

## Local Olympian Visits Her Alma Mater

From chanting crowds to waving flags, everyone grabbed a piece of USA spirit when our hometown hero, Bridget Franek, visited Crestwood Local Schools.

The youngest participants probably couldn't fully grasp the enormity of her accomplishments, but they understood that those games on TV were graced by one of us. A Crestwood graduate made it to the Olympics. Not only did she earn her place on Team USA, but competed all the way to the finals. Her Crestwood family couldn't be more proud.

Bridget visited all four buildings and shared her Olympic experience with each. Her key message to all students was about the value of setting goals and working hard to achieve those goals. At the high school she talked to the students about the value

*Continued on page 11*



October 2012

Serving the communities of Mantua, Hiram, and Shalersville

# Crestwood COMMENTS

News from your excellent-rated school district!

## Crestwood Analyzes Cost Reduction Options

**Community Information Meeting to be Held October 15**

Parents, residents, and staff are strongly encouraged to attend a community informational meeting scheduled for Monday, October 15 at 7 p.m. at Crestwood High School to discuss the financial status of the district and the impact of levy success or failure in the November election.

In 2011, Crestwood was rated "excellent" and was one of only two districts in Portage County to meet all 26 standards on the state report card despite having the lowest local operating millage in the county. Based on recently released data, it appears the district will again meet all 26 standards on the new 2012 report card.

Crestwood's students have excelled on academic measures, but all programs

and services are now under scrutiny for reductions if the levy is unsuccessful. Due to cuts of approximately \$1.8 million in state funds, Crestwood must acquire additional revenue or cut programs, services, and staff in order to maintain a balanced budget in 2013-2014.

Many cost reduction measures are already in place including reducing personnel expenditures by about \$1.1 million since last year by eliminating 5.5 teaching positions, 1 administrative position, 2 classified positions, and by replacing several retiring staff with lower-paid new employees. Additionally, employees have done their part by accepting wage freezes this year.

Despite these cost-containment efforts, a deficit of at least \$1 million is

projected for 2013-2014. At the September 15 special meeting of the Board, potential cuts and fee increases were discussed as options to reduce approximately \$1 million dollars if voters do not approve

the 4.7 mill operating levy. While not definitive, the chart below reflects discussion of how this could be achieved and includes estimates of amounts likely to be saved if changes are made in these areas.

	Area	Potential Impact in 2013-2014
<b>Very Likely to reduce</b> (\$75,000-\$110,000)	<ul style="list-style-type: none"> <li>Field trips and class trips</li> <li>Curriculum administration &amp; curriculum support contracts</li> <li>Crestwood Comments &amp; communications contracting</li> </ul>	<ul style="list-style-type: none"> <li>No board paid field trips</li> <li>More difficult to keep up with new state/federal instruction/test standards</li> <li>Comments would be a quarterly, not monthly newsletter</li> </ul>
<b>Necessary at some level</b> (\$500,000-\$950,000)	<ul style="list-style-type: none"> <li>8-15 teaching positions</li> <li>1-4 classified positions</li> </ul> <p>(via retirement and layoff)</p>	<ul style="list-style-type: none"> <li>K-5: reduce music &amp; arts programming; average class size from 25 to 28; CMS classes up from 26 to 28; CHS classes from 22 to 25, reduce elective classes</li> <li>Classified areas to be determined</li> </ul>
<b>Consider but less likely</b> (\$0-\$80,000)	<ul style="list-style-type: none"> <li>Pay to Participate fees</li> <li>Reinstate tuition for all day kindergarten</li> </ul>	<ul style="list-style-type: none"> <li>Currently \$200 at CHS, possible slight increase, prefer to reduce coach/advisor contracts instead</li> <li>Currently no cost, previously \$1400, possibly reinstate at lower amount</li> </ul>
<b>Avoid Cutting (\$0)</b>	<ul style="list-style-type: none"> <li>Transportation</li> </ul>	<ul style="list-style-type: none"> <li>Little or no change to current service</li> </ul>

**FIND YOUR DISTRICT ONLINE AT [HTTP://WWW.CRESTWOODSCHOOLS.ORG/](http://www.crestwoodschoools.org/)**



## MARK YOUR CALENDARS FOR THE 2012 HALLOWEEN CARNIVAL!

No tricks, but lots of treats will be provided for the children of the Crestwood Local School district at the annual Halloween Carnival. It will be held on Saturday, October 20th from 1 – 3 p.m. at Crestwood High School. FCCLA (Family, Career and Community Leaders of America) will host this annual event of good, old-fashioned Halloween fun. Admission is a donation of non-perishable food, which will be contributed to the 4 C's food bank.

"Ghosts and goblins", with parents in tow, will traipse the halls of the high school, trick or treating at each of the classrooms decorated by the high school students. The trail ends in the gym where an array of game and activities await the young ghouls'. In addition, a costume contest will be held at 2:15 p.m. on the stage in the gym for any child wishing to participate. Finally, a basket raffle will be held and concessions will be available.

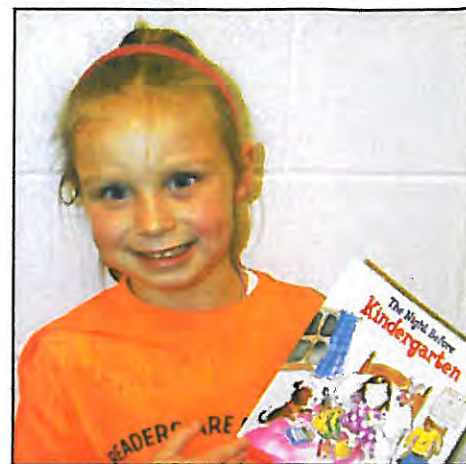
"The purpose of this event is twofold," states Mrs. Kristy Jones, the club's advisor. "Foremost, it's a community service project designed to offer children a safe environment in which to enjoy the Halloween holiday. Just as important, however, is the opportunity it gives high school students to actively participate in planning, organizing, funding, and implementing an event designed to give something back to the community. It really demonstrates their future potential to become community leaders."

Come join us for an afternoon of Boo-rific fun!



## In Pictures: Kindergarten Open House

The incoming kindergarten students at the Primary School participated in Open House, Screening, and Kindergarten Orientation the last week of August. The kindergarten students' first day of school was Tuesday September 4th. It is going to be a great year!



*At left: Mrs. Stamm and Blake Herrilko at kindergarten Screening*

*Above: Elizabeth Zoller wearing her new Readers are Leaders t-shirt and holding her The Night Before Kindergarten book.*

## ~ This Is Your Brain On Art ~

The fifth graders strengthened their powers of observation while drawing their shoe in art class. They then incorporated a Surrealist (think Salvador Dali) background for the shoe. Wow! These drawings are impressive! The author/educator/researcher, Erik Jensen, states "The arts promote the development of valuable human neurobiological systems, they enhance the process of learning." We have great learners at CIS!



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<b>Friday</b> 7:00 AM - 3:00 PM	

Total Lifetime Care Center

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## High School Receives Gift of Electronic Sign

Crestwood High School students and staff were greeted this school year by a new digital sign in front of the high school building. The sign is comprised of two sections: a 24" x 94" double-sided illuminated cabinet bearing the text 'Crestwood High School', and a 48" x 94" LED display that supports animations, text and student digital artwork.

Dave McMahon, district technology coordinator, said a donor approached the district and wanted to donate the funds necessary to replace the existing sign on school property facing Route 44 with a digital sign. The donor had seen similar signs in front of other nearby high schools, McMahon said. He added that the old sign was failing with electrical problems and a cracked frame. Functionally, the sign required an individual

to walk to it to post information on it; an event that often times was not possible in inclement weather. It needed to be replaced, but it was not within the district's budget, he said.

"The new sign significantly increases our ability to effectively communicate with our community," said McMahon. "It's a visual statement to the community that reinforces all the great things that happen in our district."

The cost of the sign was approximately \$20,000, all donated, and fit into the existing brick structure of the old sign. The district incurred approximately \$3,800 in costs associated with the hardware required to wirelessly connect to the sign from the high school building. It is this connectivity that is utilized to post/edit information displayed on the



sign. Additionally, several staff members have been trained on how to create presentations to post to the sign.

The students and staff of Crestwood High School are extremely grateful for the generosity of our donor, and look forward to many years of use of this tool which showcases the efforts and achievements of our students.

## District Partners with Mantua Police to Hire Student Resource Officer

In an effort to keep student safety paramount, Crestwood Local Schools plans to hire a student resource officer (SRO) to work in both the High School and Middle School. The district is working with the Mantua Police Department to hire and maintain an officer within the schools.

"After events of the past year including the tragedy at Chardon, incidents at colleges, and the increased availability of opiates to young people, we think it is prudent to do everything we can to keep our students safe," said Joe Iacano, Crestwood

Superintendent.

SRO's responsibilities in schools are threefold. They act as a law enforcement officer, crime prevention specialist and educator. The primary purpose is to maintain peace in the school to ensure a safe learning environment. Secondly, they investigate, report and act on offenses that occur on school property or during school events. Lastly, they provide law-related education by sharing their expertise in the classroom on topics such as date rape, vandalism, theft prevention and patterns of victimization.

According to the Ohio School Resource Officers Association, "SROs are a positive role model for students who are not exposed to such role models in today's society. Their presence in the schools sends a strong message that violence is not acceptable."

Crestwood's plan is to work with the SRO to prevent crime in schools by having the officer present to patrol property, arrange police canine drug sweeps, and advise administrators and staff on security and safety issues.

## Save the Environment Help our School.

**Donate your used cell phones, GPS, game system, and ink jet and toner cartridges to benefit the class of 2016. There's nothing to buy. We are simply asking you to protect the environment by donating your used items. 100% of the proceeds will help fund the freshman class.**

**Please bring your old phones, GPS, game systems and ink cartridges to Deb Birch at the high school.**

**We greatly appreciate your support!**

**Donate!**

Joseph Iacano, Superintendent  
Tara Reid, Executive Secretary  
Jill Rowe, Treasurer

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### Crestwood Comments

*The Crestwood Comments is a non-profit publication serving as the communication medium between the Crestwood School District and the communities it serves.*

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# High School Science Offers Hands-On Learning Experiences

The high school science department is back in full swing this year. The teachers are working to create meaningful projects that make the students active learners in their science courses. Below is a summary of what the students at Crestwood High School have offered to them this year and the exciting lessons that they will complete.

## Physical Science

Ninth grade students who are in Physical Science will learn about chemistry and how it relates to the students' daily lives and physics. Students will have an opportunity to design roller coasters, build a paper race car, construct an egg drop container, and many other exciting projects. The knowledge gained in this course will prepare the students for the Ohio Graduation Test.

## Biology I

Biology I is offered to ninth and tenth grade students. This first-year biology class offers an exciting look at life while fulfilling the biological science requirement for graduation and preparing students for the Ohio Graduation Test. Students will learn about DNA extraction, and about the diversity and

classification of plants, animals and the other organisms. The year is concluded with the dissection of a Spiny Dogfish and a rat.

## Human Biology

Human Biology is offered to students in tenth through twelfth grade who may be interested in pursuing a degree in the field of medicine. It is designed to be a basic science course in which students will gain a practical understanding of the human body and its functions. Along the way, students learn how to design a therapeutic exercise program and take blood pressure readings. After the students learn about the anatomical structures of the different systems of the human body and build an understanding of the physiology of how the systems work together, they have the opportunity to dissect a Fetal Pig.

## Environmental Science

This year in Environmental Science we will continue with many projects that we have started in the past. Some of these projects include monitoring both the biological and chemical components of the Cuyahoga River, monitoring the change in the human population of our school district, as well as researching many of the dilemmas that face the world today. In addition to these projects we will be beginning a new partnership with MetroParks serving

Summit County by participating in a citizen science initiative. Using the program iNaturalist, we will be submitting data on various species of animals, plants, and fungi to their database. This will help the parks to monitor populations of these organisms and also create better programs to serve those populations.

## Anatomy and Physiology

Anatomy and Physiology will be back at it again this fall preparing students who wish to enter the medical field. The coursework will allow the students to obtain experience that will put them in a position to be very successful in college. Topics that will be addressed will be the Endocrine System, Skeletal System, and the Muscular System. Students will also be studying and learning to identify different types of tissues. All of this will be done through the use of some of the more sophisticated electronic equipment available to students at the high school level, such as EMG's and digital microscopes.

## General Physics

In General Physics, students will be exploring the world around them with a variety of technologies. Students will use Vernier probeware to investigate forces, motion, electricity and magnetism. Students will also have the opportunity to use iPod touches to record live data (for example: kicking a football) and then use laptops and computer software to analyze their data and calculate the forces, velocity,

and acceleration.

## AP Physics

In AP Physics, students will build upon their knowledge from general physics to prepare for the AP test at the end of the year as well as preparing for college. AP physics students will continue and expand their investigations, performing experiments to test static and kinetic friction, magnetic forces and fields, and wave interference using a laser.

Chemistry is always a "blast!" Though we won't actually be exploding things, we will spend a fair amount of time in the lab exploring the many concepts and phenomena that we will study this year. Students will learn how chemistry relates to topics in their everyday worlds, such as global warming, acid rain, fuel sources, and many others. They will also learn how to prepare and conduct lab experiments, and how to keep good lab notebooks to document the collection and analysis of their data. This course will not only provide them with a better understanding of chemistry in their daily lives, but prepare them for science courses that they may take in college.

In all science classes the students will be active and busy throughout the year no matter what course they are currently taking. Be sure to ask students who you know about all of the amazing programs and activities offered at Crestwood High School.



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## AP Courses Help Students Succeed in College Endeavors

Nine members of the Crestwood High School Class of 2012 earned Advanced Placement Scholar awards for demonstrating college-level achievement on multiple AP tests. Those who scored "3" or higher

colleges.

Andy Soltisz, for example, received a presidential scholarship from The University of Akron and his AP work earned him 23 college credits. But more

importantly, Soltisz, a chemical

engineering

major, says

the increased

workload and

challenging

material of AP

classes made

his transition to

college courses

"a breeze." In

fact, he says,

"I've noticed

that a lot of

people I live

and go to class with weren't

prepared for the amount of

studying and homework time that

college courses would require.

This being said, as a learner, I

feel calm, prepared, and ready

for the copious amounts of work

that college is throwing at me.

But when I look around, most

people are stressed and cannot

handle the transition from care-

free learning [of high school] to

active and responsible learning."

Karlie Lieberth concurs, saying

that AP classes "helped me learn

how to manage my time which

is a big part of college." As a

result of the increased work load

of AP classes in high school,

Lieberth says, "I have yet to feel

overwhelmed by [college] work."

She also says, "I feel that I am

better prepared than a lot of my

classmates. I always have all of

my work done by the next class

[and] I take better notes than a

lot of my peers." Lieberth earned

admission to the Honors College

and scholarships amounting to

full tuition. She intends to major

in education.

Allison Hurd reports, "I have

already had to write three papers

for classes, and the writing skills I

have gained [in AP classes] made

it so much easier to write them.

I already have some friends

asking me to check their papers

for them to catch wording errors

and to help them set up quotes."

At Otterbein, Hurd, a political

science major, has earned the

Presidential scholarship—the

highest academic scholarship

awarded there.

When reflecting on her decision

to take so many AP classes,

Jocelyn Pearce says, "every AP

class that I took has helped me

prepare for college. There wasn't

a big transition, where I felt out of

place [in college] or said to myself

'wow, college is much harder than

I expected.'" And although she

earned a presidential scholarship

and placement into Otterbein's

honors program, Pearce says,

"The college credit I received

from [earning high marks on]

all the AP tests really helps,

but I think the lessons I learned

from the classes are what helps

the most. I learned proper time

management, study skills, good

work ethic, etc., all from my AP

classes."

Pearce, who intends to pursue

a degree in actuarial science,

believes the many skills and

lessons she obtained from AP

classes have helped her "feel

leaps and bounds ahead of the

other students [in her honors

colloquium class]." In fact, she

says all the writing assignments

she's faced thus far have "come

very easily" and she notes that

while reading *The Glass Castle*

for an honors class called *Tales*

of *Dangerous Youth*, "I had every

discussion point highlighted

before [my professor] even told

us what they were. I became

such a better reader and writer

[because of AP classes]."

As a parent whose three

children all took various AP

classes at Crestwood High

School, Cindy Pearce says, "I

firmly believe that my children

have benefited from their AP

classes at Crestwood." And,

speaking of her daughter's

decision to take AP classes her

senior year rather than enroll in

Post Secondary classes, Mrs.

Pearce says, "Spending her

senior year at Crestwood was

perfect for Jocelyn. She had

numerous fellow seniors tell her

that they couldn't believe she

was taking the AP classes. They

admitted taking PSEO because

they knew they were easier than

her AP classes."

**"The college credit I received from [earning high marks on] all the AP tests really helps, but I think the lessons I learned from the classes are what helps the most. I learned proper time management, study skills, good work ethic, etc., all from my AP classes."**

—Jocelyn Pearce

on three or more AP exams include Cara Grove, Cash Harris, Allison Hurd, Karlie Lieberth and Nick Onuska.

Students are scored on a five point scale.

Earning the AP Scholar with Honor award were John Franks, Josh Parr and Andy Soltisz, who posted an average score of at least "3.25" on all AP exams taken and "3" or higher on four or more of these exams. One student, Jocelyn Pearce, the Class of 2012 salutatorian, earned the AP Scholar with Distinction award for receiving an average score of at least "3.5" on all AP exams taken and scores of "3" or higher on five or more of these exams.

Nearly two million high school students took more than 3.7 million total AP exams at 18,000 high schools throughout the country in 2012. Most of these AP students took just one exam. For a school of Crestwood's size to boast so many scholars is quite an achievement.

According to research published by the College Board, the AP governing body, students who earn a "3" or higher on just one AP exam experience greater academic success in college and are more likely to graduate from college in four years than students with no AP background at all. Additionally, taking AP classes improves students' chances of earning scholarships and entrance into selective

### AP Social Studies Classes Visit DC

AP US History and AP Government classes are headed to Washington, D.C. this November for a tour of the nation's capital. This is the fourth consecutive year that teachers Angus McDougall and Candice Chupek have offered an overnight trip to their AP students. They started the annual trek in 2009 with a trip to D.C. That was followed by excursions to Philadelphia and then Williamsburg/Jamestown, Virginia.

"We cycle through the trips so that students who take APUSH their junior year can go on a different trip when they take AP Government, usually in their senior year," said Chupek. Each trip has been extremely successful and exciting.

"It is a treat for us as much as for students because we get to experience so many things for ourselves but also watch our students discover these amazing landmarks too" said McDougall. Both teachers feel this trip is an appropriate privilege for those students who commit to the rigors of AP courses as well for what they will gain from the actual experience. The group uses Discovery Tours as they provide master guides that cater to higher-level students and their interests. This year's trip will include an exclusive private tour of the Capitol Building arranged by the office of U.S. Representative Steven LaTourette.

## ~ October Breakfast & Lunch Menu ~

Prepaid breakfast and lunches are available. Food Service does not accept personal checks, if sent, they will be returned to you. Cash, money order or certified bank checks, are accepted. Prepayments are NOT available for ala carte.					
<b>Breakfast Prices:</b> K-5 \$1.50 6-12 \$1.75 Reduced \$.30 Free- Free Extra Milk \$.50 Menu subject to change		<b>Lunch Prices:</b> K-5 Lunch \$2.50 6-12 Lunch \$2.75 Extra Milk \$.50 Menu subject to change.		Assorted fruits may include: Apples, jello & fruit cups Fruit & nut trail mix, Grapes, Bananas, Berries Applesauce and much, much more!	
<b>October 1</b> Assorted Cereals, Yogurts, Fruits Milk  Chicken Patty on Bun Sweet Potato Fries Carrot Stix Assorted Fruit Choices		<b>October 2</b> Pillsbury Cinnamon or Triple Berry French Toast Assorted Fruits Milk  Salisbury Steak, Roll French Fries Assorted Fruit Choices Juice, Milk		<b>October 3</b> Waffle with Fruit Topping Sausage Links Milk  Domino's Pizza Spinach Salad Assorted Fruit Choices Milk	
<b>October 4</b> Fruit & Yogurt Parfait Granola Milk  Tacos, Refried Beans Assorted Fruit Choices Juice Milk		<b>October 5</b> Muffins, Cheese Wedge, Assorted Fruits, Milk  Meatball Sub Green Beans Assorted Fruit Choices Apple or Cherry Crisp		<b>School Meals</b> <i>We serve education every day</i>  Make lunch your way, everyday! Students may substitute the following for their main entrée: *Entrée size salad w/ Ranch or Italian dressing, *Peanut Butter & Jelly Pocket	
<b>October 8</b> Assorted Cereals, Yogurts, Fruits Milk  Cheesy Bread Stick w/ dipping sauce Sweet Potato Puffs Assorted Fruit Choices Milk		<b>October 9</b> Cutie Pie Fruit Turnover, Cheese Stick or Yogurt, Assorted Fruits, Milk  Quesadilla's, Refried Beans Assorted Fruit Choices Milk		<b>October 10</b> Pillsbury Maple or Strawberry Pancakes Assorted Fruits, Milk  Domino's Pizza Spinach Salad Assorted Fruit Choices Your Cook's Favorite Dessert!	
<b>October 11</b> 		<b>October 12</b> No School NEOEA Day  		<b>The High School &amp; Middle School</b> will also have many more ala carte items and choices for breakfast!	
<b>October 15</b> Assorted Cereals, Yogurts, Fruits Milk  Macaroni & Cheese Bread w/Peanut Butter Steamed Broccoli Assorted Fruit Choices Milk		<b>October 16</b> G-Force or CoCo Bar Yogurt Milk  Chicken Nuggets or Tenders w/ Sauces Seasoned Fries Carrot Stix Assorted Fruit Choices, Milk		<b>October 17</b> Pillsbury Apple or Cherry Frudel Yogurt with Fruit Milk  Pizza Spinach Salad Assorted Fruit Choices, Milk	
<b>October 18</b> Pop Tarts, Trail Mix, Assorted Fruits Milk  Corn Dog Nuggets Sweet Potato Fried Baked Beans Assorted Fruit Choices, Milk		<b>October 19</b> Egg & Cheese Omelet Sausage Patty Assorted Fruits Milk  Cook's Choice		<b>Did You Know?</b> On any given day 51% of students go to school without breakfast!  Exercise Tidbit: Trying to find to get some exercise as a family? This month is a great time to hit a local corn maze! Fitness with Family=Fun! 	
<b>October 22</b> Assorted Cereals, Yogurts, Fruits Milk  Grilled Cheese Sandwich Tomato Soup Vegetarian Chili Assorted Fruit Choices, Milk		<b>October 23</b> Cutie Pie Fruit Turnover, Cheese stick or Yogurt, Assorted Fruits, Milk  Popcorn Chicken w/Dipping Sauces, Fries, Corn, Assorted Fruit Choices, Milk		<b>October 24</b> Pancakes w/ Syrup, Sausage Links Assorted Fruits, Milk  Personal Pan Pizza Spinach Salad Assorted Fruit Choices Chocolate Peanut Butter Bar	
<b>October 25</b> Pillsbury Cinni-Mini's, Trail Mix, Assorted Fruits Milk  Salisbury Steak, Mashed Potatoes w/gravy Green Beans, Pumpkin Bar Milk		<b>October 26</b> 		<b>Got questions?</b> Feel free to call the Department Director or the Building Managers  Food Service Director: Jennifer Bujak-Hirsch, 330-274-2294 ext. 2108	
<b>October 29</b> Assorted Cereals, Yogurts, Fruits Milk  Spaghetti w/Cheese Garlic Bread Green Beans Assorted Fruit Choices Milk		<b>October 30</b> Granola or Cereal Bars Cheese Stick or Yogurt Assorted Fruits, Milk  Chicken Tenders w/ Sauces Seasoned Fries 3 Bean Salad, Carrot Stix Assorted Fruit Choices Milk		<b>October 31</b> Halloween Iced Cinnamon Roll, Assorted Fruits, Milk  Domino's Pizza Spinach Salad Assorted Fruit Choices Halloween Treat 	
<b>October 31</b> Nutrition Tidbit. Looking for something to pass out at Halloween besides candy? Try your local dollar store for items such as small toys or trinkets, Frisbees, mini coloring books or stickers!		Lunch forms are available in any building and on the school website. Use new forms dated 2011-2012. Old forms will NOT be accepted. Applications not filled out correctly or completely will NOT be accepted. 1 form per family.		<b>Food Service Building Managers:</b> High- Barb Blazek- 330-274-2214 ext. 118 Middle- Connie Nunns- 330-274-2249 Intermediate- Donna Lewis- 330-422-3100 ext. 3600 Primary- Susie Janson- 330-422-3100 ext. 4409	

Regular Board of Education meetings are generally held the first Monday of the month, at the High School Library, 10919 N. Main Street Mantua, Oh.. The public is cordially invited to attend. If more information is needed about a Board meeting, please contact the Superintendent's Office at 330-274-8511.

**Edward Jones**  
MAKING SENSE OF INVESTING

**Rick Frato**  
Financial Advisor



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2012-2013 Meal Prices	
Breakfast	Lunch
K-5 \$1.50	K-5 \$2.50
6-12 \$1.75	6-12 \$2.75
Reduced \$.30	Reduced \$.40
Extra Milk \$.50	
Menu Subject To Change	

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# Crestwood Middle / High School Events & Games Schedule (October)

## Monday, October 1

4:00PM Girls MS Volleyball Woodridge Away  
4:30PM Girls Varsity Tennis Painesville Harvey Home  
4:30PM Girls Freshman Volleyball Lake Home  
5:00PM Girls JV Soccer Perry Home  
5:30PM Girls JV Volleyball Lake Home  
7:00PM Girls Varsity Soccer Perry Home  
7:00PM Girls Varsity Volleyball Lake Home

## Tuesday, October 2

4:00PM Boys/Girls MS Soccer Southeast Away  
4:30PM Boys/Girls Varsity Cross Country Barberton High School Away  
4:30PM Boys/Girls MS Cross Country Barberton High School Away  
5:00PM Girls Varsity Soccer Southeast Home  
5:30PM Girls JV Volleyball Springfield HS Away  
7:00PM Boys Varsity Soccer Southeast Home  
7:00PM Girls Varsity Volleyball Springfield Away

## Wednesday, October 3

4:00PM Boys MS Football Kent Roosevelt Home  
4:00PM Girls MS Volleyball Streetsboro Home  
4:00PM Boys/Girls MS Soccer Field Away  
6:15PM Girls Freshman Volleyball Tri @ Southeast Crestwood vs. Field and Southeast Away

## Thursday, October 4

4:00PM Boys/Girls MS Soccer Ravenna Home  
5:00PM Boys JV Soccer Cuyahoga Valley Christian Away  
5:30PM Girls JV Volleyball Norton Home  
6:30PM Girls Varsity Volleyball Norton Home  
7:00PM Boys Varsity Soccer Cuyahoga Valley Christian Away

## Friday, October 5

7:00PM Boys Varsity Football Kent Roosevelt Away

## Saturday, October 6

10:00AM Boys JV Football Kent Roosevelt Home  
10:00AM Girls MS Volleyball Kent Roosevelt 7th grade Quad Away

## Monday, October 8

4:00PM Girls MS Volleyball Windham Away  
4:00PM Boys/Girls MS Soccer Ravenna Away  
4:30PM Girls JV Soccer Waterloo Away  
5:00PM Girls Freshman Volleyball Walsh Jesuit Home  
6:00PM Boys JV Soccer Waterloo Away  
6:30PM Girls JV Volleyball Walsh Jesuit Home

## Tuesday, October 9

5:00PM Girls Varsity Soccer Norton Home  
5:30PM Girls JV Volleyball Kent Roosevelt Home  
6:30PM Girls Varsity Volleyball Kent Roosevelt Home  
7:00PM Boys Varsity Soccer Norton Home

## Wednesday, October 10

4:00PM Boys MS Football Field Home  
4:00PM Girls MS Volleyball Kent Roosevelt Home  
5:30PM Girls Freshman Volleyball Windham Home  
7:00PM Homecoming Bonfire

## Thursday, October 11

2:15PM Homecoming Assembly  
4:00PM Boys/Girls MS Soccer Bedford HS Home  
5:00PM Girls Varsity Soccer Barberton High School Away  
5:30PM Girls JV Volleyball Streetsboro Away  
7:00PM Boys Varsity Soccer Barberton High School Away  
7:00PM Girls Varsity Volleyball Streetsboro Away

## Friday, October 12

NEOE Day. No School  
7:00PM HOMECOMING GAME Home  
7:00PM Boys Varsity Football Field Home

## Saturday, October 13

9:00AM Girls MS Volleyball Springfield PTC Tourn Away  
10:00AM Boys JV Football Field Away  
10:00AM Boys MS Football West Geauga Away  
10:00AM Boys/Girls Varsity Cross Country PTC Tourn @ Randolph Fairgrounds Away  
12:00PM Boys/Girls MS Cross Country PTC Tourn @ Randolph Fairgrounds Away  
7:00PM HOMECOMING DANCE

## Wednesday, October 17

4:00PM Boys MS Football Springfield Home

## Friday, October 19

7:00PM Boys Varsity Football Springfield Away

## Saturday, October 20

TBA Halloween Carnival  
10:00AM Boys JV Football Springfield Home

## Tuesday, October 23

7:00PM NHS Induction Ceremony (School) Home

## Thursday, October 25

4:30PM Boys Freshman Football Streetsboro Away

## Friday, October 26

Girls Basketball Practice Starts  
7:00PM Boys Varsity Football Streetsboro Home

## Monday, October 29

6:00PM Soccer Banquet in Cafeteria (School) Home

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## Crestwood Schools Meeting Federal Nutrition Standards

Jennifer Bjak-Hirsch, S.N.S., Director of Nutrition Services

This fall, Crestwood school cafeterias are meeting tough new federal nutrition standards for school meals, ensuring that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school lunch! School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat, portion sizes and calories. The nutrition service department has been very proactive in implementing these changes gradually so that students will not see a major difference.

Starting in School Year 2012-2013, the changes required by law are:

- Flavored milk must be fat free, plain milk must be 1% or less. (Crestwood offers all flavors of milk fat-free)
- Students are required to take a fruit or vegetable with every meal and portion sizes of fruits and vegetables have been increased. (Crestwood offers a variety of fruit and vegetables daily to offer our students more choices)

- At least half of the grains offered must be whole grain. (At Crestwood almost all of our offerings are whole grain)

- Vegetables must be offered from the following sub-groups on a weekly basis: Dark green, orange/red, starchy, bean/legume and other vegetables such as celery, green beans, green peppers and cauliflower.

- Age-appropriate calorie limits

- Less sodium

We're always working to offer Crestwood students healthier and tastier choices. We continue to work with our local vendors as well as provide opportunities to connect the cafeteria as an extension of the curriculum to teach students a life time habit of health and nutrition!

We are proud of the Nutrition Services Program we offer at Crestwood Local School District, and we do our best to keep our students healthy and happy! If you have any questions about the Nutrition Service Program you can reach me at the Food Service Office at 330-274-2294 ext. 2108.



## A Note From the Nurse

The beginning of the school year is always a busy time for everyone. One of the things the nurses have been doing is reviewing any health concerns you may have indicated on your child's Field Trip and Emergency Medical Authorization form. In order for your child to stay safe and healthy at school we are asking that you let the nurse know if your child has any of the following:

- food or insect sting allergy that needs treatment with an antihistamine (benadryl) or an epipen
- asthma that is treated with an inhaler
- diabetes
- seizures
- high risk for injury/illness due to a specific medical condition (example: blood or bone disorder)

Ohio law requires school districts to have a healthcare plan for students with life threatening food allergies. If this applies to your child, please have your healthcare provider complete a food allergy treatment plan.

Many people have mild local reactions to bee/insect stings but if your child requires an antihistamine or an epi pen, the appropriate authorizations must be on file at school.

Children who need an inhaler for asthma flare-ups may keep an inhaler in the clinic but are also permitted by law to carry and self-administer their inhaler. In either case, an authorization completed by the healthcare provider and signed by them and the parent must be on file and renewed each school year. Children who use their inhaler in school and do not get the expected relief should come to the clinic for evaluation.

Medication administration forms and healthcare forms for asthma, bee/insect sting or food allergy, are available in the main offices. The healthcare provider must complete authorization for all prescription medication and the form must be signed by them and the parent/guardian. All over the counter medicine requires an authorization completed and signed by the parent/guardian. If you request a dose of medicine higher than recommended on the medication label, we also need a physician authorization to give it.

**STUDENTS MAY NOT CARRY ANY KIND OF MEDICINE IN SCHOOL OR ON THE BUS.**

Emergency inhalers and epipens are the only exception and they must have a physician permission form to carry them. Medication must be delivered to school by the parent/guardian or an adult they designate.

Thank you for helping us to keep your children safe and healthy at school.

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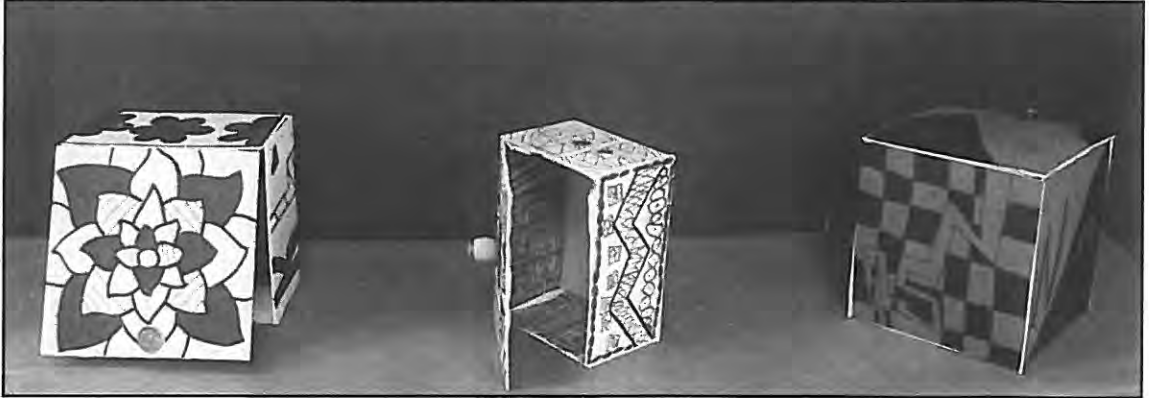
## Students Practice Measurement While Creating Art



The seventh and eighth grade art projects on display near the middle school office are as different as can be. Learning to measure was the driving force behind the boxes created by the seventh graders. On the other end of the creative spectrum, the eighth graders used the Principles of Design to organize their abstract sculptures.

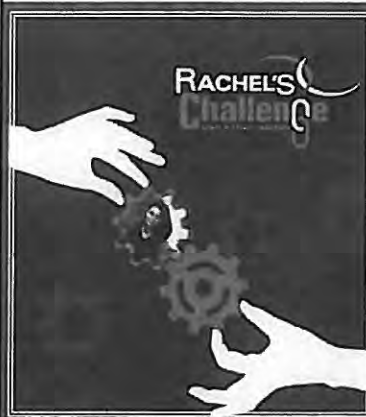
Measuring with a ruler is always a challenge and a task that needs to be taught. Seventh grade ruler practice was followed by decisions about box size. The students measured mat board, cut it and designed black and white art before assembling the boxes. This was a difficult assignment due to the need of precision of measurement. Most of the students did very well and thoroughly enjoyed seeing their creations come to life.

The eighth graders spent the first part of the grading period practicing how to organize shapes, line, color and space using the Principles of Design; center of interest, movement, harmony and variety, contrast and balance. The Principles can be thought of as the recipe for good art. They've used a variety of media including ebony pencil and pastels. These multimedia pieces were the final project of the Design unit.



### RACHEL'S Challenge

start a chain reaction



**I HAVE THIS THEORY THAT  
IF ONE PERSON CAN GO OUT  
OF THEIR WAY TO SHOW  
COMPASSION, THEN IT WILL  
START A CHAIN REACTION  
OF THE SAME. PEOPLE WILL  
NEVER KNOW HOW FAR A  
LITTLE KINDNESS CAN GO**

**-RACHEL JOY SCOTT-**



**Rachel's Challenge**  
[www.rachelschallenge.org](http://www.rachelschallenge.org)

#### To RSVP For This Event

Phone: (330) 274-2249

or Email:

Lynne Morrison

[lmorrison@crestwoodschoools.org](mailto:lmorrison@crestwoodschoools.org)

Kim Marfy

[kmarfy@crestwoodschoools.org](mailto:kmarfy@crestwoodschoools.org)

**YOU ARE INVITED TO A COMMUNITY EVENT  
AT CRESTWOOD MIDDLE SCHOOL**

**RACHEL'S CHALLENGE**  
**OCTOBER 8TH, 2012 AT 7:00 PM**

We are proud to announce that Crestwood Middle School will be sharing Rachel's Challenge with their students and staff this year! You are invited to come hear an incredible true story of courage & hope and experience the most powerful school assembly & training program in America. Come witness the story of Rachel Scott, the 1st Columbine shooting victim, at our live Rachel's Challenge preview event.

Rachel's Challenge is the largest school assembly program in America. It is designed to help school administrators, parents, and students create a safer and more productive place to learn and achieve. The goal is to motivate and equip students and administrators to embrace new values of kindness and compassion so that no one is left behind because of fear and violence in their school.

Powerful footage of Rachel's life and the Columbine tragedy holds audiences spellbound during the one hour presentation that motivates and encourages people to make positive change in the way they treat others.

<http://vimeo.com/33291369>

Feel free to invite your friends, family and colleagues.



## Crestwood Secures \$25,000 in Grant Funding for Outdoor Education



Crestwood's Outdoor Education Committee, in conjunction with the Portage Soil and Water Conservation District, was able to secure a \$25,000 grant through the Portage County Storm Water District and the Portage County Commissioners. This money is being used to restore wetland areas behind the elementary

buildings. It will also provide technology equipment to help students connect the school yard to the world. Pictured is Mrs. Cobb's Science class making observations in the new wetland area.

Members of the community could help restore the wetlands by donating native plants that will be used to encourage the return of wildlife for study. The committee is looking for the following plants or seeds: Joe Pie weed, Iron weed, New England aster, purple coneflower, butterfly weed, cup-n-saucer plant, swamp milkweed, cardinal plant (lobelias), queen of the prairie, witch-hazel, and red-ochre dogwood. Contact Jo Walsh-Cobb at Crestwood Intermediate Building if you wish to donate.

## CMS September Students of the Month



6th Grade - Lily Turner, Kellie Ristau, Anthony Pietrocini, Joseph Peters, Julieanne Czerny, Scott Schaefer

7th Grade - Cheyenne Roberts, Matthew Davis, Madalynn Huntington, Kyle Zigman, Jade Bretz, Daniel Painley

8th Grade - Alexandria Geraci, Noah Worron, Melina Edic, Russell Hilverding, Allyson Buchert, Blaine Sorrick

## Teachers Raise \$700 for Scholarship Fund



Crestwood teachers annually set up a booth at the Potato Festival to raise funds for summer scholarships for Crestwood students. The teachers in each building donated items to create beautiful themed baskets. They worked the booth all weekend selling raffle tickets. Some basket themes included an Ohio State basket, Tastefully Simple, Winter, Fall Holiday and Sewing. Eight baskets were raffled off on the last day of the festival.

Thanks to the support of the community the teachers were able to raise a record- \$708!

A special THANKS to the good samaritans who helped patch up the tent and get it standing after Friday's storm.

The Crestwood Education Association will continue its Middle School and Intermediate Scholarships and also plans to establish scholarships for the Primary School.

Summer scholarships are available for K-8 students. Look for more information on the school's website for scholarship application and contacts.

**FIND YOUR DISTRICT ONLINE AT [HTTP://WWW.CRESTWOODSCHOOLS.ORG/](http://WWW.CRESTWOODSCHOOLS.ORG/)**



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## Local Olympian Visits (Continued)



of hard work and determination, and how important it is to keep your small town values as you travel the globe in competition. She pointed out that she herself sat in the same gym bleachers just six short years ago when her competitive journey was just beginning.

At the middle school, Bridget was greeted with a standing ovation and students chanting "USA, USA..." where she again shared her amazing Olympic experience, from making the decision to be a competitive athlete, to setting goals, to training for the Olympics, to visiting London, to making the finals and finally dealing with the disappointment of not winning. Once again, Bridget stressed the importance of goal setting and acknowledged that in order to meet her goals, she had to make sacrifices, but these sacrifices paid off in landing her at the 2012 London Olympics.

Intermediate students related to Bridget's tales of homework and soccer games. She encouraged them to make good choices and dare to dream.

During her visit, Bridget modestly signed shirts and posed for countless pictures. She high-fived many young fans and spent as much time as she could answering questions and sharing her experiences.

Her message was well timed for the beginning of the school year and she encouraged students to get involved in athletics, academics, clubs and activities offered at school. She stressed to students that they should set goals in life and then focus on the journey to achieve those goals, pay attention to the details and the practice hard and do the right things to achieve your goal. She said the journey you take to achieve the goal is as important as reaching the goal.



High School .....	330-357-8205
Middle School .....	330-357-8204
Intermediate School.....	330-357-8203
Primary School .....	330-357-8202
Bus Garage .....	330-357-8207

## Crestwood "CraZie" Hats Offered by the CHS Soccer Teams



The girls and boys soccer teams are selling "CraZie" Hats !!! Proceeds go to the Crestwood High School Girls and Boys Soccer Teams. Three sizes are offered: Infant, Toddler and Adult. Hats are made of quality red fleece that can be personalized with a particular sport/organization as well as a name, number or character. All sizes are \$15.00 and come with a unique face design on the front.

Personalization can be added at a \$3.00 additional cost on the back with up to 12 numbers or

letters. These hats are unique in design and promote Crestwood spirit. Orders can be placed prepaid with checks made out to CASB and mailed to Crestwood High School, 10919 North Main Street, Mantua, Ohio, 44255.

Order forms can be obtained from the high school in person, placed via phone at 330-274-2214 (ext. 119), picked up at an athletic event or from a CHS Soccer player!

Don't miss out!!!! Get your "CraZie" on!!!!

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## New Phone Numbers For Crestwood School District

Parents and community members wishing to reach Crestwood Local Schools must call the following new phone numbers:

### Crestwood Local Schools

#### Main Line:

330.357.8201

#### Primary School:

330.357.8202

#### Intermediate School:

330.357.8203

#### Middle School:

330.357.8204

#### High School:

330.357.8205

#### Board Of Education

#### Offices:

330.357.8206

#### Transportation /

#### Maintenance:

330.357.8207

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