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January-February 2019

SOUTH LEWIS CENTRAL SCHOOL DISTRICT



NEWSLETTER



Featuring
Health, Physical
Education, and
Athletics



Introducing Innovative Technologies



THE SOUTH LEWIS APP



Dear Parents, Residents, and Community Members:

Happy New Year! With each New Year comes the opportunity for change and new opportunity. In January South Lewis CSD will be launching three new innovative technologies that will help to move our District forward.

First is **Peachjar**. Peachjar is a new system we will be using to send home flyers and important communications electronically to your email. Once we have your email verified, you will be automatically enrolled. As we launch this new method of communication, we will still continue with hard copies for a period of time.

Second is **Apptegy**. Apptegy is both a smartphone app and new website. The new app will be like having everything South Lewis CSD right in your pocket. Within the app you will have access to upcoming events, athletic schedules and results, news about District happenings, the breakfast/lunch menu, school and staff directories with contact information and important documents. **Please go to the app store and download the South Lewis CSD App today!** The new website will also have all of this information, plus more.

Third is **FamilyID**. FamilyID is a paperless process for student registration, field trip permission forms, athletic sign-ups, and many of the other forms needed by the District. A favorable feature to FamilyID is that once you create an account and enter all of your information in the system, it pre-populates future forms saving time and energy.

We realize moving to these new formats will be a change that comes with challenges and bumps in the road. However, they are needed changes to transform the District into the digital-age as the world continues to move in this direction. We are confident these changes will prove to be timesavers, environmentally friendly, fiscally responsible and improve communication between home, school and community. We appreciate your support and promise to work with you to make these initiatives a success.

Should you have any questions, please do not hesitate to contact the District Office or your child's school.

Sincerely,

A handwritten signature in black ink, appearing to read 'Douglas Premo'.

Douglas Premo
Superintendent of Schools

SOUTH LEWIS WELCOMES...

Hello! My name is Jennifer Duell, and I am thrilled to be working at South Lewis.

I have lived in Lewis County all my life and graduated from Beaver River. I have attained degrees from Jefferson Community College and Potsdam to become a certified English and Special Education teacher. I have taught at Adirondack, Carthage, and PACE, a program of St. Lawrence BOCES. This year, I will be teaching Resource in the high school.

Currently, I live in Beaver Falls with my husband, David, and our four teenagers (Jillienne, Juleanna, David II, and Joselynne). Needless to say, they keep us very busy.

I enjoy being a Sports Mom, reading, watching movies, camping, and spending time with my family.

I look forward to getting to know all my students and being part of the South Lewis family. I love being a Special Education Teacher.



South Lewis is pleased to announce that 21 of its Class of 2019 students were named as South Lewis Lions Club Scholars. Senior Scholars are members of the graduation class who have been on the honor roll at least 75% of their three years in high school. The Lions Club honored these students and their families at a dinner catered by River Valley Inn on November 13, 2018. The Senior Scholars are as follows: Hannah Barrows, Sophia Burd, Aimee Craddock, Drew Crofoot, Donovan Evans, Brooke Everson, Morgan Feisthamel, Kiaya Flynn, Alexis Hill, Andrew Hoffman, Cassie Knoblauch, Madison Krokowski, Jordyn Makuch, Elizabeth McGuire, Lydia Metzler, Alayna Munn, Alexis Payne, Keegan Poste, Kindrie Roy, Jaquelyn Skorupa, and Nikiesha Spann.

FAMILYID - South Lewis' Activity/Program Sign-Up Avenue!

South Lewis Central School has partnered with FamilyID as our primary on-line program to sign up for programs and activities. We currently do all athletic sign ups through this user friendly program. Family ID will be the source we will use to sign up for all programs and activities as we move forward. Examples include: Athletics, Clubs, Class Trips, and registration related paperwork. Our plan is to continue to add sign ups through the winter and be fully integrated into FamilyID by February 1, 2019. All beginning of the year paperwork will be completed on Family ID for the 2019-2020 school year.

To prepare for this full integration, we are asking all families to create an account on familyID. This will only take a few minutes. You will need an e-mail to complete this task. Thank you to all families who have already signed up! We are excited about having this program that makes our sign up processes easier on our families and gets us thorough information.

Follow these steps to create a FamilyID account. You will create one account per family.

Go to www.southlewis.org

1. Move mouse over to the tab "For Students" or "For Parents/Community" and, from the drop-down menu, click on "Family ID".
2. In the top right corner, click **Create Account**.
3. **Create** your secure Family ID account by entering the account owner First and Last names (parent / guardian), E-mail address and password. Select **I Agree** to the Family ID Terms of Service. Click **Create Account**.
4. You will receive an email with a link to activate your new account. (If you do not see the email, check your E-mail filters-spam, junk, etc.).
5. Click on the link in your activation E-mail, which will log you in to FamilyID.com
6. Once in the registration form, complete the information requested. All fields with a network * are required to have an answer.
7. Click the **Continue** button when your form is complete.
8. Review your registration summary.
9. Click the green **Submit** button. After selecting 'Submit', the registration will be complete. You will receive a completion email from FamilyID confirming your registration.

At any time, you may login at www.familyid.com to update your information and to check your registration(s).

To view a completed registration, select the 'Registration' tab on the blue bar.

SUPPORT:

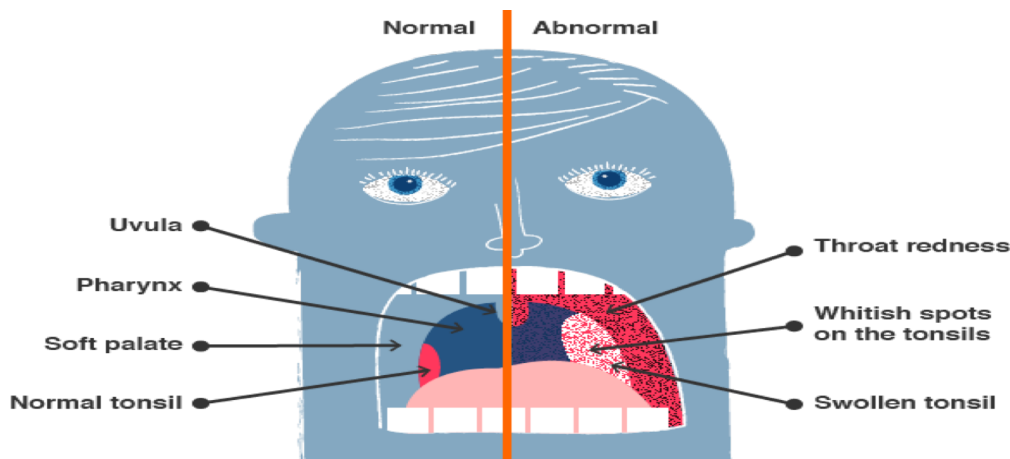
- If you need assistance with registration, **contact** FamilyID at: **support@familyid.com** or **888-800-5583 x1**.



Strep Throat

Sore throats in childhood are common occurrences. Strep throat, on the other hand, is a more serious infection caused by [group A streptococcus](#) bacteria. It is **very contagious** and can be contracted through coughing, sneezing or sharing a glass with someone who's already sick.

How You Can Identify Strep Throat



Source: WebMD; designed by RNtoBSN.org.

Symptoms of Strep Throat:

- Sore throat that comes on quickly and makes it painful to swallow
- An elevated fever (at least 101 degrees F)
- Tonsils are red and swollen, sometimes with white patches
- Headache, nausea or vomiting
- Body aches
- Swollen lymph nodes in the neck

While it's important to understand what to look out for when judging the throat's condition, it's difficult to determine with authority whether your child is suffering from a sore throat or strep by simply looking into the throat, so you should see a doctor for a [strep test](#). It is important to follow your doctor's instructions for the antibiotic regimen.

Strep throat is contagious until children have been treated with antibiotics for 24 hours. Avoid the spread of strep by quarantining your child for this short period.

The strep bacteria lives on surfaces, like the bristles of a toothbrush; prevention measures include cleanliness and replacement of toothbrushes to prevent reinfection. Talk to your child's school nurse to learn about the school's policy for when they can return to school after having strep throat.

How to Determine A Cold vs The Flu

Cold	Symptoms	Flu
People with a cold will sneeze more often but not enough to be a reliable sign.	Sneezing	Many people catch the flu from sick people coughing and sneezing.
Mostly Uncommon	Headaches	High Probability
High Probability	Sore Throat	Not Common
Uncommon	Fever	High Probability
Not Usually	Chills	Probability
Minor Aches/Pains	Aches	Severe Aches/Pains
A few days	Development	Very Quickly
Mild	Tired Feeling	Severe
Hacking with mucus	Coughing	Cough/(little mucus)
Usually Common	Clogged Nose	Not Common
Mild	Chest Discomfort	Severe

Welcome to 2019!!!

**YOU'LL NEVER GET
BORED WHEN
YOU TRY
SOMETHING NEW
THERE'S
REALLY NO LIMIT
TO WHAT YOU CAN DO
-Dr. Seuss**



Health Education

by Sara Koziarz

Health Class started off the year learning that health is not just about exercising and eating healthy. It is also taking care of your mind, understanding emotions, and maintaining positive social relationships. Students have learned how important it is

to set goals, make action

plans, have decision making skills, and communicate assertively. Below students are pictured on their favorite lesson of the year so far, the Stress Strategies Lab day. They learned some new techniques on what will work for them when they are stressed or anxious. I was moved when the group of girls were holding hands and really listening to each other share their feelings. There was also a group of boys who were all quietly enjoying the coloring activity. I hope everyone stays stress free this holiday season and if you need some ideas on how, ask the students that took health class or visit www.heart.org.



High School Physical Education

A lot has been happening in High School PE classes. Units that have been completed already by the students are soccer, ultimate frisbee, basketball and one of our new units that took place this year - the addition of a rugby unit. Students learned the rules of the game, the skills that go along with the game of rugby, and actual game play. The students had a really good time learning this new unit. Students were most in awe of some of the staff at South Lewis who were rugby players in college.



Another one of our new upcoming units is going to be our snowshoeing unit. The PE department was able to purchase 30 new pairs of snowshoes which will enable our students to gain experience and knowledge about snowshoeing. It's imperative that our students know how to stay active during our long winter months. All we are waiting for is Mother Nature to provide the snow that we will need for this unit.



Students have been engaged in our fitness room unit in the month of December. Within this unit, our students have been utilizing our polar heart rate monitors. Students first learn all about target heart rates and target heart rate zones. Then, students are assigned a monitor and are required to perform a 20-minute workout while maintaining a heart rate that is considered within the target heart rate zone. All of this information is air dropped to our big screen TV and the students receive instant feedback about their individual workouts and heart rates. If a student isn't within the target heart rate zone, their timers on their monitors stop. When the student's heart rates are within the target heart rate zone, which we have configured at 50-80% of their maximum heart rates, then their timers will start. This alone is proving to be one of the best tools in PE for students to learn about their heart rates and how not being in the target heart rate zones affect them either positively, or negatively. This is very important to our youth as cardiovascular disease is the number one cause of death in America today.

Some important dates to remember in PE that are coming up is our annual Junior class downhill ski trip to Snow Ridge sometime in February, weather permitting, and our annual National Archery in the Schools Program (NASP) tournament. The tournament will be held on March 15, 2019 with the location yet to be determined. Further details will be made available to the students once the dates and locations have been determined.



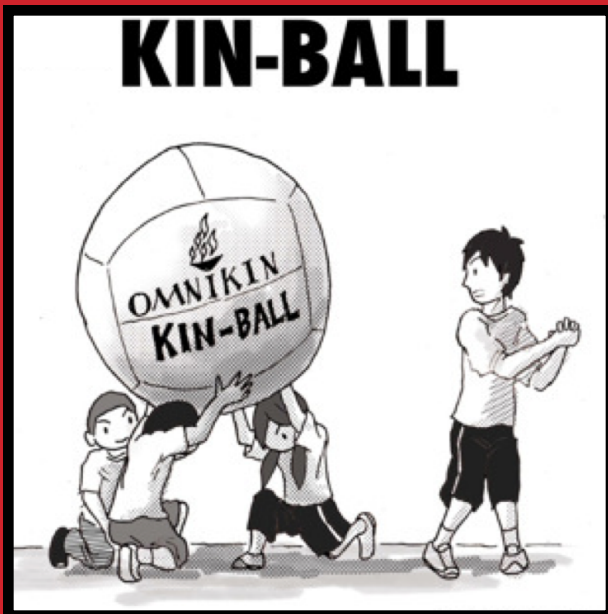
South Lewis High School “Student of the Month” October 2018



The faculty and staff of the South Lewis High School have selected two students for the October 2018 “Student of the Month.” Students are nominated and chosen based on their character, respect for their school and peers, citizenship, work ethic and overall positive attitude. This month’s recipients are Patience Rivers, daughter of Heather Rounds and Gary Rivers of Port Leyden and Blake Dolan, son of Michael and Brandi Dolan of Turin.

The Students of the Month are pictured with High School Principal Chad Luther. From left to right are: Chad Luther, Patience Rivers and Blake Dolan.

Middle School Boys’ Physical Education



The boys’ and girls’ physical education classes have begun our annual co-ed Kin-Ball unit during December. Kin-Ball is a sport invented in 1986 in Quebec, Canada that uses a ball that measures four feet and weighs two pounds. One unique feature of Kin-Ball is the game uses three teams instead of the traditional two found in most games. The values and regulations of Kin-Ball promote cooperation, teamwork, good health, and sportsmanship. In the game of Kin-Ball, everyone is equal and the scoring system ensures that all teams get to score and that all players get to touch the ball. The game eliminates individualism and enhances teamwork and cooperation. Kin-Ball has grown from its start in Canada to being played in over 25 countries with an international tournament each year.



GIRLS' VARSITY BASKETBALL

by David Martin

The Girls Basketball Teams (JV and Varsity) have been very busy and productive.

This past Summer, I saw anywhere from 10-15 Girls (JV and Varsity combined) dedicating three or four days a week to improving their skills and committing to the Basketball program. This was done through open gyms, a Summer League in Westmoreland, NY (that hosted 12 teams from Central NY), and seven of our girls even made the trip out to Western NY, immediately after Graduation in June to attend a week-long Basketball camp at Houghton College! It didn't stop there, as we joined a Fall Basketball League (Oct.-Nov.) again traveling to Westmoreland, NY for four weeks (Sundays). Their dedication has been amazing; and their level of play, confidence, and attitude has risen to another level because of those efforts.



Now the 2018-2019 Basketball Season is officially upon us; and we're VERY excited to start cashing in on all our hard work, which I have no doubt is going to happen. Major improvements are already obvious as we have started our Season at 2-0, beating two of our division rivals, Sandy Creek and Beaver River.

As part of a continuous and constant building of our program, we have a 10-player JV team this year, which includes four, rising 8th graders. Add them to the returnees from last season, and add a couple more Freshman Ballers that will certainly be an important piece of the puzzle.....and we have a recipe for a bright future in Girls Basketball at South Lewis.

Most importantly, on top of all the hours put into being better basketball players dedicated to the Basketball program and its future, they are always willing to volunteer their time and help out in any way, for anybody!!!! We do many different types of fundraising of our own, and ALWAYS volunteer to help out at all of the SL Booster Club events as well. Many of the girls still manage to find time to be involved in other school activities and clubs.....along with their home life and all that comes with it.

Not only are these girls dedicated to the Basketball program and its future, but they are an amazing group of kids. They encompass intelligence, class, personality, and beauty..... inside and out!!!

I am very proud of all of them for all they represent of their families, South Lewis, and the community. I feel blessed that I've had the opportunity to come back to my Alma Mater (after 35 years) once again, to coach, teach, mentor, and help, in any way I know how!!!! Its been MY PLEASURE!!!



BOYS' VARSITY FOOTBALL

The South Lewis Varsity Football team finished the season with a 5-2 record. The team went to the playoffs for the first time since 2007. The team played very good all season and had many high points. Beating Oriskany, and coming back when down by 21 to beat Tupper Lake, were some of the high points of the season. The team finished with two, 1000-yard rushers (Andrew Hoffman and Brady Vosburgh). We had many athletes who earned first and second team All Division award. We are looking forward to building on a very successful season.





SOUTH LEWIS BOYS'

VARSITY SOCCER 2018



The boys' varsity soccer team finished its fall campaign with an 18-3 record. The team witnessed many historic achievements by earning the school's first ever Frontier League title, its first Section 3 Class C title, and first ever birth in the Regional state tournament. These accomplishments were the result of many years of hard work and dedication by a special group of student athletes and their parents. The team has played soccer all year for the past four years. The lesson was simple: nothing will be given to you, but anything is possible with hard work. Many individual accomplishments and school records were established, but the team is what mattered. The team would like to take this opportunity to thank the parents for their financial and time commitment, the Booster Club and its efforts to assist the athletic programs at South Lewis, the student body for the energy and support during our sectional run, and lastly, the South Lewis community for getting behind our team. We were glad to make you proud.



GIRLS' VARSITY SOCCER



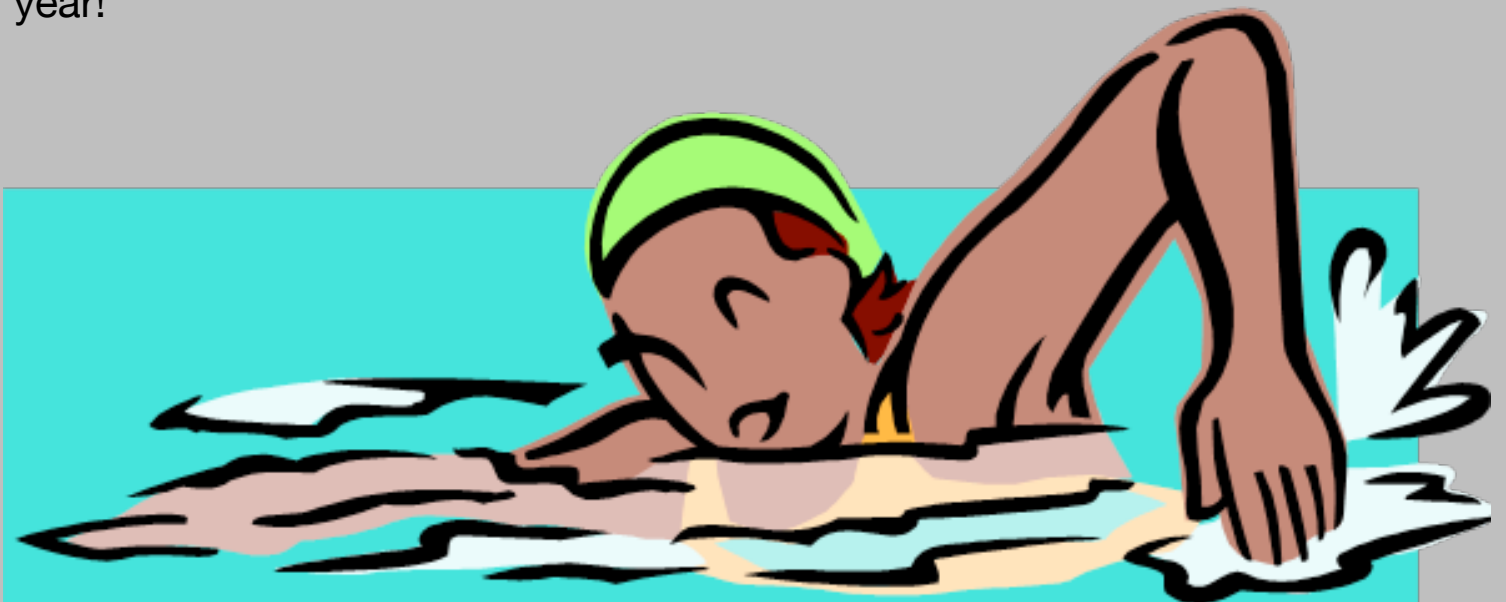
The lady Falcons soccer program is focused on initiatives to strengthen the program and the athletes within. With these efforts the girls' soccer program will be making a lot of efforts during off season to improve individual and team skills. We will be participating in winter and spring indoor leagues along with summer leagues. The program will also be looking into specialized trainings to aid in developing goalie-specific skills. Another big initiative for the program is to build team rapport by participating in team bonding activities and fundraising to build a stable program for years to come.



GIRLS' VARSITY SWIM



This year, the girls' swim team had many huge accomplishments including the number of wins, records, and overall improvements made by the team. Overall the girls won seven meets and tied one meet out of a total of 14 meets. These numbers do not seem to be very high, but compared to the total of three wins last year, the girls have vastly improved. Many of the memorable moments this year have been due to Junior, Kayley Walsh. Kayley made many incredible achievements for the team this year by making it to State qualifiers for an individual event, which is quite rare. There were also two relay teams that traveled with her to compete at State qualifiers. Kayley was also successful in breaking two records, the 200-yard IM and the 100-yard butterfly. Congratulations to all of the girls who worked hard right up until the end of the season; and good luck on an even better season next year!





On Saturday, November 24, 2018, the Varsity Girls' Cross Country team concluded its season when a few of its runners raced against the bitter post-Thanksgiving temperatures and recorded some of their best times of the year.

Seventh grader Brynn Bernard competed and turned in the winning time (19:43) of the Nike NXN New York open race held in Bowdoin Park. Joining Brynn in that race were South Lewis teammates, Aubree Domagala (Freshman), Chloe Seller (Sophomore), and Morgan Feisthamel (Senior). This race represented the last in Morgan's memorable six-year career as one of the team's leaders. Also racing on Saturday in Bowdoin Park was Freshman Lexi Bernard who competed and placed 18th, with a time of 19:11, in the New York Girls' Championship. On that same day in the Bronx, Hannah Ielfield competed at the Foot Locker Cross Country Championships and posted a time of 19:41.

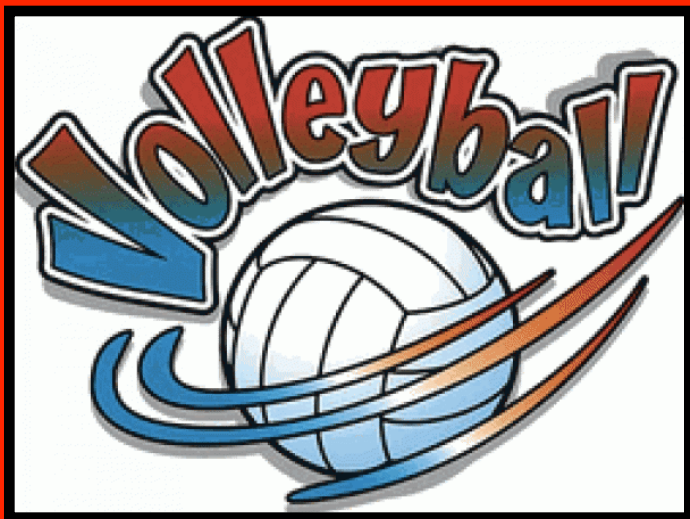
These races took place just one week after the NYS Federation race was cancelled due to a nasty winter storm that buried the Bowdoin Park course. Lexi, Hannah, and Brynn had all qualified to run at Feds after placing 2nd, 3rd, and 4th, consecutively in the Class D NYSPHSAA Championship race held at Sunken Meadow Park, Long Island on November 10, 2018. The previous week the whole girls' team, which also includes Tazanna Molnar (Freshman), Abbigail Durgan (Sophomore), and Izabelle Liendecker (Junior), ran the Section III Championship and gave the Tully girls a run for their money. Unfortunately, the South Lewis girls were narrowly defeated by Tully with ONE single point the difference between first place and second place.

The Varsity Boys' Cross Country team also ran at the Section III Championship on November 3. For the boys, 8th grader Noah Edick, Sophomores Shane Sweredoski and Brayden Poste, and Junior Jeter Dorrity faced the challenging Chittenango course and its ankle-deep mud to place 23rd, 47th, 66th, and 77th in the field of 164 runners. These boys gutted it out that day and throughout the season to post progressively faster race times.

Both teams trained hard throughout the cross country season (which began way back in the warmer temperatures of summer), enjoyed success as a team, and achieved many records for the individuals on the teams. The future of South Lewis Cross Country looks bright for its many young team members.

Speaking of young team members: the modified cross country team with its six runners, all new to the team, had a great deal of fun as each learned the finer points of long distance running. Mitchell Domagala, Justice Maciejko, and Colin Stafford, ran each race like seasoned pros and trained each day stronger than the last. Grace Bailey, Mallory Kraeger, and Madison Rhubart gained more momentum as the season moved along and pushed each other to get faster as the days passed.





The Varsity Volleyball team has had a great start to their season with a record of 3-1. The team includes Seniors-Sophia Burd, Brooke Everson, Madison Krokowski; Juniors-Iza Liendecker and Brooklyn Sullivan; and Sophomores-Amelia Hoffman, Madelyn Hoffman, Lauren McGuire, Sophia Sabatini. The program has two fundraisers to financially support the athletes in attending team camp over the summer. A fun and eventful fundraiser the program puts on is our community volleyball tournament right here at South Lewis. The date for the tournament is TBD, but will take place this Spring and after the middle school gym renovation. You do not need prior volleyball experience to participate, just a good attitude. If you would like to play, but do not have a complete team, contact Coach Gino (agino@southlewis.org). We have both rec. and competitive divisions. Get your team together now!





South Lewis Middle School

Student of The Month



Faculty members have selected five students for the September 2018 “Student of the Month” program. This program is sponsored by the National Junior Honor Society and recognizes students who demonstrate a strong work ethic, positive attitude, and good citizenship in our school and community. Gauge Hartley, son of Patricia and Travis Hartley of Port Leyden, is the fifth grade recipient of this award. Alexis Egnew, daughter of Samantha Egnew of Constableville, is the sixth grade recipient. Summer Valis, daughter of Chanda and Terrance Valis of Greig, is the seventh grade recipient. Skye Everson, daughter of Kristin and Timothy Everson of Glenfield, is the eighth grade recipient. The Related

Arts “Student of the Month” for September is Hunter Kent, an eighth grade student and son of Renea Farr and Simeon Kent of Constableville. Congratulations to each student and their family.

The students from left to right are: Alexis Egnew, Hunter Kent, Summer Valis, Gauge Hartley, and Skye Everson.

Faculty members have selected five students for the October 2018 “Student of the Month” program. This program is sponsored by the National Junior Honor Society and recognizes students who demonstrate a strong work ethic, positive attitude, and good citizenship in our school and community. Rachel Dolan, daughter of Michael and Jodi Dolan of Turin, is the fifth grade recipient of this award. Shaun McManus, son of Fred McManus and Candi Sharpstene of Lyons Falls, is the sixth grade recipient. Mason Brown, son of Jessica and Jeremy Brown of Turin, is the seventh grade recipient. Domenic Malott, son of John Malott of Port Leyden and Heather Clemons of Lowville, is the eighth grade recipient of this award. The Related Arts “Student of the Month” for October is Arianna Baxter, a sixth grade student and daughter of Corey Baxter and Erica Landrum of Glenfield. Congratulations to each student and their family.

The students from left to right are: Mason Brown, Arianna Baxter, Shaun McManus, Domenic Malott and Rachel Dolan.





South Lewis Middle School

Student of The Month



award. The Related Arts “Student of the Month” for November is Michael Sage, a sixth grade student and son of Britany Sage of Port Leyden. Congratulations to each student and their family.

The students from left to right are: Michael Sage, Veda Bailey, Skyler Farr, Kiera Carman and Barbara Plato.



WINTER IN LEWIS COUNTY

There are some precautions that we have to take when dealing with the weather in Upstate New York. Be sure children of all ages dress warmly when waiting for the bus at their bus stop. This means wearing warm jackets, hats and gloves.

We try our hardest to run the buses on schedule, but sometimes the winter road conditions cause a delay. If a bus is running late, we try to have an announcement put on local radio stations. Students should always be ready and waiting for their bus. The Transportation Department thanks you for your cooperation in running a safe and efficient busing system.

School Closing and Delay Information

Our day in the Transportation Department starts at 5:00 a.m. on days that we expect problems with the weather. Gathering information consists of talking with town highway departments, law enforcement agencies, and viewing weather satellite pictures. We are also out driving and checking areas that have the worst weather problems. Please check the weather phone 348-COLD (2653). The message will inform you of the decisions being made on the status of school (if delayed or closing). We will keep this as updated as possible. Occasionally you may call the Transportation Department and get our voice mail because we are busy gathering information; if you are looking for a weather/school status update, use the special line for that information (348-COLD). Below is a list of radio and TV stations that announce our school's closing and delays.

Radio Stations/TV Channels to Tune in to: (We will try to have information to the radio and TV stations as early as possible).

WTOJ 103.1/104.3 FM
WBRV 900 AM
WFRG BIG FROG 104
WLLG 99.3 FM
WTNY 790
WNYF FOX 28
WLZW 98.7 FM

WWTI / ABC 50
WBRV 101.3 FM
WSYR Channel 9
Time Warner Cable/Channel 10
WSYR 570 AM
WKTV Channel 2
WSTM Channel 3

WODZ Oldiez 96.1
WATN 1240 AM
WTVH Channel 5
WWNY TV Channel 7
WBDR 106.7
WIBX 950 AM
WOTT 94.1 FM

Students must wear winter coats, hats, mittens/gloves and boots when riding the bus in the winter. Students must be prepared in case the bus breaks down or there is another emergency. Bus drivers may refuse transportation to anyone that does not comply.

HIGH SCHOOL COUNSELING OFFICE

INFORMATION

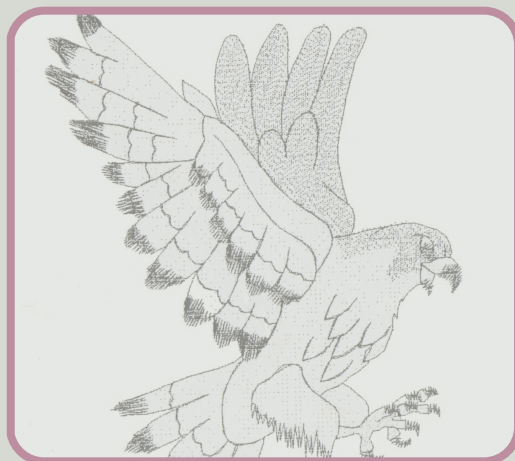
ACADEMIC, PERSONAL/SOCIAL, COLLEGE, AND CAREER COUNSELING

EIGHTH GRADE advising appointments to schedule eighth graders for ninth grade classes are being held with Mrs. Kraeger, Middle School Counselor. Call Mrs. Houghton at 348-2575 to set up an appointment.

SENIORS: College applications should have been submitted. If you are planning to attend college in the fall, complete your application as soon as possible. Please ask Mrs. Bronson to send a transcript when you apply, and bring your acceptance letters to the School Counseling Office when you receive them, along with your senior picture. The FAFSA (financial aid application) should be completed already.

SCHEDULING/ACADEMIC ADVISING: We are excited that the scheduling process for the 2019-20 school year has begun. Counselors will begin scheduling juniors for their senior year and advise students on college and career planning in January right after the break. Students should share their plans with their parents. If you would like to discuss your child's future plans, please contact Mrs. Birmingham or Ms. Green. We would be happy to share information with you. Juniors should be researching and visiting colleges, attending college open houses and job fairs, and registering and studying for the SAT and/or ACT. Use your Castle Learning account to log onto Method Test Prep for SAT and ACT preparation.

ATTENTION JUNIORS: If you took the PSAT and would like to prepare yourself for the SAT, please use the following: satpractice.org which is an easy to use SAT prep tool available free of charge to all students who take the PSAT/NMSQT. Students who took the PSAT should go to studentscores.collegeboard.org and use the access code, provided on their PSAT score report, to get additional information. They can also go to www.collegeboard/quick for more helpful information. The information and answers your child provided when they took the test are incorporated into this useful tool, and it presents their data back to them in six main parts: 1) My Online Score Report - an enhanced score report that allows students to review each test question, the student's answer, and the correct answer with answer explanations. 2) My SAT Study Plan - a customized SAT study plan based on student PSAT/NMSQT test performance, highlighting skills for review and practice. 3) My Personality - a detailed personality test that helps students better understand their own strengths and interests. 4) My College Matches - A starter list of colleges based on the student's state and indicated choice of major. 5) My Major and Career Matches - Major and career matches that are compatible with the student's general interests and personality type. 6) My AP Potential - a report that shows students which AP courses they may be ready for and which match the college majors that interest them. Access is available using the access code printed on the student's paper score report, and the tool can be utilized throughout high school. Using My College QuickStart together with your child is a great way to introduce and guide your child through important aspects of the college process. Visit www.collegeboard.org/quickstart. Students also have SAT prep material available through Method Test Prep (through the student Castle Learning account).



COLLEGE ENTRANCE EXAMS: All college-bound juniors should be planning to take the SAT and/or ACT in the spring. The registration deadline for the May 4th SAT is April 5, 2019. The SAT exam will be held in Lowville on May 4th. The deadline for ACT registration is May 3rd, and the ACT Exam will be held June 8, 2019 at Lowville Academy. Registration forms are lengthy and must be submitted by the registration date. Juniors are encouraged to take both the SAT and the ACT. You should register online for the SAT at www.collegeboard.com and for the ACT at www.actstudent.org.

JUNIORS will receive their PSAT test scores during class presentations in January. Parents - please ask your child about his/her results and what they mean.

SOPHOMORES: will be visiting BOCES on January 10th. Interested students will visit two BOCES technical programs on this day. In December, students selected the programs they wanted to visit after viewing a presentation. In order to attend BOCES, students must complete and return an application by April 1, 2019 to the School Counseling Office. Students must have completed 10 credits, English 9 and 10, and Global 9 and 10 in order to be eligible to apply.

The South Lewis Youth Advisory Council sponsored another successful Angel Tree Project during the holidays. Our generous staff, students, and community members provided gifts for many of our students.

Scholarship Information

Below is scholarship information for college-bound seniors. If interested in any scholarship, please stop in the School Counseling Office for more information. You may also visit the SOUTH LEWIS WEBSITE (southlewis.org) - go to High School Counseling Office Scholarship Information.

Be sure to give your teachers and counselors two weeks' notice when asking for a letter of recommendation.

Please bring the completed scholarship applications in before their due date so we can make sure you have everything you need. Deadlines are very important. Snow days do not give you extensions.

2019 ELKS LEGACY AWARD is open to any child or grandchild (step-child or step-grandchild) of an Elks member who entered the order on or before February 1st. Applications are completed entirely online and are due on or before February 1st. For more information and the application, please visit the following website: <http://www.enf.elks.org/leg>

Deadline: February 1st

2019 SOUTH LEWIS LIONS CLUB SCHOLARSHIP is awarded to a senior who is continuing their education in special, corrective, or remedial education. Students must be entering one of the following areas of study: Sight or Work with the Blind, Hearing or Speech, Physical Therapy and Social Services.

Deadline: April 3rd

AMERICAN LEGION AUXILIARY SCHOLARSHIPS are open to children and grandchildren of veterans who served in the armed forces during WWI, WWII, Korean Conflict, Vietnam War, Grenada/Lebanon, Panama and the Persian Gulf. There are several different scholarships available.

Deadline: March 1st

(Continued on page 20)

(Continued from page 19)

ASSOCIATION OF FIRE DISTRICTS OF THE STATE OF NEW YORK'S NED CARTER SCHOLARSHIP is open to students entering a career of service to the community (fire service related major, nursing, social work, health related services, teaching, librarian, etc.). The student must be related to or be a firefighter to apply for this award. You can pick up an application in the School Counseling office or download an application at www.firedistnys.com.

Deadline: February 23rd

BIG SUN ORGANIZATION offers an annual scholarship to a deserving student who is currently involved in some sport. Visit <http://www.bigsunathletics.com> to learn how to apply.

Deadline: June 19th

ELKS EMERGENCY EDUCATIONAL GRANTS are available to any child of a disabled or deceased Elk member. These grants can be up to \$4,000 per year. If you qualify, please go to: www.enf.elks.org

FIREMAN'S ASSOCIATION OF THE STATE OF NEW YORK SCHOLARSHIP is open to an actively participating volunteer firefighter or junior firefighter, including BSA Explorer posts, Venturing Crews and RAMS – or participation in a volunteer EMS program. Applications are online at www.fasny.com

Deadline: March 15th

JOHN WALSH FAMILY SCHOLARSHIP is open to students who plan to pursue a degree in education, participated in extracurricular activities, demonstrated character and intellectual ability and exhibited a willingness to help others in the school and in the community. Students should write a 200-word essay explaining reasons they decided to enter the field of education and submit at least two letters of recommendation from faculty members.

Deadline: February 1st

NORTHERN FEDERAL CREDIT UNION SCHOLARSHIPS is open to graduating seniors who belong to the credit union. Applications are available in the School Counseling Office or you can download one at www.northernfcu.com. It is very easy to join the credit union.

Deadline: January 4th

NORTHERN NEW YORK COMMUNITY FOUNDATION, INC. SCHOLARSHIPS is open to residents of Jefferson and Lewis Counties who will be full-time undergraduate students. Applications are online at www.nnycf.org ALL STUDENTS PLANNING TO ATTEND COLLEGE SHOULD COMPLETE THIS APPLICATION. Students attending any type of college, including technical schools are eligible. This is a one year award. Give as much information as you can on your application. Provide specific details in the work experience, school & community activities, and any unusual hardships or special family or personal circumstances sections of the application. (Tell your story.) Promote yourself by telling them what you want to study and why. Describe your career goals and aspirations. What makes you, you? You will be required to complete the application, write an essay, have two appraisal forms completed and submitted, and your official transcript must be included in your application packet. Start now; it takes some time to complete all of this.

There are many different scholarships available through the NNYCF so please apply! They cannot consider you for an award if they do not have your information.

The entire packet must be assembled and turned in to Mrs. Bronson in the School Counseling Office by April 1, 2019. We will forward your completed application to the Northern New York Community Foundation office.

Deadline: April 1st

ROME TEACHERS FEDERAL CREDIT UNION SCHOLARSHIP is open to all high school seniors who are members of the credit union. It is very EASY to become a member and all you need is \$2.00 to start an account and you can do that right here at South Lewis. Applications are available in the School Counseling Office.

Deadline: January 4th

COMMUNITY SERVICE AWARDS

(Awarded to BOTH non-college bound and college bound students)

LINDA PAYNE COMMUNITY SERVICE AWARD is presented by the Constableville Fire Department to a graduating senior boy and girl living in the Constableville fire district who has contributed to their community. The application is available in the School Counseling office.

Deadline: March 1st

JENNIFER LYNN KRAEGER COMMUNITY SERVICE AWARD is presented by the family of Jennifer to a graduating senior boy and girl living in the Constableville area. The application is available in the School Counseling office.

Deadline: March 1st

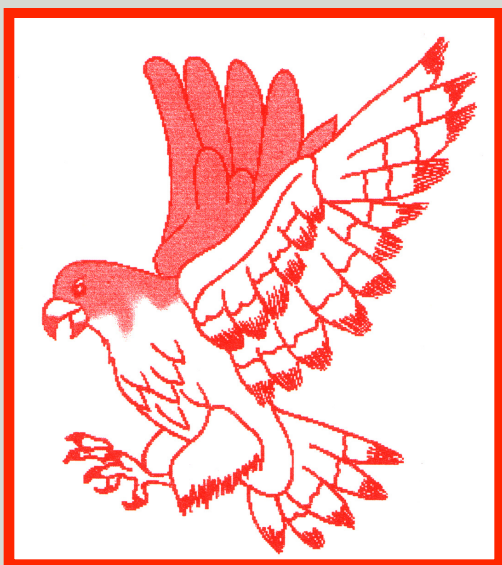
MICHAEL PEVNY COMMUNITY SERVICE AWARD is presented by the Lyons Falls Fire Department to a graduating senior boy and girl living in the Turin, 3-G or Lyons Falls fire district who has contributed to their community. The application is available in the School Counseling office.

Deadline: March 1st

CAITLIN BORELLI COMMUNITY SERVICE AWARD is presented by the J.S. Koster Hose Company to a graduating senior boy and girl living in the Port Leyden fire district who has contributed to their community. The application is available in the School Counseling office.

Deadline: March 1st

We are available to assist you with your scholarship applications, essays, and recommendations.





South Lewis was proudly represented at the Fall BiCounty Music Festival.

On Tuesday, October 30th and Saturday, November 3rd, 10 South Lewis Middle School students traveled to South Jefferson because they were proudly selected to participate in the Jefferson/Lewis Fall Bi-County Music Festival.

The Fall Festival includes Middle School (7/8) Band and Elementary (5/6) Chorus.

Selected to the band were Grace Bailey, Warren Covey, Landon Dolan, Madison Rhubart, and Conner Whalen.

Selected to the chorus were Jenna Bourgeois, Preslei Lewis, Lydia Phelps, Lana Whalen, and Carmen Youngs.

The band, directed by Ms. Maresa Badour from Carthage, performed “Grand Canyon Overture”, “At Sight March”, “An Irish Air”, and “Battle Quest”. The chorus, directed by Mrs. Katheryn Ingerson from Thousand Islands, performed “Alleluia Composer”, “Cedar Swamp” (an Appalachian folk song), “My America”, “Niska Banja” (a romani dance), and “A Million Dreams” (from the Greatest Showman).

CONGRATULATIONS MIDDLE SCHOOL FALCON MUSICIANS!!

South Lewis Central Schools

District Newsletter Request Form

If you would like a hard copy of each issue of the South Lewis Central School District newsletter mailed to you please complete this form and return it to the address below. You can also call the District Office at 315-348-2500 and provide the needed information.

South Lewis Central Schools
ATTN: Douglas Premo
4264 East Road
PO BOX 10
Turin, NY 13473



DATE: _____

Name: _____

Mailing Address: _____

Phone Number: _____

Thank You!

**REMINDER: IF YOUR CHILD IS GOING
TO BE ABSENT OR YOU NEED TO
PICK UP YOUR CHILD EARLY FROM
SCHOOL, PLEASE CALL THE
ATTENDANCE OFFICE.**

Breakfast: \$1.25**January 2019****Lunch: \$2.75****Menu subject to change by Food Service Manager**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	New Year's Day	BREAKFAST Assorted Bagels with Cream Cheese LUNCH Hot Dog or Chili Dog with Cheese, Seasoned Wedges, Veggie Beans, Pickled Beets, Pickle Chips, Fresh Fruit, Fruit Juice	BREAKFAST Bacon, Egg, and Cheese Muffin LUNCH Buffalo Chicken Tenders, Buttered Noodles, Seasoned Green Beans, Celery with Peanut Butter, Diced Peaches, Fresh Fruit	BREAKFAST Assorted Donuts LUNCH Grilled Cheese Sandwich, Tomato Soup with Crackers, Potato Chips, Pickle Spears, Baby Carrots with Ranch, Oatmeal Raisin Cookie, Fruit Choices
7	8	9	10	11
BREAKFAST Sausage and Cheese Muffin LUNCH Chicken Pattie on Roll, Seasoned Rice, Seasoned Spinach, Tossed Romaine Salad with Fresh Veggies, Fruit Juice, Fresh Fruit	BREAKFAST Assorted Breakfast Break LUNCH South Lewis Pizza, Homemade Tomato, Beef, and Macaroni Soup, Fresh Veggie Cups, Seasoned Chick Peas, Fruit Choices, Fruit Juice	BREAKFAST Assorted Mini Donuts LUNCH Open Face Hot Turkey Sandwich, Mashed Potatoes, Seasoned Green Beans, Cranberry Sauce, Buttery Corn, Peach Cobbler with Topping, Fruit Juice	BREAKFAST Bacon and Cheese Muffin LUNCH Hamburger or Cheeseburger, Seasoned Tator Tots, Seasoned Beets, Seasoned Cauliflower, Fresh Fruit, Fruit Juice	BREAKFAST Assorted Bagels with Cream Cheese LUNCH Chicken Fajita on Soft Shells, Shredded Lettuce, Shredded Cheese, Sour Cream, Salsa, Seasoned Rice, Green Beans, Fruited Jell-O with Topping
14	15	16	17	18
BREAKFAST Breakfast Break LUNCH Deli Sub Day—Ham, Turkey, or Tuna, Sliced American Cheese, Leaf Lettuce, Sliced Tomato, Tomato Soup, Potato Chips, Pickle Spears, Fruit Choices, Fresh Fruit	BREAKFAST Assorted Mini Donuts LUNCH Soft Beef Tacos, Shredded Lettuce and Cheese, Diced Tomatoes, Salsa, Sour Cream, Beef Flavored Rice, Refried Beans, Chocolate Chip Cookies, Fruit Choices	BREAKFAST Bacon and Cheese Muffin LUNCH BBQ Rib on Bun, Mashed Potatoes, Seasoned Broccoli, Coleslaw, Fruit Choices, Fresh Fruit	BREAKFAST Breakfast Pizza LUNCH Chicken and Biscuits, Mashed Potatoes, Pickled Beets, Garlic Roasted Brussel Sprouts, Fresh Fruit, Fruit Juice	BREAKFAST Assorted Oatmeal LUNCH Stuffed Shells with Meatballs, Tossed Salad with Fresh Veggies, Garlic Bread, Seasoned Spinach, Peaches, Fruit Juice
21	22	23	24	25
Martin Luther King Day	BREAKFAST Sausage and Cheese Muffin LUNCH Lucky Plate Day, Baker's Surprise	BREAKFAST Assorted Bagels with Cream Cheese LUNCH Homemade Macaroni and Cheese, Stewed Tomatoes, Seasoned Peas and Carrots, Warm Cinnamon Applesauce, Assorted Muffins	BREAKFAST Breakfast Break LUNCH Dunkers with Dipping Sauce, Carrots and Celery Sticks with Dip, Chicken and Rice Soup, No Bake Cookies, Fruit Juice	BREAKFAST Assorted Whole Grain Mini Donuts LUNCH Ham and Cheese Croissant, Tomato Soup, Potato Chips, Pickled Beets, Pickle Chips, Fresh Fruit, Fruit Juice
28	29	30	31	
BREAKFAST Sausage and Cheese Croissant LUNCH Sausage, Peppers, and Onions on a Roll, Tri Roasted Potatoes, Seasoned Corn, Fruit Juice, Fruit Choices	BREAKFAST Assorted Breakfast Breaks LUNCH South Lewis Spaghetti with Meat Sauce, Garlic Bread, Tossed Salad with Fresh Veggies, Seasoned Greens, Fruit Choices, Fresh Fruit	BREAKFAST Assorted Bagels with Cream Cheese LUNCH Personal Pan Pizza, Cream of Cheddar Soup, Fresh Veggie Cups, Seasoned Broccoli, Orange Juice, Fruit Choices	BREAKFAST Mini Whole Grain Donuts LUNCH Walkaway Tacos, Doritos, Shredded Lettuce and Cheese, Diced Tomatoes, Salsa, Sour Cream, Seasoned Corn, Seasoned Rice, Fresh Fruit, Fruit Choices	February's Menu will be distributed in each building and sent home separately with students.

DAILY ENTREES: MIDDLE/HIGH SCHOOL

Large & Small Café—Choice 1—Daily Menu Choice
 Salad Plate
 Yogurt Parfait
 Large & Small Café—Monday, Wednesday, and Friday—Subs
 Large & Small Café—Tuesday and Thursday—Pizza

DAILY ENTREES: ELEMENTARY SCHOOLS

Monday, Tuesday, Thursday, and Friday
 Choice 1—Daily Menu Choice
 Choice 2—PBJ
 Choice 3—Tuna Sandwich
 Choice 4—Yogurt Meal