



THE ELL-SALINE ECHO

October 2009

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BOARD MEETING REPORT

September 14 Board Meeting Report

John Schrock was the only board member absent. Action taken was on a 6-0 vote unless noted otherwise.

7:00 P.M. REGULAR MEETING

AUDIENCE WITH THE BOARD

Mike Boyer updated the board on his progress in clearing the property to the north of the MS/HS.

Lewis Bieber visited with the board about the 1989 State Football Championship recognition which is scheduled to take place at half-time of the football game on Friday, September 25.

REPORTS

BOE – None

Brian Bell, Technology Facilitator – His report included: Microsoft Office 2007 licensing; technology upgrade summary; T + L (Technology + Learning) Conference; and Technology Council notes.

Mr. McDaniel – His report included: positive start to the school year; grades 9-12 State Fair trip and that the students represented themselves and Ell-Saline High School in a very positive way; a meeting with Dr. Joan Warren of the Kansas Board of Regents regarding dual credit courses; a meeting with Greg Goode of Saline Vo Tech regarding their working on providing dual credit courses; the focus on instruction within the building and working on the areas of lowest scores from last year's state assessments; grades 7-12 will be working on a Thematic Unit involving reading, math and writing in November; on November 12 grades 7-12 will be hosting a Career Fair Day; MAP testing is completed; update on sports team results; and they are beginning to develop a Student Improvement Team.

Mrs. Sprinkle – Her report included: positive start to the school year; MAP assessments are completed, reviewed how the staff uses the results and that K-2 teachers will be looking at using the primary version; staff will be attending Autism and math conferences; Book Fair and Ice Cream Social night; Vicki Price of CAPS (Child Abuse Prevention Services) has been working with grades 4-6 on bullying prevention; morning marathon is taking place; and the 6th grade classes were rewarded for their positive behavior on their recent leaf collecting field trip.

Mr. Minneman – His report included: our current enrollment is at 477 which is up 13 from last year; MS activity bus seems to be going well; upcoming KASB Fall Regional meetings; read two thank you notes; and shared a list of meetings out-of-the-district he will be attending before the next meeting.

BUSINESS

Facilities—Jeff Gillam, architect, updated the board on progress being made and went over the time line through the entire bid opening process. Bids will be reviewed, approved and contracts awarded at the November 9 board meeting.

FFA Out-of-State Travel Requests—The requests for FFA officers and members to attend the National Conference in Indianapolis and the National Western Livestock Show in Denver were approved.

Staff Out-of-State Travel Request—Brian Bell's request to attend the T + L Conference (Technology + Learning) in Denver was approved.

MS/HS Student Handbook Change—The first reading on a policy to allow foreign exchange students to receive an Ell-Saline High School diploma was approved. This will come back in October for action.

Out-of-District Students—Two out-of-district students were approved.

Classified Position—JaNae Basinger was approved as an elementary school Title I para. She works with students in grades 4-6. This position is paid for with ARRA Title I funds.

Board Policy Updates—The first reading on several KASB recommended board policy revisions was held. These will be brought back at the October meeting for action.

Ratify Negotiations —The Tentative Agreements reached through the negotiations process was ratified. There was no base salary increase. The teachers will be granted movement on the salary schedule and those teachers that were at the bottom of a column will also receive the amount equal to a vertical step. The teacher contract was reduced by one (1) day from 183 days to 182 days.

Classified Salaries—The recommendation that all classified staff receive the same percent increase as teachers was approved.

Administrative Salaries—The recommendation that Dana Sprinkle, elementary principal, the same percent increase as teachers and that Jerry Minneman, superintendent, receive no increase was approved.

There were two Executive Sessions (Negotiations and Personnel). No action was taken following them.

The meeting adjourned at 9:17 p.m.

The next regular meeting will be Monday, October 12, 7:00 p.m. in the District Office. If anyone wishes to have an item added to the agenda, please contact President Jamie Bradley, Vice-President Cheryl Higgins or the District Office two weeks prior to the meeting.

CPTA MINUTES for Monday, August 24, 2009

Attendance:

Kim Parks	Darci Ditto	Janelle Stelter
Michelle Cooper	Cher Richards	Dana Sprinkle
Angela Hopkins	Erin Hecker	Julie Weems
Mendee Kramer	Tina Jacquart	Susie Omli
Amber Fouard	Joyce Songer	Dianne Schultz
Anita Bird	Desiree O'Shea	JaNae Basinger
Andrea Rhodes	Dawn Pierce	Mindy Schneider
Dana Edgerton	Courtney Clifford-Schneider	

Minutes were reviewed from the May meeting. Darci Ditto motioned to approve minutes and Courtney Clifford-Schneider seconded. Motion passed.

Principal's Report

- Mrs. Sprinkle reported they had a very positive start on the first week of school.
- The sign out front of the school has received lots of positive comments. Angela Hopkins has done a great job of changing the message on the board. There is a lock on the sign.
- The sock hop is on the school calendar wrong; it was decided to leave it on the date that is on the calendar so there is less confusion. Motion was made for sock hop to remain on November 3rd by Kim Parks and seconded by Mindy Schneider. Motion passed.
- Mrs. Sprinkle checked with Mr. Minneman on questions in regards to a copy charge for CPTA, this will remain the same at \$50.00.
- Mrs. Sprinkle requested any feedback on Back to School night. Some requests were that all the post cards the teachers send out be the same, the cards were all different and some were lacking information.
- Mrs. Sprinkle commented that the planters look great out front and they had to be moved so they would receive less damage from the wind. Posters that were ordered last year need hung; Kim Parks is going to assist in this with Mrs. Sprinkle.

Treasurers Report:

Checking Balance: \$8,274.41
Library Fund Balance: \$3,572.41

Angela Hopkins presented the final budget reports for 2008/2009, and also presented the current budget for 2009-2010 school year. Motion was made to approve the 2009-2010 budget by Kim Parks, and seconded by Julie Weems. Motion passed.

OLD BUSINESS

Teacher Appreciation Week

Courtney Clifford-Schneider reported that this went really well at the end of last year.

Movie Ticket Sales

Darci Ditto reported we made a profit of \$334.00 from the sale of movie tickets.

School Supply Sales

Angela Hopkins reported we made a very small profit and as usual they should have bought more supplies because parents were asking for them at enrollment.

Volleyball Camp

Cher Richards reported 23 girls attended the camp and wanted special thanks to go out to all that helped. Coach Laurie Came, Mariah Jones, Tricia Walker, Emily Smith, and Mikaleb Caswell.

Enrollment/Yearbook/Back to School Night

Courtney Clifford Schneider reported that Back to School night went well, we purchased cookies for this event, and it was discussed that next year we will request cookies from parents. Carnival sign up was passed around. Lots of people signed up for yearbooks at enrollment and Courtney will be sending out flyers in book bags again this year.

Garage Sale

The community garage sale went well, 16 families purchased spots and it was very successful.

Prairie Land Food

Kim Parks reported this is going very well. If we continue to get more orders and reach 50 they will deliver the food to the school for us. Kim gave a brief overview of what Prairie Land foods are and how it works.

NEW BUSINESS

Classroom Volunteer Update

Kim Parks reported the sheets have not all been turned into her at this time but she will get everything ready once she receives it all and get info out to the classroom communicators.

Book Fair

Amber Fouard reported the book fair is set for September 15th from 6:30pm to 8:00pm, lots of volunteers signed up to help or bring bake goods.

Carnival Update

Courtney Clifford-Schneider reported the planning is going good. They will be doing things a little different this year, wrist bands can be purchased for \$10 and the kids can play all night, or they are 5 for \$1 in advance. Food items will be paid for with cash this year and not tickets. There will be some new games and the theme is "Space"

Box-Top Goals

Darci Ditto reported she believes we can make the goal of \$1000 in box tops. She also reported we are still collecting soup labels and Pure Life drinking bottle labels.

Fundraiser Update

Andrea Rhodes reported on two ideas for the fund raiser for this year. Selling Mums or candles and snack mixes. The mums could be bought for \$4 a plant and we sell them for what we choose. We will receive 50% of profit from the sale of the candles and snack mixes. Lots of discussion was held. A motion was made by Kim Parks to approve the candle and snack mixes as our fund raiser, Darci Ditto seconded. Motion passed.

Goals for CPTA

Courtney Clifford-Schneider asked the group for ideas on goals for CPTA for this year. Mindy Schneider reminded the

group that several years ago it was decided we would build an outdoor learning center for the teachers and students. Mrs. Sprinkle is going to talk with administration about this and the architect who will be designing the new construction. Kim Parks brought up the baseball fields and paying for upkeep of these fields once they are established.

Die Cuts

Kim Parks reported that this year it will be the 2nd and 3rd grade classes that get to purchase die cuts. Discussion was also held on needing a bigger case for the die cuts and we will be checking with Mr. Johnson at the high school to see if one of his classes could construct this.

Parent Teacher Conferences lunches

Courtney Clifford-Schneider reported that we will be doing lunches again this year and wanted opinions on what to serve. It was decided we will go ahead and stick with sandwiches as this is the easiest for teachers to grab and take back to classroom.

Door Prize

Candles- Won by Andrea Rhodes

Motion to adjourn made by Darci Ditto, seconded by Julie Weems, motion passed. Adjourned at 8:30pm

Next CPTA Meeting, Monday, September 21, 2009 at 6:30.

Submitted by Secretary, Mendee Kramer

CPTA MINUTES for Monday, September 21, 2009

Attendance:

Kim Parks	Janelle Stelter	Dana Sprinkle
Angela Hopkins	Julie Weems	Mendee Kramer
Dianne Schultz	Desiree O'Shea	JaNae Basinger
Dawn Pierce	Aimee McDaniel	Dawn Cox
Carrie Pierce	Lisa Wilvers	Darcy Bradley
Courtney Clifford-Schneider		

Principal's Report

- Mrs. Sprinkle reported a check was sent by Target to the school in the amount of \$67.29, this will be sent once a year from now on. This is when people use their Target card and designate a school to get money for it.
- Mrs. Russell would like everyone to know that the mile will be run on 10/6, alternative rain out days will be 10/7 and 10/13.
- There is always a softball game with 5th and 6th graders and the parents, this will be scheduled for 10/8 this year due to construction starting. It will be played during 5th and 6th grade PE time.
- Mrs. Sprinkle met with Mr. Minneman and Mr. Gillam about the school construction. Bids will go out on 9/28 to contractors and due back the 1st week of November, the BOE will make a selection and construction will hopefully begin in December. There may be some different pick-up and drop off areas during this time but this will be announced. Some concerns were the playground equipment not being available to the students. This will only be for a limited time since they will complete this portion first so the kids will have equipment again quickly. Mrs. Sprinkle wanted to remind teams that practice ball out there during the summer that due to construction they will not be able to practice at the elementary school this year.

- Mrs. Sprinkle discussed the outdoor learning center and what she learned from meeting with Mr. Gillam. There will be an area with an over-hang from the construction; staff feels this would be the best place for the learning center. The idea is to extend the area and make walking paths, benches, picnic tables, more of a nature walk area. This is suggestion by staff due to the over-hang and concrete being provided with the construction of the school.

- Mrs. Sprinkle discussed additional project ideas from staff these were the walking path/benches/nature walk area, purchasing of additional elmo's and more recycling centers.

- Mrs. Sprinkle met with 4th, 5th, and 6th grade and got ideas on what they would like to see for additional projects or events. The youth came up with many ideas, from improving ball fields to movie night. Mrs. Sprinkle will keep a full list of all ideas.

- Mrs. Sprinkle gave update on H1N1, they are still not sure when vaccines will be available and will let parents know as soon as they know something.

- Programs this year will be grades K-3rd on 10/26, 4th-6th 11//30, and Band students will have fall concert on 11/19. School messenger is set up and ready to go, test calls will be made in next 2 weeks.

Minutes were reviewed from the August meeting. Diane Schultz motioned to approve minutes and Kim Parks seconded. Motion passed.

Treasurers Report:

Checking Balance: \$7,777.00

Library Fund Balance: \$7288.93

OLD BUSINESS

Classroom Volunteers

Kim Parks reported she still does not have everything filled in at this time. The classes that do not have communicators will have sign up available at conferences. She is hoping to have packets out in couple of weeks.

Carnival

Courtney Clifford-Schneider reported the carnival planning is going well. They have sold 42 wristbands and 120 tickets so far. Games are going good. Volunteers are needed and it was discussed to make some phone calls to junior high students to see if we can get them to volunteer.

Fundraising

Information will be sent home with students on 11/16 and due back on 12/1. The products will actually be shipped to each person's home this year.

Die Cuts Cabinet

Kim Parks reported that Mrs. Sprinkle asked her son Ryan Sprinkle to complete this for his project at school. Ryan has agreed to complete the cabinet for the die cuts for the school.

Parent Teacher Conferences

Courtney Clifford-Schneider reported that there will be sandwiches, potato salad, chips, and brownies.

NEW BUSINESS

Fall Pictures

JaNae Basinger passed around a sign up sheet for 2 volunteers to help with school pictures on 10/1.

Parents as Teachers

Aimee McDaniel informed the group that she is covering our area with Parents as Teachers and has 15-20 spots open to people in our district to receive services. She is going to be at the carnival and have a spot for youth 0-3 years old to play. She is asking if anyone knows families with children 0-3 please refer them to the program.

Elementary Sports Night

This was cancelled due to the cheer clinic and 20 year state football championship reunion being scheduled on the same night. This will be done at a basketball game in the spring.

Santa Night

Courtney Clifford-Schneider received some information about a Santa Night. This is where a company offers trinkets and gifts at a low price and the kids can come in and shop for their families for Christmas. Due to the meeting running long this will be discussed more next month.

Door Prize

Timberline-Won by Lisa Wilvers

Motion to adjourn made by Kim Parks, seconded by Dawn Pierce, motion passed. Adjourned at 7:35pm

Next CPTA Meeting, Monday, October 19, 2009 at 6:30.

Submitted by Secretary, Mendee Kramer

October CPTA Meeting

The next CPTA meeting will be held on Monday, October 19th at 6:30 in the ESE music room. Many upcoming events will be discussed. We will have refreshments, free babysitting for 6th grade students and younger, and a door prize drawing. We hope to see you there!

October Prairie Land Food Info

We have partnered with Prairie Land Food to provide nutritious food packages at a low cost to help stretch food dollars at home and promote volunteerism in our community. Here is how the program works:

View the October Menu (on the school webpages, under CPTA) and decide if you would like to order a Prairie Pak. Each Prairie Pak includes 6 different meat items and 6-8 different fruit & vegetable items and costs \$24 plus 2 hours of volunteer service. The volunteer service can be performed by any member of a household and are reported on a receipt and turned in each month when food orders are picked up. Volunteer hours are on the honor system.

Once you have purchased a Prairie Pak, you are eligible to purchase the meat only package, for \$13 plus 1 additional volunteer hour, and the fruit/veggie pack, for \$11 plus 1 additional volunteer hour. They also have 3 specials each month that change.

Orders for October must be received with payment by October 12th. Check, cash, and food stamps are accepted. You can contact Darcy Bradley-283-4252, Kim Parks-825-5394, Darci Ditto-283-4248, Jana Winter-225-6711, or Elaine Spellman-827-4349 to place an order or you can order online at www.prairielandfood.com and pay by check or debit card.

So you have a Prairie Pak ordered, now what? On Saturday, October 24th, you must come to the Ell-Saline Elementary School and pick up your food from 9:00 am to

10:00 am. Please bring a box, laundry basket, or cooler to take food items home in. Anyone can pick up your food, as long as they have your yellow receipt. At pickup, you can also order for the next month. You can contact any of the people listed above with additional questions.

Many volunteers are needed to make this program available in our district. Please consider donating your time to this great program!

Carnival is Out of This World!

On Saturday, Oct. 3rd, come out and have fun with games, raffles, auction, food, and friends. There are many games for the whole family to play from 3:30-5:30. Pick up a stamp card at the door and earn stamps by playing some of the games. The stamps can be turned into treasures at the 'General Store', which is open from 4:00-6:00. Wristbands or game tickets can be purchased in advance or at the door. The auction will begin at 6:00, followed by the raffle. Concessions will be available from 3:30-6:00. Many volunteers are needed to make this a fun event for everyone. If you are interested in helping, please contact Courtney Clifford-Schneider at 577-3382.

ESE Yearbook

The yearbook team has started working on the new yearbook for this school year. We would appreciate any pictures you would like to send us at cpta@ellsaline.org. If you would like to order a yearbook for \$13, please contact Courtney Clifford-Schneider at 577-3382 or at cpta@ellsaline.org.

ESE Sock-Hop

The annual ESE Sock Hop will be Tuesday, November 3rd from 6:30-8pm at ESE. All elementary students are asked to bring a snack to share, a parent, and a canned food item for charity. Drinks will be provided.

ESE Halloween Party

The ESE Halloween parties will be held on Friday, October 30th at 8:30am, except for K-PM. Can't remember if volunteered or what you were supposed to bring, then check out the CPTA pages on the school's website. If you are interested in helping in a classroom, please contact that class' Classroom Communicator, which are also listed on the school's website, under CPTA.

2010 AFTER PROM MEETING

August 27, 2009

Attending: Jeannie Beaugh, Susan Reiff, Courtney Clifford, Kristie Base, Lisa Eastep, Karla Jones, Susie Omli

Items discussed:

Cinnamon Roll packaging 1:15 at the grade School

Cinnamon Roll Sales:

Sept. 4 FB Susan, Kristie, Karla, Susie
Jeannie, Susan, Kristie, Karla

Sept. 25 FB Susan, Kristie, Jeannie,
Jeannie, Susan, Kristie, Karla

Bailey, Ayla, Mariah

Oct. 2 FB Susan, Kristie, Courtney
Susan, Kristie, Karla

Oct. 6 VB Susan, Kristie-1/2 batch
Jeannie, Susan, Kristie, Courtney

Oct. 20 VB Susan, Kristie
Jeannie, Susan, Kristie, Courtney
Oct. 29 FB Susan, Kristie, Courtney
Jeannie, Susan, Kristie, Karla, Susie, Karla

Fundraising:

New ideas;
Dodge ball tournament, Indoor Kick ball tournament, Slave Auction and Dinner, Drama dinner-Jeannie will check to see if these are possibilities.

Mailings:

*Jeannie will check with Mr. Dodd to see if he has updated the mailing label list.
*Courtney will revise the parent letter from last year and get it to Jeannie to mail out. Jeannie will also put it in the ECHO.

Donations:

*1st Letter to merchants asking for donations will go out in early October.
*Lisa Eastep and Courtney Clifford will work on visiting with and gathering prizes from area merchants in person.

Other Business:

*Susie will check with Bennington After Prom Committee to find out where they got their blow ups from and the cost of them.
*Kristie will check with the city of Abilene and the Minneapolis After Prom Committee to find out where they got their blow ups and the cost of them.

If you would like to be on the email list for updates, please email Jeannie Beough at jbeaugh@ellsaline.org

After Prom Chairpersons:

Jeannie Beough Susan Reiff
785.643.4135 785.819.0440

jbeaugh@ellsaline.org

You may also contact the following people with ideas and questions:

Courtney Schneider Karla Jones
785.577.3382 785.820.7716
clifford@dsoelectricwb.com karlaj@greatplainsmf.com

Kristie Base Lisa Eastep
785.225.6737 785.820.6492
Kristib9@yahoo.com LisaE@kdoc.dc.state.ks.us

AFTER PROM MEETING DATE CHANGES

The After Prom Committee decided to change the current dates of the After Prom Committee meetings due to some conflicts in schedules. Please note the following:
September 21st meeting is changed to September 14th at 6:00 in the HS cafeteria.
October 6th meeting is changed to October 12th at 6:00 in the HS cafeteria.
November 16th meeting is changed to November 9th at 6:00 in the HS cafeteria.
February 15th meeting is changed to February 8th at 6:00 in the HS cafeteria.
April 19th meeting is changed to April 12th at 6:00 in the HS cafeteria.
And our wrap up meeting for the year will be on April 26th in the HS cafeteria.

AFTER PROM MEETING MINUTES- 9-14-09

Bank account balance: \$1341.24. Over the summer \$131.42 was spent on After Prom Gifts/Prizes.
9-4-09 HSFB game cinnamon roll sales: brought in \$300, costing us \$100, leaving us with a profit of \$200 for the night.

Cinnamon roll packaging for the 9-25-09 HSFB game will be 9-25-09 at 10:00am at the grade School. So far Susan, Kristie and Jeannie will be doing this but welcome any help on this. Sales that night will be Susan, Kristie, Karla and Jeannie.

Discussion took place at the meeting on:

*Jeannie checked with Mr. Minneman on having a Dodge ball Tourney for **adults** and he thinks that would be Okay. There was no discussion on a Kick ball Tourney.

*A dinner and slave auction, no date was discussed.

*Tailgate party on an away game for sub-state.

*Jeannie spoke with the Drama coach about doing a Dinner Theater and at this point she has not scheduled one, but will keep us in mind to run it. She will continue checking on this.

*Stamp is being ordered for the mailing to go out early October. Jeannie will pick up envelopes for this.

*We will meet at Courtney's home to put the mailing together on 10-11-09 at 7:00.

*Pat Pieschl will check with Phillips on the blowups they use for their company party and see if they will donate some of them for our After Prom.

*Pat also offered to sponsor a fundraiser selling Arbonne products with giving all the profits to After Prom.

*Kristie checked with Joyce Wagner about the blow ups at the Brookville Labor day celebration. She will get the info on them

*Kristie got some info about an outfit out of Nebraska on inflatables. Jeannie will visit with Juniors and Seniors on their opinions of which ones they might like.

*Kristie also stopped at the Masonic and everything is a go on that and will be getting a CD with pics of the backdrops for the Prom Committee.

*Lisa got some information and will get more on doing concession sales in the stands selling Coke peanuts and popcorn, as well as doing concessions at the Royals and/or Chiefs games.

*Lisa spoke with Andra at the Bicenter on doing concessions. She will get on the list and will try to win us the opportunity to do this.

Courtney will get trays from Dillon's for the cinnamon roll sales.

The next meeting will be at ½ time of the home HS JV FB game on 10-12-09 in the bleachers on the east end, approximately 6:30. We hope to see you there.

BROOKVILLE LABOR DAY 5K FUN RUN

sponsored by ESH Booster Club

Women's Division:

1st Overall Holly Lindquist with a time of 21:05

10 and under

1st place: Reece Ditto
2nd place: Sydney Omli
3rd place: Morgan Davenport

11-19

1st : Jordan Weems
2nd: Sesely Omli

20-29

1st: Shelby Leister

30-39

1st: Holly Lindquist
2nd: Nikki Davenport
3rd: Julie Weems

40-49

1st: Theresa Morrical
2nd: Audrey Alvarez

60 and Up

1st: Bernice Omli

Men's Division

Overall : Kurt Lawrence time of 17:43

10 and under

1st: Tyler Weems

2nd: Brody Ditto

3rd: Nick Davenport

11-19

1st: Toby Omli

20-29

1st: Kurt Lawrence

2nd: Clinton Begnoche

30-39

1st: Marty Kramer

2nd: Dennis DeWitt

3rd: Troy Ditto

40-49

1st: Todd Begnoche

50-59

1st: Jerry Minneman

ELL-SALINE ELEMENTARY 1 MILE RUN

The ESE 1 Mile Run will be held on October 6th during the student's scheduled PE class time (makeup day will be on October 7th and if it rains, the makeup rain day will be October 13th).

The 5th & 6th Annual Softball Game will be held at ESE on Thursday, October 8th. It will be during the 5th & 6th grades scheduled PE/Music times. We ask that the 5th and 6th graders bring their baseball/softball mitts but please do NOT bring bats. This game is usually held in the Spring, however, due to possible construction, it will be held this Fall.

The ESE Morning Marathon will end on Friday, October 16th.

Submitted by Krista Russell

AGRICULTURE DAYS FOR 4TH GRADE

Both 4th grades loaded up the buses and headed to the Saline County Fairgrounds on September 10th to participate in Ag Days sponsored by the Saline County Farm Bureau. The students rotated to various stations throughout the morning session. They learned about pivot irrigation, wildlife, calf roping, wheat, Westar Energy, soybeans, rain simulation, agronomy, alfalfa, grains, farm animals, and machinery. The 4 -H Ambassadors did a farm relay with the kids for added excitement. A lunch of pizza, milk, and ice cream concluded the day. A special thanks to all of the parents who attended and helped monitor groups. On the ride back to school, one of my students said, "I could do this everyday."

Submitted by Margaret Shaver

NUTRITION AND YOUR CHILD

Studies indicate that the child who eats properly does better in school. The child will concentrate better, feel better, and behave better. Here are some nutrition tips to follow that can be of benefit to your child:

1. Be sure to include foods from each of the following food groups in your child's daily diet:
 - A) Bread and cereals
 - B) Lean meats, poultry and fish
 - C) Fruits and vegetables
 - D) Dairy products which include milk and cheese
2. Take a look at labels. Information of interest includes amount of calories, protein, carbohydrates, and fat per serving.
3. Be sure that your child eats a sound breakfast everyday. This will help your child find the energy needed to be efficient all day long.
4. Choose snack food that is nutritious, creative, and appetizing. Substitute fruits, carrots, celery sticks, yogurt, and juices for "junk food".
5. Make mealtime a relaxing time for your child. A relaxed atmosphere aids digestion.
6. Encourage your child to eat slowly and carefully, and not to waste food.

Eating the right foods is like putting a giant puzzle together. Each basic food group has different nutrients that your child's body needs. You have to put many different pieces together to get the complete picture. Remember to avoid foods loaded with sugar, salt, and fat.

OFFICE 2007 CD'S AVAILABLE

Part of Eil-Saline USD307's licensing agreement with Microsoft includes a provision that Microsoft will allow Students, Teachers and Staff members of Eil-Saline USD307 to install one (1) copy of Microsoft Office 2007 on their personal computer for home use. There is a legal document that an adult student or guardian must sign which states "**You will be required to remove the Software from your home machine immediately upon the earlier of (a) any event which causes you no longer to be a faculty, staff member, employee or student of Eil-Saline USD307 for any reason or (b) expiration of the School Agreement Subscription term.**" Failure to do so could result in the owner of that computer having to pay fines and penalties to Microsoft and/or the Judicial System.

Each CD comes with "Recommended Requirements" that your personal computer or laptop must have. Failure to meet these requirements could render the computer inoperative. All computers and laptops that were sold at the beginning of the school year **DO NOT** meet the "Recommended Requirements" for Microsoft Office 2007. Please do not try to install Microsoft Office 2007 on these units.

Eil-Saline USD307 and staff members of Eil-Saline USD307 do not provide support for this software or the installation of this software. If you are experiencing difficulties please contact Microsoft for service and support or your computer's hardware manufacturer.

CD's are available at the Elementary and Middle/High School Offices. An adult signature must be on the agreement before the CD can leave the building. Please read the agreement fully before initializing and signing the agreement.

ANTI-VIRUS/MAL-WARE PREVENTION AND MAINTENANCE

by Brian Bell

At Eil-Saline USD307 we rarely encounter a Virus or Mal-Ware on our computers during the school year. The reason this occurs is because of the security practices that are established on the District's network. All of our computers have Anti-Virus software installed and at each login to our network the computer gets the most recent virus definitions. All communications to the network goes through a firewall and an anti-virus scanner. E-mails are scanned for viruses, spam and mal-ware before they reach the e-mail server and after they leave the e-mail server.

So, what can you do for your home computer? Install Anti-Virus software to detect and stop the installation of Viruses. Use a FireWall to keep unwanted people and programs out of your computer and to track what information your computer is sending out to the internet. Scan your computer for Mal-Ware, and remove unwanted programs. Always update the software or download updates before you run or scan Anti-Virus or Mal-Ware scanning software to assure that you are using the most recent version.

Below are the names and web sites where you can download these utilities. Please remember that I do not support, nor endorse any of these software packages. ALWAYS read and try to understand every window before you click the Next button or agree to any licensing. Please always un-check to install additional software that is included with the package(s) you are installing. Titles in bold are the packages I use on my home computers.

www.download.com www.filehippo.com
www.tucows.com www.topdownloads.com

Anti-Virus

Avast! Home Edition
AVG Free Edition
Kaspersky Anti-Virus
McAfee VirusScan
Norton AntiVirus

FireWall

Windows Firewall
Outpost Firewall
Sunbelt Personal Firewall
Sygate Personal Firewall
ZoneAlarm

Mal-Ware Scanners

Ad-Aware 2009
HijackThis
Malwarebytes Anti-Malware
Spybot Search & Destroy
Windows Defender

More definitions thanks to www.answers.com

Freeware

Software that is available for free, usually over the Internet, donations accepted and appreciated.

Shareware

Copyrighted software that is available free of charge on a trial basis, usually with the condition that users pay a fee for continued use and support.

Demo or Lite-Version or Trial

Software that is used to demonstrate a product's features, but has limitations. It will either expire at a set time, or it is limited in functionality.

For additional reading and research please look at the following links;
COMPUTER THERaPiST <http://www.pcshrinkusa.com/support.html>
StarPoint Technology Station <http://www.av1611.us/spyware.html>

TOMATOES PART II

There seem to be many problems facing gardens each year. The weather, the neighbor's dog, or simply not enough time, all seem to be obstacles we face each year. In this article, I want to discuss some of the problems that seem to find their way into our gardens. We will also discuss some of the various varieties that are available for us to plant.

I get asked what is wrong with my tomatoes by many people each year. Their questions vary from garden to garden. Some things we need to keep in mind are to rotate from year to year, where we plant our tomatoes, protect our tomatoes from the many dangers throughout the year, and plant the right varieties.

Let's begin with tomato diseases and deficiencies.

Phosphorous deficiency is seen in the early season when the soil is cool and phosphorous is not available to the plant. We can prevent this by either planting our tomatoes later in the year or mulch with black plastic which will warm the soil. Purple color in our leaves is a sign.

Early blight is a disease that attacks the leaves, stems and tomatoes. Leaves turn yellow and drop off. The disease produces brown to black spots on older leaves. Rotate plants from year to year and keep garden clean.

Fusarium wilt begins as yellowing of older leaves and the yellow leaves turn down and droop. The best way to prevent this is, plant varieties that are resistant. This is seen as an "F" on seed packets or in catalogues.

Blossom end rot is when the blossom end of the tomato rots out. It turns the tomato bottom black and leathery. It is caused by a calcium deficiency, which is caused by a combination of cool temperatures or excessive heat during blossom set. Fluctuations in the water supply also may lead to this problem. A hand full of bone meal at planting time, and mulch could help this problem out.

Sun scalding, as the name implies, is when the fruit is exposed to too much sun. It occurs when leaves do not shade the fruit.

Leaf roll or leaf curl is a distortion of the leaf curved by periods of cool, rainy weather. It does not affect plant growth or fruit production and requires treatment.

Growth cracks occur because tomatoes grow rapidly. This is usually caused by wet weather. The tomato grows fast causing it to split open.

I also have several other factors that cause problems with tomatoes.

Walnut trees give off a toxin that damages tomatoes. Do not plant tomatoes close to walnuts. Be careful using grass clippings that may have herbicides on them. 2,4-D is bad for tomatoes.

Birds have a bad habit of eating tomatoes. Pie tins twirling in the wind on your tomato cages might prevent this.

Various cutworms will do damage to tomatoes both the foliage and fruit. The best way to combat cutworms is to pick them off by hand. On a large scale various insecticides will work, like Sevin.

Stinkbugs cause spots and internal damage to tomato fruit by sucking the juice out of them. This leaves discolored spots on the tomato fruit.

Varieties of tomatoes:

Each year, I plant a test plot of various tomatoes, both at Brookville and Bavaria. The biggest problem this year was that a hail storm hit Bavaria and had an infestation of stinkbugs. The tomatoes at Brookville escaped the damage.

The varieties that did well were the following: Celebrity, Delicious, Early Girl, Beef Steak, Better Boy, Big Boy, Jett Setter, Rome, and Abe Lincoln. At Brookville Amish Paste did well but at Bavaria it was a disappointment. In the past, a good performer that did not do well this year was Viva Italia. I was also disappointed with Pineapple and Hawaiian. Some past good performers that I did not plant this year were Rutgers and Brandywine.

Next month I will talk about the characteristics of these varieties.

CALENDAR OF EVENTS

Check for changes at www.ellsaline.org

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|---------|---|------------|--|
| Oct. 1 | Elementary Fall Pictures | Oct. 15 | 4:30 MS VB Remington @ ES (Parent Night) |
| Oct. 1 | 6:00 MS FB Solomon @ ES | Oct. 15 | 6:00 MS FB Remington @ ES (Parent Night) |
| Oct. 2 | 7:00 HS FB Trinity Catholic @ ES (Homecoming) | Oct. 16 | 7:00 HS FB (D) @ Inman |
| Oct. 3 | 3:30-7:00 CPTA Carnival at Ell-Saline Elementary | Oct. 17 | 9:00 MS "B" VB Tourney @ Minneapolis |
| Oct. 3 | Homecoming Dance | Oct. 17 | TBA HS VB HOA League @ Peabody |
| Oct. 5 | 6:00 HS JV FB @ Trinity Catholic | Oct. 19 | 5:00 HS JV VB @ Bennington |
| Oct. 6 | 4:00 HS VB Canton-Galva/Inman @ ES | Oct. 19 | 6:00 HS FB Inman @ ES |
| Oct. 6 | 4:30 CC @ Ellsworth | Oct. 19 | 6:30 CPTA Meeting at Ell-Saline Elementary |
| Oct. 8 | 4:30 CC @ Sterling | Oct. 20 | 5:00 HS VB Bennington/Minneapolis/Solomon @ ES |
| Oct. 8 | 4:30 MS VB Trinity Catholic @ ES | Oct. 20 | 4:30 MS VB @ Bennington |
| Oct. 8 | 6:00 MS FB Trinity Catholic @ ES | Oct. 20 | 6:00 MS FB @ Bennington |
| Oct. 8 | 7:00 HOA Vocal @ Moundridge | Oct. 21-24 | National FFA Convention @ Indianapolis |
| Oct. 8 | End of Quarter | Oct. 23 | 7:00 HS FB @ Washington |
| Oct. 9 | NO SCHOOL—Teacher Workday | Oct. 24 | ACT Test Date |
| Oct. 9 | 7:00 HS FB @ Remington | Oct. 24 | TBA HS VB Sub-State |
| Oct. 12 | NO SCHOOL—Teacher In-Service | Oct. 24 | United Nations Day |
| Oct. 12 | 5:00 HS JV VB @ Sacred Heart | Oct. 26 | 7:00 Fall K-3 Music Program |
| Oct. 12 | 6:00 HS JV FB Remington @ ES | Oct. 27 | TBA MS VB HOA League @ Sedgwick |
| Oct. 12 | 6:00 After Prom Meeting at Ell-Saline High School | Oct. 28 | MS BB Practice begins |
| Oct. 12 | 7:00 BOE Meeting at Ell-Saline District Office | Oct. 29 | 7:00 HS FB (D) Sterling @ ES (Senior Parent Night) |
| Oct. 12 | Columbus Day | Oct. 30 | 8:30 Elementary Halloween Parade/Parties |
| Oct. 13 | 4:00 HS VB @ Inman (Bennington) | Oct. 30-31 | TBA HS VB State |
| Oct. 14 | 6:30 KU Honors Dinner at Salina Country Club | Oct. 31 | Halloween |
| Oct. 14 | FFA @ Manhattan | | |

Ell-Saline Booster Club is sponsoring a Homecoming Bonfire!!

The Bonfire will be after the middle school game on Thursday Oct.1, 2009.

**The bonfire will be directly West of the greenhouse West of the High School.
STUCO will be sponsoring a pulled pork sandwich dinner from 6:30-7:30 p.m.
at the concession stand the night of the Bonfire!**

Everyone come out for eats and treats and to support our Ell-Saline Cardinals.

For more information contact Shondra @ 822-4842.

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The Ell-Saline U.S.D. 307 Board of Education does not discriminate on the basis of sex, race, color, national origin, handicap or age in admission or access to, or treatment in, its programs or activities. Any questions regarding the board's compliance with Title VI, Title IX, or Section 504 may be directed to the Title IX coordinator, who can be reached at (785) 225-6813, 412 E. Anderson, P.O. Box 157, Brookville, KS 67425, or to the Assistant Secretary for Civil Rights, U.S. Department of Education.

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