



# Copenhagen Central School Newsletter November, December 2016



Volume 54, Issue 2 November 1, 2016

## From the Desk of the Superintendent:

Dear District Residents:

Recently we posted on the school website a letter notifying you of the voluntary drinking water testing and results from sampling we conducted at our school campus recently. Since those initial samples, the New York State Legislature passed legislation with specific requirements surrounding lead testing in school drinking water.

Our voluntary testing took samples from drinking water sources such as water bubblers, drinking fountains, and sinks typically used for water consumption. The recently released specifics of the regulations on lead testing in school drinking water is going to require us to test additional locations. For instance, such locations as custodial closet slop sinks, bathroom sinks, and other locations that are not typically used as sources of drinking water may also be tested. We are in the process of working with the Jefferson-Lewis BOCES Health and Safety Office to complete this additional sampling and testing.

Once this testing is complete and we have the results, we will communicate the findings and take any and all necessary steps if lead levels are found to be above the 15 ppb (parts per billion) threshold as set by the Environmental Protection Agency (EPA) for safe drinking water.

In the meantime, please be aware that the results on our testing have showed all locations to have returned below the 15 part per billion standard. While there will be some additional samples taken as mentioned above we are confident there will be no major issues.

If subsequent testing show locations above 15 parts per billion we will take proper remediation actions.

Further information on lead water testing can be found on the EPA's website at [www.epa.gov/](http://www.epa.gov/) and typing in *Lead Water Testing in Schools* in the search box. Once we receive additional information on the remaining sample results we will communicate those to you.

Sincerely,

Scott Connell



[www.ccsknights.org](http://www.ccsknights.org)

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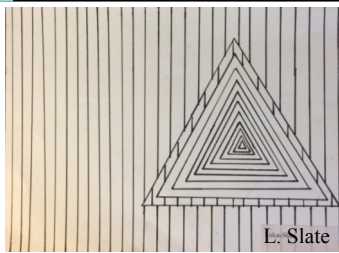
### Board of Education

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- Dale R. Munn, Jr.  
Business Official

# Principally Speaking



## Parent/Teacher Conferences in Grades 6-12

It's that time of year again. The time when the first quarter of the year is wrapping up and school and home connect to talk about student progress during parent/teacher conferences. Considering that those phone calls will soon be made, we thought it would be a good idea to share who receives a phone call and why.

First, there is only one reason to hold conferences, that is, student achievement and success in school. Whether your child is earning straight A's or is struggling to pass, talking about their progress is key in helping them know that we all care about their education.

Second, conferences should never be only for the purpose of delivering bad news. In the elementary, teachers strive to meet with every single student's parent/guardian, regardless of grades or behaviors. While that may not be possible in grades 6-12, the same philosophy should apply.

Therefore, teachers request conferences for two reasons:

1. Any student whose average is 70% or below. These are the students who already or who are most in danger of possibly slipping below passing.
2. Students who are recognized as making major improvements, or who are doing outstanding work who deserve recognition.

Additionally, if you would like to meet with your child/ren's teacher/s, but have not received an invitation, please don't hesitate to call the guidance office to make an appointment. We welcome any and all during parent/teacher conferences!



## Reaching Your Children in an Emergency

Unfortunately, there are times when family emergencies arise and parents/guardians must reach their children immediately. We can not impress upon you strongly enough the importance of *doing so through the office, not through their cell phones*. When a student takes devastating news, it should not be in a public place surrounded by other students and teachers. It is far more appropriate for us to find them privacy in the presence of someone who can offer emotional support in the wake of the phone call. Please allow us to help you help your children during these rare but difficult times.

## Leadership Day

On October 26, student leaders in 11<sup>th</sup> and 12<sup>th</sup> grades attended a leadership day hosted by JCC. While there, they will participate in workshops by [Playfair](#) and presentations by famous people including [Aron Ralston](#) (*127 Hours*), and spoken word poet and hip hop artist, [Kane Smego](#).



A Message from Mrs. Ratliff...

## We're Off to a Great Start!



Dear Parents and Guardians,

It was wonderful to see so many of you at our Open House. Thank you for being an active part of your child's education!

Great things have been happening these first two months of school. I just have to share some of the highlights!!



The Summer Reading Challenge "When a Story Comes Alive" was a big success! This summer students read for a total of 42,218 minutes! Twenty-three students read 1,000 minutes or more, and a total of thirty-seven students participated. A special thank you to everyone who helped make our party a success, including Kevin Richardson from North Country Farms who provided us with wheat and freshly milled flour!

Thinking challenges have been taking place throughout elementary classrooms. Whether working independently or on a team, these challenges are a great way to get kids thinking!



Don't forget! Parent Conferences will be held November 21<sup>st</sup> and 22<sup>nd</sup>. Please be sure to set up a time to meet with your child's teachers if you haven't already!



# PARENT CONFERENCES

Parent Conferences will be held on **Monday, November 21, 2016** from **12:00-7:00 p.m.** AND **Tuesday, November 22, 2016** from **12:00-3:00.**

Students in grades K-12 will be dismissed at 11:30 a.m. both days. There will be no afternoon PreK.

## THANKSGIVING RECESS

There will also be no school on **Wednesday, November 23rd Thursday, November 24th**, and **Friday, November 25th** in observance of Thanksgiving.



## STORM CLOSINGS

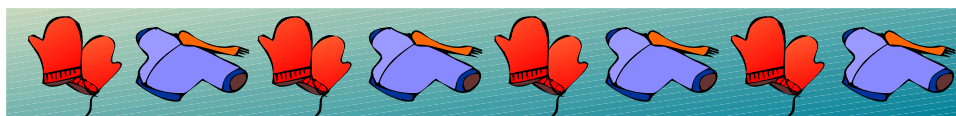
Whether it is a matter of deciding not to have school due to weather conditions in the morning or choosing to close early, this is a time of year when such decisions must be made. As unpredictable as weather is, some of those decisions will look foolish shortly after they are made. However, the choice will be made with a great deal of thought and consideration and with the safety of our children in mind.

School Messenger, a computerized program, will again be utilized to notify each and every student's home of school delays and/or closing. If your phone number has changed, please notify the school.

Information on school closing is also broadcast on radio stations WTNY (790), WFRY (Froggy 97), Z93 (Regent Broadcasting of Watertown, Inc.) LCC the Wolf 95.3, 92.7, WQTKFM, MAJIB 103.1/104.3 FM, The Border 106.7, 94 Rock WOTT 94.1 FM, ESPN 1400 AM AND TV stations WWNY TV Channel 7, WNYF FOX 28 AND WWTI Newswatch 50. The decisions to close or delay openings will be made by 6:45 a.m. and then transmitted to those stations. A number of other phone calls also need to be made from the school, so please do not call to ask if school is closed. Listen to the radio or watch television.

## WINTER CLOTHING

Just a reminder to parents that their children need to be dressed properly for winter weather. This includes coats, hats, mittens or gloves, and protective footwear. It is also recommended that students wear brightly colored clothing to improve their visibility in bad weather.





# The Classroom Connection:

## Universal Pre-Kindergarten

Ms. Macaluso

We look forward to meeting with you during parent conferences. It gives us an opportunity to talk about your goals and our goals for your child, and how we can best accomplish meeting them.

We are planning on having a book exchange for our Christmas party. More information will be forthcoming. We can provide you with book orders that have books for as low as one dollar. As far as gifts for the teachers, please send in supplies for our wish list instead. That will be the best Christmas present, as it will help to enhance our program.

We will continue to go outside on days when there is no wind or rain, so please continue to have your child wear warm clothing for that purpose. Hats are especially helpful for keeping warm and avoiding earaches!

I also want to mention how pleased I am with the response to Class Dojo. I have 100% parents participating in the morning class, and over 90% in the afternoon class! That's a new record. Please continue to contact me through class dojo with any questions, concerns, or comments you may have. Working together sends a strong, positive message to your child.

Included below is an article regarding the milestones for a four year old. We hope you find it helpful.

### A Four-Year-Old's Development: Milestones and Achievements

This article should give you a good idea of what to expect physically, intellectually, emotionally, and socially—; during this stage of your four-year-old's development.

#### Four-Year-Old's Development:

##### Physical

At age 4, most children can run well and are capable of more complex physical tasks, such as hopping on one foot, performing a standing broad jump, or throwing a ball overhand. Four-year-olds are proficient with crayons, pencils, and other drawing/writing implements. They can also use scissors (albeit not particularly well). At this

age, children are usually self-sufficient in attending to bathroom needs, and can wash and dry their face and hands without adult supervision. They can also dress themselves for the most part (although ties and other complicated articles of clothing may present a bit of a problem).

#### Four-Year-Old's Development:

##### Intellectual

Most four year olds have mastered a vocabulary of well over 1,500 words, and are capable of speaking in complete sentences. They can also draw simple, recognizable objects. Children at this age are highly imaginative and just learning to generalize, which leads to them asking endless questions. At this age, many children develop a dramatic streak.

#### Four-Year-Old's Development:

##### Emotional

Four-year-olds often engage in "bad" behavior in an effort to test boundaries and authority. As they become more confident and sure of themselves, their attitude often manifests as defiant. At age 4, most children are capable of understanding and making decisions, and will be more amenable to reason than younger children. Allowing four-year-old children to make their own choices within a controlled environment is a good way to maintain control while still giving them a sense of freedom.

#### Four-Year-Old's Development: Social

At age 4, children are generally more sociable and enjoy the company of other children. They'll often engage in cooperative play on their own, and may engage in loosely-organized group games, such as tag. Four year old children are talkative and versatile, capable of adapting to a number of social situations.

While these achievements are an important part of any four-year-old's development, it's important to remember that the specifics may vary from child to child. Some may achieve these milestones earlier, while others may

come into them later.

## Kindergarten

Mrs. Scholler and Mrs. Mulvaney

The month of October was very busy.

The children enjoyed the Halloween Parade. Thank you to all who contributed party supplies.

"Thank you" to all of our Kindergarten Parents who have taken an active role in completing daily homework assignments in ELA and Math. We have completed the second module **The Five Senses**, in ELA and have started the third module, **Short Stories**, which will be followed by **Plants**.

In ELA Skills, we have completed our third module and will then start module four. This will continue letter formation, blending sounds together to make words orally, as well as reading and making words using the sounds we are working on.

We have been completing several literacy activities on letters, letter sounds, blending and rhyming to introduce beginning reading skills. Please read daily to your child and ask him or her questions about what you have read, such as:  
Who are the characters in the story?  
What is the main idea of the story?  
What is the setting of the story?  
What happened in this story?  
Sequencing events

The Kindergarten word list is growing each week. Please continue to practice these words at home daily.

Kindergarten words can be found on monthly calendars and each Friday Note.

We are well into the first module in Math and moving right along and will begin module 2 very soon, and then get into module 3, in which we will compare length, weight and capacity, as well as comparing numbers to 10. Module 2, shapes, is a very quick unit. Ask your child how to count, the math way, on his/her hands to ten, forward and backward. We have spent much time working on hidden partners (the two numbers

# The Classroom Connection.....continued

used to make a whole number), number formation, beginning addition and word problems. In addition, we are working on counting aloud to 50 in the classroom and recognizing groups of objects from 1 to 10. The children are doing a great job with telling us the parts and the whole number. This will be very helpful when it comes to addition and subtraction fluency later in the year.

As the weather becomes colder, please dress your child appropriately with hats and gloves. We will be going outside nearly every day for recess and it can be very cold as we go to the busses. Also, please practice zipping coats at home, as this will help at the end of the day as we prepare to go home.

We look forward to meeting with each of you at the scheduled Parent-Teacher Conferences on November 21 and 22. Reminders will be sent home prior to your scheduled date/time.

We will be having a classroom Christmas Party on the last day of school before Christmas Vacation, December 23. We would like it if students can please bring in the same items for each of the other children in their class. It can be a pencil for each friend; an eraser; a homemade bookmark, or ornament for each friend; a small plastic animal; a pack of gum or candy canes for each friend, etc... For example, one child brought in a bulk package of toy cars, one for each friend. \*\*\*Many homemade items can be made in quantities or other gift items can be bought in bulk packages at stores like Big Lots or Dollar Tree which can make this way of gift-giving less expensive.

We will be having a craft day on Monday, December 19 at 12:45 pm. We will send home more information as soon as we solidify plans. The plan is to have ONE adult per student, Mom or Dad or Grandparent, we do not have the space to accommodate more than one adult in our classrooms. We will spend the afternoon making crafts together.

Additionally, we anticipate a trip to the Tree Farm in December as well, but do

not have those details at this time.

## Grade 1

### Mrs. Hefferon & Ms. Strianese

November is full of thanksgiving. It is also full of penmanship, adding, and reading good books!

Please keep practicing the sight words. With more words coming home each week it is important that your child does not fall behind. Remember, reading stories aloud to your child at this young age is very beneficial.

With cold weather fast approaching, it is important that the children are able to dress themselves in their winter clothing. This really makes a difference at dismissal time! So, please work on zipping and shoe tying if your child is unable to do so.

We look forward to seeing and talking with everyone at parent conferences this month.

December is our craft month. Parents are invited to come into the first grade classrooms on Friday, December 16 from 1 – 2 PM to help the children make Christmas crafts. More information will be coming home with the children.

It is also a good time to start reviewing addition and subtraction facts to ten. With the new common core standards the children are supposed to be fluent with addition facts to 20 by the end of first grade.

Something to think about – children who are responsible at home are also responsible at school. Does your child have any chores to do? If not, now is a good time to start.

Please make sure your child has a warm jacket, snow pants, hat and gloves on Fridays. They will be going outside when the wind chill is above 0.

## Grade 2

### Mrs. Zehr and Mrs. Day

**Math-** We are working on Measurement at this time. Soon we will be doing place value and in November all the second graders will be taking their first interim

assessment. This will cover math skills that have been taught so far.

**Math Facts-** We will continue testing math facts. Any help from home is greatly appreciated.

**Reading-** We are wrapping up our first unit The Cat Bandit and will be moving onto Bedtime Tales. Please have your child practice reading the take-home stories. You can usually find one or two a week in your child's folder.

**Science/S.S-** We have learned all about landforms and will be moving onto different types of communities. In Science we will begin our first FOSS module in November. It is all about Air and Weather.

**Parent Conferences** – We look forward to seeing you for parent conferences on November 21<sup>st</sup> and 22<sup>nd</sup>. If you have not signed up for a conference, please let us know as soon as possible.

**Veterans' Day Display** – Please stop by the main hall and view our wonderful Veteran's Display. It is filled with pictures and short biographies of veterans and servicemen from our community. If you would like to add someone from your family please contact Mrs. Zehr.

**Outside Recess-** As the weather gets cooler, please make sure your child is dressed appropriately. They will be going outside every day, unless it is raining.

\*\*\*As always, look over the Friday work folder. You will see many assignments that deal with the concepts that are being covered. If you do this each week, you will get a good idea of how your child is doing.

**Looking Ahead to January** Get ready for Flat Stanley! We will be reading Flat Stanley in January and he should be ready to travel by February. Every student will make a Flat Stanley and mail him to a family member or friend that is willing to take him places. Please send Stanley to a person that you think will be willing to take the time to take pictures and send them back for all to enjoy. Once all the Stanleys are back, they will be put up on the large bulletin board in the elementary wing for all to enjoy.



# The Classroom Connection.....continued

## Grade 3

### Mrs. Muncy and Mrs. Virkler

Third graders are continuing to work hard on taking care of all their responsibilities. In the coming months, students will work on becoming critical thinkers, fluent readers, and expressive writers.

As we begin measurement in math, it is extremely important to continue to practice students' multiplication and division facts. We have now started our multiplication timed tests where students work to add "scoops" to their ice cream cone. Reflex math is a highly effective tool to use, but if that is not available at home, using flash cards and asking your child in the car on the way to the store works too!

In ELA, students have been learning about how the human body works. Some skills that students are diligently trying to incorporate into their writing is using third grade vocabulary, using capital letters in the appropriate places, using punctuation, and writing neatly so that others can read it.

In Science, students are taking part in a research project about a particular animal and will be making a biome of where their animal lives when the project is completed. At the beginning of November, third graders will begin their adventure with their first FOSS kit (Full Option Science System) by doing hands on learning about measurement.

In Social Studies, students have been working hard to learn about geography. This includes the study of continents, oceans, hemispheres, the difference between globes and maps, and why places, animals, and people are located where they are. Students are also starting a research project about a particular holiday that they will present to the class and that will lead into our craft day before Christmas break!

Check our Weekly Notes and Dojo for upcoming events and what is happening in and around the classroom. As always, feel free to message us with any questions, concerns, or stories about your child's life!

## Grade 4

### Mrs. L'Huillier and Mrs. Farney

It is hard to believe we are already into November and that report cards go home in a few weeks. The first ten weeks are flying by very quickly. Parent conferences will be held on Monday, November 21 st and Tuesday, November 22nd . We have started something new in the classroom, "Mystery Readers." Information went home a few weeks ago explaining this exciting program. If you would like to be a Mystery Reader, please contact your child's teacher. The students have found this new addition to the classroom exciting! We are continuing to work hard in the classroom. In science, the students discovered more about our Solar System. We have been studying the planets, our moon, the Sun, and how our Earth is connected to other objects in the sky. In ELA, we have started a new unit, Geology, which goes right along with our study in Science. We will continue to work on our fluency skills, as well as drawing evidence from the text to support our answers. In October, Mrs. Widrick from the Jefferson County Historical Society came to visit us. She talked to us about the Iroquois (Haudenosaunee). We have also been studying the Haudenosaunee in Social Studies and have learned a lot about their lifestyles and different beliefs. December is a busy month for us in fourth grade. In ELA, we will be working on adding specific details from the text to make our writing stronger. As we continue to move through our math units, we would like to ask parents to practice math facts (multiplying and dividing) with their children. The basic fact families should be at a student's fingertips as we start multiplying and dividing greater numbers.

As the weather turns colder and snow starts falling, it is important for students to be bringing appropriate clothing for recess. We will be going outside as much as possible. Students need to have coats, hats, and gloves. When there is snow on the ground, they need to bring snow pants and boots. We appreciate your help with this!

Have a wonderful Holiday Season!





# Elementary Counseling—Christina Petersen

## Project SELF

We are off to a great start to the school year. Project SELF is in full swing in the K-5 classrooms. Students are developing critical skills for learning like listening with focus, using their eyes, ears, and brains; focusing attention; following directions, using self-talk to help them remember to focus and remember; empathy; and respect. Your children are so great! They are really practicing these skills and getting better. They know that when they do something hard over and over, their brains get stronger and it gets easier. I'm so proud of them! Thank you all so much for being willing to help them practice at home. It makes such a big difference when students know parents care.

## New Opportunities

Recently, I attended a conference with other school leaders to learn more about the Department of Defense grant our school recently received. We had the opportunity to visit Naval Station Norfolk in Norfolk, VA. We met other educators from around the country all working to improve the school experience for students with parents in the military. More information will be coming about the Knights Armour program and the benefits for all students at CCS.

## Career Exploration K-5

Elementary is a key time in building a foundation for College and Career Readiness. Career exploration at the K-5 level is all about early awareness. Children begin ruling our career choices by age 9! We know that early exploration sets the stage for future aspirations and goal setting.

## Attendance Incentive Program

Elementary students get sick. It's a fact. This program is meant to encourage students to come to school and be on time to school as often as possible. When students come in late to an elementary classroom, they begin their school day a little stressed which can make it hard to focus and catch up. We know there are times when it is best for kids to stay home. We want to recognize those who work towards the goal of great attendance. If there is some reason a child doesn't want to come to school, please contact me! I am happy to help figure out what may be going on and resolve any problems there might be.

## Parent-Teacher Conferences

It can be intimidating to come to school to meet with your child's teacher, especially when you have concerns. Did you know that at times, it can be intimidating for teachers to meet with parents? Teachers and parents have the same goal, your child's success. We can best work towards that when we collaborate as a team. As we are gearing up for PT conferences, here's an acronym from Harvard Family Research Project for keeping things focused on what's best for your child:

## BE HEARD

- Best intentions assumed
- Emphasis on learning
- Home-school collaboration
- Examples and evidence
- Active listening
- Respect for all
- Dedication to follow-up

To learn more tips for a great Parent-Teacher conference, check out:

<http://www.hfrp.org/var/hfrp/storage/fckeditor/File/Parent-Teacher-ConferenceTipSheet-100610.pdf>



## Elementary Career Exploration



### **Family Literacy Night**



The library will host Family Game Night for students in grades Pre-K thru 5 and their parents on Thursday, November 3rd from 6-7:30 pm. Plan to join us for an fun-filled evening of bingo, board games, books and snacks. To ensure all of our participants have plenty of materials, please RSVP for your family to [kgreene@ccsknights.org](mailto:kgreene@ccsknights.org) or [kfazio@ccsknights.org](mailto:kfazio@ccsknights.org).

### **Scholastic's Bookaneer Book Fair**

Please plan to stop by the library and visit our annual Scholastic Book Fair being held Monday, Nov. 14<sup>th</sup> through Tuesday, Nov. 22<sup>nd</sup> from 8:30 am - 2:30 pm. The fair will also be open during Parent Conferences on November 21<sup>st</sup> and 22<sup>nd</sup> providing an opportunity for some Christmas shopping.



If you prefer shopping online, visit the book fair at <http://www.scholastic.com/fair>. The online Book Fair is available for an extended time from November 9<sup>th</sup> – November 22<sup>nd</sup>. Here you will find an expanded selection of books for the whole family—preschool to adults. All orders ship to school for FREE and each purchase benefits our school.

Prior to the fair, brochures will be sent home with all elementary students containing a *partial list of the books available*. *The notice will include the date when your child's class will attend the fair. If your child is absent that day they will be allowed to visit the fair when they return to school.*

### **Bowling Club**



Bowling Club will start Wednesday January 4<sup>th</sup>- March 15<sup>th</sup> and is open to students 6-12 grade. We will leave after school and go to Pla-mor Lanes in Watertown. The cost is \$3.00 per week. We will be back in time for students to catch the late bus. This year there will be free weekly drawings for food/drinks available at the bowling alley. Sign-up sheets will be posted in the main office every week. This is a great way for students new to the area or for the students who don't play sports to get out and socialize with others. Any questions please feel free to email Dora Dorchester at [ddorchester@ccsknights.org](mailto:ddorchester@ccsknights.org) or call me at school after 3:00. I'm looking forward to a great season!!

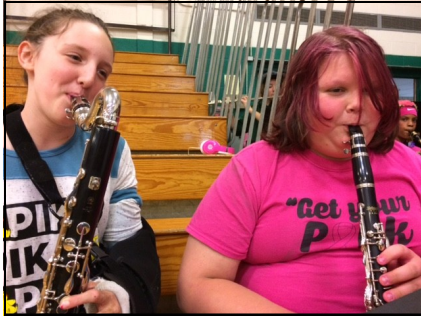
## **Music Department News and Notes**

**Mrs. Harvey and Ms. Hall**



### Music Centers in 4th Grade -

4th graders have learned lots of rhythms using music centers. Games include rhythm matching, fly swat, bean bag toss, and others!



7-12 Band plays for the Pep Rally

7-12th graders played lots of great music before the start of the Pink Pep Rally on September 30th. We were **LOUD** and **PROUD!!**



## **Upcoming Events**

### Fall Bi-County Festival

(7-8 Band, 5th/6th grade Chorus, and Select Vocal Ensemble): November 5 @ 2:00, Indian River

Elementary Musical "Dinosaurs Before Dark": Friday, November 4th and Saturday, November 5 @ 7 PM



Winter Band Concert: December 15 @ 6:00 pm

Winter Choral Concert: December 8th at 6 PM

Mall Trip for Middle School and High School chorus: December TBA

4th grade Chorus and 5th/6th grade Chorus singing at meal site in December TBA

Senior Citizen banquet: Small ensembles - December date TBA







### **Yearbook Advertising -**

The Copenhagen Riparian will again be selling advertisements for the 2017 yearbook. We are hoping that you would be willing to buy one of the advertisement slots in order to assist us in our quest.

The following table is the price chart:

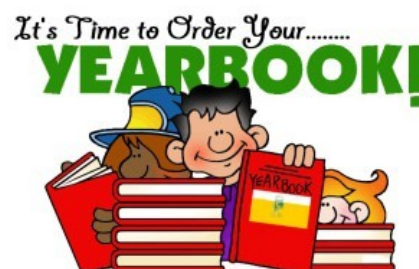
SIZE	COST
Full page: 9" length x 7" wide	\$200.00
Half page: 4.5" length x 7" wide	\$100.00
1/4 page: 4.5" length x 3.5" wide	\$50.00
1/8 page (business card): 2" length x 3.5" wide	\$30.00
One line at bottom of specific page	\$15.00



If you choose to place an ad, please call 315-688-4411 ext 2219 or email [lgriffin@ccsknights.org](mailto:lgriffin@ccsknights.org). In order to process the correct number of pages, all advertisements and money are due on or before November 30, 2016. Please pay with cash or a check only. All checks are payable to Copenhagen Central School.

### **Yearbook Sales -**

Someone once said, "Some people come into our lives and quickly go. Some stay for a while, leave footprints on our hearts, and we are never, ever the same." This statement is the main reason why it is important to capture these people in a yearbook. Yearbooks are the best memory keepers of the good old school days that a student will possess for a lifetime and probably one of the few places where students still actually write to each other.



In order to make obtaining this important part of a student's life much easier, the yearbook will be offered for \$40.00 on a safe and secure website that takes credit cards and/or checking routing information. Simply log on to <http://www.jostens.com>, click on yearbook, then click on buy a yearbook, and follow the steps. You will be able to personalize your yearbook for an additional fee of \$5.00 if you so desire. You will need to know the student's grade and homeroom in order to make distribution more efficient.

However, if you still prefer to send in cash or a check with your student, that method is still acceptable. Simply use the form on the bottom of the next page.

If you have any questions, please email Lori Griffin at [lgriffin@ccsknights.org](mailto:lgriffin@ccsknights.org) or call at 688-4411 ext. 2219. Thank you!

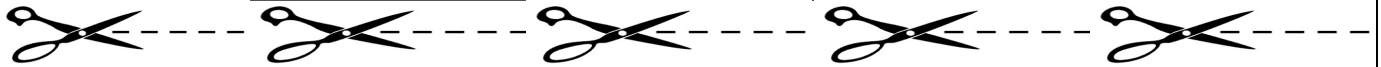
## Welcome back to Wellness!

The Wellness Committee here at CCS would like to wish you a very happy and healthy school year! This committee will work collaboratively to focus our articles in the school newsletter on wellness tips, activities, and recipes. We hope this will be a great place for our CCS families to turn to for information on how you and your family can lead a healthier lifestyle. If you have any ideas or tips that you would like to share with the committee please feel free to contact our Wellness Chair, Krisha Greene at [kgreene@ccsknights.org](mailto:kgreene@ccsknights.org). For Newsletter submission ideas contact our Newsletter Member Molly Curtis at [mcurtis@ccsknights.org](mailto:mcurtis@ccsknights.org).

This month's article is....

### 11 Healthy Habits to Do Every Day

- 0 empty calories/processed foods
- 1 hour of exercise
- 2 liters of water
- 3 cups of green tea
- 4 mental and stretch breaks
- 5 things you're grateful for
- 6 am meditation
- 7 minutes of laughter
- 8 hours of sleep
- 9 thousand steps daily
- 10 pm time to sleep



#### Riparian 2017

Notice to all students and parents

\*\*\*\*\*

The cost of a prepaid yearbook will be \$40.00. Personalization is an additional \$5.00

ORDER FORM

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Number of Books: \_\_\_\_\_

Total Amount Enclosed: \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Please make checks payable to  
Copenhagen Central School

**Send to:**

Lori Griffin  
Copenhagen Central School  
P.O. Box 30, Mechanic Street  
Copenhagen, NY 13626

**Or return to:** your child's homeroom teacher.

Homeroom Teacher: \_\_\_\_\_

Grade: \_\_\_\_\_



# Counseling Center News

**ATTENTION SENIORS:** November is almost here and with this month come many important tasks for our Seniors. **All college applications should be submitted by Thanksgiving break at the latest.** In most cases, the earlier you apply, the earlier you hear back. Even though schedules are very busy, students must visit schools prior to attending, and apply to any of interest. Please do not hesitate to call our office at 688-2573 if you have any questions. We will help with the application process and assist you in setting up any college visitations you may be interested in attending. Seniors are able to sit in on a class of their choice at most schools.

## Senior Acknowledgements



Dustin Snyder, son of Terry and Bertha Snyder, is the Copenhagen Central School 2016 recipient of the Daughters of the American Revolution Good Citizen Award. Isaac shows dependability, service, leadership, and patriotism. He demonstrates these qualities in school and in the community. Congratulations,

### College Forum

We would like to once again extend an invitation to any current undergraduate college students to participate in a question and answer forum for high school seniors. We find this forum to be very informative for students planning to attend college. Any former CCS students interested in sharing his/her college experiences with our students is encouraged to contact the school. Parents, please share this information with your children in college. If your son or daughter is interested, please have him or her e-mail Mrs. Gregory at [agregory@ccsknights.org](mailto:agregory@ccsknights.org) or Mrs. Gillette at [bgillette@ccsknights.org](mailto:bgillette@ccsknights.org) by December 12th. The forum will be held on **Thursday, January 5th at 1:30 p.m.**, while the college students are between semesters.

### New York State Career Zone

<https://careerzone.ny.gov> offers a free career exploration and planning system that helps kids dream and plan for their future. Over 1 million students use this website each year to research over 900 occupational profiles, view 400 career videos, and review up-to-date labor market information. Check it out!





# Upcoming College Open Houses

October 28	Canton, College of Technology North Country Community College
October 29	Buffalo State College Herkimer County Community College SUNY New Paltz SUNY Oswego SUNY Plattsburgh SUNY Polytechnic Institute
November 5	Cayuga Community College (Fulton Campus) Cobleskill, College of Agric. & Technology SUNY Potsdam Schenectady County Community College
November 6	Suffolk County Community College
November 11	SUNY Cortland College of Environmental Science & Forestry Finger Lakes Community College Genesee Community College SUNY Oswego
November 12	Alfred State College SUNY Brockport Canton, College of Technology Cayuga Community College (Auburn Campus) Delhi, College of Technology SUNY Fredonia Hudson Valley Community College Morrisville State College SUNY Old Westbury SUNY Oneonta SUNY Plattsburgh SUNY Potsdam
November 15	SUNY Broome Community College
November 18	Jefferson Community College Mohawk Valley Community College (Utica)
November 19	Fulton-Montgomery Community College

Most Colleges want students to register before attending the open house event. You may call or register online.

Open Houses are for juniors and seniors. It is a great opportunity to visit the campus and gain valuable information about the college, program majors and extracurricular activities.



# Upcoming College/ Military Visits

Each year the Counseling Center invites college and military representatives from throughout the northeast to meet with members of the junior and senior classes. Students in good standing are permitted to attend these programs to help them understand the many choices they have when they when selecting a college or military program. The following colleges will send representatives to Copenhagen to speak with students in the Counseling Center. Parents are most welcome to attend these visitations.

October 26th	SUNY Plattsburgh	10:10 am
November 4th	SUNY Polytechnic Institute	10:50 am



# Check out our Counseling Center website . . .

We have updated our website and we want YOU to check it out! On our website you can find valuable information such as links to current scholarships available, financial aid information, and a host of websites to research careers and colleges alike. So, go to the main page> Departments > Counseling Center to find Transcript Request forms, graduation requirements, and much more. You'll be glad you did!



# Financial Aid Night

All parents of students in grades 6-12 are encouraged to attend this informational program. It will be held on **Thursday, November 1st, at 6:30 p.m.** in the Instrumental Band Room. A financial advisor from Jefferson Community College will present an overview of financial aid and will also be available to answer any questions on applying for financial aid, who qualifies, and what to look for, etc.

**Financial Aid Forms:** The Free Application for Federal Student Aid (FAFSA) is required by all colleges and will be available online at [www.fafsa.gov](http://www.fafsa.gov) mid-December. Some colleges require additional financial aid forms, such as the CSS Profile. Students should check with the college to which they are applying to determine if they require such forms. Important things to remember:

- FAFSA should be completed in October, 2016 (new suggested deadline this year);
- Parents and students save your year-end payment stub if it shows your yearly earnings. You may need it for financial aid eligibility review by schools;
- The FAFSA must be completed to receive need based aid and even to receive Federal Stafford Loans;

Financial Aid is mostly awarded based on need as determined by parents' and students' income



# Financial Aid Definitions

**Grants & Scholarships:** Generally known as FREE MONEY! The federal government offers several grants based on financial need while most scholarships are from private organizations and colleges.

**Work Study:** Part-time work, arranged by your school, that helps to pay for college. You don't need to repay the money you earn through work-study.

**Student Loans:** Money that can be made up the difference between the cost of education and your other financial aid. Loans are available for students and parents.



## Reminder for Seniors

All college **applications** should be handed in to the Counseling Center as soon as possible. Please stop by the Counseling Center if you need any assistance.

Also, please bring all **acceptance** letters and awards letters to the Counseling Center upon receipt. Thank you!

## Knowledge for College Website

There is a great website for seniors and parents of seniors to gain more knowledge about paying for college. It is called *Plan for College—College Ahead* and you can find it at: [www.salliemae.com/plan-for-college](http://www.salliemae.com/plan-for-college). Here you can find articles filled with tips, reminders, and timely information to guide you through the next few months as you prepare to send your child off to college. It is worth checking out!





## Scholarship Scam Warning Signs

Watch out for the following claims companies will make an effort to scam you:

- ⇒ **“For a fee, we provide a comprehensive list of scholarships.”** Don’t spend money on a fee-based matching service. The biggest and best scholarship databases are available for free on the web.
- ⇒ **“Billions of dollars of award monies going unclaimed.”** Statements about funds going unclaimed are simply untrue. If funds are available, students will compete for them.
- ⇒ **“We have a money back guarantee.”** Legitimate scholarships are always competitive. No one can guarantee that you will win a scholarship.
- ⇒ **“We need your credit card or bank account number.”** No legitimate scholarship should require your credit card number or bank account numbers.
- ⇒ **“We will do all the work.”** To receive a scholarship students must complete the applications and essays themselves. No one else can do the work for them.

## Beware: Financial Aid Seminars

Some seminars charge fees for services or information you can obtain for free from another source. How can you tell if the seminar is a scam?

- ⇒ While the presentation might be free, you are pressured to give them a check, checking account number or credit card to sign up for the service.
- ⇒ You are told that the program can adjust your income and/or assets to make it seem like you earn less money, thereby qualifying for more aid. Such practices are frequently illegal.
- ⇒ You are told that they can only answer specific question after you have paid the fee.

## Notification of College Acceptance

When seniors receive an acceptance to college, please send a copy of the acceptance letter to the Counseling Center. College acceptances will be publicized by the Counseling Center in the District Newsletter as well as here at school. A copy of the acceptance letter will also remain on file in the Counseling Center.

## Scholarship Information

Seniors will periodically receive scholarship flyers listing a variety of local, state, and national scholarships available to students. There are also many scholarship references available to students and parents in the Counseling Center. There is certainly a great deal of scholarship money available to graduating seniors. However, students must explore and do their “homework”. Some scholarships have application deadlines as early as November and December 2016. It is up to the students to meet these deadlines. Encourage your son/daughter to get started right now!

## ROTC Scholarship Applications are due!

Any senior interested in applying for an ROTC (Reserve Officer Training Corps) Scholarship should file an application as soon as possible. Applications are available for NAVY, ARMY, and AIR FORCE ROTC. Information is also available for students interested in the military academies. Stop by the Counseling Center for more information. Check out the following websites for the great benefits of ROTC:

**Army:** <http://www.armyrotc.com>

**Air Force:** <http://www.afrotc.com>

**Navy:** <http://www.navy.com/joining/college-options/nrotc.html>

**Marines:** <http://www.marines.com>





# Job Shadows

The Job Shadow Program is up and running again and looking for students. What better way to find out about a career than to get a first-hand look in the real world. Learn from the experts what it's really like out there!!

Any student may go on two job shadows per year starting in 10<sup>th</sup> grade. Interested students may spend either a half day or a full day in a career of their choice. Students must be eligible and fill out the necessary paperwork. All a student needs to do is contact Mrs. Jolliff in room 211 to fill out the paperwork and to make arrangements. *After* a job shadow, each student is responsible for follow-up paperwork.

We are always looking for people to share their expertise with the students. If you would like to do this, please contact the school.

If you have any questions, please feel free to contact Mrs. Jolliff at [pjolliff@ccsknights.org](mailto:pjolliff@ccsknights.org) or at 688-2573 for more information.

# College & Career Online Research

CCS has a computer web-based program called Naviance Family Connections for students and parents to use. Naviance Family Connections allows individuals to complete interest, skills, and work value inventories. The results are then used to direct individuals to occupations that match their profile. **(Naviance Family Connections also has a user-friendly search process to research occupations, colleges, and scholarships.)** All students in grades 9-12 will have Naviance Family Connections training in school. Families who wish to access this information at home may do so at: [www.ccsknights.org](http://www.ccsknights.org) —scroll down to *Students*, then *Naviance Family Connections*.

Contact Mrs. Gillette for more information.


\* The account name and password are the same ones your child uses to access computers in school.

## **Students Attend Higher Education Day at JCC**

Several CCS juniors, seniors and sophomore attended the October 3rd Higher Education Day at Jefferson Community College. Students had the opportunity to speak to admissions representatives from nearly 100 different colleges and universities to learn more about the college application process, requirements, campus activities, financial aid/scholarship programs. Speaking to college representatives is an important factor to finding the best college match. See the photos below of students looking over college brochures and speaking with admissions representatives from several different colleges and universities.



## January 2017 Regents Exam Schedule

Tuesday, January 24	Wednesday, January 25	Thursday, January 26	Friday, January 27
8:15 AM	8:15AM	8:15 AM	8:15AM
Global History & Geography  Physics	Living Environment  Chemistry	U.S. History & Government  Earth Science  Geometry (Common Core)	Algebra II (Common Core)
12:15 PM	12:15 PM	12:15 PM	
English Language Arts (Common Core)	Algebra 2/ Trigonometry (2005 Learning Standard)	Algebra 1 (Common Core)	

## *January Regents*

Any students who are interested in retaking a Regents exam in January must let Mrs. Gillette know ASAP. High school classes will continue to be in session during the January Regents, which are being held on Tuesday, January 24th through Friday, January 27th.

## *Youth Advisory Council*

The Youth Advisory Council has started meeting for the 2016-2017 school year. Meetings are held the first or second Tuesday of each month. This council consists of a group of students who work together to grant money to people in the school and the surrounding community. The members of the council this year include: **Hope Woodruff** (President), **Ashley Gardner** (Vice President), **Kylie Guyette** (Secretary), **Noah Ramer** (Treasurer), **Dawson Moser**, **Andrea Travis-Millet**, **Emily Frith**, **Lukas Sullivan**, **Julianna Monaghan**, **Emily Scholler**, **Alexandra Greene**, **Zachary Herbert**, **Sophia Martin**, **Olivia Aubin**, **Olivia Carroll**, **Kim Dolan**, **Caleb Moser**, and **Hailey Tweedy**. If your group/organization needs funds for programs, be sure to complete an application. Please contact Mrs. Gillette in the Counseling Center if you have any questions about this organization or you would like to fill out a grant application for funding. Applications are available on the YAC page of our CCS website. It's going to be an exciting year!

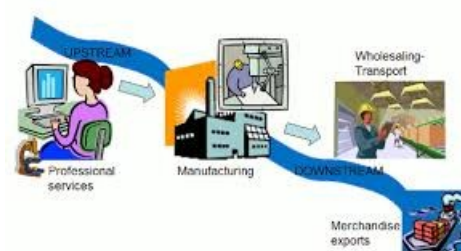


# Jefferson-Lewis MANUFACTURING DAY!

On October 13th, CCS eighth grade students got a chance to visit a manufacturing site in Lowville during a Jefferson-Lewis MANUFACTURING DAY event. Manufacturing offers a solid, long-term career choice for young people who will be a part of tomorrow's workforce. Whether or not you are college-oriented, this event introduced students to the safe, innovative work environments that await those who pursue manufacturing careers; highlighted the variety of jobs available; and provided information on how to obtain the skills necessary to succeed. Student tours were hosted by representatives of Qubica AMF Bowling, Lowville. Employment positions available at these facilities include: Machinist, Graphic Artist, Maintenance (including Electricians), Production Line Workers, and Office Personnel/Administration.



8th graders tour the Qubica AMF plant and learn a lot about their manufacturing process.





Keep your kids safe. Get their flu shots every year.

# The Flu: A Guide for Parents

<b>Is the flu more serious for kids?</b>	Infants and young children are at greater risk for getting seriously ill from the flu. That's why the New York State Department of Health recommends that all children 6 months and older get the flu vaccine.
<b>Flu vaccine may save your child's life.</b>	Most people with the flu are sick for about a week, and then they feel better. But, some people, especially young children, pregnant women, older people, and people with chronic health problems can get very sick. Some can even die. An annual vaccine is the best way to protect your child from the flu. The vaccine is recommended for everyone 6 months and older every year.
<b>What is the flu?</b>	The flu, or influenza, is an infection of the nose, throat, and lungs. The flu can spread from person to person.
<b>Who needs the flu shot?</b>	<ul style="list-style-type: none"><li>• Flu shots can be given to children 6 months and older.</li><li>• Children younger than 9 years old who get a vaccine for the first time need two doses.</li></ul>
<b>How else can I protect my child?</b>	<ul style="list-style-type: none"><li>• Get the flu vaccine for yourself.</li><li>• Encourage your child's close contacts to get the flu vaccine, too. This is very important if your child is younger than 5, or if he or she has a chronic health problem such as asthma (breathing disease) or diabetes (high blood sugar levels). Because children under 6 months can't be vaccinated, they rely on those around them to get an annual flu vaccine.</li><li>• Wash your hands often and cover your coughs and sneezes. It's best to use a tissue and quickly throw it away. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands. This will prevent the spread of germs.</li><li>• Tell your children to:<ul style="list-style-type: none"><li>• Stay away from people who are sick;</li><li>• Clean their hands often;</li><li>• Keep their hands away from their face, and</li><li>• Cover coughs and sneezes to protect others.</li></ul></li></ul>
<b>What are signs of the flu?</b>	The flu comes on suddenly. Most people with the flu feel very tired and have a high fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. The cough can last two or more weeks.

<b>How does the flu spread?</b>	People who have the flu usually cough, sneeze, and have a runny nose. The droplets in a cough, sneeze or runny nose contain the flu virus. Other people can get the flu by breathing in these droplets or by getting them in their nose or mouth.
<b>How long can a sick person spread the flu to others?</b>	Most healthy adults may be able to spread the flu from one day before getting sick to up to 5 days after getting sick. This can be longer in children and in people who don't fight disease as well (people with weaker immune systems).
<b>What should I use to clean hands?</b>	Wash your children's hands with soap and water. Wash them for as long as it takes to sing the "Happy Birthday" song twice. If soap and water are not handy, use a hand sanitizer. It should be rubbed into hands until the hands are dry.
<b>What can I do if my child gets sick?</b>	Make sure your child gets plenty of rest and drinks lots of fluids. Talk with your child's doctor before giving your child over-the-counter medicine. If your children or teenagers may have the flu, never give them aspirin or medicine that has aspirin in it. It could cause serious problems.
<b>Can my child go to school or day care with the flu?</b>	No. If your child has the flu, he or she should stay home to rest. This helps avoid giving the flu to other children.
<b>When can my child go back to school or day care after having the flu?</b>	Children with the flu should be isolated in the home, away from other people. They should also stay home until they have no fever without the use of fever-control medicines and they feel well for 24 hours. Remind your child to protect others by covering his or her mouth when coughing or sneezing. You may want to send your child to school with some tissues, and a hand sanitizer, if allowed by school.

**For more information about the flu, visit  
[health.ny.gov/flu](http://health.ny.gov/flu)**

**Or, [www.cdc.gov/flu](http://www.cdc.gov/flu)  
Centers for Disease Control and Prevention**



**Department  
of Health**

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# 2016 - 2017 Class Officers and Advisors

## Seniors, Class of 2017

President: Maci Spaulding

V. President: Noah Ramer

Treasurer: Dylan Rose

Secretary: Ashley Gardner

Student Council: Dawson Moser & Cassie Kunert

Advisors: Cathy Snyder/ Cynthia Graves

## Juniors, Class of 2018

President:—Lukas Sullivan

V. President:—Cody Zubrzycki

Treasurer:—Zach Herbert

Secretary:—Hailey Tweedy

Student Council Reps:— Spencer Strife, Caleb Moser

Advisors: Michelle Castor/Amber Coulombe

## Sophomores, Class of 2019

President:— Olivia Aubin

V. President:—Emily Scholler

Treasurer:—Madison Freeman

Secretary:—Courtney Micek

Student Council Reps:—Kimberlena Dolan/Aaron Tan-Alberto

Advisor: Miranda Bush

## Freshmen, Class of 2020

President:—Mason Davis

V. President: Olivia Buckley

Treasurer:—Keyan Deom

Secretary:—Drew Witham

Student Council Reps.— Abbi Carroll/Chelsey Hancock

Advisor: Christina Petersen

## 8th Grade, Class of 2021

President:—Anna Spaulding

V. President:—Lukas Slate

Treasurer:—Garrett Tufo

Secretary:—Cody Powis

Student Council Reps.—Clayton Parkin/Mandalynn Atnip

Advisors: Lori Griffin/John Cain

## 7th Grade, Class of 2022

President:—Tayte Deom

V. President:—Charli Carroll

Treasurer:—Owen Bogert

Secretary: - Andrew Carroll

Student Council Reps:—Joey O'Brien/Raegan Dalrymple

Advisor: SueAnn Carroll

## 6th Grade, Class of 2023

Student Council Reps.—Madalyn Munn/Alyssa Fitzpatrick

## Student Council

President: Cody Zubrzycki

V. President: - Kylie Guyette

Secretary: - Noah Ramer

Treasurer: - Zach Herbert

Advisors: - Michelle Castor/Amber Coulombe



## EVERY STUDENT SUCCEEDS ACT

In accordance with the Every Student Succeeds Act which was previously called No Child Left Behind of 2001, parents and guardians have the right to request the following specific information about the professional qualifications of their children's classroom teachers:

- If the teacher has met New York State qualifications and licensing criteria for the grade levels and subject areas he or she teaches.
- Whether the teacher is teaching under emergency or other provisional status thorough which State qualification or licensing criteria have been waived.
- The teacher's college major; whether the teacher has any advanced degrees and, if so, the subject of the degrees.
- The qualifications of any instructional aide(s) or similar paraprofessionals if they provided services to your child.
- Parents have a right to request qualifications of classroom and AIS (Academic Intervention Services) Teachers of their children.

Requests for information about qualifications of your child's teacher (s) should be directed to Nadine O'Shaughnessy, Building Principal. All requests will be honored in a timely manner.

Every Student  
Succeeds Act



## Varsity Girls Tennis

The Copenhagen Varsity girl's tennis team had a pretty good season this year. Throughout the season there were many intense and very close matches. The girls played their hearts out every time and most matches were decided in three sets or ended in a tie-break situation. The team was led by Jayden Waugh at 1st singles, Stephanie Aubin at 2nd singles and senior Andrea Millett stepping in at 3rd singles following some injuries other players had. Anna Spaulding was also a notable 3rd singles player for us. Andrea and Anna both switched off and took turns playing with Alexis Smith at 1st Doubles. The 2nd doubles position was held by Shannon Aubin and Samantha Aubin. Our exhibition players this year were Julianna Monaghan, Emily Scholler, Riley Pierce, and Peyton Walker. A very special thank you goes out to our senior Andrea. She maintained a positive and encouraging attitude throughout the season no matter what position she was put in. Her willingness to step up to the challenge for the team will be greatly missed. Our team will continue to grow and learn and bring on our opponents next season. Special thank you's go out to our parents who continually support their athletics no matter what for without you we are nothing. A special thank you goes out to all the tennis alumni that took time out of their busy schedules to come to practice and assist in teaching the girls different tennis fundamentals. It was greatly appreciated. And a final thank you to all members of the team for showing an intense willingness to learn the sport of tennis and dedicating yourself to obtaining new skills through every open court. The team also had our 7th Annual Bake Sale for Charity, we were able to give to the Mike Boucher Helping Hands Foundation, The Fund for Hope and the St. Mary's Food Pantry and love that everything stays local and every little bit helps these organizations. Thank you.

### 2016 Tennis Team

Andrea Millett  
Jayden Waugh  
Stephanie Aubin  
Alexis Smith  
Emily Scholler  
Julianna Monaghan



Shannon Aubin  
Samantha Aubin  
Riley Pierce  
Peyton Walker  
Anna Spaulding  
Coach: Juli Anne Hebert



### WINTER ACTIVITY PARKING



Everyone attending activities at school this winter is asked to refrain from parking on the sidewalk side of Loud Street. Parking on both sides of Loud Street causes very serious safety issues. In the event of an emergency, it is not possible for emergency vehicles to access our building. If there is overflow, you are asked to use Mechanic Street or Maple Avenue. Your compliance is greatly appreciated.

### FITNESS CENTER

The Fitness center is now open to the Copenhagen Community on Monday-Thursday from 7:00-9:00 p.m. Come out, bring a friend and enjoy our state of the art fitness center.

As always, thank you for your continued support of our district.





Thank you to all who helped with Copenhagen's 9th annual Pink Week. Whether you donated, decorated, set up, tore down, worked, participated in the Pep Rally and/or came to support the Golden Knights soccer teams, you helped to make this year another successful year. The CCS Booster Club donated \$1,500 to the Fund for Hope at Lewis County General Hospital!







## SENIOR CITIZENS ARE INVITED FOR CHRISTMAS DINNER

Christmas dinner will be served to our school district's very special senior citizens on Wednesday, December 21, 2016 at Copenhagen Central School. Punch will be served from 12:30 to 12:45 with guests seated for a delicious holiday dinner at 12:45.

Holiday musical presentations by the Copenhagen Central Music Department will add to a festive day. We also want to thank the art department for making holiday place mats and centerpieces. For reservations, call school at 688-4411 by Friday, December 16. Please indicate if you would like a ride to school on that day. See you on Wednesday, the 21st!

For your convenience, you are requested to park in the back parking lot and enter through the double doors by the dumpster.



### Sharing Christmas Traditions in Copenhagen—Sunday, December 4, 2016

Christmas Parade: 2:00 p.m. beginning on Washington Street, followed by Tree Lighting, Santa and refreshments at the Fire Hall

#### Memory Tree Bulbs

The Community of Copenhagen will again have a memory tree lighted in the village for the Christmas season. The bulbs for the memory tree are \$1.00 each and payments may be mailed to Pat Wheeler, P.O. Box 99, Copenhagen, NY 13626. (688-4440).

\$\_\_\_\_\_ Light bulbs in memory of \_\_\_\_\_

Given by: \_\_\_\_\_

Please Note: This year when you donate your money for a Christmas light, you may also choose to have your money donated to one of the following: Riverside Cemetery Association: \_\_\_\_\_; St. Mary's Cemetery: \_\_\_\_\_; Community Christmas: \_\_\_\_\_; With the continued support of our memory tree project, we will continue the projects that helps to "brighten the corner where we are".

#### Parade Entry

Entry to: Paul Wheeler, P.O. Box 99, Copenhagen, NY 13626 (688-4440)

Float \_\_\_\_\_ (Horse drawn, Tractor or Truck)

Marching Unit \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_



Copenhagen Central School  
P.O. Box 30  
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Active Military and Veterans....We Honor You. Thank you for your service to our country. We join the rest of the nation on Veterans' Day in remembering the sacrifices of America's 25 million veterans and their families and expressing our appreciation for your service.





**TO ALL COMMUNITY MEMBERS:**  
**PLEASE STOP BY THE MAIN HALL TO SEE OUR**  
**VETERANS DISPLAY**  
**NOVEMBER 4TH THROUGH DECEMBER 21ST.**

If you have someone you would like to add to our Veterans Display, please contact Mrs. Beth Zehr at [bzehr@ccsknights.org](mailto:bzehr@ccsknights.org).



# C.C.S. November 2016 Lunch Menu

\* Menu is Subject To Change Without Notice

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fresh Fruit and Fruit Cups Served Daily.		1 (D) Meatball Sub <u>or</u> Cheese Pizza Sliced Carrots Roasted Mixed Veg.	2 (E) Chicken Patty on Roll Sweet Potato Fries Roasted Broccoli	3 (F) Shrimp Poppers with dinner roll <u>or</u> Pepperoni Pizza Oven Fries	4 (A) Mini Corn Dogs Baked Beans Tossed Salad	
6-12: Sandwiches, Anytimers, and Individual Salads offered daily unless otherwise stated.	7 (B) Bosco Sticks w/ marinara sauce Sliced Carrots Roasted Broccoli	8 (C) Stuffed Crust Cheese Pizza Tossed Salad Roasted Yellow Squash (K-5: Only choice)	9 (D) Walking Taco (lettuce, cheese, salsa) Refried Beans Corn <i>It's Back</i>	10 (E) Buffalo Chicken Wraps <u>or</u> Pepperoni Pizza Celery Sticks Baby Carrots	11  NO SCHOOL Veterans Day	
K-5: Sandwiches and Anytimers offered M, W, F unless otherwise stated.	14 (F) Hamburger Deluxe (lettuce, tomato, onion) Roasted Chickpeas Green Beans	15 (A) Chicken Wing Pizza <u>or</u> Cheese Pizza Celery Sticks Carrots Sticks	16 (B) Thanksgiving Dinner: Turkey Gravy Stuffing Mashed Potatoes Squash Corn Cranberry Sauce Dinner Rolls	17 (C) BBQ Rib on a roll <u>or</u> Pepperoni Pizza Broccoli Salad Baked Beans	18 (D) Chicken Nuggets Mashed Potatoes Tossed Salad Sliced Bread	
ASSORTED MILK OFFERED DAILY	21 (E) Parent Conferences 11:30 a.m. K-12 Early Dismissal No Lunches Served	22 (F) Parent Conferences 11:30 a.m. K-12 Early Dismissal No Lunches Served	23  NO SCHOOL	24  NO SCHOOL 	25  NO SCHOOL	
	28 (A) Country Pork Steak Mashed Potatoes Peas	29 (B) BLT (Bacon, Lettuce, & Tomato) Sandwich or Cheese Pizza Sliced Carrots	30 (C) Spaghetti and Meatballs Green Beans Tossed Salad Sliced Bread			

# C.C.S. November 2016 Breakfast Menu

\* Menu Subject To Change Without Notice

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1 (D)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Plain Bagel</li> <li>Frudel</li> </ul>	<b>2 (E)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Pancakes on a Stick</li> </ul>	<b>3 (F)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Cinnamon Rolls</li> <li>Waffles</li> </ul>	<b>4 (A)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Breakfast Wrap</li> <li>Strawberry Mini bagels</li> </ul>	5
6	<b>7 (B)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Breakfast Sandwich</li> <li>Blueberry Muffins</li> </ul>	<b>8 (C)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Hashbrowns and Sausage</li> </ul>	<b>9 (D)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Egg and Bacon Breakfast Boat</li> </ul>	<b>10 (E)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Banana Bread Slice</li> </ul>	<b>11</b> <b>NO SCHOOL</b> 	12
13	<b>14 (F)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Breakfast Pizza</li> <li>MinniCinnis</li> </ul>	<b>15 (A)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Plain Bagel</li> <li>Frudel</li> </ul>	<b>16 (B)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Pancakes on a Stick</li> <li>French Toast</li> </ul>	<b>17 (C)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Cinnamon Rolls</li> <li>Waffles</li> </ul>	<b>18 (D)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Mini Powdered Donuts</li> <li>Mini Pancakes</li> </ul>	19
20	<b>21 (E)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Breakfast Sandwich</li> <li>Blueberry Muffins</li> </ul>	<b>22 (F)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Hashbrowns and Sausage</li> <li>Cheese Omelet</li> </ul>	<b>23</b> <b>NO SCHOOL</b>	<b>24</b> <b>NO SCHOOL</b> 	<b>25</b> <b>NO SCHOOL</b>	26
27	<b>28 (A)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Breakfast Pizza</li> <li>MinniCinnis</li> </ul>	<b>29 (B)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Plain Bagel</li> <li>Frudel</li> </ul>	<b>30 (C)</b> Assorted Juice, Milk, Fruit, Choice of 1: <ul style="list-style-type: none"> <li>Cereal w/ Toast</li> <li>Pancakes on a Stick</li> <li>French Toast</li> </ul>		