their impact upon the students of our District will last for many years to come.

Please continue to check our Website. Our goal is to keep it as current as possible and provide you with appropriate links.

As always, I welcome your input, thoughts, concerns, and recommendations. Please contact me at 674-7343 or [hellertg@secsd.org](mailto:hellertg@secsd.org).

— Gayle Hellert,

## A Special Superintendent

It was a beautiful spring day! Everyone was smiling!

The Superintendent called his Administrative Team to the office to give them their direction for the day. All was right at S-E this day! CJ McCracken was Superintendent!

He served the District well that day and we look forward to his next day as Superintendent and perhaps, High School Principal!

— Gayle Hellert  
Superintendent



## CSO Holiday Bazaar

Believe it or not . . . it's almost that time again! We'd like to ask you to start looking through your closets, "junk" drawers, etc. for any items you may be willing to donate to our Elementary Holiday Bazaar. We accept all items with the exception of clothing (ties and scarves are welcome) and furniture. Men and teen items always seem to be scarce, however, we gladly accept items for one and all. Drop boxes will be set in place during the month of November. Specific dates will be announced at a later date.

If you have any questions, please feel free to contact me at 607-674-7350. Thank you in advance for your continued support.

— Terri L. Doing,  
CSO President

## 2006 Scholarship Recipients



*Alexandra Erath*

The requirements are as follows: being a graduating senior from the Sherburne - Earlville High School, planning to attend a college to seek a higher education,



*Heather Lathrop*

maintaining a minimum of a B (85) average, and having volunteered his/her time and energy towards making a positive impact on our community and school.

Applications are accepted in May of each school year for a new recipient. Please contact the High School Guidance Office for more information.

The Sherburne - Earlville Community School Organization would like to extend our congratulations to **Alexandra Erath** and **Heather Lathrop** for being our 2006 scholarship recipients. In order to be eligible for this scholarship, an applicant must fulfill the requirements as set forth by our organization.

Great job Alex and Heather! We wish you the best of luck in your future endeavors!

Applications are accepted in May of each school year for a new recipient. Please contact the High School Guidance Office for more information.

— Valerie Bradley



## Yellow Ribbon Suicide Prevention Program

### Dale and Dar Emme to Present the Yellow Ribbon Suicide Prevention Program at Sherburne-Earlville Central School

According to the Center for Disease Control and Prevention (2003), suicide is the third leading cause of death for ages 15-24 in the United States and the fastest growing age group is 10-14. Ignorance of the subject has contributed to suicides and suicide attempts. The DCMO BOCES has been coordinating the efforts of several school districts to bring the Yellow Ribbon Suicide Prevention Program to area schools. The Yellow Ribbon Suicide Prevention Program is an educational initiative with the goals of increasing awareness and understanding, creating dialogue in the community, and making it easier for those who need help to receive it.

Dale and Dar Emme developed the Yellow Ribbon Suicide Prevention Program in response to the death of their popular, well liked, son in 1994. The Yellow Ribbon Suicide Prevention Program is the leading program addressing suicide prevention and is being used in all 50 states and in 47 foreign countries. The program focuses on support and awareness, especially for students to recognize when their peers are in need of help. The desired outcome of the program is first and foremost to save lives. The intention is to integrate a sustainable program and suicide prevention into the school and community.

We are pleased to announce that Dale and Dar Emme are scheduled for two presentations during the school day to present the Yellow Ribbon Suicide Prevention Program to all high school and middle school students. The 45-minute presentations will be at 9:00 a.m. primarily for high school students, and at 1:00 p.m. primarily for middle school students. Both presentations will be held in the Auditorium.

The presenters will share personal experiences, address myths and facts, teach a vital life skill, and reinforce that suicide is not an option. Each student will receive a Yellow Ribbon Card as a resource with a local 24-hour hotline number to call. This card can be given to a friend, family member, or teacher as a

cry for help. The cards give students permission to ask for help. The recipient of this card would then be in a position where they could make a difference, and possibly save someone's life.

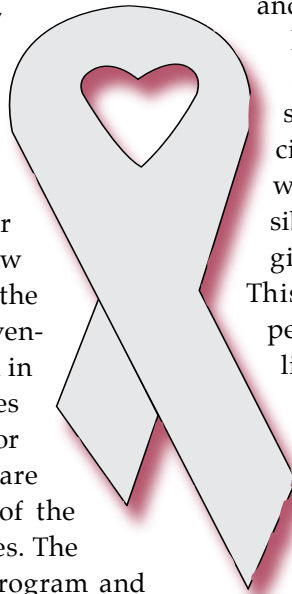
The Yellow Ribbon Suicide Prevention Program's aim is to teach students to know that it is okay to ask for help. The program will give the students a way to ask for help because each student receives a Yellow Ribbon card. This card can be given to a friend, family member, or teacher as a cry for help. The cards give students permission to ask for help. The front of the card carries this message: "This Ribbon is a Lifeline! It carries the message that there are those who care and will help! If you are in need and don't know

how to ask for help, take this card to a counselor, teacher, clergy, parent or friend and say, I need to use my Yellow Ribbon." The recipient of this card would then be in a position where they could make a difference, and possibly save someone's life. The back of the card gives the recipient the following instructions: This Card is a Cry For Help! Stay with the person — you are their lifeline! Listen, really listen. Take them seriously! Get, or call, help immediately! The card then gives a 24-hour hotline number to call to our local crisis center, Fox Crisis Center: 1-877-369-6699.

Sherburne-Earlville's SADD program continues to support the program by engaging in activities during the year to create more awareness of the program and encourage students to use it.

We particularly would like to encourage parents, clergy members, mental health professionals, law enforcement, and media personnel to attend. We all serve as a resource for the children in our community and we would like to make everyone aware of the initiative so that everyone can lend a helping hand when it is needed for any of our young people.

This is a very important program and we appreciate the positive response we have received so far from everyone in the community. If you would like to attend either of the presentations on October 24 or have questions, please contact us at 607-674-7380 or 7350. Thank you for your support.



## Help Our School Get Free Equipment



Log on to [www.pricechopper.com](http://www.pricechopper.com) to register your Price Chopper AdvantEdge card for our schools. The codes are as follows: 16851 Elementary, 16852 High School, 16853 Middle School.

This will automatically earn credit for the school every time you use your AdvantEdge card.

If you have signed up for our school last year, you do not need to re-register.

— Terri L. Doing, CSO President

## Athletic Physicals — Times Have Changed!

As many of you are aware, Sherburne-Earlville Central School and Bassett Healthcare have been collaborating for the past several years to provide health care to students attending SECS at HealthBASE, the school-based health center.

You are probably also aware that all students must have an annual physical examination prior to participating in interscholastic athletics.

These physicals may either be performed by a student's own healthcare provider or by HealthBASE.

You may recall that years ago a "sports physical" took about 2-3 minutes and was very basic. Thank goodness those days are in the past.

All HealthBASE physicals provided by either Mrs. Barbara Bachman, the nurse practitioner, or Dr. Philip Heavner, pediatrician from Bassett who comes to SECS several times a month, are comprehensive physical examinations and take about 30-40 minutes. Documentation of these physicals may

also be used for college, camp, and working papers. As with all visits provided at HealthBASE, a copy of a physical exam will be sent to a student's health care provider, if one was identified on the HealthBASE enrollment forms. If you receive a bill from Bassett or an explanation of benefits from your insurance plan that you do not understand, please contact Robin Lloyd at the HealthBASE office immediately at 674-8416.

As with all services provided by HealthBASE to enrolled students, student's health insurance will be billed, however no money will be collected out of pocket. It is very important that families familiarize themselves with their health insurance plans as many will only pay for one physical a year.

If you have any questions or concerns please call Mrs. Kathy Steward, HS Nurse, at 674-7314; Mr. Brad Perry, Athletic Director, at 674-8433; or HealthBASE at 674-8416.

*Brad Perry, Athletic Director*

*Kathy Steward, R.N.*

*Barbara Bachman, R.N. FNPC Health BASE*



## Homecoming 2006



Once again this year's Homecoming events were fun and exciting. Athletic contests were held throughout the week of September 18. Thursday's activities included the Parade which featured Class floats, Rotary Exchange Students, Modified, Junior Varsity and Varsity athletic teams. They were joined by the Sherburne Youth Football and Cheerleaders all marching down Classic Street to Marauder Stadium where our Pep Rally took place. Immediately following the Pep Rally many proceeded to Granville Hill for the Bonfire.

On Friday, Sherburne-Earville hosted 50 Rotary Exchange students who were paired with our students for a full day of classes. They attended the Homecoming football game and the dance. At the Homecoming Dance the following people were chosen for court: **Catherine Behret, Dalton Matott, Stephanie Joyce, Mike McCredy, Ellen Fagan, Joe Mettler.** Our Queen this year: **Erica Natoli,** and King:

**Tom Pudney.** A fabulous end to this year's events was the Alumni Football game where 30 S-E graduates came to once again show off their athletic agility and competitiveness.

I would personally like to thank the students, faculty, staff and parents who support S-E activities. More importantly a heartfelt thank you to: Gayle Hellert, Keith Reed, Nenette Greeno, Brad Perry, and Tim Furner for their support of SE HS Student Council activities. We would also like to thank Mayor Acee and the Village Board, Chief Fox and his fantastic Officers who helped keep our students/parade participants safe while traveling the parade route, and Chief Hodge and the Sherburne Fire Department and the Sherburne Emergency Squad. Once again this great group of people came through as they do so many times for a Sherburne -Earville event. Homecoming is truly a great Community Event!

— *Jeanne Behret,*  
Student Council Advisor



## Join Music Boosters

Do you enjoy listening to or making music? Another exciting school year of music has begun! Band and Chorus members are preparing for upcoming events and Music Boosters are there every step of the way. We are a group of volunteer community members who come together to support S-E students in their musical endeavors. Our goal is to support all Band and Chorus programs offered at the Elementary, Middle and High School levels. Currently we only have Marching Band parents volunteering,

let's change this! We hope to see many interested adults at our first monthly meeting on October 18 at 7:00 p.m. in the Elementary Library classroom. Your suggestions and time will help us as we give our students a great musical experience! Unable to come to our meeting but would like to help? Please feel free to contact me at my e-mail address [martinc@secsd.org](mailto:martinc@secsd.org) or visit our website at [secsd.org](http://secsd.org).

— *Cathy Martin*,  
Music Booster President



## Wright Receives Award for Technology in Education

Each year the Technology Resource Center (TRC) presents awards to educators who use technology in extraordinary ways. The TRC includes the 50 school districts within the following three BOCES: Broome-Tioga, Delaware-Chenango-Madison-Otsego, and Otsego-Northern Catskills. Out of the 50 districts represented by the TRC, only 7 awards were given this year.

Barb Wright was nominated for the work she has done with her Digital Communications class. The criteria of this award was the instructional impact of accomplishments, the extent to which new technology is applied, and evidence of extraordinary efforts. Barb demonstrates all of these in the work she continues to do with her Middle School students.

Her students created many Public Service Announcements demonstrating everything from

handwashing to self-respect.

Mrs. Wright's students' work can be viewed on her web page located at: [http://www.secsd.org/teachers/ms\\_teach/wrightb\\_web/](http://www.secsd.org/teachers/ms_teach/wrightb_web/)



TECHNOLOGY  
ROCKS!

## A Symbol of Gratitude from DCMO BOCES

On December 13, voters in the 16 Component School Districts of the DCMO BOCES approved a facilities proposal to renovate and expand the two BOCES campuses located in Norwich and Sidney Center. At the first meeting of school superintendents for the new year held on September 15, BOCES officials presented each Superintendent with one of the ballot boxes used in the facilities referendum.

Each ballot box was designed, built, and assembled by component district students who attended the BOCES Chenango Campus Carpentry program during the 2005-2006 school year. It was constructed to meet design specifications required by law. This important work provided a meaningful, authentic learning experience for students in Mr. Kent Rubottom's class. Students were proud of their accomplishments, as well they should be! After the referendum took place in December, each Component District's logo was added to the ballot box for their district.

It was decided that whether the referendum passed or failed, BOCES wanted to present each District with a ballot box as a symbol of gratitude and as a small token of appreciation for their support of the facilities initiative, to be used for future Student Council elections and other similar activities.



## Earlville Opera House 2nd Annual Teen Art Exhibition

Sherburne-Earlville students will be showing work at the Earlville Opera House Community Gallery again this year. This is the Second Annual Teen Art Exhibit, which will run from October 14 through November 11. The Earlville Opera House Gallery is a not-for-profit exhibit space and runs year-round exhibits of local, regional, and national artwork. Colorful, playful, and fun, both for viewers and student artists, the exhibit is a wonderful opportunity for local youth to display their work in a professional gallery. This is also an opportunity for the community at large to see the fine quality artwork that students throughout the region are producing. The work of middle school and high school students from Hamilton Central, Sherburne-Earlville, Morrisville-Eaton, and Madison Central schools will be featured.

The show will feature work of students from 6th

grade through 12th. Work in a wide range of media will be presented. A public opening reception for all participants, their guests, Earlville Opera House members and friends, and the public, will take place on Saturday, October 14 from 12:00-3:00 p.m. Refreshments will be served, and admission is free and open to the public. Hours of operation during the exhibit are 10:00 a.m.-5:00 p.m. Tuesday through Friday, and 12:00-3:00 p.m. on Saturday. The Gallery can also be visited by appointment.

The Gallery is located at 18 East Main Street in Earlville. Gallery exhibits are made possible, in part, with public funds from the New York State Council on the Arts. Teen Art is made possible with funding from the New York State Office of Children & Family Services through the Madison County Youth Bureau. For more information please call (315) 691-3550.



*Abbie Self-Portrait*



## Art Students Take Many Honors

Sherburne-Earlville was well represented this year at the Chenango County Fair as well as the Colorscape Chenango Arts Festival. Their work can be seen in the Barbara Rabig Gallery along with their many awards.



Awards were as follows for the Chenango County Fair.

**Joe Mettler** — 1st place charcoal drawing, 2nd place ink drawing, 2nd place pencil drawing

**Samantha Gillette** — 1st place acrylic painting, 3rd place pencil drawing

**Abbie Fitzpatrick** — BEST OF SHOW/1st place colored pencil drawing, 1st place pencil drawing, 2nd place pastel drawing

**Brenna Dunshee** — 1st place acrylic painting

**Ashley Butler** — 1st place photography, 3rd place photography, 3rd place colored photos

**Gair Wissenbach** — 3rd place photography

**Brooke Peterson** — 2nd place watercolor painting, 3rd place acrylic painting, 3rd place pastel drawing



**Aurora Roe** — 3rd place colored photos, 3rd place toned photo, 2nd place toned photo,

**Adrian Enscoe** — 2nd place photography

**Sam Glasbergen** — 2nd place toned photo.

At the Colorscape Chenango Arts Festival, the following students were awarded prizes.

**Lucas Fetzko** — 3rd place

**Kevin Vibbard** — 4th place

**Michael Jordan** — 3rd place

**Miranda Goedel** — 4th place

**Marie Byrnes** — 3rd place

**Darrell Mullin** — 3rd place

**Ben Osborne** — 2nd place

**Hanna Westbrook** — 3rd place

**Juliet Morin** — 1st place, 2nd place, and 4th place

**Brenna Dunshee** — 1st place, acrylic painting

**Joe Mettler** — 1st place, charcoal drawing

**Samantha Gillette** — 3rd place, acrylic painting

**Abbie Fitzpatrick** — 2nd place, pencil drawing, 3rd place, colored pencil drawing, and Honorable Mention, pencil drawing.

Please be sure to make it a point to see this outstanding work on display in the Barbara Rabig Gallery, located at the Sherburne-Earlville High School, Auditorium entrance.

# CONGRATULATIONS!

## Welcome to the 2006-2007 School Year!

We have many new and exciting programs this year at Sherburne-Earlville Middle School. To begin the new school year, we have put into place a new Counseling Center. The Counseling Center, located next to the Main Office, will house our two Guidance Counselors. These two professionals will be working with our students throughout the school year to help them acquire the necessary skills to lead a safe, happy and productive life.

We also have a new computer lab system, which is housed in room 218 in the Middle School. One of the exciting benefits of the system is that it will enable our students to take “virtual field trips” to nearly any location in the world from the comforts of our own classroom! Students will be able to take a live tour of the NASA Space Center, for example, while interacting with a tour guide who can answer questions during the tour! More information will be available about this new lab in the very near future.

We will continue our Character Education program that will utilize announcements, student commercials, and visual displays to highlight a different character trait or value each month. We will also continue our community service projects, including our collection of canned/dried foods for a local food pantry, as well as the SPCA drive.

This year our anti-bullying program will continue to focus on respect and tolerance for others. Students will participate in bullying prevention activities, as well as student assemblies focused on positive character. You may remember the “Two” juggling act that came to our school in May 2006. They provided an exciting and entertaining juggling performance accompanied by messages about dedication and hard work as the keys to success. On October 12, the Middle School students attended “The Magic In You Magic Show.” This school assembly emphasized the importance of healthy self-esteem and making positive life choices.

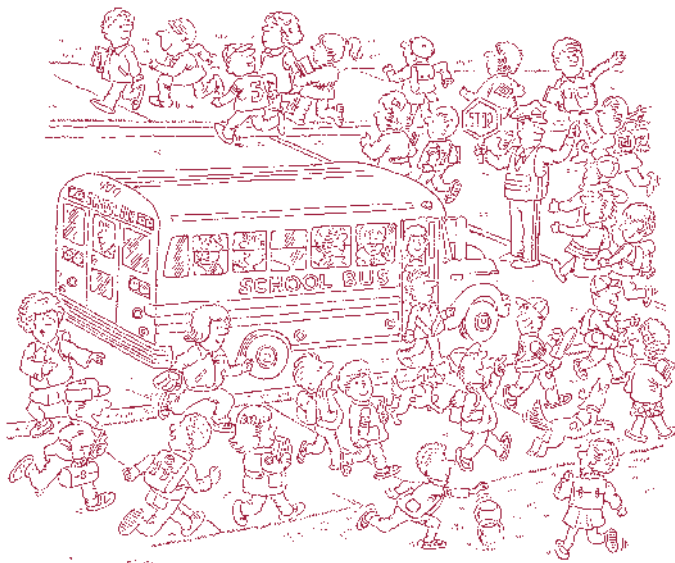
In the near future, S-E will receive very detailed informational reports from the New York State Education Department as to how our students performed on the State English and math tests. These reports will enable us to analyze how we can better help our students learn, retain and use information in these two subject areas. Reports will also be available for parents and we will be sharing these with you as soon as we receive them.

We continue to recommend all of our parents sign up for PowerSchool® access. Having this access will enable you to see up-to-date information on your child’s class progress throughout the year. If you would like to sign up for PowerSchool® access, please call Sonya Parry at 674-7382.

We are looking forward to another great school year! Please feel free to call us at 674-7350 or e-mail us at [leej@secsd.org](mailto:leej@secsd.org) or [emhofj@secsd.org](mailto:emhofj@secsd.org) with any questions, comments or suggestions.

— Jill M. Lee, Principal

—Jolene S. Emhof, Assistant Principal



# Notification Regarding Use of Student Directory Information

- Student directory information includes: name, address, photographs, telephone listing, date, grade, place of birth, major field of study, participation in officially recognized activities and sports, weight and height (if members of athletic teams), and degrees and awards received.
- For purposes of press releases/public relations, only name, photographs, grade, major field of study, participation in officially recognized activities and sports, weight and height (if members of athletic teams), and degrees and awards received will be released in our local newspapers.
- Sherburne-Earlville Central School will use “student directory information” in its **yearbooks, on school bulletin boards, internet web pages, educational channel, school newspapers, school newsletters, and media outlets (newspaper, radio, TV stations)**. Captions accompanying photographs on internet web pages will not identify students by name.
- As a parent, legal guardian, or student over the age of 18, you have the right to refuse the release of student directory information, otherwise known as “opting out”.
- Disclosure of student information to the military is also an area where you may opt out. (name, address, and telephone number)
- If you wish to “opt out”, please sign where indicated below and return this form to the attention of: **Gayle Hellert, Superintendent, Sherburne-Earlville Central School, 15 School Street, Sherburne, New York 13460**. If you consent to allow this information to be used, you do not need to return this form or take any further action.

We/I request that student directory information:

- not be used in any publication or media as defined above.
- will be released for the 2006-07 Sherburne-Earlville yearbook ONLY.
- not be disclosed to the military.

Child/Children’s Names

Grade

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Signature

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Date

Please return this form to Gayle Hellert only if you wish to “opt out”.

If you “opted out” during the 05-06 school year, you do not need to reapply to “opt out” for 06-07

## Wellness!

Recently, U.S. Congress established a new requirement for all federally funded school districts to develop and implement a wellness program for the start of the 2006-2007 school year.

The following are just a few alarming statistics that prompted this.

- 25% of all white children are overweight
- 33% of African American children are overweight
- New study suggests 1 in 4 overweight children are already showing early signs of Type II diabetes
- 60% already have one risk factor for heart disease
- Hospital cost associated with childhood obesity have risen from \$35 million (1979) to \$127 million (1999)

As a result, a "Wellness Committee" has been formed here at SE. This committee began meeting in the spring of 2006. The first goal was to establish a Wellness Policy for SECS. In June 2006, a policy was presented and accepted by the School Board.

Sherburne-Earlville Central School is committed to providing a school environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Sherburne-Earlville Central School that:

- The School District will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing, District-wide nutrition and physical activity policies and procedures.

- All students in grades YK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students and will provide clean, safe and pleasant settings and adequate time for students to eat.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs and with related community services.
- Schools will plan and implement activities and policies that support personal efforts by staff members to maintain a healthy lifestyle.

The school has established a Wellness Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies and procedures.

What this means is that you may be noticing some changes in our Cafeteria, snack and drink machines, and in classrooms in an effort to decrease our fat and sugar intake and increase our physical activity. These changes will benefit our students' health.

We welcome your suggestions as we move forward promoting healthy lifestyles here at SE.

— Kathy Steward, R.N.

## Soup Labels and Box Tops!

Thank you to everyone for all your contributions in the past to our playground fund. The box tops you have saved and the Campbell's® labels have been put to good use for playground equipment for the children. Please continue to save throughout the year so that we can continue to provide safe and appropriate equipment for the children to play on and with. Please save the pages showing eligible products for

Campbell's® and box top products for future reference. Note that Campbell's® is asking for **UPC labels and lids only** and not the front label as in the past. When in doubt, send in the whole label and we will do the cutting for you. See pages 13 and 14 for ways to contribute. Thanks!

— Barb Colf and Nancy Roth

# Eligible Products - Here's What to Save

## Products Worth 5 Points



### III - UPC CODE

Campbell's Condensed 10 oz. Soups  
(Specially marked packages only)



### III - UPC CODE

Campbell's Chunky Soups (bowls)  
Campbell's Chunky Chili (bowls)



### III - UPC CODE

Campbell's Soup At Hand



### III - UPC CODE

Campbell's Supper Bakes



### III - UPC CODE

Campbell's Select Soups (bowls)



### III - UPC CODE

Campbell's Soup To Go (tub)



Remember what's good.™



### III - UPC CODE

Goldfish Crackers  
(bag, box or carton)



### ● - LID

V8 Splash Juice Drinks, all varieties  
(16 oz., 64 oz.)

## Products Worth 1 Point



### III - UPC CODE

Campbell's Beans Products  
Campbell's Condensed 10 oz. Soups  
Campbell's Condensed 26 oz. Soups (Family Size)  
Campbell's Low Sodium Soups  
Campbell's Fat Free Soups  
Campbell's Kitchen Classic Soups (18-19 oz. can)  
Campbell's Tomato Juices (12 oz., 32 oz., 46 oz., 64 oz., multipacks)  
Campbell's SpaghettiO's, Any Shape Pasta  
Campbell's Gravies

### ● - LID

Campbell's Ready To Serve Soups (plastic)

### III - UPC CODE

Campbell's Soup & Recipe Mix  
(with the entire box bottom panel)



### III - UPC CODE

Campbell's Chunky Soups  
Campbell's Chunky Chili



### III - UPC CODE

Campbell's Healthy Request Soups



### III - UPC CODE

Campbell's Select Soups  
Campbell's Select Gold Label Soups (carton)



### III - UPC CODE

Franco-American Gravies  
Franco-American SpaghettiO's, Any Shape Pasta  
Franco-American SpaghettiO's, in Meat Sauce



### III - UPC CODE

Pepperidge Farm Soups  
Pepperidge Farm Breads, Croutons, Rolls & Stuffing  
(bag, box or carton)  
Pepperidge Farm Cookies, Crackers,  
Goldfish Cookies & Snack Mixes (bag, box or carton)  
Pepperidge Farm Frozen Garlic Breads, Cakes,  
Turnovers, Dumplings and Puff Pastry



### III - UPC CODE

Swanson Broth, all varieties  
Swanson Canned Chicken



### III - UPC CODE

Selected products (tub/carton)



### ● - LID

Prego Pasta Sauces (14-28 oz.)  
Prego Pasta Sauces (46 oz. and larger)



### ● - LID

V8 100% Vegetable Juice, all varieties  
(12 oz., 32 oz., 46 oz., 64 oz., multipacks)  
V8 Calcium Enriched 100% Vegetable Juice  
(12 oz., 46 oz.)  
V8 Low Sodium 100% Vegetable Juice  
(12 oz., 46 oz., 64 oz., multipacks)  
V8 Essential Antioxidants 100% Vegetable Juice  
(46 oz.)



### ● - LID

V8 Splash Smoothies (46 oz.)



### ● - LID

V8 V-Fusion 100% Juice, all varieties  
(12 oz., 46 oz.)



FOODSERVICE

### ## - 2 CODE NUMBERS FROM OUTER CASE

Campbell's Tomato Juice (11.5 oz./24 cans/case)  
Campbell's Tomato Juice (5.5 oz./48 cans/case)  
Campbell's Chef's Kettle Soups (50 oz.)  
Campbell's Foodservice Soups (50 oz.)  
Campbell's Low Sodium Soups (50 oz.)  
Campbell's Healthy Request Soups (50 oz.)  
Campbell's Chunky Soups (bowls)  
Campbell's Select Soups (bowls)  
All Pepperidge Farm Products  
V8, V8 Splash, V8 V-Fusion  
Prego Foodservice

Campbell's, Chef's Kettle, Franco-American, Goldfish, Healthy Request, Pepperidge Farm, Prego, Swanson, V8, V8 Splash and V8 V-Fusion are all registered trademarks.



# Clip Box Tops - Earn Cash for Our School!

Earn cash for our school every time you shop for groceries. Clip Box Tops from hundreds of your favorite products. Each Box Top is worth 10¢ to our school — and that adds up fast!

## CEREAL

Cheerios®  
 Apple Cinnamon Cheerios®  
 Honey Nut Cheerios®  
 Frosted Cheerios®  
 MultiGrain Cheerios®  
 Team Cheerios®  
 Berry Burst Cheerios®  
 Fruity Cheerios®  
 Yogurt Burst Cheerios®  
 Wheaties®  
 Rice Chex®  
 Corn Chex®  
 Wheat Chex®  
 Multi-Bran Chex®  
 Frosted Chex®  
 Honey Nut Chex®  
 Total® Raisin Bran  
 Total® Brown Sugar & Oat  
 Total® Protein  
 Whole Grain Total®  
 Total® Vanilla Yogurt  
 Total® Honey Clusters®  
 Total® With Strawberries  
 Kix®  
 Berry Berry Kix®  
 Cinnamon Toast Crunch®  
 Reduced Sugar Cinnamon Toast Crunch®  
 Peanut Butter Toast Crunch®  
 French Toast Crunch®  
 Lucky Charms®  
 Chocolate Lucky Charms®  
 Berry Lucky Charms®  
 Trix®  
 Reduced Sugar Trix®  
 Dora The Explorer®  
 Cocoa Puffs®  
 Reduced Sugar Cocoa Puffs®  
 Golden Grahams®  
 Cookie Crisp®  
 Double Chocolate Cookie Crisp®  
 Peanut Butter Cookie Crisp®  
 Kaboom®  
 Reese's® Puffs®  
 Franken Berry®  
 Boo Berry®  
 Count Chocula®  
 Raisin Nut Bran  
 Basic 4®  
 Oatmeal Crisp® (any variety)  
 Honey Nut Clusters®  
 Fiber One®  
 Fiber One® Honey Clusters®

Country® Corn Flakes  
 Para Su Familia  
 Cascadian Farm® Cereals Clifford® Crunch  
 Cascadian Farm® Cereals Honey Nut O's  
 Cascadian Farm® Cereals Oats & Honey Granola  
 Cascadian Farm® Cereals Wheat Crunch  
 Cascadian Farm® Cereals Multi-Grain  
 Cascadian Farm® Cereals Great Measure®  
 Cascadian Farm® Cereals Raisin Bran  
 Cascadian Farm® Cereals  
 Cinnamon & Raisin Granola  
 Cascadian Farm® Cereals Purely O's®  
 Cascadian Farm® Cereals Hearty Morning®

## REFRIGERATED/DAIRY

Pillsbury® Grands!® Biscuits  
 Pillsbury® Grands!® Sweet Rolls  
 Pillsbury® Crescent Rolls  
 Pillsbury® Cookie Dough  
 Pillsbury® Breadsticks  
 Pillsbury® Ready To Bake!® Cookies  
 Pillsbury® Dinner Rolls  
 Pillsbury® Italian Meal Breads  
 Pillsbury® Pizza Crust  
 Pillsbury® Sweet Rolls  
 Pillsbury® Pie Crust  
 Yoplait® Trix® Multipack Yogurt  
 Yoplait® Original Family Pack  
 Yoplait® Go-GURT® Yogurt  
 Yoplait® Go-GURT® Smoothie  
 Yumsters®

## MEALS/SIDES

Hamburger Helper®  
 Hamburger Helper® Value Size  
 Hamburger Helper® Microwave Singles  
 Hamburger Helper® Twin Pack  
 Tuna Helper®  
 Chicken Helper®  
 Betty Crocker® Casserole Potatoes  
 Betty Crocker® Potato Buds® Mashed Potatoes  
 Betty Crocker® Seasoned Mashed Potatoes  
 Betty Crocker® Seasoned Skillet  
 Betty Crocker® Deluxe Potatoes  
 Old El Paso® Taco Shells  
 Old El Paso® Dinner Kits  
 Old El Paso® Salsa  
 Old El Paso® Taco Sauce

## FROZEN

Pillsbury® Waffles  
 Pillsbury® Pancakes

Pillsbury® Toaster Scrambles® Pastries  
 Pillsbury® Dunkables®  
 Pillsbury® Toaster Strudel® Pastries  
 Totino's® Pizza Rolls® Pizza Snacks  
 Pillsbury® Oven Baked Dinner Rolls  
 Pillsbury® Oven Baked Biscuits  
 Pillsbury® Oven Baked Mini-Loaves  
 Pillsbury® Microwave Dinner Rolls  
 Pillsbury® Microwave Biscuits

## SNACKS

Milk 'n Cereal Bars  
 Betty Crocker® Fruit Gushers® Fruit Flavored Snacks  
 Betty Crocker® Fruit by the Foot® Fruit Flavored Snacks  
 Betty Crocker® Fruit Roll-Ups® Fruit Flavored Snacks  
 Teenage Mutant Ninja Turtles® Fruit Flavored Shapes  
 Winx Club® Fruit Flavored Shapes  
 Shark Bites® Fruit Flavored Snacks  
 Discovery Kids Dinosaurs® Fruit Flavored Shapes  
 Animal Planet® Fruit Flavored Shapes  
 Trix® Fruit Flavored Shapes  
 Lucky Charms® Fruit Flavored Shapes  
 Care Bears® Fruit Flavored Shapes  
 Polly Pocket® Fruit Flavored Shapes  
 Team Sports® Fruit Flavored Shapes  
 Scooby-Doo® Fruit Flavored Shapes  
 Princess Fruit Flavored Shapes  
 Dunkaroos® Snacks  
 My Little Pony® Fruit Flavored Shapes  
 Tonka® Fruit Flavored Shapes  
 Nature Valley® Fruit Crisps  
 Caribou Coffee® Bars  
 Chex Mix® Snack Mix  
 Chex Mix® for Kids  
 Pop-Secret® Microwave Popcorn  
 Bugles® Corn Snacks  
 Gardetto's® Snack Mix  
 Nature Valley® Crunchy Granola Bars  
 Nature Valley® Chewy Trail Mix Bars  
 Nature Valley® Chewy Granola Bars with Yogurt  
 Nature Valley® Sweet & Salty Nut Granola Bars  
 Nature Valley® Healthy Heart Chewy Granola Bars  
 Cascadian Farm® Fruit & Nut Granola Bars  
 Cascadian Farm® Harvest Berry Granola Bars  
 Cascadian Farm® Multi-Grain Granola Bars  
 Cascadian Farm® Chocolate Chip Granola Bars

## BAKING

Betty Crocker® Frosting  
 Betty Crocker® Complete Desserts®  
 Betty Crocker® Angel Food Cake Mix  
 Betty Crocker® Variety Dessert Mixes  
 Betty Crocker® Pizza Crust

Betty Crocker® Sunkist® Lemon Bars  
 Betty Crocker® Quick Bread Mix  
 Betty Crocker® Pancake Mix Boxes  
 Betty Crocker® Muffin Mixes  
 Betty Crocker® Premium Muffin & Quick Bread Mix  
 Betty Crocker® Cornbread & Muffin Mix  
 Betty Crocker® Cookie Mix  
 Betty Crocker® Warm Delights® Desserts  
 Betty Crocker® Supreme Brownie Mix  
 Bisquick® Baking Mix Boxes  
 Reese's® Dessert Bar Mix  
 Almond Joy® Dessert Bar Mix

## STORAGE BAGS / CONTAINERS/WRAPPS

Ziploc® Freezer Bags  
 Ziploc® Storage Bags  
 Ziploc® Easy Zipper Freezer Bags  
 Ziploc® Easy Zipper Storage Bags  
 Ziploc® Sandwich Bags  
 Ziploc® Snack Bags  
 Ziploc® DoubleGuard® Freezer Bags  
 Ziploc® Snap 'n Seal Containers  
 Ziploc® Twist 'n Loc® Containers  
 Ziploc® Big Bags  
 Saran® Wrap

## PAPER PRODUCTS

COTTONELLE® Toilet Paper  
 COTTONELLE® Toilet Paper with Aloe & E  
 COTTONELLE® Toilet Paper Ultra  
 COTTONELLE® FRESH® Flushable, Moist Wipes  
 COTTONELLE® For Kids Toilet Paper or  
 Flushable, Moist Wipes  
 KLEENEX® Facial Tissue  
 KLEENEX® Dinner Napkins  
 SCOTT® 1000 Count Bathroom Tissue  
 SCOTT® Extra Soft Bathroom Tissue  
 SCOTT® Napkins  
 SCOTT® Pre-Moistened Wipes  
 KLEENEX® VIVA® Paper Towels

## DISPOSABLE TABLEWARE/WASTE BAGS

Hefty® Disposable Cups: Easy Grip™,  
 CrystalClear, Clear Colors  
 Hefty® Disposable Bowls: Everyday  
 Hefty® Disposable Plates: Supreme™, Super  
 Weight™, Deluxe, Everyday, Hearty Meals™,  
 ElegantWare  
 Hefty® Serve 'n Store® Everyday Plates and  
 Bowls  
 Hefty® Serve 'n Store® Party Plates and Bowls  
 Hefty® Zoo Pals®: Plates, Bowls, Cups,  
 Funpensils™  
 Hefty® The Gripper® Tall Kitchen Waste Bags

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## Healthy Habits to Reduce the Spread of Germs

One of the most important things you can do is to help prevent the spread of disease. Begin now to practice simple but important habits that reduce the spread of germs.

- Cover your mouth and nose with a tissue when coughing and sneezing. Throw out the tissue in the nearest wastebasket and wash your hands.
  - If you don't have a tissue, don't cough or sneeze into your hand. Instead, cough or sneeze into the crook of your arm so you won't get germs on your hands and spread them to others.
  - Wash your hands often with soap and water. When hand washing is not possible, use antiseptic hand gels that contain alcohol.
  - Stay at least three feet away from people who are coughing or sneezing.
  - Always practice good hand washing after contact with an ill person or soiled materials, such as tissues.
- Stay at home when you are sick.
  - Keep your children home from school or daycare when they are sick.
  - If you go to the doctor's office or emergency department when you are sick, ask for a mask.
  - Keep a supply of non-perishable food and other essential household items on hand so you can minimize trips to stores and other crowded places in the event of a pandemic.
  - Learn more about the importance of a good home preparedness plan. You can visit the American Red Cross web site for guidance in preparing one, or visit the federal government's Pandemic Influenza web site for planning tools.
  - Stay informed.

— Kathy Steward, R. N.

## Relay for Life 2006

It was the 10th year for the American Cancer Society® Relay for Life® in Norwich, and, of course, the Mad Hatters were there.

We appreciate all the support the community and school district employees give us. We raised 10% of the \$120,000 total for the 2006 Relay!

Plan to join us in 2007!

— Gay Smith



## Second Annual Canoe Trip — A Great Success

For the second year in a row, Ms. Christopher's class and Mr. Dushko's class spent an afternoon paddling around Lake Moraine! The grey skies or light drizzle of rain didn't put a damper on things as the 14 students and a handful of adults paddled around. This trip is such a great experience for our students, as they learn the value of teamwork, and get to experience nature firsthand!

This trip was made possible by: Mary Fraser, S-E PE teacher, Mr. Plesniarski, Colgate University, and our new Director of Special Education, Cathy Schuler.

This trip is surely a fun-filled, learning experience for all involved, and the children really enjoy themselves, and the on-going thoughts of all the students, is *When do we go again?*

— Sarah Christopher



Sherburne-Earlville Central School  
15 School Street  
Sherburne, New York 13460

*Sherburne-Earlville is committed to students. By providing an environment of educational excellence which emphasizes the learning of academics and life skills, nurtures self-respect, and fosters life-long learning, we enable our students to pursue challenging individual goals and to become positive, contributing members of society.*

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