

KIRTLAND ELEMENTARY
9140 CHILlicoTHE RD.
KIRTLAND, OH 44094
(440) 256-3344
CHAD VANARNHEM, PRINCIPAL
LINN BOWEN, GUIDANCE COUNSELOR
TERRY WARDER, SECRETARY

News from the Nest

The KES Newsletter

Our Goal is to Maximize Student Achievement Through
Personalized Learning



JANUARY 16, 2019

A Few Points from the Principal

- I highly encourage you all to mark your calendar for **February 7th**. The Kirtland Schools will be hosting internet safety expert Jesse Weinberger on February 7th in Hornet Hall at **6:30 pm**. She spoke two years ago and parents commented that she was one of the most powerful and important presenters they have ever seen. See p. 3 for more details.
- Jesse will be presenting on February 5 and 6 to all students in grades 3-12. She will meet with each grade for about an hour to discuss internet safety in an age appropriate manner.
- Kindergarten registration for the 2019-2020 school year will take place on **May 17, 2019**. **You must call the office to set up an appointment at 440-256-3344**. Your child must be 5 years old by September 30, 2019. All required enrollment documents are on the Kirtland Schools website under the Parents tab. If you need a paper copy, please stop in the Kirtland Elementary office. **Parent(s) and child will both attend registration.**
- Kirtland Elementary School's PTA is happy to announce that we will again be collecting donations for End 68 Hours of Hunger Lake County at our annual BINGO NIGHT on Friday, January 25th 2019. To anyone that cannot make BINGO NIGHT, KES will collect donations the week leading up to the event January 21-25th. Our PTA families truly believe in the wonderful work that End 68 Hours of Hunger does for hungry children in Lake County and are happy to help out!
- In January, we will be reviewing all our HORNET expectations to ensure that our student body stays on track by exhibiting expected behaviors. To keep with our theme of celebrating these HORNET qualities on Tuesdays, here's the color plan for January: K wear Orange, 1st wears Yellow, 2nd wears Green, 3rd wears Red, 4th wears Purple, Preschool and 5th wears Blue.
- We are excited to announce Kirtland and Mentor Schools will again offer three (**please note Kirtland Students cannot participate in any camps that start on June 3 as we are in session until June 4**) summer camps this year for students entering **grades 3-9 for the 2019-2020** school year. Please view the attached flyer to find out more information about the various camps and the grade levels they are being offered to serve. Registration will open for the camps on **March 1, 2019 at Noon** on Mentor's website, www.mentorschools.net. Billing information will be posted to the Infinite Campus parent portal at a later date. Payment information is not necessary at the time of registration. Camps have limited capacity and may fill-up quickly.
- We likely will be having a lot of indoor recesses in the coming weeks. Therefore, we are looking for donations of items for students to use such as: floor puzzles, big blocks, puppets, board games, plastic bowling, cup stacking, etc. Donations can be dropped off at the KES office.

Important Times

Arrival 8:25am
School opens 8:30am
Tardy bell 8:40am
Pre-school starts 8:45am
Pre-school ends 11:15 am
Dismissal 3:20 pm

Lunch

Lunches will be \$3.15
Milk can be purchased separately for \$.50

Absent

Please call our absence line (available 24-hours) at **440-256-3344 ext. 2000** by 8:30 am to inform the school of your child's absence. Request homework by 10 am to allow time to gather materials for the end of the day pick up.

Change with Dismissal

Please call the office before **2:00 pm** with any changes on how your child is going home after school.



Follow KES on
Twitter @KESHornets
Facebook- Kirtland
Elementary School

Principal Points continued:

- Grade 3, 4 and 5 parents, please see p. 5 for the upcoming Spring AIR state testing dates.
- Preschool registration has started for Kirtland Elementary for any child that will be 3, 4 or 5. See p. 8-10.
- Please call the office **before 2:00 pm** with any changes on how your child is going home after school.
- The goal is to have students go outside for recess if the weather permits. We will go outside if it is snowing, so please send your child with boots, hats, gloves and a warm coat. Many students bring snow pants as well. We will stay inside if it is too icy or if the wind chill factor is below 20 degrees Fahrenheit.
- Volunteers are welcome and appreciated at KES. Please remember you must be fingerprinted to volunteer for school activities including field trips. If you have not been printed and want to, let you child's teacher know ASAP and he or she will get it set up. Fingerprinting validation is good for 5 years.
- Every Friday is Spirit Day at KES. Students are encouraged to wear Hornet apparel and/or blue and gold.

Important Dates:

January 17	-Skating Party at United Skates of America 6:00-8:00pm
January 21	-No School for MLK Day -Board of Education Meeting at 7:00 pm in the KHS Cafeteria
January 23	-Grade 5 Spelling Bee at 9:00 am in Hornet Hall -Grade 4 Spelling Bee at 2:15 pm in Hornet Hall
January 25	-PTA Bingo Night 6:00-8:00 pm
January 31	-District Spelling Bee
February 5-6	-Jesse Weinberger internet safety presentations to students in grades 3, 4 and 5.
February 7	-Jesse Weinberger parent presentation in Hornet Hall at 6:30 pm.
February 9	-Princess Prom in KES Gym
February 14	-Heart Healthy Day at KES
February 15	-No School for Students (Staff Professional Development Day)
February 18	-No School for President's Day
February 20	-Taco Dinner Night (invites will be sent out)
February 21	-Taco Dinner Night (invites will be sent out) -5th Grade and KHS Band Concert at 7:00 pm in the KES Gym
February 23	-Kirtland Kiwanis Reverse Raffle
February 25	-Board of Education Meeting at 7:00 pm in KHS Cafeteria

Internet Safety for Parents

Do you know how to keep your children safe in an always connected digital society?

Thursday, February 7,
2019 at 6:30 pm in
Hornet Hall.



**ADULT ONLY
presentation
NO kids in
presentation
space**

About Jesse Weinberger

Jesse Weinberger is a nationally recognized Internet Safety presenter, TEDx speaker, and author. Since 2003 Jesse has been presenting to parents, students, teachers, and school districts, all over the United States. As a respected expert and leader in this field, she is frequently sought out by media, educators, administrators, and law enforcement for guidance on how to manage and improve the digital lives of children all over the United States.

Jesse's particular passion is in speaking directly to tweens, teens, and the parents who may not understand how best to keep their children safe. Jesse is able to effectively move her audiences with the perfect combination of humor and a deep expertise in this new digital world.

“ It is not very common where you run across a presenter who holds such a captive audience. Your lecture actually provided insight and tools on how to fix issues we as parents may have created/allowed. Our son came home from your presentation (at school) and immediately erased his Instagram account. The simple fact that he came home and discussed specifics of your lecture and took action himself is a message well received and one we thank you for. In addition, our son spoke with his older sister (on his own) and she took action as well. I would not change one thing about your presentation. Keep delivering it with the same passion and direct tone!

The Meisters - parents



Jesse's book : *The Boogeyman Exists: And He's In Your Child's Back Pocket* will be available for purchase (\$20) at the presentation. Jesse will be available for book signing before and after the event.

Understanding Social Media & Media Literacy

Learn: "the many ways in which your child is at risk online, "the massive effect of hypersexualization on your child, how too-young device ownership has a direct impact on sexual precocity and increases risks of sexual and social victimization, "the new age of onset of "adult content" consumption is 8 years old and the new age of onset of "adult content" addiction is 11 years old. Get educated and engaged TODAY.

Cyberbullying

Cyberbullying is happening every day on social media sites and gaming platforms. 50% of the time the bully is your child's best friend. 58% of the time today's "bully" is yesterday's "victim". Learn how to prevent your child from becoming a perpetrator and a victim

Sexting

Sexting is happening right now in your school district among your child's peers. Sexting is happening as early as the 4th & 5th grades. Children are being charged with felonies and facing criminal consequences all over the United States. Learn HOW to have the conversation.

Sexual Predation

Your children are unaware that they are currently gaming and engaging on social media with sexual predators pretending to be children. Sexting, sextortion, and human sex trafficking have become a reality in the digital world. Learn how to protect your children!

The Columbus Dispatch The New York Times

www.OvernightGeek.com
www.Facebook.com/OvernightGeekUniversity

The Kirtland PTA Presents
KES Family BINGO Night



**FRIDAY
 JAN. 25
 6:00-7:30 PM
 HORNET HALL**

Pizza served 6-6:30pm. Space is limited. We can only take the first 160 people that respond.

NO WALK-INS, night of event. Must PRE-REGISTER by, Wednesday, Jan. 23rd!

\$1.00 DRINKS & PIZZA! FAMILY FUN! PRIZES!

FREE ADMISSION with DONATION to: **End 68 Hours of Hunger** (Lake County) <http://www.end68hoursofhunger.org> is a private, not-for-profit, effort to confront the approximately 68 hours of hunger that some school children experience between the free lunch they receive in school Friday and the free breakfast they receive in school Monday.

Food Items needed: Peanut Butter – 18 oz plastic; Jelly – 20 oz squeeze bottles; assorted and individually packaged snacks; Canned Pasta – Beefaroni, Ravioli, spaghetti & meatballs; Canned Soup (not “cream of”)– 12-20 oz; canned fruit & veggies; canned tuna/chicken; cereal; granola/nutrition bars & instant oatmeal

RSVP required. RETURN this bottom portion to KES office labeled: **KES BINGO Night**

YES, we can attend! YES, we are PTA members TOTAL in family attending # _____

Parent(s) Name(s) _____ Phone: _____

Child(ren) & grade(s) _____

PIZZA: # _____ PEPPERONI (@\$1.00 each) \$ _____

_____ CHEESE (@\$1.00 each) \$ _____

DRINKS: # _____ BOTTLED WATER (@\$1.00 each) \$ _____

_____ JUICE BOX (@\$1.00) \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

*Please complete & return bottom portion of form with cash/check payable to **Kirtland PTA** for food/drinks by 1/23/19. Please don't forget your **End 68 Hours of Hunger** food items on Jan. 25. If you cannot attend, we will collect donations in the KES office the week of Jan. 21-25. **THANK YOU!** Reservations handled 1st come, 1st serve, space is limited! Pre-registered families will have an envelope with pizza/drink tickets & BINGO start off cards @ door the night of the event.

2019 Spring AIR Testing Schedule

GRADE 3

April 15th: ELA Part I, Swick, 8:45AM start

April 16th: ELA Part I, Greer/Ribelli, 8:45AM start

April 17th: ELA Part II, Swick, 8:45AM start

April 18th: ELA Part II, Greer/Ribelli, 8:45AM start

April 30th: Math Part I, Greer/Ribelli, 8:45AM start

May 1st: Math Part I, Swick, 8:45 AM start

May 2nd: Math Part II, Greer/Ribelli, 8:45AM start

May 3rd: Math Part II, Swick, 8:45AM start

GRADE 4

April 10th: ELA Part I, ALL FOURTH GRADERS, 9;35AM start

April 12th: ELA Part II, ALL FOURTH GRADERS, 9;35AM start

April 25th: Math Part I, ALL FOURTH GRADERS, 9;35AM start

April 29th: Math Part II, ALL FOURTH GRADERS, 9;35AM start

GRADE 5

April 9th: ELA Part I, ALL FIFTH GRADERS, 8:45AM start

April 11th: ELA Part II, ALL FIFTH GRADERS, 8:45AM start

April 24th: Math Part I, ALL FIFTH GRADERS, 8:45AM start

April 26th: Math Part II, ALL FIFTH GRADERS, 8:45AM start

April 30th: Science Part I, Held/Denton science classes, 8:45AM start

May 1st: Science Part I, Held/Denton science classes, 8:45AM start

May 2nd: Science Part II, Held/Denton science classes, 8:45AM start

May 3rd: Science Part II, Held/Denton science classes, 8:45AM start

News from the Kirtland Public Library

Kirtland Public Library Youth Programs for February, 2019

Storytimes on Tuesdays

10:00 am **Story Time**

Stories, songs, rhymes, and surprises that encourage early literacy. For families with children up through age 5.

10:45 am **Lapsit**

Bounces, tickles, scarves, shakers, and a big finish with bubbles! For families with children up through age 2.

STEAM Party: Valentine Fun

11:00 am on Friday, February 8, 2019

Families with kids up through age 5, come learn while you play. Visit the different stations for Science, Technology, Engineering, Art, and Math, all pertaining to Valentine's Day.

Please register for this event by calling the library at (440) 256-7323.

Meet The Ice Breakers

6:30 pm on Thursday, February 21, 2019

Come meet the Ice Breakers, the new pro hockey team from Mentor, as they read stories about hockey and skating. Find out everything you ever wanted to know about skating.

Families, please register for this event by calling the Library at (440) 256-7327.

Wee Play

11:00 am on Friday, February 22, 2019

Feeling cooped up inside this winter? Families with kids up through age 5, come use up some of that excess energy at the Library. Crawl through our tube, toss beanbags into buckets, hit the golf ball into the hole, and more. Take a book break, then do it all over again! Please register for this event by calling the Library at (440) 256-7323.

Dance Party

11:00 am on Friday, February 15th, 2019 (in Carousel Room)

A dance party for families with children up through age 5. Spend a fantastic half hour dancing with your child! Please register for this event by calling the Library at (440) 256-7323.

Lego Club

2:00 pm on Saturday, February 9th, 2019

For children up through 6th grade. Create with the library's LEGO bricks, and afterwards we will display them in the library!

Cupcake Wars

3:30 pm on Wednesday, February 20th, 2019

A fierce cupcake decorating contest. Get ready to show off your skills! For those in grades 6-12. Please register for this event by calling the Library at (440) 256-7323.

KIRTLAND SCHOOLS WELLNESS CHALLENGE

JANUARY 2019

NAME _____
Staff or Student (circle one)

SCHOOL _____

“MIND, BODY, AND SOUL”

This month is one of new beginnings. January’s challenge is all about balance. Do take time to rest your thoughts and regenerate through positive thinking? What new fitness routine are you planning to adopt to a healthier you? How you accept the person you are and think about yourself greatly influences the total mind, body and spirit. This month give yourself a point for every 30 minutes you spend “unplugged” by turning off all electronics during your active day and reflecting or work on positive activities to create a healthier YOU.

“Every human being is the author of its own health or disease: - Sivanda

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
		TOTAL POINTS FOR THE MONTH				

THE DEADLINE FOR ENTRY OF THIS FORM TO THE CAFETERIA OR SCHOOL OFFICE IS FEBRUARY 5th



Registration:

- * Kirtland Residents:
 - * January 7 through April 12, 2019
- * Non-Residents:
 - * April 10 through May 1, 2019
- * Currently enrolled students will receive first priority in enrolling.

Registration Fee (Non-refundable):

- * \$100.00 for the registration process and to reserve child's placement in the class
- * Registration fee is due at the time of registration.
- * To register, please contact Diana Simpson at (440)256-3311, ext. 1007

Cost of Program:

- * Kirtland Residents:
 - * \$1710.00 per child
- * Non-Residents:
 - * \$1910.00 per child



The Kirtland School District invites children ages 3, 4 and 5 to learn, play and grow together at the Kirtland Schools' Bright Beginnings Preschool.

Kirtland Schools'



Bright Beginnings

Preschool

2019-2020

The 2019-2020 school year is just around the corner and we are excited to begin enrolling children for the upcoming school year.

The Kirtland Schools' Bright Beginnings Preschool will open its doors on Monday, August 26, 2019.

Parents will have the opportunity for an individual meet and greet with the classroom staff the week of August 19, 2019.

In addition, The Kirtland Schools' Bright Beginnings Preschool staff will offer summer outings and get-togethers for parents and children to get acquainted as they begin and continue their Preschool journey.



The Kirtland Schools' Bright Beginnings Preschool provides a stimulating learning environment that develops and enhances each child's educational development in:

- * Cognitive Skills
- * Critical Thinking Skills
- * Language Development
- * Social and Emotional Skills
- * Pre-Reading and Writing Skills
- * Beginning Math Skills
- * And much more!

Daily routines include instruction and practice that encourage an integration of multiple content areas.

Routines will encourage development of self-confidence by offering children multiple opportunities to make choices, encourage curiosity, problem-solving, and exploration.

Skills and concepts taught will also provide a strong foundation for each child's current and future learning success!



Class Days:

Monday through Thursday

Rainbow Class

★ 8:45 a.m. -11:15 a.m.

★ 3 year old (by Sept. 1, 2019 and must be potty trained by the start of school) and

★ Younger 4 year old learners

Sunshine Pre-K Class

☀ 12:15 p.m.-2:45 p.m.

☀ Older 4 year old and 5 year old learners



Dear Kirtland Parents and Guardians,

We are looking forward to registering your child in the Kirtland Schools' Bright Beginnings Preschool for the upcoming school year! Many parents have already expressed their desire to have their child continue to attend the preschool housed at Kirtland Elementary School. We are very excited and pleased that your child has enjoyed the program this year and we look forward to your child continuing to grow in his/her academics in the year to come!

Registration: Kirtland residents on January 7, 2019 through April 12, 2019.

Currently Enrolled Bright Beginnings' Students: Parents of currently enrolled preschool students do not need to fill out all of the Preschool registration forms again. However, parents will need to sign the attached form to register. To secure your child's placement in Bright Beginnings, parents must pay the \$100.00 deposit by check made payable to the Kirtland Local School District. You may send the deposit and re-registration form to Mrs. Miller and she will attach it to your child's previous registration forms. **Students will not be placed into a Bright Beginnings classroom until the attached form is complete and the deposit is paid.**

New Students to Bright Beginnings: To secure your child's placement in Bright Beginnings, parents must pay the \$100.00 deposit by check made payable to the Kirtland Local School District. Students will not be placed into a Bright Beginnings classroom until the registration packet is complete and the deposit is paid. You may send your child's Registration Packet and deposit to Diana Simpson at the Kirtland Board of Education. Students must be 3 years old by September 1, 2019 and must be potty trained by the first day of school to attend.

Number of Classrooms: The number of Bright Beginnings' classes will depend upon student enrollment. Currently Bright Beginnings offers one class in the morning from 8:45-11:15. Our goal is to offer an afternoon class from 12:15-2:45; however the additional class will only be added if the number of students enrolled substantiates the additional classroom. A decision on the number of classes that will be offered will be made in early April and parents will be notified by April 19, 2019 if their child has been placed in a Bright Beginnings Class.

Additional Information: If you have any questions, please contact:

Diana Simpson at (440)256-3311, ext. 1007 or at diana.simpson@kirtlandschools.org or Becky Malinas at becky.malinas@kirtlandschools.org.

Sincerely,
Becky Malinas
Director of Pupil Services
Kirtland Local School District



Enrollment Letter 2019-2020

Kirtland 2019
Rookies 46 Tennis Clinics

When: Fridays 4:00 – 5:00 p.m.

Dates: January 25, February 1, 8, 15, 22
March 1

Where: Mentor Heisley Racquet And Fitness
Club

6000 Heisley Rd.
Mentor ,Ohio 44060

Class description: (8-11 years olds)

Students will learn hand eye coordination, basic racquet skills, footwork, and stroke patterns from Eddie Manuel, Tennis Pro at Mentor Heisley Racquet and Fitness Club. Games will be played to introduce students to tactics and strategy. The sessions for this age group will utilize a 60' court , play with a 23", 25", or 26" racquet. This class will also use orange low compression balls.

Cost: \$64 for the session



Interested??

Email Eddie Manuel eddies10s@hotmail.com or

Coach Lasecki (KHS Tennis Coach) bob.lasecki@kirtlandschools.org



PLEASE JOIN US FOR INDIVIDUAL TRYOUTS!

Lake Erie Silver Dolphins is one of the oldest and most prestigious swim clubs in the United States. We invite swimmers of all ages to join. Our nationally recognized coaching staff has experience growing novice to Olympic level athletes.



SPIRE Institute

5201 Spire Cir, Geneva, OH 44041



- * Just bring a swimsuit, towel, and goggles.
- * No pre-registration required.

VISIT LESD.ORG

Kids learn what they love at a Classroom Antics!

Classroom Antics camps spark creativity by allowing kids to use their imagination and create, make and build new ideas, processes, games and solutions. Kids are introduced to fun challenges and opportunities to gain new insight into STEM subjects, instilling confidence within each camper as they learn.

Join us for a weeklong full or half-day camp in LEGO Robotics, Minecraft Coding, Computer Programming, Video Game Design, Video Production or Stop-Motion Animation. Camps are for kids ages 7-13. Check www.classroomantics.com for dates, times, pricing, locations and availability.

Classroom Antics camps are taught by professional educators, equipped with excellent classroom management skills to accelerate learning, motivate interests, and ultimately prepare your child for the future.

Classroom Antics is the ultimate tech camp experience!

- 12-student classes for individualized attention
- 1:1 student to equipment ratio for maximized learning

Fun, social and safe environment

Kirtland Elementary will be hosting Classroom Antics Tech Camps in summer 2019. Camps are offered in video game design, LEGO® robotics, Minecraft coding, stop-motion animation, video production, and computer programming for kids 7-13. These weeklong summer camps run during either a morning or afternoon session for 3 hours each day. Fee for camps is \$209-\$249 each.

MORNING CAMPS: 9:00 AM – 12:00 PM

- LEGO Bots (ages 7-9)
- LEGO Robotics (ages 10-13)
- Brick Flicks (ages 9-13)
- Minecraft Coding (ages 10-13)

AFTERNOON CAMPS: 1:00 PM – 4:00 PM

- Game Builders (ages 7-9)
- Arcade Game Design (ages 10-13)
- Creative Coders (ages 8-12)
- TubeStars (ages 10-13)

Children attending full-day (both the morning and afternoon session) may stay and eat lunch with instruc-

tors and other full-day campers (just pack a lunch)

Register at www.classroomantics.com.

Please feel free to reach out to me if there is any other information you need to know.

Thank you for your support of Classroom Antics summer tech camps, and ultimately the support of STEM education for local kids!

Warm Regards,

Natalie Baker

Marketing Coordinator | Classroom Antics
972-835-2870

classroom
Antics

AFTER-SCHOOL

Engineering Club @



Kirtland Elementary



NUTS & BOLTS

Mechanical Engineering



CRAZY CHEMICALS

Chemical Engineering



SOUNDS LIKE ENGINEERING

Acoustic Engineering



PLANES, TRAINS, & AUTO ENGINEERS

Transportation Engineering



WACKY WEATHER

Meteorology Engineering



GOLD MEDAL ENGINEERS

Sports Engineering

Join us **after school** for a new, fun, educational experience learning about **the world of engineering**. Each week, we apply math and science skills to build and discover through hands-on lessons and labs.

Space is limited, sign-up today!

Details of each module, including brief overview of activities, are available at classroomantics.com.

SPRING SCHEDULE (K-5)

MONDAYS FROM 3:30-5:00 PM

PROGRAM	DATES	FEE
Crazy Chemicals	1/14, 1/28, 2/4, 2/11	\$80
Planes, Trains & Auto Engineers	3/4, 3/11, 3/25, 4/1	\$80
Gold Medal Engineers	4/15, 4/22, 4/29, 5/6	\$80

REGISTER AT CLASSROOMANTICS.COM



Many kids don't think vaping is dangerous.

They're wrong.

An alarming number of young people are using vape pens/Juuls. Studies show that most believe vaping does no harm, and don't give much thought to what's in these products. Here are the facts:

- Vape pens/Juuls deliver high levels of nicotine; they're extremely addictive. Plus, vaping liquids contain other toxic chemicals that have been linked to cancer, respiratory disease, and heart disease.
- Although vaping is illegal in Ohio for those under 18, teens can easily find ways to buy the products online. Also, e-cigarettes cost less than traditional cigarettes.
- Vape cartridges come in kid-friendly flavors. They often look like flash drives, and are easy to hide.
- These devices are also sometimes used to vaporize THC, the chemical responsible for most of marijuana's mind-altering effects. Vaping THC eliminates the telltale smell that occurs when marijuana is smoked. Thus, someone can use marijuana without being detected.
- Black market cartridges – some containing illicit drugs far stronger and more dangerous than nicotine or THC – are becoming more common. Area law enforcement has confiscated cartridges containing cocaine and hallucinogens. Vapers might not know what they're ingesting. That's extremely dangerous.

TALKING WITH KIDS ABOUT VAPING

- It's never too early to begin the conversation, but make sure you're doing so in an age-appropriate manner.
- Educate yourself first.
- Approach the topic with caring and curiosity, not judgment. Ask what they've heard about vaping and what their peers think about it. This offers an opening to replace myths and hear-say with facts.
- If a teen admits to vaping, getting angry won't help. Teens need to know that parents are there for them even when they make unwise choices.
- Be a role model; walk the talk. Teens will have a hard time believing that vaping is dangerous if they see adults doing it.





For resources or more information call the Lake County ADAMHS Board Compass Line at 918-2000 or 350-2000 (both 440).



About the ADAMHS Board: The Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board is responsible for planning, monitoring, funding and evaluating Lake County's network of mental health and recovery services.

About the Opiate Task Force: Community partners united in their commitment to reduce the tragic consequences of abuse & addiction in Lake County.



PROGRAM	INFORMATION	LOOK FOR THE LOGO
BOX TOPS FOR EDUCATION	<p>WEBSITE: http://www.btfe.com</p> <p>HOW YOU CAN HELP: Send completed Box Tops forms or bags of Box Tops into school. Remember to include your students name so they can receive credit.</p> <p>HOW IT BENEFITS KES: Kirtland Elementary School is a part of the national Box Tops for Education program. Each Box Top is worth \$0.10. Money generated from this program goes towards t-shirts, assemblies, Caught Being Good, technology and other supplies.</p>	
APPLES FOR THE STUDENTS	<p>WEBSITE: http://www.gianteagle.com/Save/Supporting-Our-Schools/Apples-for-the-Students/</p> <p>KES SCHOOL ID: 2437</p> <p>HOW YOU CAN HELP: Register your card online.</p> <p>HOW IT BENEFITS KES: Earning points is simple! With every scan of your registered Giant Eagle Advantage Card at the cash register, points are automatically credited to your selected school.</p> <p>Points can go towards educational equipment, including classroom technology, recreational and playground equipment, science materials, art supplies, music enrichment items, nutrition programming and more.</p>	
HEINENS	<p>WEBSITE: heinens.com/schools</p> <p>HOW YOU CAN HELP: Register your card online. This is required annually.</p> <p>HOW IT BENEFITS KES: Kirtland will receive a check in April/May from Heinen's. Money generated from this program goes towards t-shirts, assemblies, Caught Being Good, technology and other supplies.</p>	
Primary Kids Inc	<p>Www.primary.com/school/Kirtland Order Code: Kirtland</p>	
SHOPAROO	<p>WEBSITE: http://www.shoparoo.com/</p> <p>HOW YOU CAN HELP: Download the app to your phone and snap pictures of receipts. Each receipt is worth points, and points are converted to cash at the end of the year.</p> <p>HOW IT BENEFITS KES: Kirtland will receive a check in August for the previous school year. Money generated from this program goes towards t-shirts, assemblies, Caught Being Good, technology and other supplies.</p>	



October is National Depression Awareness Month

The month of October has been designated National Depression Awareness Month. Additionally, October 11th is National Depression Screening Day (held annually on the Thursday of the first full week in October). Project AWARE Ohio has developed an information brief entitled: *Depression in Adolescents*. Please refer to that information brief (which can be found at: <http://resources.oberlinkconsulting.com/>) for an introduction to depression in adolescents, an understanding of the risk and protective factors, and suggestions for how schools can help adolescents experiencing depression. Included both in the information brief and below is a listing of online resources for adults working with depressed youth.

Depression Awareness Resources

- **Erika's Lighthouse - A Beacon of Hope for Adolescent Depression:** Erika's Lighthouse offers a variety of programs for classrooms and works to educate school communities on teen depression, eliminate the stigma associated with mental illness and empower teens to take charge of their mental health. <http://www.erikaslighthouse.org/>
- **HelpGuide:** This is a guide to inform and educate families and friends about how to provide useful help to a loved one suffering from depression. The HelpGuide goes over six firm rules to follow to achieve success when helping a loved one but, at the same time, staying emotionally stable. <https://www.helpguide.org/articles/depression/helping-a-depressed-person.htm>
- **iFred (International Foundation for Research and Education on Depression):** iFred's mission is to shine a positive light on depression and eliminate the stigma associated with the disease through prevention, research and education. Its goal is to ensure 100 percent of the 350 million people affected by depression seek and receive treatment. <http://www.ifred.org/>
- **Anxiety and Depression Association of America (ADAA):** ADAA is an international nonprofit organization dedicated to the prevention, treatment and cure of anxiety, depressive, obsessive-compulsive and trauma-related disorders through education, practice and research. There are links to resources specific to children and adolescents. <http://www.adaa.org/living-with-anxiety/ask-and-learn/resources>

The Project AWARE Ohio team includes partners in 3 county ESCs. If you are from those local areas and want more information about Project AWARE services, please contact:

Cuyahoga County ESC: Mary Wise; (216) 901-4201; mary.wise@esc-cc.org

Warren County ESC: Vycki Haught; (513) 379-2310; vycki.haught@warrencountyesc.com

Wood County ESC: Angela Patchen; (419) 354-9010 x228; apatchen@wcesc.org

For information about Project AWARE in other regions of the state, please contact:

Emily Jordan: emily.jordan@education.ohio.gov

Cricket Meehan: meehandc@miamioh.edu

Kathy Oberlin (Ohio Mental Health Network for School Success): oberlink2@gmail.com



JANUARY | 2019

Kirtland Elementary School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 NO SCHOOL BREAK CONTINUES	1 NO SCHOOL HAPPY NEW YEAR	2 NO SCHOOL BREAK CONTINUES	3 NO SCHOOL BREAK CONTINUES	4 NO SCHOOL LAST DAY OF BREAK
7 WELCOME BACK MINI PANCAKES WITH SAUSAGE LINKS AND CRISPY POTATOES Choice of Sides: Carrot Sticks, Assorted Fruit Cups, Choice of Milk	8 BONUS CHICKEN FINGERS AND TATOR TOTS Choice of Sides: Cucumber Cups, Celery and Carrots, Assorted Fruit Cups Choice of Milk *CHOC CHIP COOKIE	9 SUPER NACHO'S WITH MEAT, CHEESE, AND TOSTITO'S Choice of Sides: Romaine Lettuce, Corn and Bean Salsa, Assorted Fruits and Juices Choice of Milk	10 COLD DELI TURKEY SANDWICH WITH FRITOS Choice of Sides: Potato Salad, Broccoli with Dip, Assorted Fruit and Juices Choice of Milk	11 DOMINO'S DAY
14 FRENCH TOAST STICKS WITH SAUSAGE LINKS AND CRISPY POTATOES Choice of Sides: Celery & Carrot Sticks, Fresh Fruit or Fruit Cups Choice of Milk	15 POPCORN CHICKEN BOWL WITH MASHED POTATOES AND ROLL Choice of Sides: Romaine Salad, Golden Corn, Mixed Fruit Cups Choice of Milk	16 FUNNEL CAKE WITH FRUIT BERRY TOPPING AND SAUSAGE LINKS WITH POTATOES Choice of Sides: Romaine Salad, Fruit Cups Choice of Milk	17 BONUS CHICKEN FINGERS WITH HOT FLAKEY BISCUIT Choice of Sides: Carrot Sticks, Mixed Bean Salad, Mixed Fruit Cups Choice of Milk *SUGAR COOKIE	18 DOMINO'S DAY
21 NO SCHOOL MARTIN LUTHER KING DAY	22 TERIYAKI CHICKEN WITH SEASONED RICE Choice of Sides: Broccoli and Dip, Cucumber Slices, Fresh and Assorted Fruit Cups Choice of Milk	23 SOFT TACO'S WITH MEAT AND CHEESE Choice of Sides: Romaine Lettuce, Corn and Bean Salsa, Assorted Fruits and Juices Choice of Milk	24 BONUS GRILLED CHEESE STICK WITH TATOR TOTS Choice of Sides: Veggie Sticks, Fresh and Assorted Fruit Cups Choice of Milk *VANILLA PUDDING CUP	25 DOMINO'S DAY
28 MINI PANCAKES WITH SAUSAGE LINKS AND CRISPY POTATOES Choice of Sides: Carrot Sticks, Assorted Fruit Cups, Choice of Milk	29 POPCORN CHICKEN BOWL WITH MASHED POTATOES AND ROLL Choice of Sides: Romaine Salad, Carrot Sticks, Mixed Fruit Cups Choice of Milk	30 FUNNEL CAKE WITH FRUIT BERRY TOPPING AND SAUSAGE LINKS WITH POTATOES Choice of Sides: Romaine Salad, Fruit Cups Choice of Milk	31 BONUS COLD DELI TURKEY SANDWICH WITH BAKED CHEETOS Choice of Sides: Potato Salad, Broccoli with Dip, Assorted Fruit and Juices Choice of Milk CHOCOLATE CHIP COOKIE	1

HAPPY NEW YEAR!

To kick off the New Year we have some new menu entrée's. Please let us know how you like them.

Students may select a different entrée instead of the listed entrée.

Additional options are:

- Crispy Chicken Sandwich
- Smucker's Uncrustable P.B. & J Sandwich Jumbo 5.5 oz
- Cheeseburger on Bun
- Cheese Pizza
- Yogurt Meal Includes Cup of Yogurt, String Cheese, Choice of 2 Snack Packages of Crackers, Fruit and Choice of Milk

Bistro Box Meals

Bistro One:
Salami Slices, and String Cheese, Carrot & Celery Sticks, Ritz Crackers, Fruit Cup and Choice of Milk

Bistro Two:
Scoop of Hummus, Carrot and Celery Sticks, Fruit Cup, Large Package of Snack Crackers and Choice of Milk

LUNCH W/ MILK \$3.15
MILK ONLY .50