

A monthly publication from
Knox Junior
High School

Knox News

Volume 7, Issue 2 ♦ October 2009

*It's School Board
Recognition Week Oct. 19-23*



Learning is FUNdamental at Knox!

*Pictured at far left and top
left: students in Mrs.*

*Bentley's classes are using the
scientific method to determine
which brand of paper towel is
the most durable.*

**Visit Your
School Website**

www.johnstownschoools.org

A wealth of information!



REFLECTIONS - "Beauty Is..."



*Health classes
begin the "Banish
Bullying" program.*

Reflections is a National PTA sponsored program in which every child in the school can participate. All one has to do is close his/her eyes and imagine... "Beauty Is..." There are a variety of categories that might speak to your child's interests. The categories are - dance, film, literature, musical composition, photography, and visual arts. This is a wonderful program for our students to develop their creative ideas. Please encourage your child to participate. Mrs. Kathy Simone will chair the opportunity this year. Please see the information sheet and student entry form posted on the Knox page of the School District Website www.johnstownschoools.org or pick up a copy from the Knox Main Office. Show us your creative side!

We're looking for volunteers...can you help?

The PTSA is in need of chaperones and people to send in baked goods and drinks for the October 23rd Halloween Dance. Please contact Jennifer VonderHeide at 762-0256 if you are interested and have not already signed up. Thank you for your support!



**Look Inside for
Important Dates, A
Message from the
Principal, October
Lunch Menu, &
More!**

*Those Algebra students always
think they know all the answers!*



*Seventh grade band students are learning
how to make beautiful music together.*

A Message from the Principal

Dear Parents,

Hard to believe that we have been here a month already, the year is off to a great start. Progress reports will be distributed to your sons or daughters on October 9, please be expecting them. Take the time to look them over and discuss them with your child.

As the weather grows colder we will continue to attempt to go outside during lunch recess so please send proper attire.

Cold and flu season is upon us. Please monitor you child's condition, if they are sick and have flu like symptoms with a fever, keep them home. Encourage your child to maintain proper hygiene, one of the best ways to combat the flu is proper hand washing.

Remember, one of the best ways to help your child to succeed is to stay involved in their education, keep the lines of communication open.

Get involved with the PTSA, the next meeting will be October 7 at 6:30 in the library.

Sincerely,

Michael Satterlee
Principal

Progress reports and report cards will be distributed to students following the high school's schedule which is printed on the District calendar.

Welcome to the Knox Library Media Center! Welcome back to learning!
A special welcome to all of our new students and our new staff!

The Knox Library is the place where most students come to sign out books and/or to carry out research. A middle school library is a very valuable resource that should reflect the curriculum and interests of seventh and eighth grade students. We work very hard to ensure that all students and staff are successful in locating and accessing information.

Because so much research is done, I have a few suggestions to the students and parents of seventh and eighth graders:

Don't procrastinate! Take advantage of the open hours of the library. Our Knox Library Media Center links on the school web site (www.johnstownschoools.com) offering great opportunities to assist students in all kinds of assignments and research. One of my favorites is the Online World Book. Students need to remember that the user name and password are: jtown. If school is closed, use the Johnstown Public Library. Their web site is: <http://pac.sals.edu/polaris> . Or visit them in person for further assistance.

Research projects come in all shapes and sizes. Make sure you check the due date! **Students should stop in to talk with their teacher or the Certified Library Media Specialist at Knox to help with any problems they may be having.** But don't wait too long!

Lastly, I encourage students and parents to read. **Children who read succeed.** Simple but true.

Mary Hallgren
Knox Library Media

Important Dates to Remember!



Oct 2 Knox Picture Day
Oct 7 PTSA Mtg. 6:30 pm Library
Oct 9 Progress Reports Issued
Oct 12 Columbus Day-School Closed
Oct 23 PTSA Halloween Dance 7-9 pm Wear your costume all day too! Remember: the dress code applies to a Halloween costume as well.
Oct 28 The Legend of Sleepy Hollow field trip to the NYS Theater Institute at Russell Sage College



Nov 1 Turn Your Clocks Back One Hour!
Nov 3 Election Day
Nov 4 PTSA Mtg. 6:30 pm Library
Nov 11 Veterans Day Observed-No school
Nov 12 Picture Retakes
Nov 13 1st Quarter Marking Period Ends
Nov 20 Report Cards Issued
Nov 24 Thanksgiving Recess Begins with early dismissal at 1:55
Nov 30 School Resumes

Theater Field Trip details: You must already have a ticket as the trip is sold out! Please dress appropriately and bring a bag lunch (no glass). The bus will leave Knox at approximately 8:00 am and will return at 2:00 pm.

Congratulations "Students of the Week" For September

Lauren Stoutner
Kendra McCoy

Students of the Week are nominated by staff members for displaying attributes such as: being cooperative, having a good attitude, showing good manners, acting respectfully, performing a good deed, etc. Winners receive a certificate, pencil, free large pizza, free entrance to the next school dance, recognition in the display case in the front hallway at Knox and in the School Notebook section of the Leader Herald. A special thank you to Pino's Italian Restaurant in Johnstown for donating pizzas.

Thank you Pino's!

Counselor's Corner

WELCOME BACK TO ANOTHER EXCITING YEAR AT KNOX!

Hello. It's great to be back! For those I haven't met, I'm Mrs. Schienberg, the school counselor taking Mrs. Yetto's leave of absence. I have about 15 years of experience, including 7 years working in the elementary schools and the high school in this district. I have to say, it's been fun seeing students and their families again many years later. The last time I had spoken to some of these students they were 5 and 6 years old!

During the past month, guidance has been a busy place. I've been getting acquainted with students and their families, working on scheduling changes, having team meetings and parent conferences, and more. Counseling has begun for students with special education needs and is available on an as needed basis for anyone in the school. During the month, the student Welcoming Committee members will reconvene and additional volunteers will be

encouraged to participate in this wonderful program. For those new to Knox, the Welcoming Committee assists students who transfer into the district throughout the year. They ease the transition process by giving a tour of the building, sitting with the new student during lunch, introducing a student to other classmates, etc.

A couple of dates to note:
First quarter progress reports distributed- October 9, 2009
First quarter report cards distributed- November 20, 2009

Please feel free to contact me with any questions or concerns that may arise. I look forward to working with you and your child.

Sincerely,
Debbie Schienberg

Monday	Tuesday	Wednesday	Thursday	Friday
Make sure you submit a free/reduced price application to your school office as soon as possible. You can find it on the school district website! www.johnstownschoools.org	Lunch Prices: K-6: \$1.75 7-12: \$2.00 Breakfast Prices: K-6: \$1.00 7-12: \$1.50	K-6 offered the UN-DERLINED entrée in addition to DAILY alternatives: Ham or Turkey Sandwiches on Wheat bread. Milk choices are 1% white, 1% chocolate or Skim white. We are now serving only Wheat Bread products.	K-6 1 <u>Philly Steak</u> Garden Veggies Fruit Choice 7-12 Cheese Pizza or Buffalo Chix Pizza Garden Veggies Fruit Choice	K-6 2 <u>Tomato Soup</u> <u>Grilled Cheese Sand.</u> Fruit Choice 7-12 Cheese Burgers or Chix. Nuggets Ranch Fries/Garden Veggies Fruit Choice
			Chef Salad	Turkey Wrap
K-6 5 <u>Chicken Pattie/Bun</u> French Fries Garden Veggies Fruit Choice 7-12 Sloppy Joes/Bun or Mixed Subs Garden Veggies Fruit Choice	K-6 6 <u>Cheese Pizza</u> Garden Salad/Roll Dessert Fruit Choice 7-12 Taco Salad or Chicken Fajita Garden Veggies Fruit Choice	K-6 7 <u>Hot Dog/Roll</u> Baked Beans Fruit Choice 7-12 Nacho Supreme or Mixed Subs Tossed Salad Fruit Choice	K-6 8 <u>Spaghetti w/Meat Sauce</u> Garden Salad/Roll Fruit Choice 7-12 Hot Dog w/Works or Sir Billy Burger Garden Veggies Fruit Choice	K-6 9 <u>Take A Chance!</u> Garden Veggies Fruit Choice 7-12 Super Sampler: Cheese Stix/Nuggets/Dunkers Garden Veggies/Fruit Choice
Buffalo Chix Salad	Deli Bar	Pasta Bar	Crispy Chix Salad	Pasta Prelude
No School Columbus Day!!! Oct 13th - 16th NATIONAL SCHOOL LUNCH WEEK!!	K-6 13 <u>CPI's Pizza</u> Carrot Sticks/Ranch Dressing/Fresh Fruit Dessert 7-12 French Bread Pizza or Turkey BLT Wrap Salad Greens Fruit Choice	K-6 14 <u>Dwight's Quesadilla</u> Garden Veggies Fresh Apple 7-12 BBQ Chicken/Bun or Nachos & Cheese Garden Veggies Fruit Choice	K-6 15 <u>Vince's Veggies Chef Salad w/WW Roll</u> Fresh Fruit 7-12 Mixed Subs or Chicken Fajita Garden Veggies Fruit Choice	K-6 16 <u>Nash's Noodles w/ Sauce & WW Roll</u> Garden Veggies Fruit Choice 7-12 Chicken Pattie/Bun or Baked Ziti Garden Veggies Fruit Choice
	Salad Bar	Deli Bar	Crispy Chix Salad	Tailgater Club
K-6 19 <u>Cheese Pizza</u> Mixed Green Salad Dessert 7-12 Cheese or Pepperoni Pizza Garden Veggies Dessert	K-6 20 <u>Macaroni & Cheese w/ Jumbo Pretzel</u> Garden Veggies Fruit Choice 7-12 Firecracker Sandwich or Burger Bonanza Garden Salad Fruit Choice	K-6 21 <u>Chicken Pattie/Bun</u> Tater Tots Fruit Choice 7-12 Meatball or Mixed Subs Garden Veggies Fruit Choice	K-6 22 <u>Hot Turkey Sandwich</u> Mashed Potatoes Fruit Choice 7-12 Chicken Parm/Bun or Turkey Wrap Garden Veggies Fruit Choice	K-6 23 <u>Burger on a Bun</u> Baked Beans Fruit Choice 7-12 Super Sampler: Cheese Stix/Nuggets/Dunkers Garden Veggies Fruit Choice
Chef Salad	Deli Bar	Turkey Cesar Salad	Taco Bar	Crispy Chix Salad
K-6 26 <u>Mozzarella Sticks w/ Sauce</u> Garden Greens Fruit Choice 7-12 Wrap it up!! Pizza, Buffalo Chix or Turkey Cesar Wrap Garden Veggies Fruit Choice	K-6 27 <u>Cheeseburger on a Bun</u> Garden Veggies Fruit Choice 7-12 Macaroni & Cheese w/ Jumbo Pretzel or Hot Turkey Sandwich French Fries/Broccoli Fruit Choice	K-6 28 <u>Breakfast for Lunch</u> French Toast Stix w/ syrup & Ham Hash Brown/Fruit Choice 7-12 Breakfast for Lunch Garden Veggies Fruit Choice	K-6 29 <u>Mini Ham Sub</u> Potato Chips Veggie Sticks Fruit Juicee Pop 7-12 Nachos & Cheese or Buffalo Chicken/Bun Garden Veggies Fruit Choice	K-6 30 <u>Halloween/er/Roll</u> French Fries Garden Veggies Fruit Choice 7-12 Super Sampler: Cheese Stix/Nuggets/Dunkers Garden Veggies Fruit Choice
4 Layer Salad	Deli Bar	Pasta Bar	SPUD BAR	Crispy Chix Salad