Mid-Year Push

February and March are always the months that the doldrums of winter set in. The holidays have ended and spring is around the corner but still far enough to wonder if and when it will get here. I like to think of these two months as the time to “hunker down” and prepare for the push towards the end of the year. The original Scottish use of this term (hunker) meant to crouch down but be ready to move. By crouching one can lower his or her center of gravity forming a solid base but is still set to move forward when needed. This metaphor can be used in the work done at school during February and March. Routines have been set so we can focus on our final push forward to the end of the year. There is still much work to be done…

Capital Project Planning

On February 6, 2018 at 6:00 p.m. at the Crogan Fire Hall, the Beaver River Central School Compact Council held a subcommittee meeting to plan for the next capital project. We reviewed the work that was done during the last project, introduced the architectural firm that was chosen from our January RFP, and began to prioritize the work related to needs and costs for the project in 2020. Our next meeting is March 7th at 6:00 p.m. in the Distance Learning Room. We welcome everyone’s input for this process.

The New York State Education Department has developed a process to review facilities through a Building Condition Survey (BCS) every five years. This process is designed so that districts continue to take a regular look at their buildings and create plans for construction and maintenance. They are looking for less large scale projects and more regular work done to ease the burden on the taxpayers. When we did our last BCS in 2015 and we developed a five year capital project plan that included many of the items that were not included in the last building project. It is now time to move on that plan and develop our scope of work for the next project that is slated to begin around the summer of 2020.

Budgeting for 2018-19

Governor Cuomo has released his budget proposal for next year. While the various educational agencies across the state including the State Education Department have recommended that NYS provide around $2 billion in additional aid for schools. The budget released by the Governor had school aid set at $769 million as opposed to the $1.2 billion planned from his office previously. Uncertainty in how the federal government may change educational funding and a deficit of revenue from this past year has caused this proposed number to be lower than ex-
You Could Be The Match!

"Be The Match" foundation will be at Beaver River on Monday, March 5, 2018, from 3:30 - 6:30 pm in the High School cafeteria to register potential bone marrow donors. Bone marrow donation is needed for life saving treatment in patients with diseases like leukemia and lymphoma.

Registering to be a donor at this event is easy - just a cheek swab. Donors are asked to be in the 18 - 44 year age group. Representatives will be there to educate and answer any questions. Please sign up and spread the word to others. More donors are needed as a bone marrow donor can literally save a life!

For more information please go to: https://bethematch.org/support-the-cause/donate-bone-marrow/

Student Learning

This year we have focused on students becoming owners of their own learning. This concept shifts instruction from a 20th century content model to a 21st century skills model. As informational content increases dramatically and the way to access this information becomes easier, our focus on skills is much more prevalent than ever. To help at home continue to ask your students what they have learned today rather than what they did. They should be able to tell you the learning targets that were shared in their classroom and what else they need to learn to be successful.

Sincerely,

Todd Green,
Superintendent of Schools
The Kindergarten classes have been busy in January with units about winter and the polar regions. In science we have learned about matter and have investigated solids, liquids and gases. In February we will celebrate the 100th day of school. This is always an exciting day with many math activities.

This is the time of year when students really seem to take off as readers and writers. Continue to practice red words with your child and read together as much as possible.
February in First grade will include a lot of celebrating! We will celebrate both the 100th Day of School (and the fact that our students are 100 days smarter!) and Valentine’s Day. Please look for information from your child’s teacher about upcoming celebrations and ways to volunteer in the classroom this month.

First grade is not all about play, though. In addition to learning more phonics and spelling rules, we will also learn about shadows, character education and presidents. In math we will continue to expand our math facts, mastering how to tell time to the hour and eventually to the half hour.

March will take us into our study of animal classifications. We will learn the five classes of vertebrates and students will be able to identify what characteristics each animal group possesses. We will also learn about families. We will discuss how families are different and what makes family so important.

In phonics we will continue to learn new things. In February we will learn about root words and endings, including the –ed ending. In March we will learn the Magic –e rule. Magic –e is when you find “e” at the end of a word. We will learn the “e” has special power to jump a consonant and make the vowel say its name. Then we will finish up the month learning the ph digraph and begin our unit on vowel teams. These new rules should make a huge difference in our reading skills.

Science has been filled with experiments and interactions. This year, the children were fortunate enough to work with Mr. Tony Williams. Mr. Williams works for the Mohawk Regional Information Center and comes to Beaver River once a week to help integrate technology into our classrooms. He taught a lesson on open and closed circuits. The second grade Interactions Fair was also a great success! Our second grade classes performed their experiments for their third grade friends. The students thoroughly enjoyed learning about and conducting simple interactions.

In math, we continue to work on skills including adding and subtracting two and three digits, with and without regrouping (carrying and borrowing). Please encourage your child to continue to practice their addition and subtraction facts.

Heroes will be the social studies theme in February. The students will read and learn about Martin Luther King, Jr., Ruby Bridges and other heroes who have lived extraordinary lives.

Our next big adventure, beginning this month will be the Flat Stanley unit. Stay tuned to see where Flat Stanley’s travels will take him this year!

In March, we will study the Westward Expansion and Cycles of Nature. It will be a great month for both science and social studies.

The children continue to work on cursive handwriting. They have found that writing in cursive takes a little more effort and concentration. Any extra practice at home would be greatly appreciated.

The third grade team notices the transition from second to third grade as responsibility takes another level. In third grade we recognize that “responsibility” is a very large part of our daily routines. The students have shown progress this year by bringing their planner back and forth, studying for quizzes, practicing multiplication, and reading chapter books each month. Our third graders are moving into the right direction towards their fourth grade careers.
Recently, students wrapped up many holiday activities in reading and math. Students wrote various holiday stories, including their thankful stories and Christmas opinion pieces. Students were creative in proving their opinion using evidence. Students used Classroom Google to share their writing with one another. Students have been practicing using text evidence to support claims throughout reading and writing assignments. Throughout their rich ELA conversations, students revealed a variety of strategies such as inferring, summarizing, making connections, character analysis, determining theme and more. We encourage students to continue to read a book of their choice each night. The more you read, the better you will become!

In math, students have been studying fractions and operations with fractions. Students know how to find factors, multiples, equivalent fractions, mixed numbers, improper fractions, and more! Students created models and visuals to show their understanding of fractions. Next, students will learn more about fractions and decimals using various hands-on activities. We want to encourage students to continue to study multiplication facts, as it will help them become fluent with their math skills across all math units of study.

For our latest unit in social studies, students studied the English Colony and what it was like in Colonial New York. Students learned about the many Dutch influences still evident today! Many students investigated and became experts on one colonial job of their choice! They dressed up, shared a snack and colonial artifacts, and presented their discoveries through a job fair to a first grade class. The fourth graders were excited to convince their friends, providing reasons and evidence, of their favorite colonial job. In our next unit, students will learn the important role New York had during the American Revolution.

In science, students recently wrapped up a unit on ecosystems. Next up Fourth Grade Scientist will discover the "Properties of Matter". In this chapter students will discover what the three most common phases of matter are on earth, what phase change is, and what causes matter to change phases. Some of the hands on learning activities will involve measuring matter's mass and volume using balance scales. We will also make a few different kinds of Goop to GO!
The fifth-graders have been hard at work this winter! In ELA, we will finish up the unit focused on research to build knowledge and help teach others. We learn this through how new technologies and inventions have helped to improve to make peoples’ lives easier. The students will write opinion paragraphs about which invention they feel is the most important based on articles they have read. In the next unit we will learn about how perspectives support opinions as we read books and articles about sports and athletes’ impact on culture.

Also, students have focused on reading skills, such as being able to determine several different main ideas within a text, writing a summary, and making inferences. We have also focused on using a variety of strategies to determine the meaning of unknown words in a text.

As spring approaches, we will begin to review and practice for the New York state ELA test. In Social Studies, students are currently studying the United States and Canada, and their economies, along with environmental issues that affect both countries.

For Math, the fifth-graders have learned to compare fractions and decimals. This will lead into adding, subtracting, multiplying, and dividing fractions.

We encourage all of the fifth-graders to continue to practice their math facts. Students should also continue to read 10-20 minutes daily and complete their reading log of reading 25 books this school year. As always, we thank you for your support from home!

Community members often ask how they could be involved in the school district. We have various opportunities at our school for district residents to work together with our employees to develop a community based school district. These opportunities include:

- **Compact Council**
  This committee meets four times per year, as well as an optional strategic planning meeting in the summer. The purpose of the committee is to implement the goals set forth by strategic planning. Each year the goals vary but align with our mission and vision statements. The Compact Council meetings will be posted on the website, please check the website for those details.

- **Home and School Association**
  Very similar to a Parent Teacher Organization (PTO) the Home and School Association has a mission to provide enhancement to the educational process. A separate entity from the school but fully supportive, the Home and School provides opportunities for families to connect to their child’s education through grandparents day, book fair, bingo nights, and other fun filled activities. The Home and School Association meets on the third Tuesday of the month in the Distance Learning Room.

- **BRCS Foundation**
  Newly founded and board approved in the fall of 2015, the BRCS foundation is designed to augment the educational program at BRCS. This is a newly created organization and is developing mission, vision and procedures. Stayed tuned for this exciting opportunity.

- **BRCS Booster Club**
  The goal of the BRCS Booster Club is to enhance the basic athletic program. The school district provides the basic needs for various sports. The booster club provides support to students who may need help with camps, and equipment as well as team equipment that is not essential to the operation of the sport. The Booster Club meets on the first Tuesday of the month.
The last couple months at the Beaver River 4-H after school program has been an exciting one with a great group of students. Many of our youth have learned new things during their enrichment time, and have had lots of fun in the process. Recently we have had a few healthy living projects, and the students have really enjoyed learning easy ways to establish life-long healthy habits.

Students were very involved in learning to read recipes and in making the appropriate measurements. They went over ways to incorporate healthy substitutions in the recipes they decided to use. A few of the substitutions included agave for sugar, whole grain for white, and reduced fat for whole fat. We also did a lesson on baking pumpkin seeds, and how they’re a good source of omega 3 fatty acids and a rich source of mono-unsaturated fats.

We will continue to implement wellness curriculum throughout the school year. Two educators recently attended the 4-H Choose Health: Food, Fun, and Fitness training, and are excited about bringing this curriculum to Beaver River starting in January. We hope that this curriculum will encourage them to make healthier choices and practice balance.

We currently have a few spots open in the K-3rd age groups and have a waiting list for the 4th-6th age group. If you are interested in enrolling your student for the after school program please visit http://ccejefferson.org/4-h-youth/4-h-afterschool/beaver-river.
Dear Parents and Guardians,

The Middle School is bustling this time of year. It may be cold outside but we are working hard this third quarter. On January 18, we inducted 13 new members into the Junior Honor Society. The following students received the honor: Katelyn Adams, Ella Barker, Jennavieve Edwards, Sarah Goldthrite, Kathleen Hoang, Tanner Koberling, Rachel LaBrake, Hanna Lighthall, Brynn Rice, Mariella Sauer, Sawyer Schwendy, Miriam Watkins, and Maddy Wolff.

Believe it or not we are moving forward to the planning of the 2018-2019 school year and with this brings with it ideas for scheduling, collaboration, and how we roll out our student centered learning initiatives. It is a very exciting time.

The Middle School Student Council will sponsor a game night on March 2, 2018. We are excited to ring in Spring with this event. I am hoping the new year brings rejuvenation and good health to all.

Sincerely,
Christine LaBare
Middle School Principal

The 6th grade class at Beaver River has spent the past couple months truly embodying the spirit of giving. The class has decided to once again participate in the Smile Train fundraiser. Smile Train is an organization that provides free correcting surgery for children with cleft lip or palates around the world.

The 6th graders brought in loose change, sold baked goods, and helped advertise to raise money for the organization. Their goal was to raise $300, which was easily met soon after starting the fundraiser. The students didn’t settle for just meeting the goal. They went above and beyond to raise a total of $435.05!

Thank you to everyone that donated, bought baked goods, or supported the fundraiser in any way. The students and teachers appreciate the support of the community in helping to give a child hope through this surgery.

The 6th graders took a field trip to the Lowville Town Hall Theater in Lowville to view the movie WONDER as they finished the novel this past fall in their Reading classes.

In ELA, the students have worked on the poetry unit and will wrap that up soon as they are about to begin their next novel, *The Lightning Thief*. Science students continue to work on their unit with buoyancy.
Dear Parents,

Returning to Beaver River in the role of Interim High School Principal has been a good reminder of the great things that occur in the school and the community. The end of January brought the conclusion of the first semester and provided a time for reflection. The district-wide commitment to student-centered learning has brought changes to our classrooms that have required adjustments for both students and teachers. Our high school students have done a great job over the years learning that they should pay attention to their teachers so that they can understand the content information and be prepared for “the real world.” At the same time, employers and colleges have stated that they need individuals who are able to think independently and who demonstrate problem-solving skills and a good work ethic. Shifting the focus to students taking a more active role in their learning better prepares them for the world beyond school. It has turned the tables a little for everyone in the classroom. Teachers are learning to structure lessons that require students to be the leaders of their own learning and students are stepping up to the challenge. This has also created some anxiety as we recognize that our results in these early stages on measures like state assessments may not look like they have in the past. The world around us sometimes defines us in terms of those external achievement measures rather than fully understanding the need to develop learners. The on-going support of parents and the community of Beaver River as we continue this shift in thinking will benefit our students as they move on to the next level. Together we have the opportunity to impact our students in very positive ways and actually prepare them for “the real world.”

Sincerely,

Carrie Widrick
Interim High School Principal

Grade 12
Lesley Aucter, Erik Campeau, Jordan Cornell, Connor Demo, Dana Halladay, Sierra Kempney, Kayna Kloster, Jessie Landis, Liam Mahoney, Emily Mast, Madeline Monnat, Mallory Petrie, Emma Puddington, Elanie Roberts, Brett Worden, Emilee Zehr.

Grade 11

Grade 10
Jessica Boliver, Kaitlyn Burns, Juleanna Duell, Paige Kloster, Jaymie Monnat, Natalie Monnat, Cameron Murphy.

High Honor Roll

Grade 9
Cory Demo, Conrad Freed, Alexis LaBrake, Shae Marriott, Peyton Smith

Grade 8
Brandon Atwood, David Duell II, Malana Pominville, and Emma Roggie

Grade 7

Grade 6
Kennedy Becker, Elena Dickinson, Natalie Dickinson, Kristen Evan, Rori Mattis, Micah Olmstead, and Paige Roggie.

SCHOLARSHIP INFORMATION

Please see page #15. If you have any additional questions feel free to call the Guidance Office at 315-346-1211 ext.522.
Honor Roll

Grade 12
Asia Compton, Karissa Gerdon, Zachary Gould, MaKenna Grunert, Emily Lighthall, Keely Marriott, Erin Murphy, Sierra Neddo, Brock Pominville, Andrew Rice, Makayla Roggie, Cameron Smith, Tabitha Tabolt, Samantha Widrick.

Grade 11

Grade 10
Makenna Boliver, Tia Briot, Cassidy Burns, Masen Bush, Brandon Chartrand, Dalton Finster, Alexis Kloster, Zoie Lehman, Allyson Lyndaker, McKenna Mahoney, Zachary Mast, Hope McIntosh, Taylor Moser, Heather Puddington, Caitlynn Woodward.

Grade 9
Lauryn Bennett, Lillia Campeau, Chase Cardinal, Shauna Davoy, Ryan Everson, Rachel Gould, Micaiah Landis, Emily Pelo, Eva St. Croix, Andrew Walseman, K'aila Wright.

Grade 8
Nevin Barker, Brayden Campeau, Alyssa Evan, Abigail Hazard, Kathleen Hoang, Colton Kempney, Morgan Moser, Avery Olmstead, Ariana Pagan Colon, Brynn Rice, Kendra Roggie, Rachel Streeter, and Abigail VanCour.

Grade 7
Jacob Boliver, Lauren Burns, Nico Camporeale, Shyainne Davoy, Joselynne Duell, Connor Everson, Gavryella Forte, Seth Garrison, Candace Genito, Kimberly Hlad, Hunter Jones, Tanner Koberling, Natali Meyer, Ayden Moser, Andrew Noftsier, Rachel Pellam, Carson Peters, Skyler Steiner, Katelyn Swartz, Braeden Terrillion, Maddy Wolff, Jedediah Zehr, Kaylee Zehr, and Mya Zehr.

Grade 6

Achievement Roll

Grade 12

Grade 11
Achievement Roll

Grade 10

Grade 9

Grade 8
Julia Beck, Isaac Boliver, Derek Cheney, Jordan Davis, Matthew Evan, Jadien Kline, Emma Lyndaker, Adrianna Maxson, Jonah Mullin, Jacob Steiner, and Trevor Waugh.

Grade 7

Grade 6
Jaiden Aucter, Sutton Barrett, Lucas Bender, Ronald Cardinal II, Kyle Cooper, Emmilee Hlad, Macey Hoch, Connor Johnson, Matthew Knight, Rodney Lagree, Zavier LaPlante, Failyn Locklear, Lilie Mattimore, Aubrie Monnat, Linkoln Moore, Jessica Reed, Anna Roggie, Juliane Russel, Derek Virkel, and Conner Zehr.

2017-18 WINTER SCHOLAR ATHLETES


Varsity Boys Basketball: Zachary Mast.
On Tuesday, November 21, 2017, the LaVerne A. Norton Chapter of the National Honor Society inducted 29 students. The new inductees were welcomed to the society by present members, guest speaker Ms. Kerrigan Mahoney and Superintendent Mr. Todd Green. Music for the induction ceremony was provided by the Brass Ensemble under the direction of Mr. Matthew McGrath.

The newly inducted members are:

Dana Halladay, daughter of Mr. David Halladay and Ms. Rebecca Halladay, Emily Beck, daughter of Mr. and Mrs. Louis Beck, Cole Bennett, son of Mr. and Mrs. Troy Bennett, Victoria Boliver, daughter of Mr. and Mrs. Loren Boliver, Kelsey Bowers, daughter of Mr. David LaPlante and Ms. Shannon Reed and Ms. Jessica Bowers, Macie Brouty, daughter of Mr. and Mrs. Lawrence Campeau, Dawson Gerdon, son of Mr. and Mrs. David Gerdon, Patrick Golden, son of Mr. and Mrs. Dan Golden, Katelyn Johnson, daughter of Ms. Jennifer Johnson, Kirsten Joslin, daughter of Mr. and Mrs. Samuel Joslin, Ruby Kloster, daughter of Mr. Paul VerSchneider and granddaughter of Mrs. Norma VerSchneider, Lydia Lagree, daughter of Mr. and Mrs. Richard Lagree, Kaitlyn Metzler, daughter of Mr. and Mrs. Abram Metzler, Thomas Meyer, son of Mr. and Mrs. David Meyer, Trent Meyer, son of Mr. and Mrs. David Meyer, Taylor Moore, daughter of Mr. and Mrs. Stephen Moore, Wyatt Mullin, son of Mr. and Mrs. Randy Mullin, Colin Noftsier, son of Mr. Jasyn Noftsier and Ms. Heather Noftsier, Shauna Rice, daughter of Mr. and Mrs. Shawn Rice, Skylar Schmitt, daughter of Mr. and Mrs. Craig Schmitt, Julia Schwendy, daughter of Mr. John Schwendy and Ms. Marianne Green, Natalie Streeter, daughter of Mr. and Mrs. Duane Streeter II, Amber Turck, daughter of Mr. and Mrs. Randall Turck, Delaney VanNest, daughter of Mr. and Mrs. Robert VanNest, Megan Walseman, daughter of Mr. and Mrs. Jon Walseman, Erin Ward, daughter of Mr. and Mrs. Phillip Ward, Cory Woodward, son of Mr. and Mrs. Andrew Woodward, Amanda Zehr, daughter of Mr. and Mrs. Greg Zehr.
Summer Youth Employment Program

Applications to be accepted March 1st – May 31st

Applications will be available in schools and at The Lewis County WorkPlace starting in March.

For more information please contact The Lewis County WorkPlace
5274 Outer Stowe Street
Lowville, NY 13367
(315) 376-5800
lewisonestop@dfa.state.ny.us

• For ages 16-24
• Employment is primarily for the months of July & August
• $10.40 per hour
• Up to 35 hours per week
• Eligibility criteria apply

The Lewis County Workplace

Save the Date!

The Lewis County Job Fair
April 18th, 2018
10am- 2pm
At the Lowville Elks Lodge

For more information or to register with The WorkPlace, please contact us at:

The Lewis County WorkPlace
5274 Outer Stowe Street
PO Box 193
Lowville, NY 13367
Phone: 315-376-5800
Fax: 315-376-5328
lewisonestop@dfa.state.ny.us
HOUSE/COLLEGE VISITATIONS

Attending a college open house/campus visitation day is an excellent way to gain firsthand information about a college as well as to meet with other students who are interested in the same college. The college visit is so important that some colleges require it before accepting a student. Please contact the Guidance Office for more information. A listing of State University of New York planned open house dates and events will soon be available at http://www.suny.edu/attend/visit-us/campus-visit/. Students who want to attend open houses at private colleges should check the websites for those colleges.

COLLEGE ACCEPTANCES

The following students have been advised of their acceptances at colleges for the 2018-2019 school year:

SIERRA KEMPNEY, daughter of Shawn and Theresa Kempney, at Nazareth College in the Physical Education program and at St. Lawrence University in the Biology program.

EMILY LIGHTHALL, daughter of Todd and Shari Lighthall, at Keuka College and Utica College in the Occupational Therapy program.

SYDNEY QUINN, daughter of Renee and Robert Reese, at Utica College in the Animal Behavior program.

ELANIE ROBERTS, daughter of Brenda Roth, at Roberts Wesleyan College in the Criminal Justice program.

BRETT WORDEN, son of Timothy and Becky Worden, SUC at Potsdam in the Music Education program and at Siena College and the College of St. Rose in the History Education programs.

COLLEGE BOUND SENIORS

When you receive your letter of acceptance from colleges, please bring it to the Guidance Office so we may make a copy of it. Most colleges expect you to make a decision about where you will attend by May 1. You will likely need to send them a deposit as a guarantee of your commitment. Please be sure to follow the directions in your acceptance letter carefully.

2018 SPRING NATIONAL COLLEGE FAIR IN SYRACUSE

The National College Fair will be at the SRC Arena, (4585 West Seneca Turnpike) at Onondaga Community College in Syracuse on Wednesday, March 15 (9 am -12 pm and 5 pm - 8 pm). The fair is open and free to all students, parents, and counselors who are interested in learning more about opportunities in higher education. There are currently over 200 colleges and universities registered to participate in the fair. Students are encouraged to visit the college fair website at https://www.nacacfairs.org/attend/national-college-fairs/syracuse-national-college-fair/. On this website students can access additional information on this event including the most current listing of institutions in attendance, fair preparation, time, location, workshop information, and other pertinent college fair information. Students may pre-register for the College Fair. This fair is hosted by the National Association of College Admissions Counselors.
American Legion Auxiliary has set date for Empire Girls State

Empire Girls State is one of the American Legions Auxiliary’s premier programs. It is an educational Americanism program developed to offer a better perspective of the practical government operations and to emphasize the integral part that individuals have within a democratic government. The program also allows participants the opportunity to enroll and earn college credits after they have participation of the program. Interviews will be held at Beaver River Central School, on February 6, 2018 (in case of a snow day they will be Feb. 7th).

High school juniors, including home schooled students, are selected to participate in a week-long educational experience with hands on workshops that allows students to learn the privileges and responsibilities of citizenship in a democratic society. These young ladies work very hard throughout the week as their participation provides them with a greater understanding of their role within a democracy. It also teaches life skills that in the future they can use which include, how to run a meeting, parliamentary procedures and Roberts Rules of Order.

With teamwork between the American Legion Auxiliary #1663, Guidance office and teachers, working together students are selected from the top 1/3 of the junior girls. The selection of a delegate and an alternate girl is finalized by choice of the American Legion Auxiliary, in which the tuition is also paid by. The girls are explained of all obligations in which they have to fulfill to take on this challenge. For example a $25.00 non-refundable application processing fee, mandatory orientation class, attending a unit and county meeting after completing the week-long program, with given an explanation, in a speech form for all to hear, at meetings of the Auxiliary. (September & October 2018).

The 2018 main event for Empire Girls State session will be July 1 - 7, 2018 Sunday – Saturday at College of Brockport – SUNY which is west of Rochester. Please join in and get ready to move forward for life challenges, and your future. This notice is to inform all and to have parents involved in the completion of our goals of our daughters, Empire Girls State Chairman, Mary E. Meyer.

SCHOLARSHIP INFORMATION

Please visit the brcsd.org website for complete scholarship information. Click on the “High School Guidance” link, then on “Scholarship Information”. Feel free to call the Guidance Office with questions.
Head Lice 101
What You Should Know About Head Lice

Overview
Head lice are a common community problem. An estimated 6 to 12 million infestations occur each year in the United States, most commonly among children ages 3 to 11 years old. Though a head lice infestation is often spotted in school, it is usually acquired through direct head-to-head contact elsewhere, such as at sleepovers or camp.

Head lice are not dangerous, and they do not transmit disease. Additionally, despite what you might have heard, head lice often infest people with good hygiene and grooming habits. Your family, friends, or community may experience head lice. It's important to know some basics, including how to recognize symptoms and what to do if faced with an infestation.

What are head lice?
Head lice are tiny, wingless insects that live close to the human scalp. They feed on human blood. When checking for head lice, you may see several forms: the nit, the nymph, and the adult louse.

Nits are tiny, teardrop-shaped lice eggs that are often yellowish or white. Nits are also what you call the shells that are left behind once the eggs hatch. Nits are attached to the hair shaft and often found around the nape of the neck or the ears. Nits can look similar to dandruff, but cannot be easily removed or brushed off.

Nymphs, or baby lice, are small and grow to adult size in 1 to 2 weeks.

Adult lice are the size of a sesame seed and appear tan to grayish-white.

How are head lice spread?
- Head lice move by crawling and cannot jump or fly.
- Head lice are mostly spread by direct head-to-head contact—for example, during play at home or school, sleepovers, sports activities, or camp.
- It is possible, but not common, to spread head lice by contact with items that have been in contact with a person with head lice, such as clothing (for example, hats, scarves, or coats) or other personal items (such as combs, brushes, or towels).
- Head lice transmission can occur at home, in the community, or—very infrequently—in school.

What are the signs and symptoms of infestation?
Signs and symptoms of infestation include:
- Tickling feeling on the scalp or in the hair
- Itching (caused by the bites of the louse)
- Irritability and difficulty sleeping (lice are more active in the dark)
- Sores on the head (caused by scratching, which can sometimes become infected)

Finding a live nymph or adult louse on the scalp or in the hair is an indication of an active infestation. They are most commonly found behind the ears and near the neckline at the back of the head.
Parental Awareness: A Key Factor of Strength

Mountain View Prevention Services recognizes that the job of parenting continues to be complicated and complex in the 21st century. Technology is developing faster than most adults can even imagine, although youth can understand the latest development within moments. Educational standards are racing at an ever increasing pace, often resulting in the adults questioning how they can help. One constant has remained throughout the past several generations; youth are exposed to many difficult and challenging situations. Unfortunately, there are weakened moments when youth do not utilize their refusal skills to avoid substance use. This is when it becomes critically important for the adults to intervene and respond with care and support.

The following is a ‘Watch List For Parents’ from https://www.drugfreekidscanada.org to assist in recognizing possible substance use in their children:

- Changes in friends
- Negative changes in schoolwork, missing school, or declining grades
- Increased secrecy about possessions or activities
- Use of incense, room deodorant, or perfume to hide smoke or chemical odors
- Subtle changes in conversations with friends, e.g. more secretive, using “coded” language
- Change in clothing choices: new fascination with clothes that highlight drug use
- Increase in borrowing money
- Evidence of drug paraphernalia such as pipes, rolling papers, etc.
- Evidence of use of inhalant products (such as hairspray, nail polish, correction fluid, common household products); Rags and paper bags are sometimes used as accessories
- Bottles of eye drops, which may be used to mask bloodshot eyes or dilated pupils
- New use of mouthwash or breath mints to cover up the smell of alcohol
- Missing prescription drugs—especially narcotics and mood stabilizers

Simply being aware of personal changes with a child can become a significant strength and source of protection. If you have any questions or concerns about your teen and substance use, you can reach Kylie Simpson, SAP, at ext. 577 or at Mountain View Prevention Services, 376-2321.

Preventing the Flu: Good Health Habits Can Help Stop Germs

1. Avoid close contact. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
Enrollment is easy!

Go to: MySchoolBucks.com and register for a free account.

- You will receive a confirmation email with a link to activate your account.
- Add your students using their school name and student ID.
- Make a payment to your students’ accounts using credit/debit cards or electronic checks.
- A program payment fee will apply. You will have the opportunity to review any fees and cancel if you choose, before you are charged.

You can also view recent purchases, check balances, and set-up low balance alerts for FREE!

MySchoolBucks provides:
- **Convenience** - Available 24/7 on the web or with the Mobile App for your iPhone, Android or Windows phone!
- **Efficiency** - Make payments for all your students, even if they attend different schools within the district. Eliminate the need for your students to take money to school.
- **Control** - Set low balance alerts, view account activity, recurring/automatic payments & more!
- **Flexibility** - Make payments using credit/debit cards and electronic checks.
- **Security** – MySchoolBucks adheres to the highest security standards, including PCI and CISP.

If you do not qualify now but expect a change in income or family size, you may complete an application anytime throughout the year.

### 2017 - 2018 INCOME ELIGIBILITY GUIDELINES FOR FREE AND REDUCED PRICE MEALS

#### REDUCED PRICE ELIGIBILITY INCOME CHART

<table>
<thead>
<tr>
<th>House Size</th>
<th>Annual</th>
<th>Monthly</th>
<th>2x per Month</th>
<th>Every 2 Weeks</th>
<th>Weekly</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$22,311</td>
<td>1,860</td>
<td>930</td>
<td>859</td>
<td>430</td>
</tr>
<tr>
<td>2</td>
<td>$30,044</td>
<td>2,504</td>
<td>1,252</td>
<td>1,156</td>
<td>578</td>
</tr>
<tr>
<td>3</td>
<td>$37,777</td>
<td>3,149</td>
<td>1,575</td>
<td>1,453</td>
<td>727</td>
</tr>
<tr>
<td>4</td>
<td>$45,510</td>
<td>3,793</td>
<td>1,897</td>
<td>1,751</td>
<td>876</td>
</tr>
<tr>
<td>5</td>
<td>$53,243</td>
<td>4,437</td>
<td>2,219</td>
<td>2,048</td>
<td>1,024</td>
</tr>
<tr>
<td>6</td>
<td>$60,976</td>
<td>5,082</td>
<td>2,541</td>
<td>2,346</td>
<td>1,173</td>
</tr>
<tr>
<td>7</td>
<td>$68,709</td>
<td>5,726</td>
<td>2,863</td>
<td>2,643</td>
<td>1,322</td>
</tr>
<tr>
<td>8</td>
<td>$76,442</td>
<td>6,371</td>
<td>3,186</td>
<td>2,941</td>
<td>1,471</td>
</tr>
</tbody>
</table>

Each Add’l person adds
+$7,733  + 645  + 323  +298  + 149

Effective 9/1/17

Elementary Food Services a la carte pricing:

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extra Entrée</td>
<td>$2.10</td>
</tr>
<tr>
<td>Yogurt</td>
<td>$1.00</td>
</tr>
<tr>
<td>School-made Cookies</td>
<td>$1.00</td>
</tr>
<tr>
<td>Ice Cream</td>
<td>$ .85</td>
</tr>
<tr>
<td>Nutri-Grain bar</td>
<td>$ .75</td>
</tr>
<tr>
<td>Rice Krispie Treat</td>
<td>$ .80</td>
</tr>
<tr>
<td>Fruit Snacks</td>
<td>$.50 / .65</td>
</tr>
<tr>
<td>String Cheese</td>
<td>$ .50</td>
</tr>
<tr>
<td>Milk</td>
<td>$ .55</td>
</tr>
<tr>
<td>Juice</td>
<td>$ .55</td>
</tr>
<tr>
<td>Water</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

Don’t forget to add MY SCHOOL BUCKS app to your phone www.MySchoolBucks.com

To Parents and Guardians,

BEAVER RIVER CENTRAL is excited to offer MySchoolBucks®! This online payment service provides a quick and easy way to add money to your student’s meal account using a credit/debit card or electronic check.

If you have any questions, contact MySchoolBucks directly: 1-855-832-5226 or visit MySchoolBucks.com and click on Help/FAQ’s.

MySchoolBucks provides:

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- **Efficiency** - Make payments for all your students, even if they attend different schools within the district. Eliminate the need for your students to take money to school.
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If your income is at or below the scale shown above, you are urged to apply for meal benefits. You may do so by calling the school at 346-1211 and ask for Mr. Dave Thoma, ext. 532. You may also complete an application in person by coming to the school. If you have any questions about income eligibility or would like information regarding the breakfast or lunch programs, please call Mr. Thoma at 346-1211, ext. 532.

If you do not qualify now but expect a change in income or family size, you may complete an application anytime throughout the year.

### ONLINE PAYMENT OPTION

**MY SCHOOL BUCKS**

Credit card payments could take up to 24 hours.
Debit Cards could take up to 2-3 business days to clear.

**Please take this time into consideration if your children’s balance gets low.**

YOU CAN GET YOUR CHILD’S ID NUMBER BY CALLING 346-1211 EXT: 535

Don’t forget to add MY SCHOOL BUCKS app to your phone www.MySchoolBucks.com
The following classes are being offered during the months of February and March to any interested community member. Please call the appropriate instructor without delay as some classes have seating limits. Some classes may be cancelled if insufficient interest is shown, at which time you will be notified if you have already signed-up. Participation in each class requires a signed physical injury district release form, which the instructor will have prepared for each student during registration. The classes will be offered as scheduled while school is in session. If school closes for a holiday or emergency, the adult education class will also be cancelled.

<table>
<thead>
<tr>
<th>CLASS</th>
<th>INSTRUCTOR</th>
<th>DATE/TIME/PLACE</th>
<th>FEE</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Swim</td>
<td>Certified Life Guards</td>
<td>Wednesdays 7:00 – 8:00 p.m.</td>
<td>$2.00 per session</td>
<td>No registration necessary. Every child must be accompanied by an adult who stays while the child is swimming and provides adult supervision in the locker room.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pool</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Saturday Family Swim – check the website for availability!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Morning Lap Swim</td>
<td>Certified Life Guards</td>
<td>Wednesdays and Fridays 7:00 – 8:00 a.m.</td>
<td>$3.00 per session</td>
<td>No registration necessary. Held only when school is in session. If school is delayed for any reason, morning lap swim is cancelled for that day.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pool</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evening Lap Swim</td>
<td>Certified Life Guard</td>
<td>Tuesdays and Thursdays 7:00 – 8:00 p.m.</td>
<td><strong>$3.00 per session</strong></td>
<td>No registration necessary. Held only when school is in session.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pool</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zumba</td>
<td>Gretchen Anderson</td>
<td>Thursdays 3:45 – 4:45 pm</td>
<td>$4.00 per session</td>
<td>Come get a total workout, combining all elements of fitness – cardio, muscle conditioning, balance, flexibility, and boosted energy.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>High School Cafeteria</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Country Heat &amp; Turbo Kick</td>
<td>Vicky Miller Certified Turbo Kick/Country Heat Fitness Instructor &amp; Coach</td>
<td>Tuesdays 5:00 – 6:00 pm High School Cafeteria</td>
<td><strong>$5.00 per session or $25 for 6 sessions</strong></td>
<td>Country Heat is a country dance-inspired workout with calorie burning fun-filled simple steps. Turbo Kick is a combination of cardio kickboxing and body-sculpting dance moves choreographed to the hottest music. No registration necessary but bring your own yoga mat, sweat towel and water bottle.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult Volleyball</td>
<td>Brooke Pae</td>
<td>Wednesdays 7:00 – 9:00 pm Elementary Gym</td>
<td>Free</td>
<td>Come and enjoy the sport of volleyball in an adult only setting. No registration necessary.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td><em>Check the Facebook page “Adult Volleyball at Beaver River” for scheduling updates.</em></td>
</tr>
<tr>
<td>Essential Oils 101 Seminar</td>
<td>Gretchen Monnat</td>
<td>Monday, February 26 6:30-7:30 Room 154 (Mrs. Kuhl’s room)</td>
<td>Free</td>
<td>Introduction to essential oils. What are they? How can I use them? I already have some, now what? This will allow you to get rid of that overwhelming feeling, or introduce you to how easy it is to add this health benefit to your life! If there is no school there will be no class. Please register with <a href="mailto:gmonnat@brcsd.org">gmonnat@brcsd.org</a> by February 25.</td>
</tr>
</tbody>
</table>